

Instructions for Visitors

The Infection Prevention & Control Team recommend that you do not visit the Hospital unless it is necessary and generally no children are allowed during this period.

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

It is very easy to bring this infection into the hospital!

Please wash your hands before and after visiting.

Hand washing with soap and water, rather than alcohol hand gel, is essential as the Norovirus bug is less susceptible to the effect of alcohol gel.



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

Tell the Clinical Nurse Manager 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.

The Infection Prevention and Control Nurses are available Monday to Friday 07.30am to 04.00pm. We are located in the Microbiology Department in the Laboratory on Level one. Telephone no.: 01 - 4143938

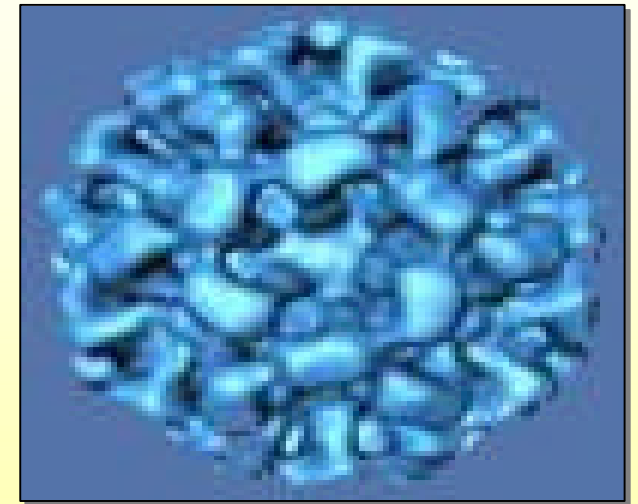
We have made every possible effort to make sure that all the information provided in this leaflet is true, accurate, complete and up to date at the time of publication.

January 2012

Reference : HPSC (Health Protection Surveillance Centre)

Infection, Prevention & Control Patient/ Visitor/ Staff Information Leaflet

Norovirus/Winter Vomiting Bug



Infection Prevention & Control Team

**THE ADELAIDE & MEATH HOSPITAL, DUBLIN
INCORPORATING
THE NATIONAL CHILDRENS HOSPITAL**



What is Norovirus?

Norovirus (Winter Vomiting Bug) is the commonest cause of infectious gastroenteritis in the community and in places where people are in close proximity such as hospitals, hotels and crèches. The bug can affect people of all ages, however healthy, and is very contagious.

How is Norovirus spread?

Norovirus can be spread very easily. The following is a list of examples:

- Person to person
- Environment
- Through food and water
- Poor Hand Hygiene

What are the symptoms of Norovirus?

The symptoms may include feeling sick, vomiting uncontrollably (often projectile), abdominal cramps and diarrhoea. The symptoms tend to last between 12 and 60 hours. Often the symptoms occur without warning.

Health Care Workers looking after you will be wearing aprons & gloves on entering your room. The HCW will remove these items & wash their hands before leaving your room.

What will happen if I develop these symptoms?

The ward manager will contact the Infection Prevention & Control Team (IP&CT) and advice will be given regarding good 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.

What can I do to help?

1. Tell your nurse or doctor immediately if you develop any of these symptoms
2. Wash your hands regularly, especially after going to the toilet.



Keeping hands clean is one of the key ways to control the spread of infection in hospital.



Remember it only takes 30 seconds to clean your hands!

It is equally important that all healthcare staff clean their hands before and after contact with you. If you notice a failure in this practice please ask the healthcare staff to clean their hands.

Are there any risks to my family at home?

It is very important to continue good hygiene including frequent hand hygiene when discharged home. You can continue to spread infection to others for up to 2 weeks.