

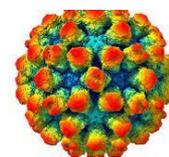
# IPC Newsletter

A learning and training resource



## Diarrhoea and Vomiting

Diarrhoea and/or Vomiting (D&V) can be caused by infectious or non-infectious agents; however, all cases of gastroenteritis or D&V should be regarded as infectious unless good evidence suggests otherwise. Although several different organisms can cause D&V outbreaks, norovirus is probably the most common cause. However, it is important to consider other causes, especially those which are more likely to be spread by contaminated food, such as salmonella and campylobacter.



The symptoms caused by noroviruses are usually a sudden onset of non- bloody, watery diarrhoea and /or vomiting which can be projectile.

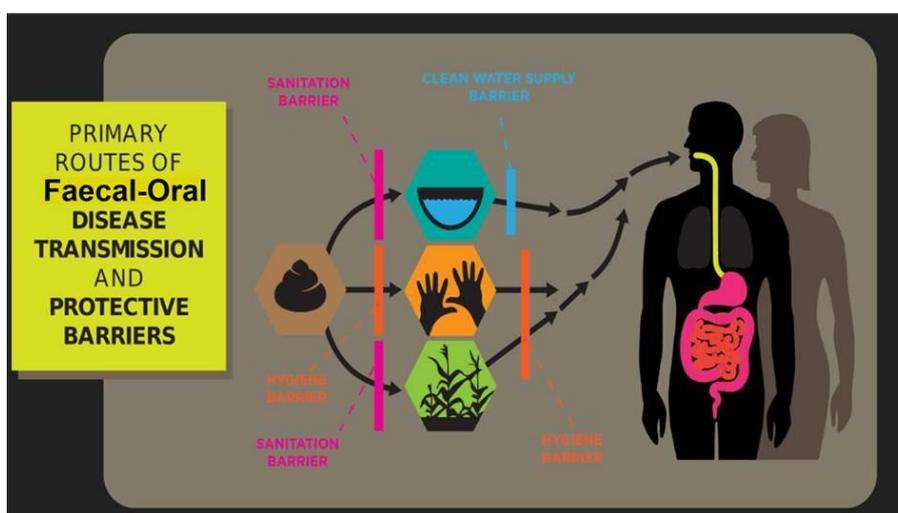
## Transmission

Norovirus can spread quickly from symptomatic people and contaminated surfaces through faecal oral transmission. **Effective hand hygiene is key to stopping the spread.** Hands should be washed with soap and water as hand gel will not kill the viruses that cause diarrhoea and vomiting.



Surfaces can get contaminated with norovirus in many ways, including when:

- An infected person touches the surface that have faeces or vomit particles on them.
- An infected person vomits or has diarrhoea that splashes on surfaces.
- Food, water, or objects that are contaminated with norovirus are placed on surfaces.
- Tiny particles of vomit spray through the air and land on surfaces or enter a person's mouth, then he or she swallows it.



## Outbreak management

- If an outbreak of diarrhoea and vomiting is suspected- inform PHE and the IPC team as they can offer support and advice.
- Children must remain at home until at least 48 hours from the latest episode of diarrhoea and or vomiting.
- Clear communication with parents and care givers is vital to ensure children are not coming to school or returning when symptomatic/infectious.
- Staff must remain off work until they are 48 hours symptom free.
- In the event of an outbreak those affected may be advised to send a stool sample to rule out other causes.
- It is advised to complete PCR testing to rule out COVID-19 due to the softer symptoms of the virus.
- Minimise staff movement and footfall throughout the setting.
- Ensure clear communication regarding effective handwashing is discussed with pupils and staff.
- De-clutter the environment to allow for easier cleaning.
- Increase cleaning frequency using chlorine-based products- classrooms, equipment, bathrooms, and high touch areas (light switches and door handles).

## Resources and contacts

PHE North West- 0344 225 0562

PHE Out of hours- 0151 434 4819

[clhpt@phe.gov.uk](mailto:clhpt@phe.gov.uk)

[infectionprevention@lancashire.gov.uk](mailto:infectionprevention@lancashire.gov.uk)

[Norovirus \(vomiting bug\) - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Diarrhoea and vomiting - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Chapter 4: what to do if you suspect an outbreak of infection - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

[Chapter 9: managing specific infectious diseases - GOV.UK \(www.gov.uk\)](http://www.gov.uk)