

November 4th, 2024

Subject: Important Health Notice, Update on Stomach Virus

Dear Parents and Guardians,

We are reaching out with an update on stomach virus cases within our school community. Stomach viruses can be highly contagious and spread easily in settings such as schools.

What You Need to Know:

- **Symptoms** to watch for include nausea, vomiting, diarrhea, and stomach pain, sometimes accompanied by fever or body aches.
- **Transmission** of the virus happens easily through direct contact, contaminated surfaces, or by consuming contaminated food or water.

How You Can Help:

1. **Monitor for Symptoms:** Please keep your child home if they exhibit any symptoms of stomach virus. While LCSD2 typically recommends students stay home for 24 hours after vomiting, the Wyoming Department of Health recommends to **stay home for 48 hours after vomiting and diarrhea have ended.**
2. **Please notify the school** if your child is ill. This will help us monitor the situation and take further action if necessary.
3. **Encourage Hand Washing:** Frequent handwashing with soap and water is one of the best ways to prevent spread. Hand sanitizer alone is less effective against stomach virus.
4. **Limit Sharing of Items:** Encourage your child to avoid sharing food, drinks, or personal items.

School Actions: Our custodial team has intensified cleaning and disinfection practices in classrooms, restrooms, and common areas. We are also reinforcing hand hygiene practices with students and staff throughout the day.

If you have any questions or need further information, please contact Carolyn Cushner, school nurse, at carolyn.cushner@lcsd2.org.

Thank you for your cooperation and partnership in keeping our school community safe.