

Spring Norovirus **Alert !**



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Information from UKHSA

- **Norovirus outbreaks increasing in England**
- Norovirus outbreaks in care homes have risen in recent weeks, leading UKHSA to remind people of simple steps that can be taken to limit the spread of the bug.
- We are reminding the public of simple actions that they can take to reduce the spread of norovirus. The advice comes after routine surveillance in England shows that the number of outbreaks caused by the vomiting bug has increased in recent weeks (4-week period from end January to February), initially in educational settings and now in care home settings.
- Norovirus is highly infectious and causes vomiting and diarrhoea but usually passes in a couple of days. It is easily transmitted through contact with infected individuals or contaminated surfaces.
- [Norovirus outbreaks increasing in England - GOV.UK \(www.gov.uk\)](https://www.gov.uk/norovirus-outbreaks-increasing-in-england)

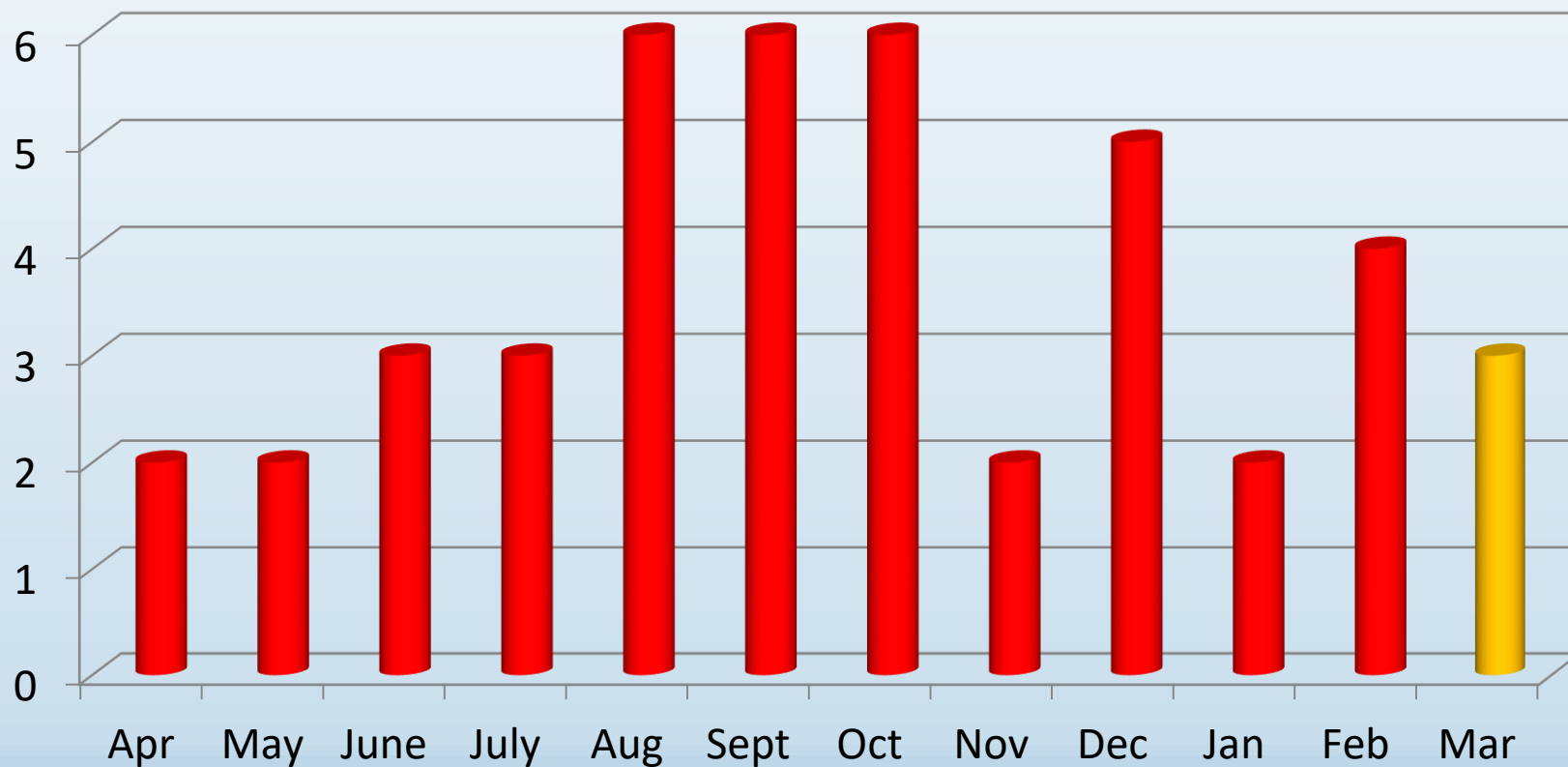
Due to the pandemic, care homes currently have:

- ❖ Enhanced cleaning with Milton or similar
- ❖ Staff trained in donning and doffing PPE
- ❖ Regular hand hygiene taking place
- ❖ Social distancing between residents

Norovirus outbreaks have been continuing across our patch over the last year and increasing

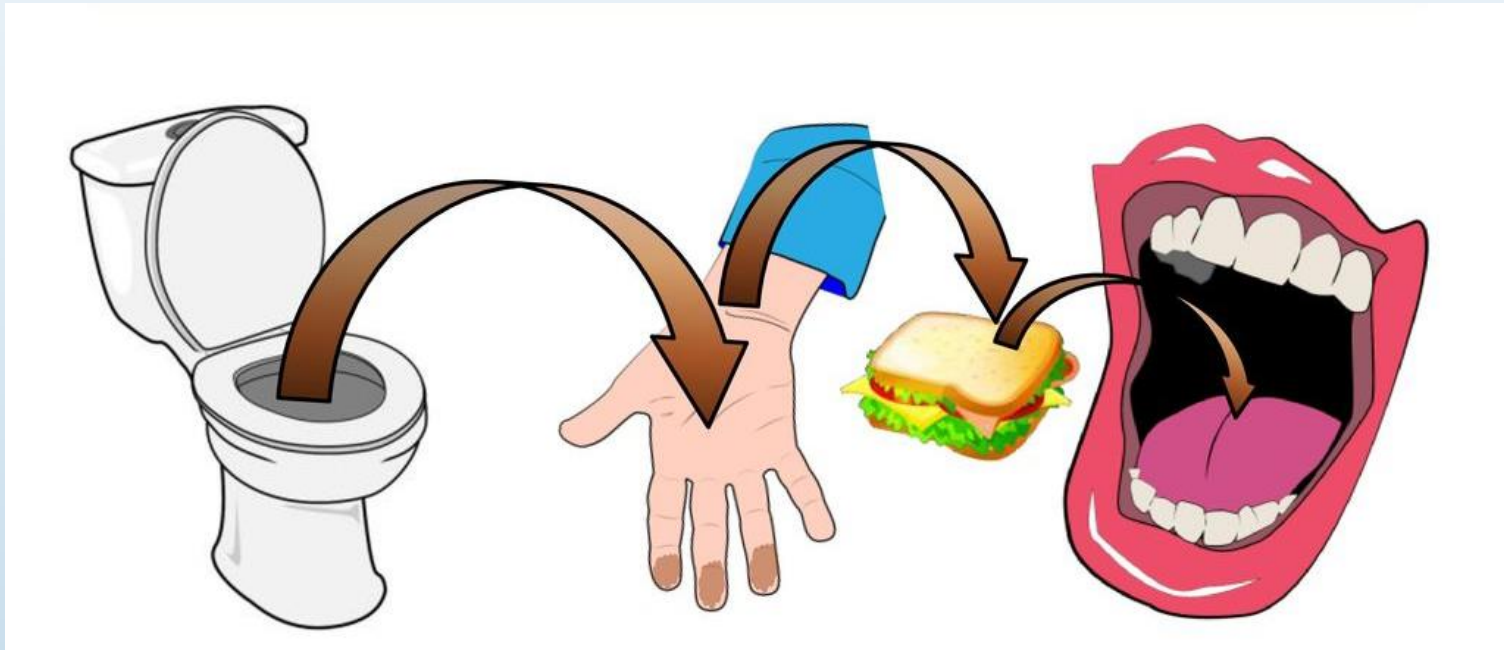
April 2021- March 2022 Care Home Closures

Number of Care homes



Data up to
8.3.22

Direct and indirect transmission via the Faecal – Oral Route



Action steps to take now

1. Early identification of symptoms of Norovirus infections
2. Early isolation of affected residents
3. Early reporting of an outbreak
4. Break the chain of infection and Stop the Spread – Hand washing
5. Break the chain of infection and Stop the Spread – PPE
6. Break the chain of infection and Stop the Spread - enhanced cleaning

1. Early identification of symptoms of Norovirus

Remind all staff about Norovirus and ensure they know the symptoms.

- Nausea, vomiting - often projectile (not everyone has vomiting)
- Abdominal pain or cramps
- Diarrhoea
- Viral 'picture' - headache, muscle aches
- Low grade fever (50%)

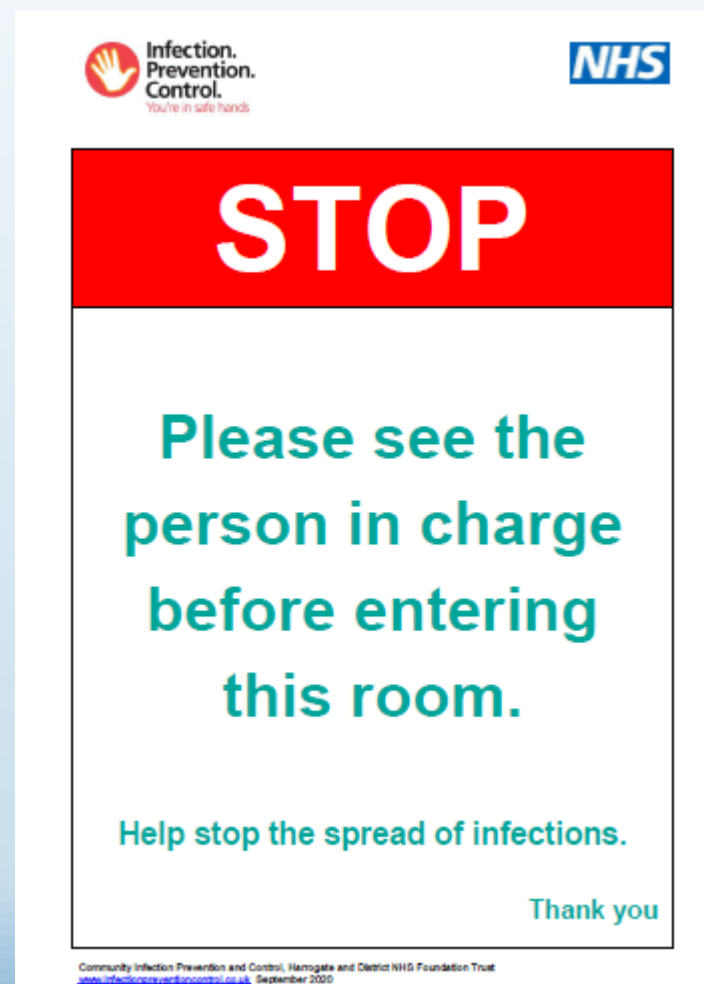


When reporting diarrhoea first check other factors for symptoms e.g. overflow from constipation, new antibiotics, use of laxatives, enteral feeds, ileostomy or food related.

2. Early isolation of affected residents

Ensure all staff know what to do and where to find the outbreak policy and Outbreak Management Pack

- Isolate residents who show symptoms of norovirus as soon as possible.
- Residents with diarrhoea or vomiting should remain in isolation until symptom free for 48hours.



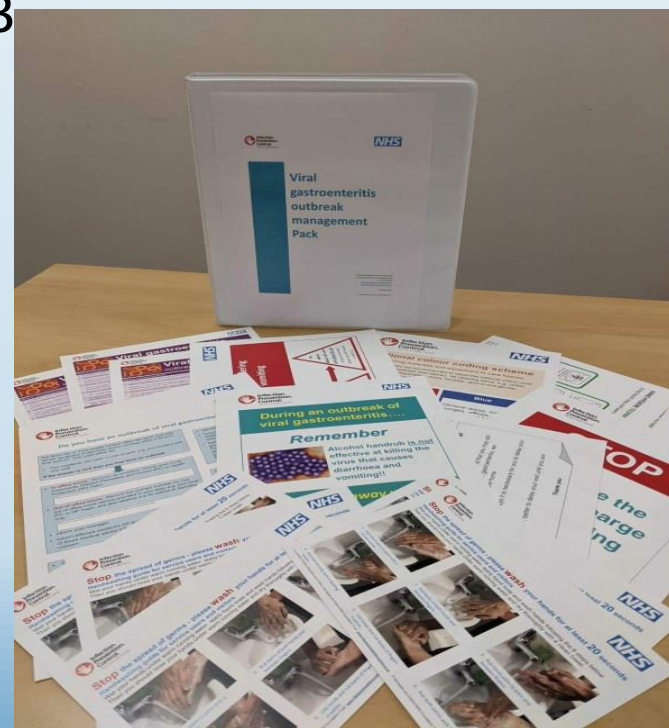
3. Report an outbreak early

- Inform Community Infection Prevention Control Team 01423 557340

out of hours:

UKHSA – Health Protection Team 0114 304 9843

- Inform relatives, visitors, visiting health care workers and trades people
- Ensure all staff are aware of and are following local policy and guidelines
- Ensure the Outbreak Management Pack is available.



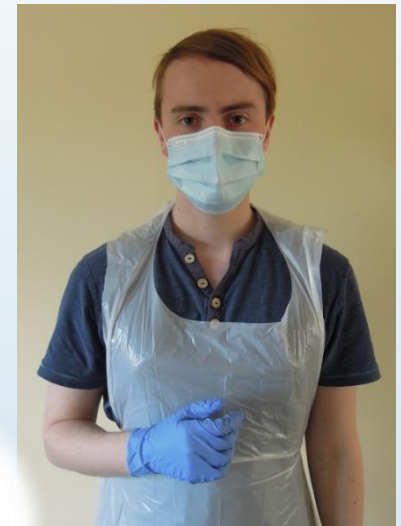
4. Break the chain of infection and Stop the Spread – Hand washing

- It is the single most important way to prevent the spread of infection
- Staff should wash their hands with soap and water, in the resident's room after removing PPE. (Residents rooms should have wall mounted liquid soap and wall mounted paper towels for staff use)
- **Alcohol handrub should NOT be used as an alternative to soap and water, as it has limited effectiveness for norovirus**
- Encourage residents to wash their hands before meals and after using the toilet



5. Break the chain of infection and Stop the Spread - PPE

- Single use aprons and gloves when in contact with body fluids
- If you are with a resident vomits, the face mask will prevent the inhaling of vomit particles but will be contaminated on the outside – it is essential that this mask is removed correctly and replaced as soon as possible.
- Removal of PPE in correct order to minimise the risk of self contamination
- Remember to wash your hands after each PPE item is removed

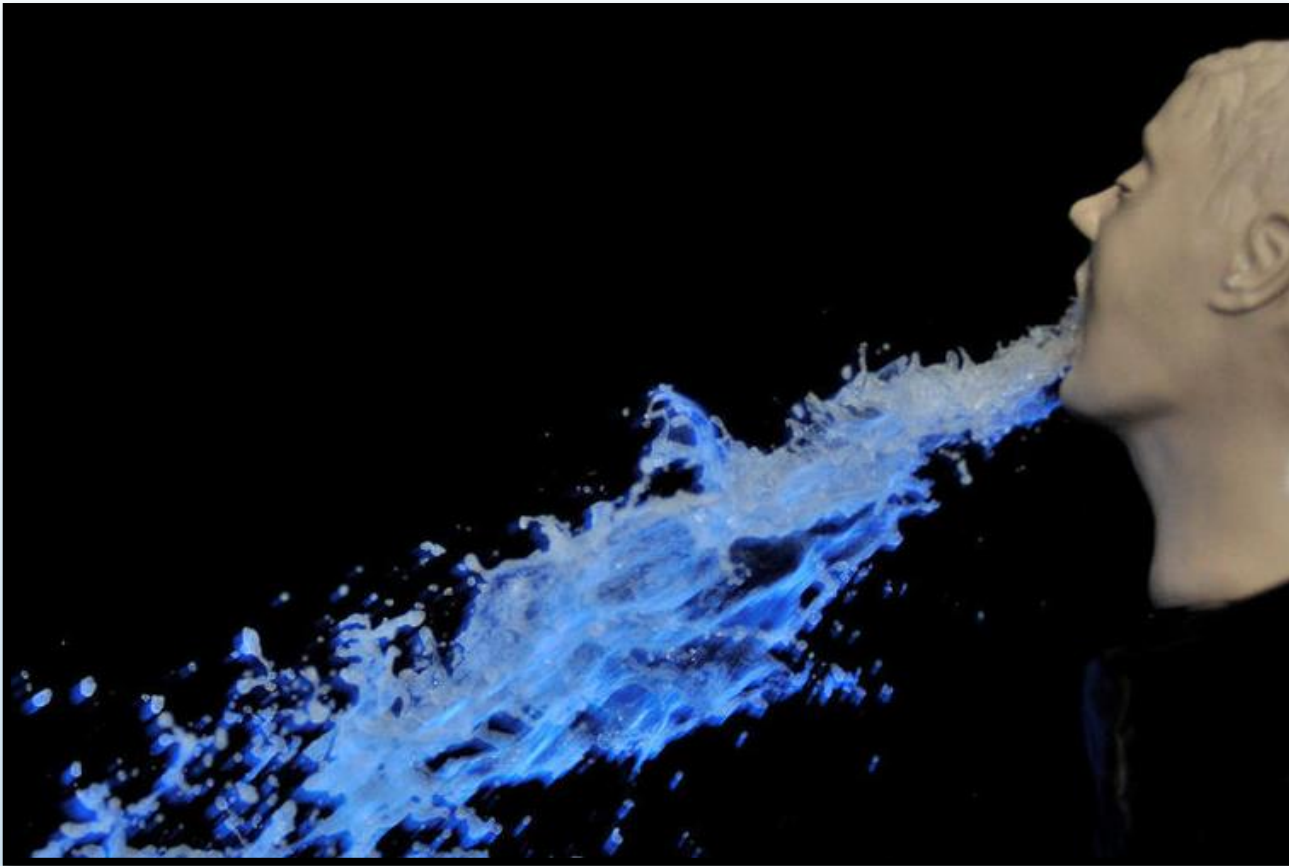


6. Break the chain of infection and Stop the Spread - enhanced cleaning

- Cleaning at least twice daily to include all communal items regularly touched by service users (hand rails, tables, door knobs, TV remote)
- Recommended hypochlorite solutions at a concentration of 1,000 ppm include:
 - Milton 2% (available at chemists/supermarkets) at a dilution of 1 in 20 (50mls Milton added to 1litre water)
 - Household bleach diluted to 1 in 100 (10mls bleach in 1litre water)
 - Chlor-Clean, Haz tabs, or Presept tablets, as per manufacturer's instructions using a diluter bottle where applicable
 - Disinfectant products should be bacterial and virucidal and be compliant with EN14476/EN1276
- Make up hypochlorite solution daily



Aerosol transmission



Highlights:

- how far vomit particles can spread
- the importance of cleaning
- how self contamination can occur

Vomiting Larry

<https://www.bing.com/videos/search?q=vomiting+larry+youtube&view=detail&mid=E935582A2FDCB10BB229E935582A2FDCB10BB229&FORM=VIRE>

Further resources

- <https://www.infectionpreventioncontrol.co.uk/content/uploads/2021/06/Bulletin-Care-Homes-North-Yorkshire-and-York-Summer-Special-2021.pdf>
- Vomiting Larry
<https://www.bing.com/videos/search?q=vomiting+larry+youtube&view=detail&mid=E935582A2FDCB10BB229E935582A2FDCB10BB229&FORM=VIRE>