

Additional information

If you have any worries or would like more information, ask your named nurse to contact a member of the Infection Prevention Team who will be happy to have a chat with you.

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Norovirus (viral gastroenteritis)

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此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
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What is Norovirus?

Norovirus is a common cause of diarrhoea and vomiting. It is sometimes called 'Winter vomiting disease'. Although there is an increase in the winter months, cases can occur in all seasons. Up to 1 million people in the UK are thought to be affected by norovirus every year.

Why is it a problem?

Norovirus is highly infectious and spreads easily among people. Outbreaks may occur in the community, workplaces, schools, hotels, cruise ships and hospitals. Hospitals have very strict policies in place to control the spread of Norovirus. Norovirus causes symptoms of 'gastric flu'.

Cleaning your hands correctly is the most important thing you can all do to prevent the spread of infection.

For Norovirus, this should be done thoroughly with soap and water. Hand sanitiser gels and rubs are not effective against this infection.

What are the symptoms?

It lasts 2 – 3 days and the person will have diarrhoea and/or vomiting.

Some people may have a raised temperature, headaches and aching limbs.

It is important to stop the illness from spreading around the hospital, or to relatives and friends.

Large numbers of patients and staff can be affected by norovirus.

How does this affect me?

If you do become unwell on the ward, you may be moved to a side-room or to an area with other patients with the same illness.

Will I need treatment?

Antibiotics have no effect on Norovirus; the main treatment is drinking plenty of fluid to prevent dehydration. If you develop diarrhoea and vomiting, a stool sample may be sent to the laboratory for testing. Once the illness is over, no further action is necessary and your other hospital treatment will continue as before. There are no long term effects.

Can I have visitors?

It is advisable to have as few visitors as possible, as they may pick up the virus when on the ward. If you have visitors, they must wash their hands thoroughly both before and after visiting you. Your visitors must only use visitors' toilets within the hospital and must not use any patient toilet facilities in ward areas. The nursing staff will advise if anything further is necessary.

Friends or relatives who are unwell should not visit.

If you have any concerns at all about someone visiting, please discuss this with a doctor or nurse.

If your visitors get symptoms they should not visit the hospital at all (including other wards or places to eat in the hospital) until 2 days after the symptoms have gone.