

This leaflet does not replace the discussion between you and your doctor/nurse.

What is Norovirus?

A virus that causes tummy bugs (diarrhoea and vomiting). Usually, it starts in schools, residential homes, and hospitals because of contact between people. Symptoms happen everywhere, in any place. It occurs any time of the year

What are the symptoms?

Vomiting or diarrhoea (or both). Symptoms start within 12 to 48 hours of infection usually.

Who is at risk?

Those most at risk are the very young, the elderly, and people with weakened immune systems.

How is it confirmed?

A stool sample (a sample of your poo) is sent for laboratory testing.

How can it be treated?

There is no course of treatment, and you should start to feel better after a couple of days. There is a risk of dehydration (lack of fluids) while you have symptoms, so it is important to drink plenty. Once illness ends, you don't need to take any further action. Norovirus generally does not require hospitalisation.

How does it spread?

It spreads from an infected person's poo or vomit. You can become infected by touching contaminated surfaces and transferring the virus to your gut by hand to mouth (ingestion).

Can I still have visitors if I am in hospital?

Wherever possible, visitors are advised to stay away during an outbreak. However, if this is not possible, they must wash their hands with soap and water and wear gloves and aprons when visiting.

What precautions are necessary in hospital?

If you are an inpatient and have symptoms, you may be moved to a single room or nursed in a bay with other patients with the same infection. This reduces the risk of spreading the infection to other patients.

You will be given your own toilet or commode. All staff must wash their hands upon entering and leaving your room/bay. When caring for you directly, staff will wear gloves and aprons.

What precautions do I need to take at home?

Family members should wash their hands before handling food, before eating and after using the toilet and after handling dirty linen or clothing.

Surfaces in bathrooms, kitchens and other areas should be cleaned often with disinfectants. Dirty linen or clothing should be washed separately at the temperature recommended on washing care labels.



How can I prevent Norovirus spreading?

The most important way for you and visitors to prevent infection spreading is to **wash your hands** with plenty of soap and warm running water:

- **Before eating food and**
- **After going to the toilet**

Complaints and Feedback Team

Humber Teaching NHS Foundation Trust

Trust Headquarters

Willerby Hill

Beverly Road

Willerby

HU10 6ED



01482 303930



HNF-TR.complaints@nhs.net



[HumberNHSFT](https://www.facebook.com/HumberNHSFT)



[HumberNHSFT](https://twitter.com/HumberNHSFT)



humber.nhs.uk



Caring, Learning
& Growing Together

Publication Date: May 2025

Review Date: May 2027