

Just Clean Your Hands

Before:

- ◆ Using the toilet.
- ◆ Leaving your room.
- ◆ Visiting in hospital or long-term care facility.
- ◆ Eating or touching food.



After:

- ◆ Using the toilet.
- ◆ Contact with any body fluids like blood, urine or vomit.
- ◆ Blowing your nose, sneezing, coughing, or using a tissue.
- ◆ Handling garbage.
- ◆ Touching any healthcare equipment.
- ◆ Visiting a patient or resident.
- ◆ Attending therapy or clinic.
- ◆ Touching an animal or pet.
- ◆ Removing gloves and gowns.

Use Hand Sanitizer:

- ◆ When your hands are not visibly soiled.
- ◆ Apply one to two pumps of product to the palm of one hand.
- ◆ Rub your hands together; ensuring all surfaces are covered until your hands are dry (this should take at least 15 seconds).

Hand Washing:

- ◆ Wet your hands with warm running water and then soap.
- ◆ Lather and rub all surfaces of your hands and wrists for at least 15 seconds.
- ◆ Rinse thoroughly.
- ◆ Pat your hands dry with paper towel and then use the paper towel to turn off taps, and open the washroom door.
- ◆ Apply lotion to hands if they become dry.

The most important practice to prevent the spread of germs is good hand hygiene!

Thank you
for your help and cooperation

This brochure provides basic general information only and is to be used as a guide, not as a complete resource on the subject.

If you have any further questions, please ask your physician, nurse, infection control practitioner or local Public Health.

Providence
Care

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Patient & Family
Information

Norovirus

Providence
Care

Infection Control Services

What is Norovirus?

Norovirus is a virus that can cause mild to moderate gastrointestinal illness (stomach upset, vomiting, cramps and diarrhea), which usually lasts for 24-48 hours.

It is often associated with outbreaks at hospitals and long-term care facilities.

How is Norovirus spread?

- ◆ Norovirus is spread from person-to-person very easily when someone picks up virus particles on their hands and accidentally transfers them into their mouth.
- ◆ The virus is found in the feces and sometimes in the vomit of people while they are having symptoms and up to 48 hours after these symptoms have stopped.

What are the signs and symptoms of Norovirus?

Symptoms of Norovirus include:

- ◆ sudden onset of nausea
- ◆ vomiting
- ◆ diarrhea (without blood)
- ◆ abdominal cramps
- ◆ headache
- ◆ and sometimes a low grade fever.

The symptoms usually don't last more than two or three days and do not require treatment unless the person develops dehydration or other complications.

What will be different about my care?

- ◆ You may be moved to a private room or in a room with someone else who has the same symptoms.
- ◆ A Contact Precautions sign will be placed on your door to remind others who enter your room about the additional precautions.
- ◆ People who care for you or visit you will be required to wear gowns and gloves to prevent spread to other patients or residents, and themselves.
- ◆ People leaving your room must always remove their gown and gloves, and *Just Clean Their Hands*.
- ◆ Children should not visit while you are on isolation as they may not understand and follow the precautions.
- ◆ Family and visitors should not use your washroom.



What do I do at home if I get Norovirus?

- ◆ Stay at home until symptoms have stopped for 48 hours. Reschedule any appointments that are not medical emergencies.
- ◆ If you have to attend an appointment tell the staff you have been ill recently.
- ◆ Make sure you drink enough clear fluids to stop you from becoming dehydrated.
- ◆ *Just Clean Your Hands* often and thoroughly especially before and after using the washroom.
- ◆ You should not prepare food for other people while you are having symptoms and for 48 hours after they stop.
- ◆ Clean the washroom, including taps and toilet flush handles, at least daily with a household cleaner/sanitizing product.
- ◆ Any soiled clothing or linens should be washed right away in hot water (if clothes are recommended for hot water) and be put in the dryer. If there is heavy soiling then a pre-wash cycle will be helpful.

