

Habits you should do every day to prevent the “stomach virus”

Wash your hands thoroughly with soap and water for 20 seconds when preparing food, before you eat and especially after using the bathroom. Wash your hands frequently during the entire day.

Do not touch your eyes, nose and mouth, germs spread this way.

Avoid close contact with people who are sick.

Disinfect and clean all surfaces of your room and bathroom.

Do not share drinking glasses, silverware or towels. Alcohol does not kill germs, so drinking games can be a big source of spreading infections.

Get enough sleep and eat well to maintain your immune system.

Signs and symptoms of the “stomach virus” include: nausea, vomiting, diarrhea and stomach cramps. Other symptoms include headache, mild fever, chills and muscle aches. These symptoms usually begin 1-2 days after exposure to the virus and will last about 1-3 days with no long term effects.

Treatment for the “stomach virus”

Report the case to Health Services and your room location.

Stay in your room at all times, keep your bathroom clean **and wash your hands** frequently. Keep your distance from others when using a public bathroom. Health Services will notify Environmental Services that the bathroom in your area should be cleaned frequently. Student who live close by can go home but you also need to isolate yourself at home and keep your room and bathrooms disinfected.

Rest in bed and once vomiting has slowed or stopped, take in small, frequent amounts of clear fluids (water, Gatorade, sport drinks, broths and soups).

If hungry, have soft, bland, foods. There is a risk for dehydration due to vomiting and diarrhea so it is important to drink plenty of fluids once vomiting has subsided.

Email your professors and coaches that you are ill and that you will not go to class or attend practice until all symptoms resolved.

Health Services will contact Cathy Witkofsky at 508-793-2401 or the manager on duty at 508-793-3483 to let Dining Services know that the student will need a meal to go. Have the ill student give their dining card to a friend who will obtain a meal to go. The friend has to obtain a “to go” container from Dining Services. Dining Services is very willing to use the ill student’s card and give a “to go” container if either Cathy Witkofsky or the manager on duty has been notified. Have the friend leave the meal just inside the room and stay away from the ill student.

Any student with concerns or worsening symptoms should call their doctor at home, Health Services or the doctor on call.

Call Public Safety at 508-793-2222 for emergencies. There is a **physician on call** for medical concerns that can’t wait until Health Services is open. Call **508-334-8830**, leave your name and number and tell the answering service that you are a Holy Cross student. The physician will call you back within the hour. For medical concerns that can wait until Health Services is open, leave a message at 508-793-2276 and a staff member will get back to you. Health Services hours are Monday-Friday, 9:00 a.m.-noon and 1:00 p.m.-5:00 p.m.

Return to normal activities when you are feeling well. You can still transfer the virus for at least three days and up to two weeks after being ill so continue to wash your hands frequently and disinfect your room and bathroom with a bleach based cleanser.