



Central Michigan District Health Department
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People Caring for People

Gladwin – The Gladwin County Branch Office of the Central Michigan District Health Department (CMDHD) has received several reports of people from the Gladwin area with vomiting and diarrhea. Staff of a local health care facility made the first reports to the health department last week. Since the first alert, other health care providers from the Gladwin area have also notified the health department of people with a similar condition.

The staff of CMDHD is working closely with community health care providers to identify the cause of the illness. Cultures from some of the ill people have been sent to the state laboratory for analysis.

“The ill people are having vomiting and diarrhea that is lasting 24 to 48 hours,” said Dr. Robert Graham, medical director of CMDHD. “We are investigating the situation and have been in contact with doctor’s offices, infection control practitioners, and have advised some health care facilities to not allow visitors.” Dr. Graham added that this problem is most likely caused by a common virus.

CMDHD is advising people with vomiting and diarrhea to stay home. Children with vomiting and diarrhea should not go to school until all of their symptoms have been over for at least 24 hours. Parents of any child that has been sick for more than 48 hours should contact their family doctor for advice.

“With the Thanksgiving holiday fast approaching, we want people to strongly consider staying away from family gatherings if they, or family members are sick, or have been sick within the 48 hours before the family gathering,” Dr. Graham recommended.

Most germs that cause these kinds of symptoms are passed from person to person by the fecal oral route. That is, someone who is sick does not properly wash his or her hands after going to the bathroom. The germ then contaminates food that the ill person has prepared. Also, the germ can be spread through handshakes or handling objects the ill person has touched.

Protect yourself and your family and the community by following a few simple recommendations.

- Stay home from work or school if you are vomiting or having diarrhea
- Wash your hands after going to the bathroom
- Wash your hands before eating and before preparing food
- Do not attend any family gatherings or fix food for a family gathering if you have been sick in the 48 hours before the event
- Do not visit anyone in the hospital or nursing home if you have been vomiting or having diarrhea in the last 48 hours
- When in public, use a waterless hand cleaner to wash your hands or seek a public restroom to wash your hands with soap and water.

This health advisory has been brought to you by Central Michigan District Health Department.