

Advice to Staff & Students on the Norovirus

There has been an increase in the number of reported cases of the Norovirus or “Winter vomiting bug” in the community at large. The School is asking staff and students to take a number of simple measures in order to prevent the Norovirus spreading within the School community and posing a risk to normal working:

- Practice good hand-hygiene, always wash your hands thoroughly with soap and water, especially after using the toilet or being in contact with an infected person.
- Don't come to work, classes or visit campus if you are experiencing gastrointestinal symptoms such as vomiting and/or diarrhoea,
- Remain at home or in your room until you have been symptom-free for 48 hours,
- Try to remain hydrated by drinking plenty of water.

The Norovirus has an incubation period of up to 48 hours during which a person can be infectious but not have any symptoms. The symptoms of the Norovirus include sudden and severe vomiting and/or diarrhoea, sometimes accompanied by a fever. The illness is self-limiting and the infected person will normally be fully recovered within 24 to 48 hours.

The Norovirus is highly infectious and only a small amount of the virus is needed to spread the infection from the infected person through direct contact or contact with surfaces such as door handles etc. Therefore it is essential that if anyone is unwell with gastrointestinal symptoms such as vomiting and/or diarrhoea, they should **not** come to campus or their place of work, but should remain at home or in their room in their hall of residence until they have been symptom-free for 48 hours, taking special care to remain hydrated by drinking plenty of water.

To protect yourself, and prevent of the spread of the Norovirus, it is important that **everyone** practices good hygiene and frequently washes their hands with soap and water, especially before eating, after using the toilet, or coming into contact with an infected person. Thorough hand-washing using soap and water is essential as alcohol based hand gels are not effective against the Norovirus.

Anyone who is unwell with the Norovirus should go to bed and not normally visit their GP surgery or hospital, as this will increase the risk of spreading the infection. If symptoms persist for more than 4 days or the infected person already has a serious illness, that they should contact their medical practitioner by telephone to seek advice.