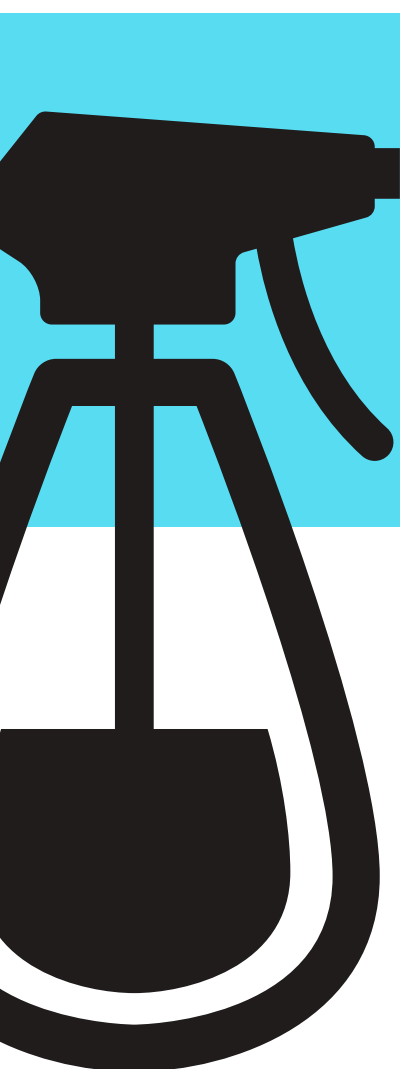


Stop the Spread

A HIGHLY CONTAGIOUS ILLNESS
IS SPREADING THROUGH OUR COMMUNITY

THE MAIN SYMPTOM IS VOMITING



PROTECT YOURSELF

- When someone vomits, tiny particles go into the air. These particles are not visible to the eye and it takes very few of them to infect another person.
- These particles can live on hard surfaces for weeks.

THINK ABOUT A SPRAY BOTTLE'S MIST

Particles from an infected person's vomit or poop can spread and be ingested by others up to **25** feet away.

If you have been around someone who was sick, there's a good chance you may have come in contact with some of these particles.

WATCH FOR SYMPTOMS AND ISOLATE YOURSELF FOR UP TO 72 HOURS TO STOP THE SPREAD OF ILLNESS.



IMMEDIATELY CLEAN UP

If you've been exposed to the vomit or diarrhea of an infected person, use a disposable mask or cover your face and use gloves to immediately clean up the area.

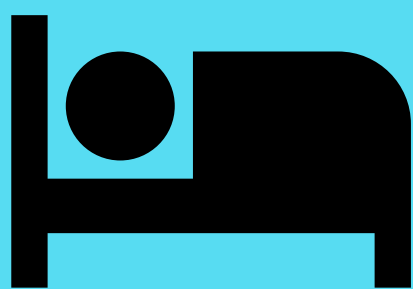


USE BLEACH TO CLEAN



- Clean up the visible waste with a disposable cloth.
- Disinfect the area using a product that says it is effective against norovirus.
 - Remember particles can travel up to 25 feet so pay special attention to walls and other surfaces.
- To make your own, use 1 cup of bleach per 1 gallon of water.
- Leave the bleach on the surface for at least 1 minute or follow instructions on the product.

AVOID PUBLIC PLACES IF YOU THINK YOU HAVE BEEN EXPOSED

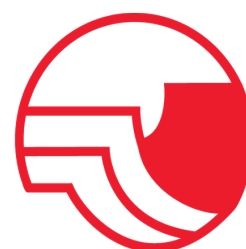


- This illness is hitting people very quickly.
- To help stop the spread, it is extremely important to stay home if you are sick.
- Do not return to work, school, or child care until you are symptom-free for at least 24 hours.



MORE INFORMATION

health.mesacounty.us
d51schools.org



**MESA COUNTY
PUBLIC HEALTH**

MESA COUNTY PUBLIC HEALTH IS WORKING WITH DISTRICT 51 TO STOP THE SPREAD OF ILLNESS AND IDENTIFY THE CAUSE.