



GOVERNMENT OF GUAM

DEPARTMENT OF PUBLIC HEALTH AND SOCIAL SERVICES
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DIVISION OF CHILDREN'S WELLNESS
BULLETIN

Re: Norovirus Advisory January 2025

Hafa Adai Childcare managers and staff,

I hope this message finds you well. As norovirus cases rise across the U.S., the Department of Public Health and Social Services urges leaders to emphasize preventative measures. Your leadership is vital to protecting the people most vulnerable to this preventable illness.

Norovirus, or "stomach flu," spreads through direct contact, contaminated food or water, or surfaces. Symptoms like diarrhea, vomiting, and nausea appear 12 to 48 hours after exposure and last 1 to 3 days. Young children, older adults, and immunocompromised individuals face higher risks.

To mitigate spread, we recommend:

1. Hand Hygiene: Frequent handwashing with soap and water; sanitizers are **not** effective.
2. Safe Food Practices: Wash fruits and vegetables thoroughly; cook shellfish properly.
3. Cleaning: Disinfect high-touch surfaces with effective agents.
4. Sick Policy: Ensure sick individuals stay home for two days after symptoms end.

For more information, visit the CDC at <https://www.cdc.gov/norovirus/about/index.html>.

Thank you for prioritizing health in our community. Contact us with any questions.


THERESA C. ARRIOLA, MBA
Director

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