Patient with contagious vomiting – diarrhoeal disease

You are suspected of having/diagnosed with a contagious vomiting-diarrhoeal disease. This patient guide will give you information about the symptoms and treatment of the disease and how you can prevent the spread of the disease through your own actions.

**You may have some of the following symptoms:** abdominal pain, nausea, vomiting, diarrhoea, temperature or fever. The symptoms usually last for a few days. The staff will bring you something to drink and, if necessary, you will be given intravenous fluids to prevent dehydration.

**Vomiting-diarrhoeal diseases are mainly caught through hand contact.** Using hand sanitizer gel is the most efficient way to prevent contagious diseases from spreading through hand contact. The staff will give you advise on how to wash and disinfect your hands.

**Wash your hands with soap and water**

* after every toilet visit.
* when you have visible dirt in your hands.

**Disinfect your hands** before every meal and after every toilet visit.

* Take 1-2 doses of hand sanitizer gel in your hands.
* Rub the hand sanitizer gel all over your hands, especially on your fingertips, thumbs and the palms of your hands until your hands are completely dry.

**Other issues to be noted**

* You will be treated in a single room during your symptoms and for two days after your symptoms have ended. During this time, you should stay in your room. This will prevent the disease from spreading.
* A separate toilet will be designated for your private use in the ward, if there is no toilet in your room.
* Hospital staff and hospital attendants will use protective gloves and protective coats when touching you or your immediate surroundings.