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TO: Grant County Media

FOR INFORMATION CONTACT
Cassandra Kelly, MPH, Public Information Officer
509-766-7960 ext. 31

GCHD Staff are Investigating Suspect Norovirus Cases in Moses Lake, WA

GRANT COUNTY, WA – Grant County Health Officer, Dr. Alexander Brzezny, has issued the following alert to the Grant County media: Grant County Health District (GCHD) staff are investigating a norovirus outbreak at a long-term care facility in Moses Lake, WA. There is the potential for more cases to occur.

Symptoms
A person usually develops symptoms 12 to 48 hours after being exposed to norovirus. Norovirus is easily transmitted through contaminated hands, equipment/surfaces, or food/water. Most people with norovirus illness get better within 1 to 3 days. The most common symptoms include nausea, vomiting, diarrhea, and some stomach cramping.

Prevention
In order to prevent the spread of this virus, follow these basic prevention strategies:

- Wash your hands often
  - Always wash your hands carefully with soap and water
  - After using the toilet and changing diapers, and before eating, preparing, or handling food
- Wash fruits and vegetables and cook seafood thoroughly
  - Carefully wash fruits and vegetables before preparing and eating them
  - Cook oysters and other shellfish thoroughly before eating them
- When you are sick, do not prepare food or care for others
  - Stay home when sick and for two days after symptoms stop
  - Avoid preparing food for others when sick and for two days after symptoms stop
- Clean and disinfect contaminated surfaces
  - Promptly clean and disinfect any surfaces that become soiled with vomit or diarrhea
  - Disinfect with a freshly made chlorine bleach solution (5 to 25 tablespoons of household bleach per gallon of water); leave on affected area for at least 5 minutes
- Wash laundry thoroughly
  - Immediately remove and wash clothes or linens that may be contaminated with vomit or diarrhea

Resources
Consultation
Kari Hitzroth, RN, Public Health Nurse
509-766-7960 ext. 13 or khitzroth@granthealth.org

Jill McCullough, RN, Public Health Nurse
509-766-7960 ext. 25 or jmccullough@granthealth.org

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