



# Norovirus

## What is Norovirus?

Norovirus is the most common cause of infectious gastroenteritis (Diarrhoea and Vomiting) in England and Wales. It is highly infectious and spreads easily from person to person with many outbreaks involving semi-enclosed settings such as schools and hospitals. Common names for Norovirus include the Winter Vomiting Disease and Viral Gastroenteritis.

## The signs and symptoms of Norovirus may include the following

- Sudden onset of nausea
- Projectile vomiting
- Watery diarrhoea
- Abdominal pain
- Slight fever

**It is important to stay hydrated whilst suffering with Norovirus.**

## When and how did I get it?

- You will have been exposed to the virus 1-3 days before becoming ill.
- Symptoms of Norovirus typically last between 24-48 hours.
- When your symptoms start you are highly infectious and continue to be infectious for several days after your symptoms stop.
- As few as 10 virus particles are enough to make you ill and therefore exposure to aerosols from vomit can make you ill as well as contact with faecal matter.
- The virus can also survive in areas such as bedding, carpets and furnishings. Environmental contamination is common, especially around toilets. Another source of infection can be Shellfish, especially is eaten raw.

## How do I stop it spreading?

- While you are ill and have symptoms you are infectious.  
**You cannot return to work/school until you have been free from symptoms for 48 hours.**
- Hand hygiene is essential in preventing the spread of infection. Wash your hands thoroughly and frequently using warm water and soap, **hand gels are not effective against Norovirus.**
- Regularly disinfect with bleach all areas in the toilet (including door handles and other contact areas) and areas of the kitchen (including taps).
- Do not prepare or share food with others.
- Minimise contact with others.
- Do not share towels.



## Where can I get more advice?

- Your G.P
- The investigating officer may be contacted on the number below for further advice if required.

**Tel:** 0300 1236696 or 07970738999, 07794047791 or 07590006380

**Email:** [communicabledisease@cardiff.gov.uk](mailto:communicabledisease@cardiff.gov.uk)