

Norovirus/Vomiting/Diarrhoea!

Norovirus spreads easily from person to person. It causes gastroenteritis. Symptoms are; sudden onset of vomiting and/or diarrhoea. Other symptoms are raised temperature, headache, and joint pains. Some or all of these symptoms may be present.

If you think you have contracted norovirus, **stay in your room and drink lots of clear fluids**. Inform the College Nurse nurse@sid.cam.ac.uk. The housekeeping department must be informed.

Infection control

- After going to the toilet and before eating/preparing food, wash and dry your hands thoroughly using soap and water.
- Do not share towels, flannels, cutlery or utensils with anyone.
- You will be provided with disinfectant. After each bout of diarrhoea or vomiting, clean round the toilet including all handles and the seat. Wash your hands thoroughly.
- Do not venture out and about until 48 hours have passed since your last bout of diarrhoea or vomiting.

WASH YOUR HANDS!

<http://www.nhs.uk/conditions/Norovirus>