



SAFETY



GUIDANCE



WHAT YOU'RE GOING TO LEARN

In this Safety Conversation you will learn about preventing the spread of Norovirus and how to deal with the spread of the virus.

HOW IT WILL HELP YOU IN YOUR JOB

Following this conversation, you will:

- Know what actions are to be taken to reduce the spread of the infection.

WHAT YOU NEED TO KNOW

It's not always possible to avoid getting Norovirus, but good hygiene measures can help limit the spread of the virus.

Prevention of a Norovirus outbreak is notoriously difficult but good hygiene practices and adherence to the company food safety management procedures can help reduce the spread of the infection. In addition to this good communication and liaison with client staff, cleaning contractors on site and local authorities are essential.

- Good hand hygiene is a very important infection control measure. Thorough washing and drying of hands remove dirt and debris, which may contain the viral particles. All employees must always follow the company procedures on Personal Hygiene and Hand washing. An increased monitoring and awareness of hand washing should take place during a suspected Norovirus outbreak.
- Cleaning and sanitizing all surfaces which might be contaminated with Norovirus reduces the spread of the virus. This can be done by following the company procedures on cleaning standards and applies in front of house areas as well as food preparation areas.

There is no specific treatment for a Norovirus infection, but the symptoms can lead to dehydration which is a particular concern for vulnerable groups – children, the elderly, and those with other illnesses. Those who have a Norovirus infection should drink plenty of fluids, which can include re-hydration products, and eat a light diet. Norovirus is thought to contribute to the deaths of about 80 people in the UK each year.

SYMPTOMS OF NOROVIRUS INFECTION

The symptoms of Norovirus illness normally start 24 - 48 hours after the initial infection.

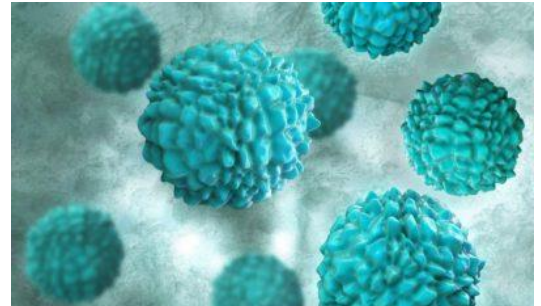
The most common symptoms are:

Projectile vomiting
Watery diarrhoea

Other symptoms may include:

Mild fever
Headaches
Stomach cramps
Aching limbs

Topic: Norovirus Guidance



BE MINDFUL

- Wash your hands frequently throughout the day and especially after a break or after going to the toilet.
- Clean as you go and increase cleaning frequency during periods of outbreak.

SPEAK OUT

- Report any symptoms of illness to your supervisor or manager as soon as possible.

PUTTING WHAT YOU'VE LEARNT INTO PRACTICE

- During periods of outbreaks increase cleaning standards and avoid buffet or chefs table service.
- If you have been ill with suspected Norovirus infection, do not return to your normal place of work until at least 48 hours after the symptoms have stopped.

YOUR VALIDATION

- What can help to reduce the spread of infection of Norovirus?
- What areas of the workplace should be sanitised during an outbreak?
- When can you return to work after symptoms have stopped?

MORE INFORMATION

- Safety Conversation - Effective Hand Washing
- HSE Website

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