

## Attention all Parents

Auckland Regional Public Health Service (ARPHS) has been advised that a few children at the Sunnybrae Normal School have recently had symptoms associated with stomach illness, including vomiting and/or diarrhoea. We would like your help in order to prevent other children from becoming ill.

### The following are general points about to viral gastroenteritis:

- Symptoms include vomiting, diarrhoea, fever, and stomach cramps.
- Symptoms usually last for 4-6 days
- **The illness can be easily passed onto others** (especially family members) through the inhalation of vomit particles or direct hand contact
- As the pathogen can continue to be excreted in the faeces (poo) of infected people for up to 30 days **increased hand hygiene** is necessary.
- People can be infected with the pathogen without exhibiting symptoms, so **everyone in the household** should increase hand hygiene. This means **20 seconds hand washing and 20 seconds hand drying dry** after going to the toilet, before preparing or eating food and after contact with unwell people or pets.
- The pathogen can live for long periods of time on surfaces (such as toilet seats, bench tops etc) so increased cleaning is required. Cleaning fluids containing sodium hypochlorite such as **bleach** are the only substances that will inactivate the pathogen.
- In order to prevent the spread of the illness, it is imperative that **children suffering from symptoms of diarrhoea and/or vomiting do not attend school until free of any symptoms for at least 48 hours.**

We are working in collaboration with the Sunnybrae Normal School to prevent further illness, however if you have any concerns please contact Auckland Regional Public Health Service on 623 4600