



Advice for Patients that have Norovirus

Norovirus is a common cause of gastroenteritis. It is known as the 'winter vomiting bug' but you can catch it at any time of year. It does not usually cause serious illness, but it is very easily spread. People who contract norovirus can be infectious for 48 hours after the symptoms resolve.

When norovirus gets into a hospital it can cause serious disruption, for example, ward closures, cancelled operations and added pressure to the Emergency department.

To reduce the likelihood of spread of norovirus it is important to remember the following:

1. If you have recently had vomiting/ diarrhoea, do not visit Blackrock Clinic until you are well for 48 hours. If you are due for a non urgent admission to Blackrock Clinic, contact your consultant for advice.
2. If your child has had vomiting/ diarrhoea, they should not go to school/ Creche until they have been well for 48 hours. They should also not visit Blackrock Clinic until they are well for 48 hours

How to stop spread in the community:

1. At home, wash your hands regularly with hot water after using the toilet and when touching food.
2. If someone vomits at home, use warm water and detergent to clean up any soiling and then wash your hands thoroughly.
3. If you are sick you should remain off work until you have been well for 48 hours.

Treatment

There is no specific treatment for norovirus apart from sipping plenty of clear fluid such as water or flat lemonade. Symptoms will usually last only a day or two but can, occasionally last longer.

If you are concerned about your symptoms lasting too long, telephone your GP for advice. It is advisable not to visit the surgery as you could spread your illness to other patients