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# Viral Gastroenteritis including Norovirus



# Who is CityCare?

**Drink plenty of fluids to avoid dehydration and call your GP or 111 if you need further advice**

## **We are your local provider of high quality community health services.**

We provide quality care you can trust.

We deliver a range of nursing and healthcare services – from health visiting and education for young families, to community nursing and home-based rehabilitation services for older people, to NHS walk-in centres and specialist diabetes and educational nutrition and dietetics sessions.

We have a long heritage of delivering high quality care for you and your family at home, or close to home, in community settings such as health centres, schools and GP surgeries.

As a social enterprise we work in partnership with patients, staff, partners and the local community to build a healthier more sustainable future for all.

## **What is Viral Gastroenteritis?**

A number of different viruses can cause Viral Gastroenteritis, but the most common are Norovirus and Rotavirus. Otherwise known as Winter Vomiting, it affects up to one million people each winter and is the most common cause of diarrhoea and vomiting.

It is highly contagious and can spread easily from person to person. It can affect anybody, although the very young and the elderly are particularly vulnerable.

## **What are the symptoms?**

Viral Gastroenteritis can cause any of the following symptoms which usually last 2-3 days:

- Nausea
- Stomach pains and cramps
- Headache
- Fever
- Diarrhoea – 3 or more times in 24 hours
- Vomiting



## How do you catch it?

- Direct contact with other people who are ill with Viral Gastroenteritis
- Contact with stool or vomit or by breathing in and swallowing the virus particles from the air after someone has vomited
- Touching surfaces contaminated with the virus and not washing hands before eating, drinking or preparing food
- Food contaminated by someone who has Viral Gastroenteritis

## How do you manage the symptoms?

There are no treatments for viral infections but you can make yourself more comfortable:

- Drink fluids regularly to maintain the balance of salts and water in your body
- Do not return to work until you have been completely free from any symptoms (including nausea) for 48 hours and are feeling well

## How do you prevent it?

By always washing hands thoroughly with soap and warm water, especially after going to the toilet, before preparing, serving and eating food, after changing a baby's nappy and after contact with pets and animals.

## How do you stop the spread of Viral Gastroenteritis?

If you or anyone who lives with you has Viral Gastroenteritis or any type of diarrhoea or vomiting:

- Be extra careful with hand and general hygiene practices
- Until you have been free of symptoms (including nausea) for 48 hours DO NOT visit hospitals, GP surgeries or care homes, don't go to work, and children should not attend school or nursery
- Try to minimise contact with others, including family members whilst experiencing symptoms and for 48 hours afterwards

### Hygiene advice if you have symptoms

After use or at least twice a day, clean toilet seats, toilet bowls, flush handles, taps and wash hand basins with detergent and hot water. You can then clean these areas with disinfectant or bleach, making sure it conforms to a British Standard and is stored safely out of reach of children.

- Anyone with the virus should use a separate towel, and store and wash it separately
- Clean the outside of the washing machine after loading and wash hands before turning on the machine

## For more information about Viral Gastroenteritis

**telephone:** 0115 883 4902  
8.30am - 5pm Monday to Friday

**website:** [www.gov.uk/PHE](http://www.gov.uk/PHE) Public Health England

**website:** [www.nhs.uk](http://www.nhs.uk) NHS Choices

**website:** [www.nottinghamcitycare.nhs.uk](http://www.nottinghamcitycare.nhs.uk)

## Getting in touch

You can feed back any compliments, concerns, complaints or comments by:

T: 0115 883 9654

E: [customercare@nottinghamcitycare.nhs.uk](mailto:customercare@nottinghamcitycare.nhs.uk)

W: [www.nottinghamcitycare.nhs.uk](http://www.nottinghamcitycare.nhs.uk)

If you would like this information in another language or format such as larger print, please contact: **0800 561 2121**

**[www.nottinghamcitycare.nhs.uk](http://www.nottinghamcitycare.nhs.uk)**

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