Sample Newsletter Post

**How to use:** Customize and add this post to your own newsletter, email list or other communication channel to help promote norovirus prevention. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Protect Your Family and School Community from Norovirus**

This is the time of year when norovirus (sometimes called the “stomach bug”) is still circulating in Vermont. Norovirus is a very contagious virus that causes vomiting and diarrhea.

You can help keep your family and our school community healthy:

1. **Wash hands often with soap and water.** Remind your child to wash their hands for at least 20 seconds, especially after using the bathroom and before eating or making food. Hand sanitizer does not work well against norovirus!
2. **Keep your child home for at least 24 hours after symptoms are gone.** If your child is recovering from norovirus, staying home for at least 24 hours after all symptoms are gone can prevent norovirus from spreading to other students. Most people recover from norovirus in 1 to 3 days.

For more on norovirus and how to prevent it, visit [HealthVermont.gov/norovirus](https://www.healthvermont.gov/disease-control/food-waterborne-diseases/norovirus)**.**

**[suggested image options below]**



[Download image from CDC](https://www.cdc.gov/clean-hands/media/images/2024/04/333655-A_SM_GlobalHandwashingDay-TWT4.jpg)

 [Download image from CDC](https://www.cdc.gov/norovirus/media/images/2025/01/NOROVIRUS_LTC_Square_1.14-1.jpg)

Sample Social Media Post

**How to use:** Customize and add this post to your own newsletter, email list or other communication channel to help promote norovirus prevention. Find more graphics and animated GIFs at <https://www.cdc.gov/clean-hands/communication-resources/> and <https://www.cdc.gov/norovirus/communication-resources/index.html>.

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| **Suggested Post Copy** | **Facebook/Twitter Image** |
|  Norovirus (also called the “stomach bug”) is still circulating in Vermont. A reminder to help keep your family and our school community healthy:🧼 Wash hands often with soap and water. Hand sanitizer doesn’t work against norovirus!🏠 Keep your child home for at least 24 hours after symptoms are gone.Learn more at [HealthVermont.gov/norovirus](https://www.healthvermont.gov/disease-control/food-waterborne-diseases/norovirus).  | [[Download image from CDC](https://www.cdc.gov/norovirus/media/images/2025/01/NOROVIRUS_Actions_LinkedIn_1.8.jpg)] |

Sample Print Resources

**How to use:** Download, print or share these posters and flyers.Find more at <https://www.cdc.gov/clean-hands/communication-resources/> and <https://www.cdc.gov/norovirus/communication-resources/index.html>. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| [Download flyer from CDC](https://www.cdc.gov/norovirus/communication-resources/handwashing-flyers.html) | [Download 11"x17" handwashing poster](https://www.cdc.gov/clean-hands/media/pdfs/2024/04/key-times-to-wash-hands-eng-11x17-p_1.pdf) |