



# SAN BENITO COUNTY

HEALTH & HUMAN SERVICES AGENCY

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**PUBLIC HEALTH SERVICES**  
*Healthy People in Healthy Communities*

## Provider Advisory

**FOR IMMEDIATE RELEASE**

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Public Health Services is sending you this advisory because you might receive a surge in calls to your office with questions and/or concerns regarding the situation described herein.

In recent weeks, instances of gastrointestinal illness have been reported in Santa Clara and Santa Cruz counties. Norovirus is strongly suspected as the cause of the illnesses.

Norovirus is generally a mild illness with nausea, vomiting and diarrhea lasting from 1 to 3 days. The illness is most communicable during the acute stage, with viral shedding for 2–3 weeks after symptom resolution. The primary danger is dehydration which, in severe cases, can lead to hospitalization. People with vomiting and/or diarrhea should stay home for at least 48 hours after symptoms have resolved.

Please inform those who exhibit symptoms that they should stay at home until they are symptom free for 48 hours. Public Health Services recommends supportive treatment, including

- increased fluid intake
- light food as tolerated

To prevent the spread of this illness, perform frequent and thorough hand-washing before and after toileting and food handling.

Please advise patients:

To protect themselves and others, it is important that everyone practice proper hand hygiene by frequent, careful hand-washing with soap and water, especially after using the bathroom or changing diapers and before preparing food. In addition, any household (or institution) that has had people ill with vomiting and/or diarrhea should clean all surfaces (toilets, counters, etc.) with a bleach-based household cleaner.

For further information please contact Public Health Services at (831) 637-5367.

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