

To: Pitzer students
From: Prateek Jindal, DO, Director of Student Health Services
Date: January 31, 2022
Subject: Reports of gastrointestinal illnesses

Dear Pitzer student community,

Student Health Services (SHS) has been contacted by Pitzer leadership to inform us of reported gastrointestinal illnesses amongst the Pitzer student community. So far, SHS has seen a total of 3 Pitzer students in the clinic recently with complaints such as nausea, vomiting or diarrhea. A detailed history taken from each case has not revealed any common underlying theme or connection amongst these cases. These cases also do not appear to be due to COVID-19 infection. SHS will continue to work with Pitzer leadership to provide guidance and support as needed.

Students seeking medical assistance with gastrointestinal symptoms such as those listed above can contact SHS for an appointment by calling: (909) 621-8222 (x18222). Students can also receive a telemedicine appointment with a licensed healthcare provider, 24/7, by visiting [7C.Health](#). Anyone needing emergent care should contact Campus Safety at (909) 607-2000 (x72000) or dial 9-1-1.

Meanwhile, students should review this important information regarding gastrointestinal illness and safety precautions:

What are the symptoms?

Common symptoms include vomiting, diarrhea and stomach cramping. Less common symptoms can include low-grade fever or chills, headache and muscle aches.

When might symptoms appear?

Symptoms can begin 1 or 2 days after exposure but may appear as early as 6 to 12 hours after exposure. The infected person may feel very sick and vomit often, sometimes without warning, many times a day.

What do I do if I have symptoms?

- Rest, avoid contact with others and drink plenty of fluids so you don't become dehydrated.
- Wash your hands often.
- Do not prepare food for others while you have symptoms and for at least 3 days after you recover.
- Drink lots of clear liquids (water, Gatorade, Kool-aid, ginger ale) to maintain hydration until symptoms have abated.
- Slowly return to eating solid foods after symptoms have resolved. Begin with plain rice, applesauce, bananas, toast, and crackers.

- Seek medical evaluation if vomiting lasts longer than 24 hours, diarrhea lasts longer than three days, or if symptoms of dehydration occur (lightheaded or fainting).

It is important to protect The Claremont Colleges community by following these measures to reduce exposure to illness:

- **Avoid contact with the bodily fluids** - If assisting someone who may be ill.
- **Practice proper hand hygiene** - frequently wash your hands vigorously, for at least 30 seconds with soap and warm water, especially after bathroom visits, before eating, or while preparing or handling food.
- **Regularly clean and disinfect communal areas and any shared equipment.**
- Use alcohol based (62%) waterless hand sanitizers when entering facilities and dining halls. Alcohol hand sanitizer should not replace hand washing but can be used as an additional precaution.
- Avoid touching your mouth, nose or eyes immediately after assisting or contacting someone who may be ill.
- Immediately remove and wash clothing or linens that may be contaminated with virus after an episode of illness (use hot water and soap).
- Flush or discard any bodily fluids in the toilet (with the lid down) and make sure that the surrounding area is kept clean
- Food that may have been contaminated by an ill person should be disposed of.
- Carefully wash fruits and vegetables before eating them and thoroughly cook foods.
- Thoroughly clean and disinfect contaminated surfaces immediately after an episode of illness by using a bleach-based cleaner.
- Do not share utensils, drinking cups or water bottles – all of which easily promote transmission of illness.

If you are ill or not feeling well, please take the following precautions:

- **Avoid common areas** with the public (study areas, dining halls, etc.) - have a friend bring you food and drinks.
- **Maintain strict hand washing procedures.** Alcohol-based hand sanitizer should not replace hand washing but can be used as an additional precaution.
- **Clean and disinfect contaminated surfaces**—cleaning up vomit and/or stool with a chlorine bleach solution.
- **Wash laundry thoroughly**—launder all linen and clothing that may be contaminated with vomit or stool in detergent and then machine dry.

