

**Patient /Visitor Information Leaflet  
Norovirus or Small Round Structured Virus  
or Winter Vomiting Disease**

Please take time to read this leaflet which has been compiled for your information and if you have any questions/concerns please ask a member of staff.

*In the event of an outbreak visitors may be restricted in certain areas of the hospital until further notice to family members only and one visitor at any time. No children allowed.*

**What is Norovirus?**

Norovirus is a viral infection that causes diarrhoea and vomiting.

Symptoms include the following:

- Nausea
- Vomiting
- Diarrhoea
- Abdominal cramps
- Headache and low-grade temperature may also occur.

Persons with this infection usually recover fully within 2-3 days without treatment. It is important to take fluids to prevent dehydration.

Why is it a particular problem in hospitals?

Norovirus is a very common infection and is very easily transmissible. It can cause very significant outbreak in hospitals as it is readily spread from person to person.

**What happens if someone develops diarrhoea and vomiting on the ward?**

- If a patient develops diarrhoea and /or vomiting, **please inform the nursing staff straight away.**
- The patient may be moved into a side room or to an area with other patients with the same illness.
- Please ensure that you **wash your hands** after using the toilet or before eating/drinking. If you need to leave the room, please **wash your hands**.
- You may be asked to provide a stool sample, which will be sent to the laboratory.
- You may be asked to remove fruit or other uncovered food stuffs from your lockers

**Visitor Precautions**

- Visitor restrictions maybe put in place on an affected ward. We ask visitors **not** to visit during outbreak situations if possible or families should nominate one person only to visit .The Nurse Manager on the ward or unit will advise on visitor restrictions.
- Visitors/relatives that are unwell or suffering from diarrhoea and/or vomiting **should not visit** until their symptoms have resolved for at least 2 full days.
- To prevent the spread of this infection your visitors should avoid visiting other wards and areas where food is served within the hospital
- Visitors should not use patient toilets.
- Visitors should wash their hands before and after visiting patients and put on an apron when entering the patients' room.

**Thank you for your co-operation in this matter.**