

# INFECTION PREVENTION AND CONTROL UPDATE

**NHS**  
Wirral Community  
Health and Care  
NHS Foundation Trust

**Infection  
Prevention  
Control**  
You're in safe hands

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.

## Symptoms can include:

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

The symptoms appear one to two days after you become infected and typically last for up to two or three days. Norovirus is most infectious from the start of symptoms until 48 hours after all symptoms have stopped.

You can catch it through close contact with someone with norovirus, by touching contaminated surfaces or objects (the virus can survive outside the body for several days) and/ or eating contaminated food.

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** X

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

## HELP REDUCE THE RISK OF NOROVIRUS SPREADING

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 frequently with liquid soap and water
- **Stay away** from work/school 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.
- Rest and keep hydrated.
- **Clean surfaces** regularly with detergent and bleach-based disinfectants.
- You will usually feel better in 2 to 3 days.
- **Do not handle or prepare food** for other people until you have been free of symptoms for 48 hours.
- If symptoms persist, ask for a telephone consultation with your GP. Try to avoid visiting your GP surgery or local A&E Unit as you may pass the infection on to others.

Further information can be obtained from: [Diarrhoea and vomiting - NHS](#) and [Infection Prevention and Control - Wirral Community Health and Care NHS Foundation Trust](#)

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