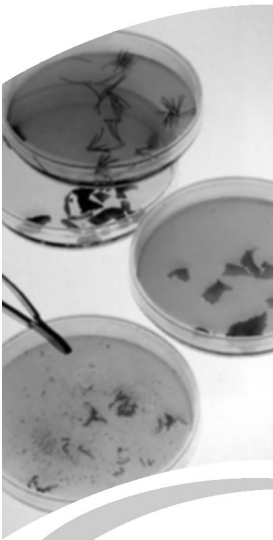


# Vomiting and/or diarrhoea

Infection Control information leaflet  
for patients and visitors  
during a suspected outbreak



## WHAT IS THE CAUSE OF THE PROBLEM?

- ❖ A number of patients and/or staff are suffering from diarrhoea and/or vomiting.
- ❖ It is suspected that the illness is caused by a virus called Norovirus, previously known as 'Small Round Structured Virus' or 'Winter Vomiting'.
- ❖ This virus is a frequent cause of diarrhoea and vomiting in the community, particularly where people are in close proximity such as in hospitals or nursing/residential homes. It can affect you at any time of year.

## HOW DOES IT AFFECT PATIENTS?

- ❖ Norovirus infection typically lasts from 12-72 hours. The most common symptoms are nausea (*feeling sick*), vomiting, stomach cramps and diarrhoea.
- ❖ Once the symptoms have settled no further action is necessary and your treatment will continue as before.

## TREATMENT

- ❖ If you develop vomiting and/or diarrhoea a stool sample may be sent to the laboratory for testing. We may also move you to a single room or to an area with other patients with the same symptoms.
- ❖ The main treatment is making sure you drink plenty of fluids.

## ADVICE FOR VISITORS

- ❖ Do not visit the hospital if you are, or have been suffering from vomiting or diarrhoea in the past 48 hours.
- ❖ The elderly, the young and anyone whose immune system is low should not visit during the outbreak.
- ❖ Keep visiting to a minimum. Only two people should visit at the same time.
- ❖ Do not visit other patients in the ward or hospital during the outbreak.
- ❖ Do not eat or drink whilst visiting.
- ❖ Do not sit on hospital beds.
- ❖ Do not use the patient toilets.
- ❖ Advise your relative to keep uncovered food, for example fruit, within their locker to avoid contamination.

**It is important that you wash your hands thoroughly with soap and water before and after visiting your relative.**

For further information contact the nurse in charge of the ward.

**Infection Control  
Contact Numbers**

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