

SAFETY ADVICE DESIGNED TO KEEP YOUR STAFF SAFE AND YOUR BUSINESS COMPLIANT



What is Norovirus

Norovirus is a stomach and intestinal virus that's very contagious. It passes easily through direct or indirect contact with an infected person. It can spread quickly in close quarters such as hospitals, schools, and day care centres

Main Points

Most people have some experience with Norovirus. It's common illness of the stomach and intestinal tract. Norovirus can also be a source of food poisoning, because you can get it from eating contaminated food. The results are the same no matter how you get it.

The hallmark symptoms of norovirus are vomiting and watery, non-bloody diarrhea. These symptoms usually start within 12 to 48 hours of being exposed and can last up to three days. Most people make a full recovery.

Because there are many norovirus strains, having it once doesn't prevent you from getting it again. You can lower the risk of disease transmission by washing your hands thoroughly and frequently.

Norovirus symptoms

Symptoms of infection usually start somewhere between 12 and 48 hours after you've been exposed to the virus. They can range from quite mild to severe. Some signs and symptoms of norovirus are:-

- Nausea and vomiting
- Abdominal cramping or pain
- Watery stools or diarrhea
- Low-grade fever

- Chills
- Headache
- Generalised body aches

Symptoms usually last between 24 to 72 hours. See your doctor if symptoms persist beyond that or if you see blood in the stools. Severe diarrhea can lead to dehydration, which should be considered a medical emergency. Signs and symptoms of dehydration include:-

- Dry mouth and throat
- Decreased output of urine or dark urine
- No urine in 12 hours for children
- Sunken eyes
- Sleepiness and fatigue
- Headache
- Dizziness
- Confusion and lethargy
- Rapid heart rate

Dehydration can be life-threatening, especially for the following groups:

- People with a weakened immune system
- People with pre-existing health conditions
- The very old and very young
- Organ or stem cell transplant recipients

Norovirus Treatment

There's no special medicine for norovirus. It's not a bacterial infection, so antibiotics won't help. Treatment is mainly supportive, with a goal of preventing dehydration.

Norovirus can spread quickly among children. Infected children shouldn't attend school, day care, or other activities. Children should be taught to wash their hands frequently, especially after using the bathroom.

Talk to Atlas about Safety Management for your business

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