

# NOROVIRUS;

## PREVENTION TIPS AND HOW TO HANDLE AN OUTBREAK

INFORMATION AND GUIDANCE FROM BUPA.CO.UK AND THE NATIONAL HEALTH SERVICE

### WHAT IS NOROVIRUS?

Norovirus is a contagious viral infection that causes vomiting and diarrhea. There is currently no cure for the bug so the current treatment consists of waiting it out (usually around 1-2 days).

### SYMPTOMS TO LOOK OUT FOR:

Norovirus is one of the main causes of gastroenteritis. Symptoms tend to come on suddenly, with the most common being:

nausea (this may be the only symptom in mild cases)  
projectile vomiting  
watery diarrhoea  
Tummy cramps



### WHAT TO DO IN THE EVENT OF AN OUTBREAK?

1

#### ISOLATE INFECTED RESIDENTS

As soon as a case of Norovirus is identified, isolate the infected resident in a separate room or area to prevent further spread. Make sure the room is properly ventilated, and the resident is provided with appropriate care and support.

2

#### RESTRICT VISITATIONS

Limit the number of visitors to the care home. Consider suspending all non-essential visits and group activities (such as dining) until the outbreak is under control.

3

#### COMMUNICATE WITH STAFF AND RESIDENTS

Communicate regularly with staff and residents about the outbreak. Inform them of the symptoms of Norovirus, how it spreads, and the measures being taken to control it. Encourage residents and staff to report any symptoms immediately.

4

#### PROVIDE SUPPORT AND CARE

Provide residents with appropriate care and support, including hydration, medication, and emotional support. Ensure that staff are properly trained to care for residents with Norovirus and follow infection control measures.

Continue to monitor the situation closely, keep track of the number of cases and any changes in symptoms or severity. If the outbreak becomes severe, or if residents have underlying health conditions that put them at risk, seek medical advice from a healthcare professional.

#### TOP TIP:

Refrain from giving residents medication to stop diarrhoea such as loperamide. These only temporarily prevent symptoms. In some cases, they could make residents more ill.