

# KEEPING HEALTHY AT HAROLD MARTIN SCHOOL

We have had several cases of a stomach bug, also known as norovirus throughout all grades at Harold Martin School. This virus is very contagious and easily transmitted from person-to-person. The New Hampshire Department of Health and Human Services has sent an advisory to schools regarding this virus. Their recommendations include :



- Excluding all symptomatic individuals from school/work until a full recovery.
- Practice frequent hand washing by all students and staff.
- Wash hands after contact with infected individuals, on leaving affected areas or before handling food or drinks.
- Clean frequently handled objects such as door handles and railings.

## QUESTIONS

Please call me (746-3473) or email me at school: [sconley@hopkintonschools.org](mailto:sconley@hopkintonschools.org) with questions.

Sheila Conley  
Harold Martin School Nurse

The Hopkinton School District procedure for the specific symptoms of this virus include:

- Exclusion from school for 24 hours once vomiting and diarrhea have stopped.
- Exclusion from school with a temperature greater than 100 degrees.
- No Tylenol or Motrin to reduce a fever for 24 hours before returning to school
- A student must be able to eat all meals before returning to school following vomiting/diarrhea.

The Norovirus Fact Sheet can be found on our web site ([hopkintonschools.org/haroldmartinschool](http://hopkintonschools.org/haroldmartinschool)) under the "Featured" tab.