

# INFECTION PREVENTION AND CONTROL

# UPDATE

**NHS**

Wirral Community  
Health and Care  
NHS Foundation Trust



Taking action to prevent infection

NOROVIRUS SPECIAL EDITION

SEPT 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.

If you are concerned that your setting has an outbreak of diarrhoea and/or vomiting (*definition – 2 or more cases linked to time and place*) contact the IPC Service during normal working hours (9-5 Monday to Friday excluding bank holidays), [Telephone 0151 604 7750](tel:01516047750) or email [ipc.wirralct@nhs.net](mailto:ipc.wirralct@nhs.net)

**Out of hours** call the UKHSA, Health Protection Team on [0344 225 0562](tel:03442250562) (select option: Cheshire & Merseyside).

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

- 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.
- Follow the World Health Organizations (WHO) five moments of hand hygiene.
- Encourage and support service users/patients/ residents to wash their hands, at the key times
- Clean and disinfect surfaces areas regularly using a 2 stage process (detergent then disinfectant chlorine 1,000 ppm) paying particular attention to frequently touched surfaces and toilet areas. This will reduce the risk of transmission of infection to others.
- Follow transmission based precautions (TBPs) when caring for people with symptoms. See the IPC manual for further information on TBP [NHS England » National infection prevention and control](#)
- Whilst infectious avoid contact with other people and the workplace for at least 48 hours after symptoms have resolved.
- Advise visitors not to visit if unwell. They must not visit until their symptoms have settled and they have been 48 hours clear of symptoms.



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)**