

- The toilet lever and other hand contact surfaces should be cleaned and disinfected several times during the day, using a chlorine-based bleach.
- Soft furnishings that have been soiled should be cleaned using a specialised cleaner for soft furnishings or a steam/carpet cleaner.
- Never share towels, flannels or a bath with someone who is unwell.
- Wash towels, flannels, clothing and bedding regularly.
- Don't let people with food poisoning prepare food for anyone else.

Can I have visitors?

Yes, you can have visitors. Although symptoms are mild, children and the elderly should be discouraged from visiting you, as they may be particularly susceptible to the virus. Friends or relatives that are unwell, or who are suffering from diarrhoea and vomiting themselves should also not visit.

Do visitors need to take precautions when visiting me?

Visitors should wash their hands thoroughly both before and after visiting you. It is also advisable to keep your number of visitors to a minimum as they may pick up the virus.

When can I go back to work?

It is important that you remain off work/avoid shared activities for **48 hours after your symptoms have ceased**. This will ensure that you have fully recovered from the virus and are then less likely to pass it on others.

If You Require Further Information Please Contact:

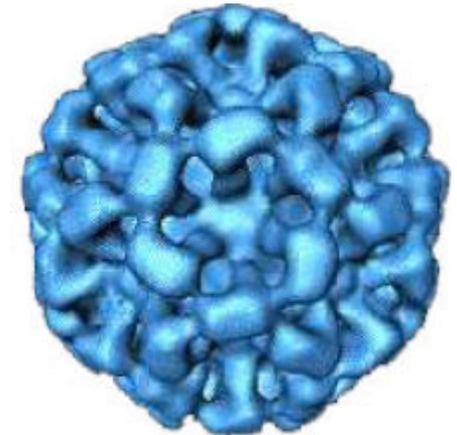
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NORO or Norwalk Type Virus

How to prevent and deal with viral infections



What is NORO?

It is sometimes called 'Winter Vomiting Disease', or Norwalk-like virus. This Small Round Structured Virus (SRSV) is a frequent cause of diarrhoea and vomiting in the community.

Recent increases in numbers may be more apparent because laboratories are able to do better tests.

How does NORO affect me?

NORO causes symptoms of 'Gastric Flu'. The illness is usually mild in nature and gets better without antibiotics. Symptoms such as raised temperature, headache and aching limbs may last for 2-3 days.

Projectile vomiting is characteristic. The virus is spread very easily from person to person through the minute particles of spray from vomiting. It could contain many millions of viruses that can live in soft furnishings for up to 12 days. Large numbers of people can be involved and it is important to stop the illness from spreading to relatives, friends and colleagues.

What should I do?

If you do become unwell, it is advisable not to attend any social events and where possible to remain at home. This will help to stop the virus from spreading from person to person.



Will I need treatment?

Antibiotics do not treat NORO. The main treatment is ensuring you drink plenty of fluid.

If you develop diarrhoea and vomiting and you remain feeling unwell, a stool sample should be sent to the laboratory for testing, via your doctor.

Preventing the spread of infection

It is very important that steps are taken to prevent the spread of the infection. The following steps should therefore be taken:

- Clear up any accidents very carefully – use rubber or disposable gloves and throw away or wash any soiled cloths after use.

Good hygiene helps to minimize further spread. Always wash your hands after you go to the toilet, and before preparing any meals.

- If you have two toilets it is a good idea to designate one for only the patient to use and clean it every time they use it. Flushable toilet cleaning wipes are ideal. Start with the washbasin taps; clean the basin, then the toilet handle, and then the toilet. Dispose of the wipe after use.