Health Advisory - Gastrointestinal Illness

In accordance with The Claremont Colleges Services Student Communicable Disease Plan, we are issuing a Health Advisory.

The Student Health Center has recently treated several students with gastrointestinal symptoms of nausea, vomiting, and abdominal pain (stomach cramps). Symptoms of infectious gastrointestinal illnesses can resemble "stomach flu."

What are the symptoms?

Common symptoms include vomiting, diarrhea and stomach cramping. Less common symptoms can include low-grade fever (between 98.7°F and 100.4°F) or chills, headache and muscle aches.

When might symptoms appear?

Symptoms can begin 1 or 2 days after exposure but may appear as early as 12 hours after exposure. The infected person may feel very sick and vomit often, sometimes without warning, many times a day.

Gastrointestinal Illness is contagious.

What do I do if I have symptoms?

- Rest, avoid contact with others and drink plenty of fluids so you don’t become dehydrated.
- Wash your hands often.
- Avoid common areas. Have friends bring you food and drinks.
- Do not prepare food for others while you have symptoms and for at least 3 days after you recover.
- Drink lots of clear liquids (Gatorade, Kool-Aid, ginger ale, apple juice) to stay hydrated until symptoms have lessened.
- Slowly return to eating solid foods after symptoms have resolved. Begin with plain rice, applesauce, bananas, toast, and crackers.
- Seek medical evaluation if vomiting lasts longer than 24 hours, diarrhea lasts longer than three days, or if symptoms of dehydration occur (lightheaded or fainting).

How can I avoid getting sick?

- **Avoid contact with the bodily fluids** - if assisting someone who may be ill.
- **Thoroughly wash your hands** - frequently and vigorously, for at least 30 seconds with soap and warm water, especially after bathroom visits, before eating, or while preparing or handling food.
- **Regularly clean and disinfect communal areas and any shared equipment.** – use disinfectant wipes to clean handles, knobs and other surfaces.
- **Use alcohol based (62%) waterless hand sanitizers** - when entering facilities and dining halls. Alcohol hand sanitizer should not replace hand washing.
- **Do not touch** - your mouth, nose or eyes immediately after assisting or contacting someone who may be ill.
- **Immediately remove and wash** - clothing or linens that may be contaminated with bodily fluids or after an episode of illness (use hot water and soap).
• **Flush or discard any bodily fluids in the toilet** - (with the lid down) and make sure that the surrounding area is kept clean.

• **Food handling** – dispose of food contaminated by an ill person. Carefully wash fruits and vegetables before eating them and thoroughly cook foods.

• **Clean and disinfect** - all surfaces immediately with a bleach-based cleaner after an episode of illness.

• **Do not share utensils, drinking cups or water bottles** – all of which easily transmit the virus.

**What should I do if I need treatment?**

You may be evaluated by Student Health Services by calling (909) 621-8222 for an appointment.

**After-hours (weekend) Medical Assistance:**

Weakness, dizziness, nausea/vomiting-call (909) 621-8222 and press option 5 to speak with a registered nurse. For urgent medical assistance call Campus Safety at (909) 607-2000 or 9-1-1.

**Students can also seek care at:**

- Pomona Valley Hospital Medical Center—1798 N. Garey Avenue; Pomona, CA  91767 (909) 865-9500
- San Antonio Community Hospital—999 San Bernardino Road; Upland, CA  91786 (909) 985-2811

If you are ill, do not attempt to drive yourself to seek medical care, have someone drive you or call an ambulance or Campus Safety.