

August 14, 2018

## Norovirus Illness Reports from People Swimming at Horseshoe Lake County Park—Investigation Concluded

### Actions Requested

- **Encourage patients** who become ill with diarrhea, vomiting, and/or stomach cramps after exposure to recreational water to call us at (360) 728-2235 or go to [kitsappublichealth.org](http://kitsappublichealth.org) to report their illness.
- **Tell patients exhibiting symptoms of gastroenteritis to stay home from all activities for at least 48 hours after symptoms resolve.** This is due to the potential of the pathogen being shed in the stool after symptoms resolve.
- **Emphasize the importance of performing hand hygiene with soap and water and cleaning surfaces in the home** where someone is sick with gastrointestinal illness.
- **Report** suspected outbreaks of gastrointestinal illness to Kitsap Public Health District by calling (360) 728-2235.
- **Consider sending clinical specimens and asking** about recent travel, exposure to recreational water, exposure to animals, and recent foods consumed when evaluating a patient with suspected infectious gastroenteritis.

For questions, please contact our Communicable Disease staff at (360) 728-2235.

### Background

The Kitsap Public Health District and Kitsap County Parks Department have reopened Horseshoe Lake County Park. The park was closed on August 1 after the Kitsap Public Health District received reports of people experiencing gastrointestinal illnesses after visiting the park in late July. The closure included the park and its swimming beach only; there was no indication that any other parts of the lake were affected or needed to be closed. Kitsap Public Health District investigated 155 reported illnesses. There was one lab confirmation of a norovirus infection in an individual who became sick after swimming at Horseshoe Lake County Park swimming beach in late July. We requested the assistance of healthcare providers in advising ill swimmers to take precautions to avoid spreading the infection. Our investigation into this particular outbreak has concluded, but we encourage all our providers to consider environmental exposures when seeing patients with gastrointestinal illnesses. Outbreaks of suspected waterborne or foodborne origin are immediately notifiable to us, per Washington Administrative Code (WAC) 246-101.

### Resources

WA DOH Recreational Water Illnesses:

<https://www.doh.wa.gov/YouandYourFamily/IllnessandDisease/RecreationalWaterIllnesses>