

## What will happen when I go home?

At home you will need to ensure you practise good hand washing.

You should avoid preparing food for others for at least 48 hours after your symptoms have gone. You still may be contagious even though you no longer have sickness or diarrhoea.

At home maintain good standards of personal hygiene and make sure you wash your hands after using the toilet and before preparing food. Do not share towels or face washers. Wash clothing and bedding in hot water.

Make sure you flush away any diarrhoea or vomit in the toilet and keep the area around the toilet clean.

Disinfect any surfaces or objects that could be contaminated with a bleach disinfectant.

Always follow the instructions on the cleaning product.

## How can I get more information?

The Infection Prevention and Control nurses visit each ward at least once per day; ask your nurse to contact us.

Or alternatively you can telephone the Infection Prevention and Control Team in the hospital on 4433 1181.

## Contact details

### Infection Prevention and Control

Townsville University Hospital  
100 Angus Smith Drive  
Douglas QLD 4814

**Phone:** (07) 4433 1181

Townsville Hospital and Health Service  
100 Angus Smith Drive, Douglas QLD 4810

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# Norovirus

A guide for patients and visitors of the  
Townsville Hospital and Health Service



## What is Norovirus?

Norovirus is a form of vomiting and diarrhoea (gastroenteritis).

## What can Norovirus cause?

It commonly causes sudden nausea, projectile vomiting and watery diarrhoea. Other symptoms include fever, headache, stomach cramps and aching limbs.

Sometimes the vomiting and diarrhoea may lead to dehydration.

The symptoms normally last 12-60 hours but most people make a full recovery after two or three days. There are no long-lasting effects of Norovirus.

## Who is at risk of infection?

People of all ages are at risk, particularly those in hospitals, nursing homes and schools. Norovirus is more serious and easily spread among people who are already ill.

## How does Norovirus spread?

It is spread by direct physical contact with an infected patient or the surroundings. This includes contact with surfaces or objects that are contaminated with the virus or by eating contaminated food or water.

It is spread by hands and all staff must wash their hands before and after touching or performing any procedures on you and when leaving your room.

**It is OK for you to ask staff if they have washed their hands prior to touching you.**

## What will this mean for my hospital care?

All patients who have a positive result for Norovirus will need isolation precautions to prevent it spreading to other patients.

Ideally you will be nursed in single room and the staff will wear an apron and gloves when caring for you.

An alert sign will be placed outside your door to inform all staff of the precautions required prior to giving you care.



If you leave your room please wash your hands. We ask you to please avoid visiting other patients in hospital.

Your visitors only need to wash their hands before visiting you and when they leave unless they are visiting other patients in the hospital. In that case they should also wear an apron and gloves.

Do not leave uncovered food such as sweets or fruit out on lockers or bed tables. Keep them covered or inside your bedside locker.

## What can I do to help?

In order to help prevent spread into the environment, please wash your hands especially after using the toilet.

Remind the staff looking after you to wash their hands and wear an apron and gloves before giving any care.

Ask people to consider not visiting as you may pass the infection to them. It is advisable for visitors to be restricted until your symptoms have stopped for at least 48 hours.