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Norovirus: winter superbug

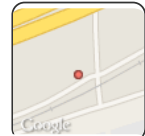
BY KATIE SWAN



With the quiescence of the holidays and my pediatric patients back in school, I have had the chance to catch up with families about their various celebrations.

“So, how was Christmas?” I ask, hoping to hear stories of the overindulgence of

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What we as primary-care providers most worry about is dehydration. The earliest sign of dehydration is dark-colored urine, followed by the elimination of urination altogether. When we talk with parents about their sick child, the number of urine-filled diapers and timing of the most recent output are important.

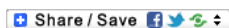
If the child is making tears, and spit bubbles line their tongue, we are far less worried. Older children and adults can stay hydrated with sports drinks and babies and younger children should use oral rehydration solutions, such as Pedialyte. Take small sips, about a few teaspoons, every few minutes. Breast-fed babies can continue to breastfeed.


While it is difficult to avoid contracting this virus, there are a few precautions. Clean all surfaces and clothing with bleachbased cleansers. Alcohol-based cleansers are ineffective, including hand sanitizers. Wash hands vigorously with soap and water for at least 20 seconds, paying close attention to areas between the fingers and under the nails.

If symptoms fail to improve after a few days , contact your primary care provider.

KATIE SWAN, is a certified family nurse practitioner with Martin's Point Health Care Center in Brunswick.

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