

## **Stop the spread of the Winter Vomiting ‘bug’ (Norovirus) Help prevent more illness**

- Wash your hands frequently using warm water and a liquid soap, especially after using the toilet and before eating or preparing foods
- When you have washed your hands dry them thoroughly
- Wash your hands before and after touching your mouth, and coughing or sneezing into your hands
- Discard or flush away vomit and/or stool and wash hands
- Make sure that the toilet and toilet area, flush handles, taps and door handles are always kept clean
- Cover vomit immediately with paper toweling to prevent spread of the virus and report contaminated areas/ surfaces to domestic or facilities staff
- Symptomatic staff must stay off work until they have been free from all symptoms for 48 hours
- Patients must inform staff if they have been in contact with people with diarrhoea and/or vomiting in last 72 hours