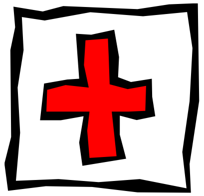
WHAT IS VIRAL GASTROENTERITIS / ROTAVIRUS?



Viral Gastro-enteritis is a sporadic, often seasonal viral infection sometimes referred to as gastric flu, Rotavirus or Norwalk virus, which can affect both individuals and quite commonly large groups of people.

How did I get it?

From any of the following sources:

From close contact with another infected person;
From eating food which has been contaminated with the organism;
From environmental contamination, especially of toilets.

When did I get it?

The illness usually occurs within 24 to 48 hours of infection but it can vary from 10 to 50 hours depending on the dose and virulence of the strain of virus.

What are the signs and symptoms?

Vomiting
Diarrhoea
Abdominal pain
Fever

How do I stop it spreading?

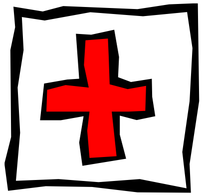
Wash hands thoroughly after going to the toilet and before preparing meals or eating.
Young children with the infection should have their hands washed for them or be supervised.
Disinfect all areas in the toilet daily (including door handles) and any other areas which may have been contaminated by vomit.
Infected persons should stay away from work until vomiting and diarrhoea have ceased.
If the infected person is a food handler, works as a health carer/nurse or is a child attending school or a nursery etc, further advice should be obtained.
Read the accompanying leaflet for further guidance.

Where can I get more advice?

Your own General Medical Practitioner or a health specialist will be able to advise upon individual patient care.
You should inform your place of work or in the case of children, the head teacher of the school, to find out is exclusion is necessary and when you can return.
The investigating officer will also provide you with a more general leaflet on infection control and may be contacted on the number below for further advice if it is required.

Ceredigion County Council
Department of Environmental Services & Housing
Neuadd Cyngor Ceredigion
Penmorfa
Aberaeron
SA46 0PA
Phone: 01545 572105

BETH YW GASTROENTERITIS FEIROL / ROTAFEIRWS?



Gastro-enteritis feirol yw haint feirol a ddigwydd yn achlysurol, ar adegau arbennig o'r flwyddyn yn aml, ac a elwir weithiau yn ffliw gastrig, Rotafeirws neu feirws Norwalk. Gall effeithio ar unigolion a hefyd, fel sy'n digwydd yn aml iawn, grwpiau mawr o bobl.

O ble ddaeth yr haint?

O un o'r ffynonellau canlynol:

Cyswllt agos â rhywun arall sydd wedi'i heintio;
Bwyta bwyd sydd wedi'i heintio â'r organeb;
Cyswllt â'r haint sydd yn yr amgylchedd, toiledau yn arbennig.

Pryd wnes i ddal yr haint?

Byddwch fel arfer yn dechrau teimlo'n sâl o fewn 24-48 awr wedi i chi gael eich heintio ond gall amrywio rhwng 10 a 50 awr yn dibynnu ar y dôs a ffyrnigrwydd y feirws.

Beth yw'r arwyddion a'r symptomau?

Cyfogi
Dolur rhydd
Poen yn y bol
Twymym

Sut mae ei atal rhag lledu?

Golchi'r dwylo yn drylwyr ar ôl mynd i'r toiled a chyn paratoi bwyd neu fwyta bwyd.
Dylid golchi dwylo plant ifanc sydd â'r haint neu eu goruchwylio yn golchi eu dwylo eu hunain.
Diheintio pob man yn y toiled bob dydd (gan gynnwys dolenni'r drws) ac unrhyw fannau eraill a allai fod wedi'u heintio o ganlyniad i'r cyfogi.
Dylai pobl sydd wedi'u heintio aros adre o'r gwaith hyd nes y bydd y cyfnogi a'r dolur rhydd wedi cilio.
Os yw'r sawl wedi'i heintio yn trin bwyd, yn gweithio fel gofalydd iechyd/nyrs neu'n blentyn sy'n mynd i ysgol neu feithrinfa, ayb, holwch am gyngor pellach.
Darllen y daflen sydd ynghlwm am gyngor mwy manwl.

Ble alla i gael mwy o gyngor?

Bydd eich Meddyg Teulu neu arbenigwr iechyd yn gallu rhoi cyngor i chi ar y gofal fydd ei angen ar gleifion unigol.
Dylech ddweud wrth eich cyflogwr neu, gyda plant, brifathro'r ysgol i weld a oes angen aros adre a phryd i ddychwelyd i'r gwaith neu'r ysgol.
Bydd y swyddog ymchwilio hefyd yn rhoi i chi daflen fwy cyffredinol ar sut i reoli'r haint a gallwch gysylltu â'r swyddog drwy ffonio'r rhif isod os bydd angen mwy o wybodaeth arnoch.

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