



Central Michigan District Health Department
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People Caring for People

Gladwin, Mt. Pleasant, and Standish – The Central Michigan District Health Department is continuing to investigate clusters of cases of a vomiting and diarrheal illness in Gladwin, Mt. Pleasant and Standish. Health officials have positively linked the cause in two of the clusters to Norovirus.

Last week a cluster of vomiting and diarrheal cases drew the attention of the health care community in Gladwin. “The Gladwin situation appears to be getting better and the other two areas are stable” states Dr. Robert Graham, Medical Director of the Central Michigan District Health Department.

Tests are being conducted on specimens from the Mt. Pleasant and Standish clusters and results are expected this week. The clusters are associated with nursing homes. The vomiting and diarrheal illness has also been seen outside of long term care facilities.

Norovirus is a common germ that is spread by the fecal oral route. Humans are the only known carriers of the Norovirus. Norovirus is very contagious. It causes abdominal cramps, vomiting, and diarrhea. 80 percent of the people that are infected with Norovirus will develop symptoms.

“There is no specific treatment for Norovirus,” Dr. Graham said, “Most people will recover in 24 to 48 hours.” Dr. Graham reminds everyone that the best way to avoid this nasty bug is to wash their hands frequently.

The Central Michigan District Health Department is actively looking for other indications that the Norovirus is spreading into other parts of the district. At this time there is no indication that other clusters are in other surrounding counties. In addition, the health department has sent all long-term care facilities, doctors’ offices, emergency rooms and urgent care centers information on Norovirus prevention.

Dr. Graham offers the following advice on Norovirus:

- Wash your hands with hot soapy water before meals, before preparing food and after going to the bathroom.
- Stay away from long term care facilities that are experiencing a Norovirus outbreak.
- If you are sick with vomiting and diarrhea, stay home from school or work and do not attend family functions or gatherings with large amounts of people until you have gone two days without symptoms.
- Food workers should stay home at least two days after their symptoms stop.

This article has been brought to you by Central Michigan District Health Department which serves residents in Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon Counties.