



Rotavirus

(previously known as Norwalk-like virus and Small Round Structured Viruses, SRSV'S)

What is the Rotavirus?

The Rotavirus-like virus is a virus that affects the intestines. It is the commonest cause of viral food poisoning.



Symptoms

The Rotavirus usually takes between 12-48 hours from becoming infected for the symptoms to develop. They may include:

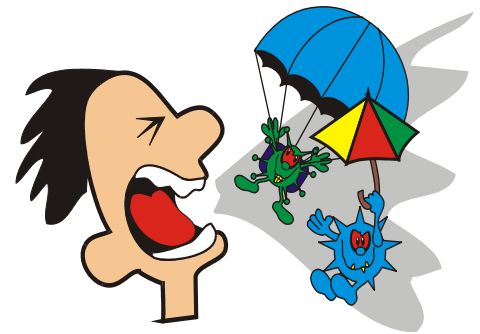
- Nausea
- Vomiting
- Diarrhoea
- Abdominal cramps

The illness usually lasts no longer than 2 days although you are infectious while symptoms are present and up to 4 days after diarrhoea has stopped.

How is it spread?

Rotavirus is spread in a number of ways; contaminated food or water, environmental contamination or person to person.

Food outbreaks have been associated with ready to eat foods e.g. salads and shellfish harvested in contaminated water. Outbreaks have also been associated with drinking water and recreational water i.e. swimming pools and beaches.



Prevention: Scrupulous personal hygiene, particularly after using the toilet.

Can I still work?

During the symptoms of Rotavirus food poisoning, personal hygiene should be scrupulous and food handling should be avoided. Once the symptoms have ceased and you feel well enough, you may return to work. You should discuss your illness with your manager upon your return

For further information, contact your local Environmental Protection Division, telephone number 01932 838383, or in case of continuing illness, consult your family doctor.

