

What can I do to help reduce the likelihood of spread?

To reduce the likelihood of spread of Norovirus it is important to remember the following:

- If you are in hospital and have vomiting or diarrhoea tell the nurse looking after you
- Any soiling due to vomiting or diarrhoea must be immediately cleaned up and the area decontaminated
- Wash your hands regularly with hot water and soap, especially after using the toilet and when touching food. (Alcohol gel on its own is not enough)

Are there any risks to my family at home?

If you or a family member has symptoms of vomiting/diarrhoea:

- Use hot water and detergent to clean up any soiling and wash your hands afterwards.
- There is no specific treatment for Norovirus apart from sipping plenty of clear fluids such as water or flat lemonade.
- Try not to prepare food for other people if you have vomiting or diarrhoea.
- If you are concerned, telephone your GP

Instructions for Visitors

It is very easy to bring Norovirus into Hospitals. When Norovirus gets into hospitals it can cause serious problems, for example ward closures, restricted visiting, cancelled operations and added pressure on the Emergency Department

Vulnerable patients can become very weak if they get Norovirus. Please cooperate with any precautions that may be taken, including visiting restrictions.

Do not visit the Hospital if you have been suffering from vomiting or diarrhoea in the previous 48 hours.

How can I contact a member of the Infection Prevention & Control Team?

Tell the Clinical Nurse Manager, doctor or nurse looking after you if you would like to speak to a member of the Infection Prevention and Control Team and they will contact us.

We have made every possible effort to make sure that all the information provided in this leaflet is true, accurate, complete and up to date at the time of publication

References

<http://www.hpsc.ie/az/vaccinepreventable/measles/factsheet/>

<https://www.cdc.gov/measles/index.html>



Tallaght
University
Hospital

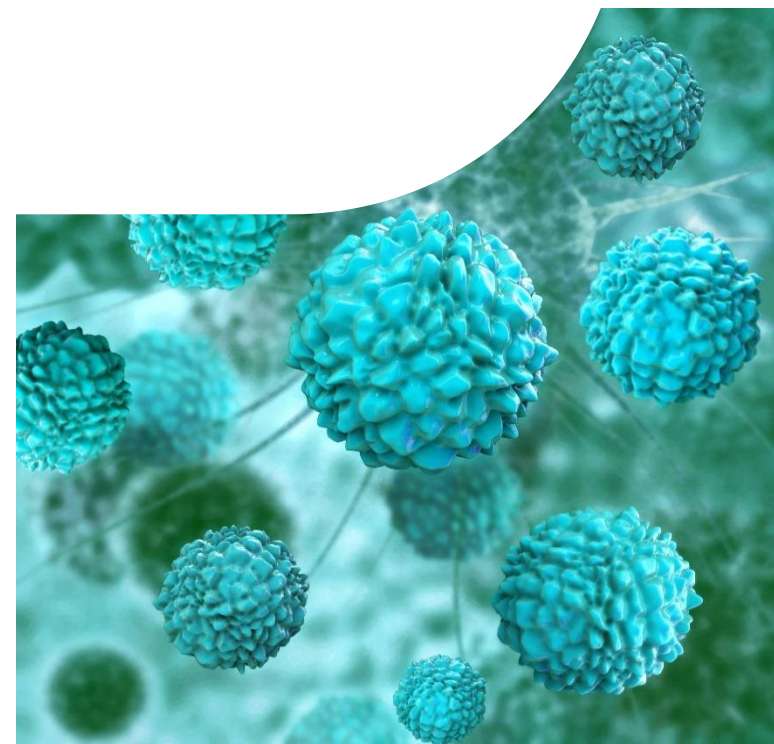
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**PATIENT
INFORMATION
LEAFLET**

Novovirus

Winter Vomiting Bug



What is Norovirus?



Norovirus is a common cause of gastroenteritis. It can be known as “the winter vomiting bug” but people can get it at any time of the year. It does not usually cause serious illness, but it is very easily spread. People who contract it can be infectious for at least 48 hours after they recover.

How is Norovirus spread?

- Person to person spread i.e. If you are in close contact with a person who is infected
- Touch surfaces contaminated with norovirus
- Foodborne: Food items can potentially transmit norovirus if it is handled or comes in contact with an infected food handler or is exposed to environmental contamination
- Waterborne: water and ice are being increasingly recognised as a vehicle for spreading norovirus

People infected with Norovirus can pass on the infection from the moment they start feeling ill to at least two days after they have recovered.

Some people may pass on the infection for as long as two weeks after recovery.

What are the symptoms of Norovirus?

Often the symptoms occur without warning.

The symptoms can include feeling sick, vomiting, stomach cramps and diarrhoea. Some people will have a temperature, chills, muscle aches and headaches. The symptoms tend to last between 12 and 60 hours.

Treatment

There is no specific treatment for norovirus apart from drinking plenty of clear fluids such as water or flat drinks to prevent dehydration.

Because it is a virus, antibiotics do not work.

Most people make a full recovery. Some people (usually the very young or elderly) may become very dehydrated and need medical treatment.

If a patient has Norovirus we may share that information with other hospitals. The Patient should also tell their carers of the result on admission to another hospital. This will help to stop the spread of Norovirus.

What will happen if I develop these symptoms?

The ward manager will contact the Infection Prevention & Control Team and advice will be given regarding infection control measures to be taken, for example cleaning and disinfection in the ward area will be increased and the area that you are in may be closed to new admissions.

If a room or ward is closed due to Norovirus you will see a sign on the door.

Visiting may also be restricted or stopped to limit the spread of norovirus infection. Visiting may be permitted in special cases and only if agreed in advance with the ward manager.

You may be moved to a single room with your own bathroom. There will be a sign placed on your door.

Healthcare workers looking after you will be wearing aprons and gloves when they come into your room. These will be removed after your care and hand hygiene performed. Healthcare workers will clean their hands before and after contact with each patient.

If you notice a failure in this practice you can ask the healthcare staff to clean their hands.

Symptoms tend to last between 12 & 60 hours.

