

# Feeling Sick?

A **HIGHLY CONTAGIOUS** stomach bug is going around the community.

The virus is mainly causing vomiting and spreads easily from person-to-person.

What can you do?

- Wash your hands often with soap and water.
- If you are sick with vomiting or diarrhea, stay home and remain home for at least 24 hours after symptoms have ended.
- If you think you've been exposed to the virus through clean up or contact with vomiting or diarrhea, watch for symptoms and consider limiting interaction with others for at least 24 hours.



**MESA COUNTY  
PUBLIC HEALTH**  
*Working Together for a Healthy Community*

For more information visit [health.mesacounty.us](http://health.mesacounty.us)  
To report a public episode of vomiting call 970-462-7074.