

Staff Huddle: What is Norovirus? Common symptoms of Norovirus. - Week #1

Norovirus is a highly contagious virus that causes stomach illness and spreads easily in healthcare settings.

Common symptoms include nausea, vomiting, diarrhea, and stomach pain.

IPC Actions

- Stay home if you are sick with vomiting or diarrhea.
- Follow facility return-to-work guidance, even after symptoms improve



Staff Huddle: How Norovirus Spreads. - Week #2

Contaminated food

Norovirus can spread through contaminated food when:

- A person with norovirus touches food with their bare hands.
- Food is placed on a counter or surface that has poop or vomit particles on it.
- Tiny drops of vomit from a person with norovirus spray through the air and land on the food.
- Food is grown with contaminated water (like oysters), or fruit and vegetables are watered with contaminated water in the field.

Contaminated water

Recreational or drinking water can get contaminated with norovirus:

- At the source such as when a septic tank leaks into a well.
- When a person with norovirus vomits or poops in the water.
- When water isn't treated properly, such as with not enough chlorine.

Contaminated surfaces

Norovirus spreads through sick people and contaminated surfaces when:

- A person with norovirus touches surfaces with their bare hands.
- Food, water, or objects that are contaminated with norovirus are placed on surfaces.
- Tiny drops of vomit from a person with norovirus spray through the air, landing on surfaces or entering another person's mouth.
- A person with norovirus has diarrhea that splatters onto surfaces

Staff Huddle: Personal Protective Equipment (PPE). - Week #3

Standard Precautions

- Hand hygiene before and after resident contact
- Use PPE based on anticipated exposure

Contact Precautions

- Wear gloves and a gown upon room entry
- Use dedicated equipment when possible

Additional PPE

- Wear a mask and eye protection if a resident is actively vomiting or if splashing or spraying is anticipated

IPC Actions

- Remove PPE before leaving the room
- Wash hands with soap and water after PPE removal

Staff Huddle: Steps we can take to prevent Norovirus- Week #4

Handwashing

- Wash with soap and water for at least 20 seconds at these times:
- After using the toilet or changing incontinent pads diapers.
- Before eating, or handling food.
- When touching common surfaces.
- When touching someone who is ill with vomiting or loose stools.
- Hand sanitizer does not work well against Norovirus. Use soap and water instead. It is important to wash hands even when feeling better, Norovirus can stay in fecal matter for two weeks after you feel better.⁵

Handle and prepare food safely

- Wash fruits and vegetables well.
- Routinely clean and sanitize kitchen utensils, counters, and surfaces.

Clean and disinfect surfaces

- After someone vomits or has diarrhea, always thoroughly clean and disinfect the entire area immediately.
- Refer to your facility for the proper agent to use when cleaning or disinfecting the surface.
- Healthcare workers should wear gown, gloves, masks, and eye protection when someone is actively vomiting or when there is anticipated splashes to the face.

Wash laundry well

- Handle items carefully without shaking them, limiting particles going into the air.
- Wash the items with detergent and hot water at the maximum available cycle length and then machine dry them at the highest heat setting.
- Afterwards, wash your hands with soap and water.

