

# Health Alert - Update

## Norovirus Outbreak Confirmed at Horseshoe Lake County Park

July 17, 2014

Dear Colleagues:

The Kitsap Public Health District has confirmed the virus affecting those who visited Horseshoe Lake County Park was norovirus. All human fecal samples tested were positive for the same genotype of norovirus.

As of this morning, we have received more than 260 reports of children and adults who have visited Horseshoe Lake County Park in South Kitsap and have at least one of the following symptoms: **nausea, vomiting, fever, stomach cramps, and diarrhea**. The symptoms occur anywhere from 12-48 hours after exposure.

### Case definition:

- Anyone who was at Horseshoe Lake County Park on Thursday 7/10, Friday 7/11, Saturday 7/12 or Sunday 7/13 **AND** has one of the following:
  - Nausea, vomiting, diarrhea, or stomach cramps, **OR**
  - Has one of the above symptoms and household exposure to someone who fits the case definition.

### **There is no need to test patients if they meet the case definition**

There is no specific therapy to treat people with gastroenteritis caused by norovirus infection. Dehydration is the most common complication that may require medical care.

- Treatment includes replacing fluids lost from vomiting and diarrhea and correcting electrolyte disturbances. Oral rehydration fluids and giving fluids intravenously are used for severe dehydration.
- Avoid giving antimotility agents to children younger than 3 years old. However, these agents may be helpful in older children and adults, particularly when used along with rehydration treatment.
- Antiemetic agents generally should be given to adults only.
- Antibiotics are of no benefit in treating norovirus infections.

Please call 360-337-5235 if you have additional questions. This message will be posted on our website [www.kitsappublichealth.org](http://www.kitsappublichealth.org).

Sincerely,

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Kitsap Public Health District  
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