

Norovirus



Infection Prevention and Control

patient**information**

Hearing about your experience of our services is very important as it means we can pass compliments on to our staff and make improvements where necessary. Tell us what you think by emailing us at: yourexperience@rothgen.nhs.uk

Slovak

Ak vy alebo niekto koho poznáte potrebujete pomoc pri pochopení alebo čítaní tohto dokumentu, prosím kontaktujte nás na vyššie uvedenom čísle alebo nám pošlite e-mail.

Slovensky

Kurdish Sorani

کوردی سۆرانی
نەگەر تۆ یان کەسێک کە تۆ دەناسی پێویستی بەیارمەتی هەبێت بۆ ئەوەی ئەم بەلگەنامە بە تێتێگات یان بێخۆیتنێتەوه، تکایە پەیوەندیمان پێوه بکە لەسەر ئەو ژمارەیە سەروددا یان بەو نێمەیلە.

Arabic

عربی
إذا كنت انت أو أي شخص تعرفه بحاجة إلى مساعدة لفهم أو قراءة هذه الوثيقة، الرجاء الاتصال على الرقم اعلاه، أو مراسلتنا عبر البريد الإلكتروني

Urdu

اُردو
اگر آپ یا آپ کے جاننے والے کسی شخص کو اس دستاویز کو سمجھنے یا پڑھنے کیلئے مدد کی ضرورت ہے تو برائے مہربانی مندرجہ بالا نمبر پر ہم سے رابطہ کریں یا ہمیں ای میل کریں۔

Farsi

فارسی
اگر جناب عالی یا شخص دیگری که شما او را می شناسید برای خواندن یا فهمیدن این مدارک نیاز به کمک دارد لطفاً با ما بوسیله شماره بالا یا ایمیل تماس حاصل فرمایید.

If you require this document in another language, large print, braille or audio version, please contact Patient Information on 01709 424281 or email patientinformation@rothgen.nhs.uk

References: Guidelines for the management of norovirus outbreaks in acute and community health and social care settings.

Authors: HPA; British Infection Association; Healthcare Infection Society; Infection Prevention Society; National Concern for Healthcare Infections; NHS Confederation.

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Norovirus

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Noroviruses are part of a group of viruses that are the most common cause of gastroenteritis (upset stomach) in the UK.

Noroviruses are sometimes known as 'small round structured viruses' (SRSV) or 'Norwalk-like viruses'. Noroviruses are also called the 'winter vomiting disease' because people usually get them during the winter months. However, they can happen at any time of the year.

Outbreaks of the illness are common, particularly within contained environments such as hospitals, nursing homes and schools. This is because the norovirus spreads very easily from person to person and it can survive for several days in a contaminated area.

How does it spread?

The virus is easily transmitted from one person to another. It can be transmitted by contact with an infected person; by consuming contaminated food or water or by contact with contaminated surfaces or objects. The infectious dose is very low, swallowing as few as 10-100 virus particles may be enough to cause illness.

What are the symptoms?

The main symptoms are:

- Diarrhoea
- Feeling and being sick
- Stomach ache and cramps
- Headache
- Tiredness
- Muscle ache
- Fever (high temperature)

Hand Hygiene Routine

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Is it infectious?

This bug can affect anyone and it is very infectious. Most people start feeling unwell within 12 to 48 hours of catching it. Those with a weak immune system, the elderly, frail, infirm or young children can become quite ill and they may need treatment for dehydration due to the lack of fluid being taken. Treatment for dehydration will be advised at home whenever possible this may involve treatment within the home or in nursing/residential homes by District Nursing Teams

How do you stop it spreading?

The most effective way to stop Norovirus spreading is to wash your hands with soap and water after contact with someone who is ill, and after using the toilet. Alcohol hand rubs may be used as well as soap and water if they are available.

Thorough cleaning of hard surfaces with a bleach solution, paying particular attention to the toilet and toilet area and cleaning up vomit and the surrounding area quickly, will help to reduce environmental contamination and reduce the risk of infection in others coming into contact with these surfaces later on.

Contact with the very young, very old or people with lowered immunity should be avoided until 48 hours after your last symptoms have subsided to avoid spreading the infection to them. People who work with food and drink must not do so until 48 hours after symptoms have stopped.

How is it controlled?

In hospital the patient may be nursed in a single room, however if a number of patients are ill at the same time, they may be looked after in a specific part of the ward together. When an outbreak occurs in a hospital it is often necessary to close affected bays to help control the outbreak. Ward closures will be avoided where possible in order to continue to provide other aspects of essential care that people need. It is vital that anyone who is feeling unwell with gastrointestinal symptoms, vomiting and or diarrhoea, should not visit hospitals as this increases the risk of spreading the infection to patients and staff.

Staff and visitors **must** wash their hands or use the alcohol hand rub/gel before and after contact with **every** patient. Children and pregnant women should not visit the hospital unless completely necessary. Restrictions on visiting times may be introduced in some areas depending on the number of people involved in any outbreak as an additional measure to stop the spread of the virus. Please discuss this with the nurse in charge of the area if you have any particular concerns.

How is it treated?

There is no medication that can be given to treat norovirus, likewise there is no vaccine to prevent it. Antibiotics kill bacteria, not viruses so they do not work against the norovirus. The only thing that can be done is to treat the symptoms. The patient should drink plenty of fluids such as water or juice to prevent dehydration.

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How to contact us

Director of Infection Prevention and Control / Consultant Medical Microbiologist

Telephone 01709 424743

Lead Nurse / Assistant Director for Infection Prevention and Control

Telephone 01709 427211

Senior Infection Prevention and Control Nurse

Telephone 01709 424721

Switchboard

Telephone 01709 820000

Useful contact numbers

NHS 111 Service

Telephone 111

Health Info

Telephone 01709 427190

Stop Smoking Service

Telephone 01709 422444

A&E

Telephone 01709 424455

For GP out of hours, contact your surgery

Useful websites

www.therotherhamft.nhs.uk

www.nhs.uk

www.gov.uk

www.dh.gov

www.hpa.org.uk

We value your comments

If you have any comments or concerns about the services we have provided please let us know, or alternatively you can contact the Patient Experience Team.

Patient Experience Team

The Oldfield Centre
The Rotherham NHS
Foundation Trust
Rotherham Hospital
Moorgate Road
Rotherham
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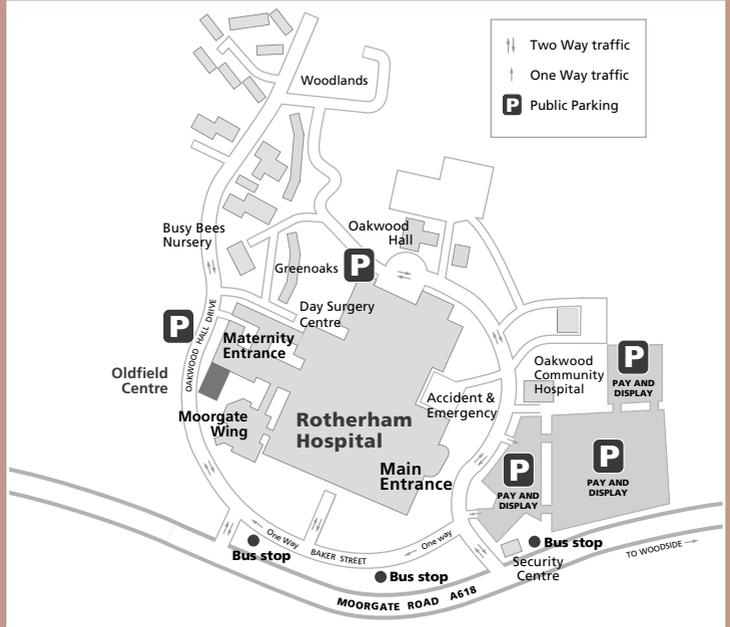
Monday to Friday

9.00am until 4.00pm

Email: yourexperience@rothgen.nhs.uk

How to find us

Hospital site plan



Rotherham main routes





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