

Your child may have been exposed to:

## Infectious Diarrhea

Diarrhea is more stools (bowel movements) that are looser and watery when compared to a person's normal pattern and form. Examples of causes include *E. coli* O157:H7, *Salmonella*, and rotavirus.

### If you think your child has Infectious Diarrhea:

- Tell your childcare provider or call the school.
- **Need to stay home?**

#### Childcare:

**Yes**, until diarrhea has stopped. Follow “stay home” guidelines for specific germ if the child was tested and the cause is known.

#### School:

**No**, unless the child is not feeling well and/or has diarrhea and needs to use the bathroom frequently.

### Symptoms

A child with infectious diarrhea may have stools that are loose and runny compared to normal. There may be blood and/or mucus in the stool. Other symptoms may include a stomach ache, vomiting, and fever.

If your child is infected, it may take 1 day to 4 weeks (sometimes longer) for symptoms to start.

### Spread

- By eating or drinking contaminated food or beverages.
- By touching contaminated hands, surfaces, or objects.

### Contagious Period

The illness can spread as long as germs are in the stool.

### Call your Healthcare Provider

- ◆ If anyone in your home has symptoms. There may be a medical test to detect the germ. Treatment may be available, depending on the germ that is causing diarrhea.
- ◆ Ask how to prevent dehydration. Your child may lose a lot of water from vomiting and diarrhea.

### Prevention

- Wash hands after using the toilet and changing diapers and before preparing food or eating. Your child may need help with handwashing
- Clean and disinfect any objects that come in contact with stool. This includes toilets (potty chairs), sinks, toys, and diaper changing areas. Use a product that kills germs.
- DO NOT use beaches, pools, water parks, spas, or hot tubs until 72 hours after diarrhea has stopped.

#### FOR MORE INFORMATION

Kentucky Department for Public Health Frankfort, KY  
 Kentucky Regional Poison Center Louisville, KY  
 Lake Cumberland District Health Department Somerset, KY  
 The Centers for Disease Control and Prevention (CDC) Atlanta, GA

<http://chfs.ky.gov/dph/>  
 EMERGENCY: 1-800-222-1222  
[www.lcdhd.org](http://www.lcdhd.org) (606) 678-4761  
 Toll free: 1-800-311-3435 [www.cdc.gov](http://www.cdc.gov)