



07 November 2014

Bula Members,

Re: Norovirus Advisory

Your Board has noted recent reports of Norovirus incidents overseas and as a service to members is providing this advisory to the Membership.

What is Norovirus?

Norovirus is a very contagious virus. You can get norovirus from an infected person, contaminated food or water, or by touching contaminated surfaces. The virus causes your stomach or intestines or both to get inflamed (acute gastroenteritis). This leads you to have stomach pain, nausea, and diarrhea and to throw up.

Anyone can be infected with norovirus and get sick. Also, you can have norovirus illness many times in your life. Norovirus illness can be serious, especially for young children and older adults.

Norovirus is the most common cause of acute gastroenteritis in the United States. Each year, it causes 19-21 million illnesses and contributes to 56,000-71,000 hospitalizations and 570-800 deaths. Norovirus is also the most common cause of foodborne-disease outbreaks in the United States.

The best way to help prevent norovirus is to practice proper hand washing and general cleanliness.

Symptoms of Norovirus

Norovirus causes inflammation of the stomach or intestines or both. This is called acute gastroenteritis.

The most common symptoms—

- diarrhea
- throwing up
- nausea
- stomach pain

Other symptoms—

- fever
- headache
- body aches

If you have norovirus illness, you can feel extremely ill and throw up or have diarrhea many times a day. This can lead to dehydration, especially in young children, older adults, and people with other illnesses.



Most people with norovirus illness get better within 1 to 3 days.

Symptoms of dehydration—

- decrease in urination
- dry mouth and throat
- feeling dizzy when standing up

Children who are dehydrated may cry with few or no tears and be unusually sleepy or fussy.

(Source: <http://www.cdc.gov/norovirus/about/overview.html>)

Association recommended “Best Practice”.

The Association recommends that the Membership adopted a comprehensive “Best Practice” that has been posted inside the website. Members would need to adapt the recommendations to best suit your operational requirements. Members should also liaise with their medical service provider and contact the Secretariat should you need clarification or assistance.

Vinaka,

Michael Wong
Chief Executive Officer