

INFECTION PREVENTION AND CONTROL

UPDATE



Taking action to prevent infection

NOROVIRUS UPDATE

DECEMBER 2024

There has been an increase locally in norovirus cases and outbreaks. Norovirus spreads easily and quickly and is the most common cause of infectious gastroenteritis.

You can catch it through close contact with someone with norovirus, by touching contaminated surfaces or objects and/or eating contaminated food.

Symptoms can include:

- diarrhoea and/or vomiting
- slight fever
- stomach cramps
- headaches

It is typically self-limiting but can lead to severe illness in vulnerable groups, such as older adults and those who are immunocompromised. The risk of complications like dehydration is especially high among older people.

UK Health Security Agency **Norovirus**

If you catch it, stay home for 48 hours after your symptoms clear

DO ✓

- Wash clothes and bedding at 60°C
- Wash hands, clean surfaces with bleach-based disinfectants

DON'T ✗

- Go to work or school, visit care homes or hospitals
- Prepare food for others

HELP REDUCE THE RISK OF NOROVIRUS

UK Health Security Agency **Norovirus**

How to protect yourself and others

After using the toilet and before preparing food, wash your hands regularly with soap and warm water.

Alcohol gels won't kill norovirus

- **Alcohol hand gels do not kill Norovirus** wash your hands with soap and water before eating and preparing food, after going to the toilet and after contact with someone who is ill with symptoms. Encourage and support people you care for to wash their hands, at key times
- **Stay away** from work and other people until you have not had symptoms (vomiting or diarrhoea) **for at least 48 hours**. You can still be infectious for up to two days after your symptoms have stopped. Encourage visitors to not visit if unwell
- **Clean and disinfect** surfaces regularly using a 2-stage process, detergent then disinfectant (chlorine 1,000 ppm) paying particular attention to frequently touched surfaces and toilet areas
- **Wear gloves and aprons** when caring for people with symptoms
- **Keep Hydrated** It is important that people with norovirus drink plenty of fluids (if appropriate) to avoid dehydration.

If you are concerned that your setting has an outbreak of diarrhoea and/or vomiting (2 or more cases) in staff and/or people you care for please inform IPC Service during normal working hours 9-5 Monday to Friday excluding bank holidays, telephone 0151 604-7750 or email ipc.wirralct@nhs.net. For urgent advice outside of normal working hours call the UKHSA Health Protection Team on 03442250562

For more information, visit the [IPC Digital Hub](#) or contact the IPC team: 0151 604 7750 or ipc.wirralct@nhs.net