



What is Rotavirus?

- A viral infection that causes severe diarrhea mostly in infants and young children.
- The elderly and those with weak immune systems can also be at risk of infection.

How is Rotavirus spread?

- Not washing hands after using the bathroom or before preparing and eating food.
- Touching contaminated surfaces and then putting the object or hands in the mouth.
- Eating food that is prepared by an infected person that has not had good hand hygiene.
- Drinking contaminated water.

What are the symptoms of Rotavirus infection?

- Vomiting, fever, and watery diarrhea.
- More serious illness can lead to dehydration and hospitalization.

How long does it take to become sick?

- 1 to 3 days after being exposed to the germ.

How to prevent Rotavirus infection

- Wash hands often with warm, soapy water, especially after using the bathroom, changing a diaper, before eating or preparing food.
- Use hand sanitizer if soap and water are not available.
- Avoid handling food if you have symptoms.
- Clean then disinfect all high hand contact surfaces thoroughly and often especially; sink taps, toilet handles, railings, doorknobs, light switches, telephones and counters.

What if my child or I have Rotavirus?

- Stay home if you are experiencing symptoms.
- Keep children home from school or daycare for 48 hours after symptoms stop.
- Healthcare workers and food service workers should be off work for 48 hours after symptoms stop.

Where can I find handwashing Resources?

- Visit www.germsmart.ca

For more information contact:

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| • Provincial Health Information Line | 811 |
| • Population and Public Health | 306-655-4612 |
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