



# Orange Township Public Schools

Gerald Fitzhugh, II, Ed.D.  
Office of the Superintendent



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Dear Parents, Guardians, and Caregivers,

This is an important message from the Superintendent of Schools regarding Norovirus. Norovirus is the most common virus that causes gastroenteritis. These viruses are easily transmitted through food, by person-to-person contact, or through contaminated surfaces. The virus spreads easily in the home as well. Norovirus is sometimes called the “stomach flu” but is not related to influenza (the flu).

Norovirus symptoms include nausea, vomiting, diarrhea, and stomach cramping. People may also experience low-grade fever, headache, weakness, and muscle aches. Symptoms can begin as early as 12 hours after exposure to the virus or as late as 48 hours. The symptoms of norovirus usually last 1 to 2 days.

People with norovirus usually fully recover without medical attention. Those with severe diarrhea should drink lots of liquids. If your child has bloody diarrhea or high fever, please contact your doctor. These are not symptoms of norovirus.

Children and staff with symptoms of viral gastroenteritis should always be checked out by their primary physician.

The best way to limit the spread of these viruses is frequent hand washing for at least 20 seconds using soap and warm running water, being sure to completely clean all areas of hands and under fingernails. Household cleaners are ineffective against norovirus. Bleach is the only reliable means of disinfection. Please refer to the CDC’s website (<https://www.cdc.gov/norovirus/index.html>) on Norovirus for information on cleaning and disinfection guidelines.

As always, I thank you for your continued support and belief in our school district. Should you have any questions, you are encouraged to send an email to [reopeningofschools@orange.k12.nj.us](mailto:reopeningofschools@orange.k12.nj.us).

In Partnership,

*Gerald Fitzhugh, II, Ed.D.*

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