

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

Language, Interpretation and Patient Support Service (LIPS):

If you require an interpreter to assist your appointment, please ask an appropriate family member to contact our central booking office between **Monday to Friday 8am to 5pm on 0161 922 6991** to arrange this for you. Further information can be found on the Trust public website <https://www.tamesidehospital.nhs.uk/patients/lips.htm>

語言翻譯及病者支持服務 (LIPS):

如果閣下需要翻譯員在您的預約當日幫助您的話 請找一名合適的家庭成員 **0161 922 6991** 聯絡本中央預約辦事處來您您安排 我們的辦公時間是星期一至星期五 上午 8 時至下午 5 時

Językowo Tłumaczeniowa Usługa Pomocy dla Pacjenta (Language, Interpretation and Patient Support Service LIPS):

Jeśli potrzebujesz pomocy tłumacza w trakcie swojej wizyty, proszę poprosić odpowiedniego członka rodziny o skontaktowanie się z Centralnym Biurem Zamówień (Central Booking Office), w celu zorganizowania tłumacza pomiędzy poniedziałkiem a piątkiem w godzinach od 08:00 - 17:00 pod numerem 0161 922 6991.

لیگو جی، انٹرپرائیٹیشن اینڈ پیٹینٹ سپورٹ سروس (Lips)

اگر آپ کو اپنی اپائنٹمنٹ کے لئے مترجم کی مدد کی ضرورت ہو تو براہ مہربانی اپنے خاندان کے کسی موزوں فرد سے کہیں کہ وہ ہمارے سنٹرل بک آفس سے پیر سے جمعہ 8.00 بجے صبح سے 5.00 بجے شام کے دوران 0161 922 6991 پر فون کر کے اس کا بندوبست کریں۔

Help us to help you It is important that we keep your records up-to-date. If the information about you is incorrect, we may be unable to contact you should we need to inform you about any changes to your appointment. Therefore, if you change your GP/Dentist, address or telephone number, please contact us as soon as possible. Please provide a mobile number where possible as we operate an appointment reminder service via text message.

Author: Infection Prevention Team
Division: Specialist Nursing
Version No: 5.0
Ref No: IC008
Created: 2005
Date last reviewed: June 2020
Next review date: June 2022

NHS

Tameside and Glossop Integrated Care NHS Foundation Trust



Norovirus
Patient and
Relatives/Friends
Information Leaflet

WHAT IS IT?

Norovirus is an illness which can cause vomiting and/or diarrhoea, abdominal pain and sometimes headache. Although the illness is unpleasant, it usually lasts only one or two days.

Outbreaks can occur at any time but they are more common in the winter.

HOW DO YOU CATCH IT?

The virus is found in faeces and vomit of infected people and can continue to be excreted for up to 48hrs after recovery. It is highly infectious and can be spread by airborne particles (released when someone vomits) being ingested, it can also be spread by poor hand hygiene. Virus particles can also survive in the environment, and on patient equipment.

HOW CAN IT BE AVOIDED?

This illness is very infectious. The following steps should be taken to minimise risk of infection:

- Wash hands thoroughly with soap and water especially before eating, after using the toilet, before and after contact with others, before leaving the ward /department.

- Thorough cleaning of spillage after someone has vomited and /or used the toilet. Please tell a nurse if spillage has happened.
- Do not keep food (fruit, biscuits, sweets and chocolate etc.) at the bedside; alternately keep inside the locker / food storage container.
- Visitors may be kept to a minimum during periods of infection or asked to take extra precautions when visiting; this will be explained fully by the nursing team.

WHAT SHOULD I DO IF I AM ILL?

People with symptoms should stay away from work or school and if possible should not visit people in hospital until they have had no diarrhoea/vomiting for 48hrs. The symptoms will usually get better without treatment but it is important to drink fluids in small amounts frequently to reduce the risk of dehydration.

REFERENCE

Guidelines for the management of Norovirus outbreaks (2012)
Norovirus working party (HPA, IPS)

If you have any questions you want to ask, you can use this space below to remind you.