

WHAT

IS VIRAL GASTRO-ENTERITIS / ROTAVIRUS ?

Viral gastro-enteritis is a sporadic, often seasonal viral infection sometimes referred to as gastric flu, Rotavirus or Norwalk virus, which can affect both individuals and quite commonly large groups of people

HOW

DID I GET IT ?

From any of the following sources:

- From close contact with another infected person
- From eating food which has been contaminated with the organism
- From environmental contamination, especially of toilets

WHEN

DID I GET IT ?

The illness usually occurs within 24 to 48 hours of infection but it can vary from 10 to 50 hours depending on the dose and virulence of the strain of virus.

WHAT

ARE THE SIGNS AND SYMPTOMS ?

- Vomiting
- Diarrhoea
- Abdominal pain
- Fever

HOW

DO I STOP IT SPREADING ?

- Wash hands thoroughly after going to the toilet and before preparing meals or eating.
- Young children with the infection should have their hands washed for them or be supervised.
- Disinfect all areas in the toilet daily (including door handles) and any other areas which may have been contaminated by vomit.
- Infected persons should stay away from work until vomiting and diarrhoea have ceased.
- If the infected person is a food handler, works as a health carer /nurse or is a child attending school or a nursery etc. further advice should be obtained.
- Read the accompanying leaflet for further guidance.

WHERE

CAN I GET MORE ADVICE ?

- Your own General Medical Practitioner or a health specialist will be able to advise upon individual patient health care.
- You should inform your place of work or in the case of children, the head teacher of the school to find out if exclusion is necessary and when you can return.
- The investigating officer will also provide you with a more general leaflet on infection control and may be contacted on the number below for further advice if it is required.



For further information please contact the Food Safety Team on 01437 775631 or email Foodsafety@pembrokeshire.gov.uk