

**Further information is available from:  
Patient Advice and Liaison Service (PALS)**

We act on your behalf when handling patient and family concerns, liaising with staff, managers and where appropriate, relevant organisations to negotiate immediate or prompt solutions. We can also help you get support from other local or national agencies.

Royal Shrewsbury Hospital, Tel: 0800 783 0057 or 01743 261691

Princess Royal Hospital, Tel: 01952 282888

**Other Sources of Information  
NHS 111**

A fast and easy way to get the right help, whatever the time. NHS 111 is available 24 hours a day, 365 days of the year.

Telephone: 111 (free from a landline or mobile)

Website: [www.nhs.uk](http://www.nhs.uk)

**Patient UK**

Provides leaflets on health and disease translated into 11 other languages as well as links to national support/self-help groups and a directory of UK health websites.

Website: [www.patient.info](http://www.patient.info)

**Self Help & Support Groups**

A selection of websites providing access to good quality patient and consumer health information, covering specific age groups and conditions.

Also includes Shropshire Community Directory which contains up-to-date information on community groups, clubs, societies, organisations, support groups and self-help groups covering Shropshire and its borders.

Website: [www.library.sath.nhs.uk/find/patients/](http://www.library.sath.nhs.uk/find/patients/)

**Information in Other Formats**

Please contact the Infection Prevention and Control Team if you require this leaflet in a different language or large print. Contact number 01743261134.

Website: [www.sath.nhs.uk](http://www.sath.nhs.uk)

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**The Shrewsbury and  
Telford Hospital**  
NHS Trust

## Patient Information

### Norovirus

Norovirus is a stomach bug that causes diarrhoea and vomiting (D&V) and it is the most common cause diarrhoea and vomiting in hospitals.

### What are the symptoms/signs of infection?

The signs of Norovirus can start suddenly and can include sickness and diarrhoea. Some people may also have a raised temperature, headache and aching limbs.

**Please inform nursing staff if you develop any of these symptoms.**

Symptoms usually last between 12 and 72 hours, however most people will make a full recovery within 24 to 48 hours.

### How does it spread?

Norovirus is found in the poo and sick of the infected person. It is spread into the environment when a person has diarrhoea or is sick. It can then settle on surfaces and on equipment.

- It can be spread by hands which have had contact with an infected person or equipment.
- Protective clothing such as aprons and gloves will be worn by staff providing direct care to you to prevent spreading the virus to further patients.
- All staff, patients and visitors must wash their hands with soap and water to prevent the infection from spreading, **Remember it's OK to ask staff if they have washed their hands.**
- You may be moved into a single room or a bay with other affected patients whilst you have Norovirus to prevent further spread.
- The ward may be closed if a number of patients are affected. This may mean that visiting is restricted.

### What is the treatment?

There is no treatment for Norovirus apart from letting the virus run its course.

- A specimen of poo may be sent for testing to confirm if Norovirus is present.

- Antibiotics will not work to treat Norovirus as it is a viral infection and not a bacterial infection.
- If you have sickness and diarrhoea, you should drink plenty of fluids to prevent dehydration.
- Once the symptoms have gone, no further action is necessary and your treatment will continue as before.

### How will this affect me and my family?

Norovirus could be a risk to your visitors. Children, the elderly or those with a weakened immune system are particularly at risk to catching the infection and therefore should avoid visiting.

- To prevent the spread of Norovirus around the hospital, visitors should not visit other wards or departments in the hospital.
- **Visitors who have had sickness or diarrhoea within the last 48 hours should not visit; this will help reduce the amount of patients affected by the illness.**
- Infections are usually passed on by peoples' hands. The easiest way to prevent spreading germs is to follow good personal hygiene, in particular good hand washing technique. Encourage all visitors to wash their hands with soap and water.
- Ask your visitors to take home your washing as soon as possible and wash at a recommended temperature for the clothing at the maximum available cycle length.