



So you have the Norovirus??

What do you do???

- If you have sudden onset of vomiting/diarrhea; you have the virus....it should last approximately 24-36 hours.
- **STAY IN YOUR ROOM!!!! WASH YOUR HANDS!!**
- Email your professors/coaches
- Rest, Keep Hydrated
- Drink Clear liquids; i.e. liquids you can see through; Jell-O, water, ginger-ale
- You can go back to class 24 hours after your last episode of vomiting/diarrhea
- Send your roommates/friends to SHS for Imodium for diarrhea, Tylenol and Ibuprofen for fever, pain, achiness.
- Please keep your contacts to a minimum.
- Questions; call SHS 215-572-2966 or email us: SHS@arcadia.edu
- SHS cannot give you a Doctor's Note.