

# IPC Bulletin for GP Practice Staff

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## The Norovirus season is fast approaching



## Are you prepared to 'Stop the spread'?

### We know:

- Norovirus is highly contagious and spreads easily from person to person
- Norovirus can be transmitted by consuming contaminated food or water or by contact with contaminated surfaces or objects
- Norovirus can survive for several days in a contaminated area
- Norovirus spreads rapidly in enclosed environments such as GP surgeries
- Norovirus symptoms are distinctive, primarily presenting with sudden onset of diarrhoea and/or projectile vomiting and nausea – other symptoms include raised low-grade fever, headaches and stomach cramps
- Alcohol handrub is not effective against Norovirus

### Stop the spread by:

- Washing hands thoroughly using liquid soap and warm running water and dry them
- Washing hands after using the toilet, before preparing food and eating

- Thoroughly disinfecting any surfaces which may become contaminated
- Washing any items of contaminated clothing, bedding or towels in a separate hot wash or at the highest temperature recommended by the manufacturer

### And remember, if you have symptoms:

- Stay hydrated – drink plenty of fluids
- Consult a pharmacist for advice on over the counter medicines to reduce fever, aches or pains
- Get plenty of rest
- Do not visit vulnerable family or friends, especially if they are in hospital
- Stay away from work for 48 hours until after symptoms have stopped
- An infection with Norovirus is self-limiting with most recovering within 48 hours, however, if symptoms persist telephone your GP or NHS 111 to get medical advice

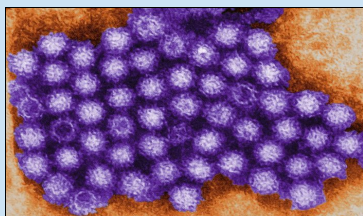


Image courtesy of:  
CDC/Charles D Humprhey  
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Reference:

Visit our website to find lots of IPC resources, many of which are free to download.

[www.infectionpreventioncontrol.co.uk](http://www.infectionpreventioncontrol.co.uk)

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