December 4, 2015

Dear Students:

Chapman University has reported an increase in gastrointestinal illness (vomiting and/or diarrhea) among students living in dormitories on campus. Orange County Public Health would like to assist the school and your doctor in finding out what may be causing this illness. If we know the cause, we can advise the school on the best way to prevent further illness.

If you are ill or you become ill with vomiting and/or diarrhea and you will be going to the doctor, please bring this letter with you. We are requesting that your doctor take a stool specimen and submit it to Public Health. If you experience vomiting/diarrhea, but do not require medical attention, please contact Public Health at 714-834-8180 if you would like to be tested. Public Health will not charge you or your doctor. If you have questions, please call (714) 834-8180 and ask to speak to Sandra Okubo.

Good hand washing is very important for preventing the spread of gastrointestinal illnesses.

**Wash hands:**
- Before preparing or eating food
- After going to the bathroom
- Before and after tending to someone who is sick
- After blowing your nose, coughing, or sneezing

**When washing hand with soap and water**
- Wet your hands with clean running water and apply soap. Use warm water if it is available.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 20 seconds.
- Rinse hands well under running water
- Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet. If using a cloth towel, do not share the towel with others.

Students with vomiting and/or diarrhea should NOT attend school or school activities. Because the virus causing this illness is very contagious, we recommend that students stay out of school for at least 48 hours after the symptoms have resolved.

For more information about viral gastroenteritis and how to prevent spread within the household, see [http://ochealthinfo.com/phs/about/dcepi/epi/disease/noro](http://ochealthinfo.com/phs/about/dcepi/epi/disease/noro).

Sincerely,

Matt Zahn, M.D.
Medical Director