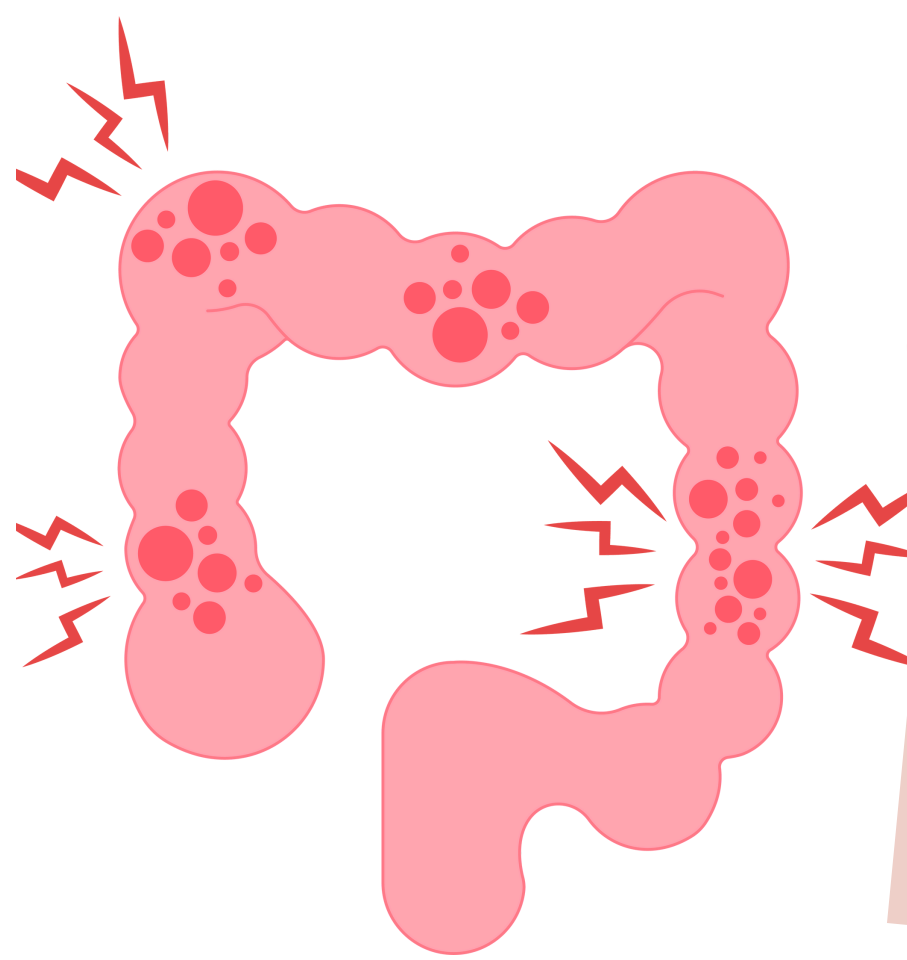
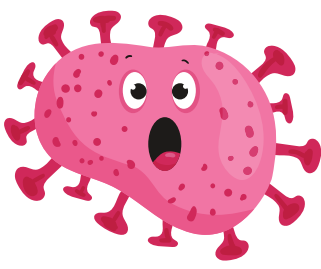


BUG OF THE MONTH



DID YOU KNOW?



BUG : Norovirus

WHAT IS IT?

- Norovirus is a highly contagious virus that causes gastroenteritis (inflammation of the stomach and intestines)
- A common cause of viral gastroenteritis outbreaks
- Symptoms may start as soon as 12 hours after exposure
- Symptoms usually start suddenly and can be severe, but most people recover within 1 to 3 days

SIGNS AND SYMPTOMS

Common symptoms include:

- Nausea
- Diarrhea with stomach pain and cramps
- Vomiting (more common in children than adults)

Additional symptoms may include: chills, fatigue, headache, muscle aches and low-grade fever

TRANSMISSION

Norovirus is highly contagious and spreads through several routes:

- **Fecal-Oral Route:**
 - Primary transmission route
 - If someone with norovirus doesn't wash their hands properly after using the bathroom and then touches food, surfaces, or other people, they can spread the virus
- **Direct Contact:**
 - The virus can be transmitted through direct contact with an infected person. This includes touching or shaking hands with someone who has norovirus, especially if you then touch your mouth or face
- **Aerosolized Particles:**
 - Tiny droplets can be suspended in the air when an infected person vomits. These droplets can settle on surfaces or be inhaled
- **Indirect Contact:**
 - The virus can survive on surfaces for up to 12 days, leading to potential infection if you touch contaminated surfaces and then your face
 - Common surfaces include countertops, bathroom fixtures, and kitchen utensils

IPAC CONSIDERATIONS

- **Hand Hygiene:**
 - Use soap and water to wash hands for at least 20 seconds, especially after using the bathroom, before eating, and after handling potentially contaminated items
 - **Hand sanitizers are less effective against Norovirus, thus handwashing is recommended**
- **Contact Precautions:**
 - Continue precautions until 48 hours after resolution of symptoms
- **Cleaning and Disinfection:**
 - Use a **disinfectant with a Norovirus kill claim!**
 - Focus on high-touch surfaces
 - Clean up vomit and diarrhea promptly and ensure to wear gloves and use disposable wipes
 - Wear appropriate PPE when in contact with contaminated surfaces. If necessary, wear face protection to protect from potential splashes and sprays when cleaning