



Every employee and contractor working for Northern Powergrid, should go home at the end of each shift uninjured and in good health after a productive days work.

Outbreaks of norovirus (Winter vomiting bug)

New figures from Public Health England (PHE) reveal the winter norovirus season may be here as there were 18 outbreaks of norovirus in hospitals reported across England in October, 17 of which led to ward closures.

So ahead of the 'winter vomiting season' PHE wants to remind everyone experiencing symptoms to stay at home and to telephone NHS 111 for advice. It is vital that people who may have norovirus do not visit hospitals or their GP surgery.

Typical symptoms of a norovirus infection include:

- the sudden onset of projectile vomiting
- watery diarrhoea
- some people also experience headaches, mild temperature and stomach cramps

There is no treatment for the virus but it is important to keep hydrated to combat the loss of fluids. Most people will recover within a few days and there are no long-term effects.

An expert in norovirus at PHE said:

"October usually marks the start of the norovirus season and the bulk of cases will occur between now and April next year. No two norovirus seasons are the same and there is no way of predicting how busy a season will be. What we do know is that many people will be affected across the country and they will probably feel very unwell for a couple of days but will get better. For patients already ill in hospital, this virus could cause further health complications, making it vital to prevent introducing the virus into the hospital environment. We strongly urge anyone affected to stay at home and to telephone NHS 111 for advice."

Norovirus is highly contagious and spreads rapidly in closed environments such as hospitals, schools and care homes. It can be spread through contact with an infected person; by contact with contaminated surfaces or objects or by consuming contaminated food or water.

Advice on norovirus can be found from NHS Choices.



Good hand hygiene is important to stop the spread of the virus.

People are advised to:

- Wash their hands thoroughly using soap and water and drying them after using the toilet, before preparing food and eating
- Not rely on alcohol gels as these do not kill the virus

PHE have issued a leaflet containing information about norovirus, how it is transmitted and how to prevent it. [PHE norovirus Leaflet](#)