


ROTAVIRUS AND NOROVIRUS INFECTION CONTROL GUIDELINES

VERSION No	1	
REVIEWED BY	Clinical Lead (RQ)	
NUMBER OF PAGES	2	

Introduction

Norovirus cases are most dangerous in Care Homes, where people need skilled care and hospitals, with elderly patients in frail health can become extremely ill. The symptoms of norovirus are similar to that of the stomach flu, typically resulting in a one or two-day bout of diarrhea and vomiting, usually accompanied by headache, fever, muscle aches and fatigue. In addition, the virus is extremely contagious, spreading easily from food or liquid that has been handled by someone carrying the virus. People with a norovirus are contagious "from the moment they begin feeling ill to at least three days after recovery" according to the Communicable Disease Centre (CDC). But the virus may remain in the gastrointestinal tract up to three weeks after illness!

1. How is the Virus Spread?










- ⚠ Eating food or drinking liquids that are contaminated with norovirus
- ⚠ Having contact with doorknobs, toilet handles and other contaminated surfaces
- ⚠ Being in direct contact with someone infected with the virus

2. Procedure

a) Precautions

- 👐 Isolate the individual(s) with Noro virus symptoms in their rooms
- 👐 inform GP who will require a stool sample to diagnose cause
- 👐 explain clearly to the individual what is happening in order to gain a valid consent
- 👐 ensure their dignity and privacy is respected
- 👐 set up Isolation Nursing Procedures
- 👐 use disposable plates and utensils where possible but if not ensure utensils are washed appropriately following the dish washer manufacturer's instructions
- 👐 wear masks, gloves and aprons when working with individuals who have been infected with the virus
- 👐 Wash hands with soap and water and dry when entering the room, before and after leaving the room
- 👐 Wherever possible limit the number of different staff entering the room
- 👐 individual should be encouraged to wash their hands frequently with soap and warm water, especially after using the toilet, and before eating or preparing food
- 👐 Vomit and faecal spillage must be covered and enveloped in disposable absorbent towels and placed into clinical waste bag for disposal.
- 👐 Inform housekeeping and ensure the room is cleaned regularly and cleaning staff follow infection control guidelines
- 👐 toilets, commodes etc. should be cleaned using detergent prior to disinfecting with 500 ppm hypochlorite solution, do not use hypochlorite on carpets, after removal of infected material, clean carpet with hot soapy water; disinfecting can be achieved with efficient steam cleaning.
- 👐 Linen and personal clothing must be placed immediately in an alginate stitched or hot water soluble bag and sealed. This bag should be placed in a clearly identifiable impermeable outer bag for storage and transferred to the laundry. (The outer bag should be washed at the same time as the contents.)
- 👐 Discard food handled by a person with the virus into a waste bag in the room and then disposed of in clinical waste

b) Containment

-  avoid transfer/discharge of individuals to other healthcare settings – in an emergency, advise the receiving hospital
-  cancel hospital appointments or other professional visiting
-  close area to visitors where appropriate or admission for at least 72 hours following the last symptomatic case
-  all symptomatic staff must be off duty until fully recovered, at least 48 hours after last symptoms occurred
-  review cleaning procedures of infected area
-  ensure all toilets are stocked with toilet paper and hand washing facilities
-  re-inforce to staff the importance of personal hygiene and safe food handling precautions
-  use signage where appropriate but also respecting the dignity of the individual
-  Check with Communicable disease centre/Infection Control Nurse when affected staff should return, i.e. should they stay away until 72 hours after being symptom free or should they be back earlier than this, to avoid new staff being contaminated by having to work in an affected area?

Further Guidance

Guidelines for the management of norovirus outbreaks in acute and community health and social care settings

<https://www.gov.uk/government/publications/norovirus-managing-outbreaks-in-acute-and-community-health-and-social-care-settings>

***NICE guidelines [CG139] Published date: March 2012** Infection: Prevention and control of healthcare-associated infections in primary and community care*

Prevention and control of infection in care homes – an information resource issued by the Department of Health February 2013

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/214929/Care-home-resource-18-February-2013.pdf