

“Winter Vomiting Disease” (Calicivirus) – Patient Information

Engelska

Winter vomiting disease is a contagious gastrointestinal infection caused by the calicivirus. An ill individual can quickly infect many people in their environment. This is because there are large numbers of virus in diarrhea and vomit and only very few virus are needed to cause disease. The disease usually occurs between November and April, with a peak January – March; hence the name winter vomiting disease. Recovery from infection results only in limited immunity (protection) so it is possible to become ill several times in a relatively short interval.

Transmission

- Between people, mainly via hands.
- Through contaminated food and water.
- Through food handled by someone who is or has been sick.
- Can also be found on surfaces in the immediate environment

Symptoms

The time between infection and onset of symptoms is 1-2 days.

Symptoms include rapid onset of nausea, vomiting and/or diarrhea and sometimes fever.

The stomach illness caused by calicivirus usually goes away within two days, but the virus can remain in the intestine for longer periods.

If you or a family member becomes infected:

- Otherwise healthy adults should stay home when experiencing symptoms and when possible avoid seeking care at the clinic, emergency center or hospital emergency department because of the risk of infecting others.

- Both ill patients and those who help them must be especially careful with hand hygiene. Wash hands thoroughly and often, dry hands thoroughly on a disposable towel or a personal towel.
- Those who are ill should not handle or prepare food for others.
- Stay home and avoid contact with other people as far as possible while you have symptoms, and for an additional 1-2 days after symptoms have cleared. If possible do not visit hospitals, assisted living and similar facilities to avoid spreading the infection.
- If there is more than one toilet in your home - designate one toilet to be used exclusively by the person who is ill.
- After recovery: Carefully clean the toilet that was used by the ill person. Replace towels, shower and change bedding.

If you are healthy

- Avoid visiting ill family members or friends.
- If possible do not visit hospitals, assisted living and similar facilities where infected individuals reside.

Treatment

- The disease in itself is not dangerous. For otherwise healthy adults, it is important to drink water or fluid replacements, small quantities often, and to rest.
- Among young children and the the elderly, dehydration may appear as fatigue and weakness, in which case treatment with intravenous fluids may become necessary. Contact your medical center if you feel you need help.

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- Prevention
- Always wash your hands thoroughly before meals and after using the toilet.
- Avoid buffet-style meals, where many hands come in contact with food.
- Measures taken at hospitals and assisted living facilities
- You will be isolated/stay in a room by yourself with your own toilet as long you have diarrhea and for a couple of days after it has stopped. During this time, food will be served in your room. Be extra careful about washing your hands with soap and water before eating and after using the toilet. It is important to practice good hygiene by showering and changing to clean underwear daily. Avoid having visitors if possible. If you have visitors, they should be careful to practice good hand hygiene before and after the visit. They will only be permitted to visit your room and not the rest of the ward.

Ring 1177 for health care advice in English/Swedish or visit www.1177.se/Halland/other-languages