

## **Notification for a patient with norovirus infection in an establishment**

### **What are noroviruses?**

Noroviruses have been identified in recent years as the most common causative agents of viral gastrointestinal infections. They are easily spread between humans, through the faeces of an infected person, through vomiting, through contaminated surfaces, and also through contaminated food and water.

They cause nausea, vomiting, diarrhoea and abdominal cramps, and some patients also have fever, headache and muscle pain. The problems can last for several days. This illness is known in layman's terms as 'stomach flu'.

Because of the close contact between staff and patients, the disease spreads rapidly in institutions such as hospitals and nursing homes and can affect many people. It is therefore important to prevent the spread of the disease within and outside the institution to relatives and friends.

### **What I can do to prevent the spread of viruses?**

It is important to take care of your personal hygiene, and if you are not able to do it yourself, staff will of course be there to help you. After using the toilet, you should wash your hands thoroughly with warm water and soap, dry them and disinfect them. If vomiting occurs, it is best to vomit into a bag. You should not leave your room for at least 48 hours after the vomiting or diarrhoea has stopped.

Follow the advice of the medical staff!

### **How the illness may affect you?**

The illness lasts a few days and is usually mild. Antibiotics are not used for treatment, but it is important to take enough fluids. It may be necessary to send a stool sample for laboratory testing.

To limit the spread of the disease, you may be moved to another room or environment where there are patients with the same disease.

### **Can I have visitors?**

We recommend that you keep your visits to a minimum, as visitors can get infected. Relatives and friends who may be unwell, have recently vomited or had diarrhoea should not visit, and children should also not visit.

### **Should visitors take precautions?**

Visitors should thoroughly disinfect their hands before and after the visit. Your visitors should not visit people in other wards to avoid passing on infection.

IF THERE IS ANYTHING ELSE YOU WOULD LIKE TO KNOW ABOUT THIS DISEASE, ASK YOUR NURSE OR DOCTOR FOR ADVICE.