

## **Infection Prevention Team Newsletter October 2025**

### **Norovirus ‘winter vomiting virus’**

At this time of the year, we start to see an increase in the number of outbreaks of gastroenteritis infections. Most of these are viral infections such as norovirus, sapovirus, adenovirus, etc. These are generally unpleasant but self-limiting infections causing diarrhoea, vomiting or both. These infections spread very easily from one person to another via airborne droplets, contaminated equipment and surroundings. Managing these infections and reducing the spread can be best achieved by following these guidelines:

- Isolate resident for 72 hours after the latest symptom. (48 hours for staff).
- Hand hygiene- use soap and water NOT alcohol cleanser.
- Remove communal fruit bowls, biscuit tins, water/ juice jugs and other shared equipment/ games/ magazines which are touched by lots of people.
- Increase cleaning, especially frequently touched points, such as door handles and bathrooms/ toilets, using a chlorine based or suitable alternative cleaning product.
- Use PPE appropriately, gloves and aprons are essential for all personal care. Fluid resistant masks should be considered for supporting residents who are vomiting.
- Advise visitors of the situation and ask them to consider postponing their visit wherever possible.
- Planned events, visitors such as hairdressers may need to be cancelled.
- Maintain an accurate ‘line list’ of affected residents which as a minimum should include
  - Name, room number/location in the home
  - Date symptoms started
  - What symptoms and when they occurred (for each event)- USE THE BRISTOL STOOL CHART (‘loose stools’ is meaningless!)
  - Whether samples have been obtained for testing (not always required)

We are also likely to ask about recent events in the home, trips out, alcohol intake, etc to rule out a bacterial infection (such as E coli, salmonella, etc).

Watch [‘Vomiting Larry’](#) on You-tube!

### **Staff flu jabs**

Lancashire and South Cumbria ICB have added some additional vaccination venues using their ‘vaccine bus’. Staff can utilise these if more convenient, or just pop into their GP surgery or local pharmacy.

Here is the link to the LSC ICB ‘Vaccine Van’ dates and locations

<https://www.lancashireandsouthcumbria.icb.nhs.uk/our-work/covid-19-vaccination-programme>

**LINKS:** [IPC Policies and Procedures](#) (Follow and scroll down)

***We are always here to help- email us at [IPC@westmorlandandfurness.gov.uk](mailto:IPC@westmorlandandfurness.gov.uk)***