

### **Prevention of spread at home:**

Diarrhoea or vomit-soiled linen, towels and clothing should be laundered in as hot a wash as possible. Do not overfill your washing machine or it will not clean them properly. Keep soiled washing separate from the rest of the washing. Clean toilet seats, flush handles, door handles and taps frequently with hot soapy water. You do not need to use disinfectant or bleach, but if you want to then, follow the manufacturers' instructions and store them carefully. Whilst your child has diarrhoea it is important that they do not play or associate with other children, generally for up to 48 hours after the symptoms have subsided.

### **Treatment:**

There is no cure for the rotavirus at present. The illness runs its own course, generally taking between four to six days. It is important to replace fluids lost from the diarrhoea and vomiting. This may be in the form of special drinks to be given by mouth, or by a drip. Your doctor will keep you informed as necessary.

**For further information please contact**

**Infection Prevention and Control Nurses:  
Monday to Friday from 09.00 to 17:00 hrs.**

**Lister Hospital** on 01438 314333

Ext 5383 or Bleep 5383

**[www.enherts-tr.nhs.uk](http://www.enherts-tr.nhs.uk)**

You can request this information in a different format or another language.

Date of publication: November 2014

Author: Infection Prevention & Control Team

Reference: INF14

Version: 3

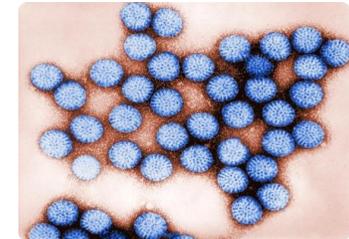
Review Date: November 2017

© East and North Hertfordshire NHS Trust

# Rotavirus

## **Patient and Visitor information leaflet**

**Please follow this guidance from the Infection Prevention and Control Team**



## What is Rotavirus?

Rotavirus is the name of a germ which can cause the following:

- Severe vomiting and diarrhoea
- Stomach cramps
- Occasionally fever accompanied by convulsions

Rotavirus occurs mainly between the ages of six months and two years, most children having gained immunity to the virus by three years of age. It generally causes problems in the winter months. The germ lives in the bowel and spreads via the diarrhoea it causes, either directly from hand to mouth or indirectly from droplets in the air, which then get into the nose and mouth. The germ can still be found in the motions for a few days after the diarrhoea has finished.

## Prevention:

Handwashing with soap and water is the most important method of preventing spread of the rotavirus germ.

Teach your child to always wash their hands after using the toilet/potty.

## You should wash your hands with soap and water BEFORE:

- Preparing food and drinks
- Eating
- Smoking

## You should wash your hands AFTER:

- You go to the toilet
- Assisting your child with toileting
- Assisting your child to wash his/her hands after toileting
- Changing nappies
- Disposing of soiled material
- Handling soiled linen and clothing
- Cleaning up spilt diarrhoea or vomit off the floor or other surfaces

## Prevention of spread in hospital:

While in hospital your child will be cared for in their own room or possibly in a ward with other children with rotavirus. It is important to leave the room door closed due to the possibility of the germs spreading in the air.

Nursing staff will wear gloves and aprons or gowns when attending to your child to prevent patient to patient spread. It is not necessary for parents to do the same. You may wear a plastic apron to protect your own clothing when, for example, changing your baby's nappy. This may be particularly important if you have other young children to care for at home. If possible, do not bring in other young children, to avoid the spread of the illness.

You should not cuddle or care for other children in the ward whilst your own child is ill.