



December 23rd, 2015

Please help to prevent spread of infection

South Tyneside District Hospital is seeking the public's help to reduce the spread of winter vomiting illness.

A number of cases of the Norovirus infection, which is the most common cause of gastroenteritis in England and Wales, have been identified on some wards.

South Tyneside NHS Foundation Trust's Medical Director Dr Shaz Wahid said: "Noroviruses cause a very unpleasant but, generally, short-lived illness from which people will usually recover without treatment. The main symptom is vomiting, sometimes accompanied by diarrhoea, and some people may have a raised temperature and experience headaches and aching limbs. Unfortunately, there is no specific treatment and the illness just has to run its course. Thankfully, most people will make a full recovery within one to two days.

"We are appealing to patients' relatives and all visitors who have had the bug to stay at home and not come to our site until they have been free of symptoms for 48 hours to avoid spreading it in the hospital."

It is estimated that Norovirus affects between 600,000 and one million people in the United Kingdom every year.

General advice for patients who think they have Norovirus or winter vomiting includes:

- Stay at home and take plenty of fluids
- If symptoms persist, ask for a telephone consultation with your family doctor. Try to avoid visiting your GP surgery or local A&E as you may pass the infection on to others
- Wash hands thoroughly and regularly at all times but particularly after using the toilet and before eating
- Do not visit friends or relatives in hospitals or residential care homes until you have fully recovered and have been free of symptoms for at least 48 hours to avoid putting vulnerable people at risk
- Stay away from work or school until you have fully recovered and have been free of symptoms for 48 hours
- Do not handle or prepare food for other people until you have been free of symptoms for at least 48 hours

ends



Pictured above: Dr Shaz Wahid

Issued on behalf of South Tyneside NHS Foundation Trust by Kay Jordan

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