

NOROVIRUS



What is Norovirus?

Norovirus is the most common cause of infectious gastroenteritis (diarrhoea and vomiting) in England and Wales. Other names for the infection include winter vomiting disease and viral gastroenteritis. This illness is highly infectious and can spread very easily through halls of residence and other semi enclosed environments.

What are the signs and symptoms?

- Sudden onset of nausea
- Projectile vomiting,
- Watery diarrhoea
- Abdominal pain.
- Slight fever



When and how did I get it?

You were exposed to the virus 1 to 3 days before becoming ill and your symptoms are likely to last 24 – 48 hours. Norovirus spreads very easily between people. You are contagious from when they feel ill to at least 2 days after symptoms stop.

There is a risk of infection from aerosols of projectile vomit and as few as 10 virus particles are sufficient to infect a person. Norovirus can also survive in contaminated areas, including bedding, furnishings and carpets. Environmental contamination is common, especially around toilets.

Shellfish are a common source of Norovirus, especially if eaten raw.

How do I stop it spreading?

- While you are ill and have symptoms you are infectious. You **cannot** return to work until you have been free from symptoms for 48 hours.
- Wash hands thoroughly with liquid soap especially after going to the toilet
- Regularly disinfect with bleach all areas in the toilet (including door handles and other contact areas).
- Do not prepare or share food with others
- Remain in your room while you have symptoms



Where can I get more advice?

- Your own G.P