



## Norovirus Information Sheet

### What is Norovirus?

The illness originally takes its name from a town called Norwalk in the USA where over 25 years ago an outbreak of gastro-enteritis affected a primary school. Since then, it has been given other names such as 'Norovirus' and 'Winter Vomiting Bug', but to most people, it's simply a tummy-bug.

### What are the symptoms of Norovirus?

The main symptom is the sudden onset of diarrhoea and/or vomiting. Other symptoms include nausea, abdominal cramps, headache, muscle aches and chills.

### How long does the illness last?

Once someone has come into contact with the virus and swallowed some of the particles, illness could develop somewhere between 12 and 48 hours later. Symptoms usually last for 24 to 48 hours and recovery is normally quite quick. Most people who catch the illness do not require any medical treatment, however, medical advice might be sensible if a person's immune system is already compromised by an existing condition.

### How does it spread?

The illness is highly contagious, and it spreads when someone who is carrying the virus leaves it in the environment where other people come into contact with it. This can happen in several different ways such as:

- Poor personal hygiene after visiting the toilet
- Virus particles that spread in the air after someone has been sick
- Virus particles falling onto surfaces
- Eating contaminated food or drinking contaminated water

### How can you prevent the spread of infection?

The best way of preventing any sort of infection is to practice high standards of personal hygiene

- Always wash your hands thoroughly after visiting the toilet and before eating
- Use the bathroom in your own accommodation wherever possible
- Let Reception and Guest Services know if you or anyone in your party has been unwell on the way to the hotel, or during your break

### What should you do if you experience Norovirus symptoms while on your Warner Hotels break?

Unfortunately, there is no cure for norovirus. If you experience symptoms, you can help yourself and others by observing the following guidelines:

- Stay in your accommodation and let us know of your illness by telephone. Anyone staying in your room with you should also remain in the accommodation. That way you will be isolating yourself from other guests which will prevent any further spread of the illness. We will supply you with bottled water, food and clean linen as required
- Do not take part in coach excursions