

NOROVIRUS

WHAT IS NOROVIRUS?

This is a group of viruses that are the most common cause of stomach bugs resulting in diarrhoea and vomiting.

WHO IS AT RISK?

Anyone can be affected. Staff, patients and visitors are all equally at risk.

HOW IS IT SPREAD?

The virus can spread easily from one person to another. It can be transmitted through contact with an infected person; eating contaminated food or contact with contaminated surfaces or objects.

WHAT ARE THE SYMPTOMS?

These begin between 12–48 hours after becoming infected and will last between 12–60 hours. It may start with a sudden onset of nausea followed by vomiting and/ or diarrhoea.

HOW IS IT TREATED?

There is no treatment, except drinking plenty of fluids to prevent dehydration.

WHY DOES NOROVIRUS CAUSE OUTBREAKS?

It is easily spread from one person to another, and the virus is able to survive in the environment for many days. Outbreaks tend to affect people in confined spaces such as hospitals, nursing homes, cruise ships and hospices.

HOW CAN I PREVENT OTHERS GETTING INFECTED?

Avoid contact with others until your symptoms have stopped for at least 48 hours. Do not visit any healthcare premises. Wash hands with soap and water. Alcohol gel does not kill the bugs associated with norovirus.

HOW ARE OUTBREAKS MANAGED?

High standards of hand washing are important, as well as keeping surfaces clean. Patients may be moved into single rooms, admissions may be temporarily stopped and visiting may be restricted.

ADVICE

Do not visit if you are unwell. Wash hands with soap and water on entering and leaving the Inpatient Ward. Do not bring children to visit during an outbreak. Wait 48 hours after your symptoms have stopped before visiting.

Part of providing the best care and support for families, means being there for as long as a family needs us.

You can help us to be there, when we're needed.

Please speak to a member of staff or visit our website for ways you can help.

Thank you



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