



# Health Topics

## February 2018 Edition

### Norovirus

According to the [Centers for Disease Control and Prevention \(CDC\)](#), Norovirus is a very contagious virus that can infect anyone. You can get it from an infected person, contaminated food or water, or by touching contaminated surfaces. The virus causes your stomach or intestines or both to get inflamed. This leads you to have stomach pain, nausea, and diarrhea and to throw up.

**protect yourself from norovirus**

▶ wash your hands often

▶ cook shellfish to 140°F or higher

▶ rinse fruits & vegetables thoroughly

▶ after vomiting or having diarrhea, immediately clean & disinfect surfaces & wash soiled laundry

### Teen Dating Violence Awareness

**FORMS OF DIGITAL ABUSE**

- Used my social networking account without permission
- Made me feel afraid when I did not respond to calls or texts
- Sent me so many messages that I felt unsafe
- Sent me unwanted sexual photos and messages to engage in sexual acts
- Created a profile page about me, knowing it would upset me
- Threatened, by text, to harm me physically
- Spread rumors about me online or through texts
- Pressured and threatened me to send a sexual photo of myself
- Wrote nasty things about me on his or her profile page
- Posted embarrassing photos of me online
- Used information from my online profile to harass me
- Sent threatening text messages, IMs, or chats that made me feel scared
- Took video of me and sent it to friends without my permission

(The Urban Institute)

According to the [Centers for Disease Control and Prevention \(CDC\)](#), teen dating violence is the physical, sexual, psychological, or emotional violence within a dating relationship, including stalking. It can occur in person or electronically and might occur between a current or former dating partner. Words that are used to describe teen dating violence include: Relationship abuse, intimate partner violence, relationship violence, dating abuse, domestic abuse, domestic violence etc.

Of particular concern to many parents and youth guardians is the growing abuse that happens online. According to the Urban Institute “25% of dating teens report they’ve been digitally victimized by their partners. **Only 9 percent seek help, and rarely from parents or teachers.**” For more information visit: [The Urban Institute](#).