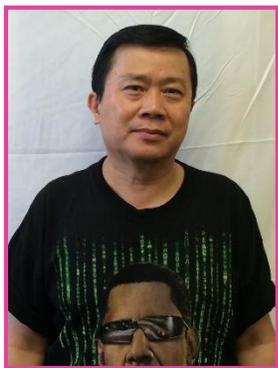


Spotlight Employee of the Month

Mahn Boutsady

Manh has been employed at Rockville Nursing Home since August 1990, he works with the Dietary Department. Manh is married with two kids and a grand child. He enjoys going shopping with his wife and going on a vacation to see his family.



Favorite type of Music: Soft Music
Favorite Color: Red
Favorite Food: Laos Food
Hometown: Sayaboury (Laos)
Idea of a Perfect Day: "Day with my grand son"

"Manh is very deserving of this recognition for his steadfast loyalty and dedication of 29 years at Rockville Nursing Home. He is a great team member, always have the right attitude, attentive to the residents and families and trying to please everyone. Congratulations!"

Maria Cafarelli, CDM, CFPP
Director of Dietary

"Mr. Mahn is an important member of our Dietary Team who has demonstrated dependability, flexibility, and a great team spirit. He has been a dedicated employee and a part of our facility/team for Twenty-Nine Years!! We appreciate his efforts, dedication and hard work each and every day!!!"

V. McCubbin
Administrator

Meet the Editor

Hi RNH Residents, Families and Visitors,

My name is Krishna Manguiat and I am the new editor of The Happenings. I was born and raised in the Philippines. I completed my Bachelors Degree in Nursing in 2010 and finished my Masters Degree in Health Administration in May 2018. I am very excited to be the new editor and I am looking forward to meeting everyone soon!



Krishna Manguiat, BSN, RN
Staff Development/IT Coordinator



Welcome Our Newest Staff!



Tnaka Koubonou, GNA



Valerie Fongang, GNA



Raychel Umoh, RN



Kerry-Ann Myers, GNA

The Happenings

at Rockville Nursing Home

WE  OUR

RESIDENTS

February

"Providing superior care for our residents and peace of mind for families."

February Staff Birthdays

Mayra Rios- 5th
Jennifer Robinson – 6th
Dylan Castro – 9th
Mariam Toure – 16th
Sonia Castro - 17th
Ginger Le – 17th
Sophia Raj – 18th
Oluwaseyi Akintoye – 19th
Lussia Mccalla – 20th
Cheryl Ricketts- 21st
Merry Tuffa – 22nd
Sharnell Williams – 22nd

Happy Birthday from
all of us here at RNH!



Norovirus

The highly contagious norovirus can tear through cruise ships, classrooms, and other crowded spaces, leaving vomiting, diarrhea, and stomach cramps in its wake. It spreads easily through food and drink and can have a big impact on people's health. The CDC estimates that noroviruses are responsible for more than half of all food-borne disease outbreaks each year.

What Is the Norovirus?

The stomach flu isn't really the flu at all. Meet the norovirus, and learn how it's spread. On average, noroviruses cause 19 million to 21 million cases of acute gastroenteritis in the U.S. per year, according to the CDC. The norovirus was originally called the Norwalk virus, after the town of Norwalk, OH, where the first confirmed outbreak happened in 1972.

Noroviruses are sometimes called food poisoning, because they can be transmitted through food that's been contaminated with the virus. They aren't always the result of food contamination, though.

Norovirus is not related to flu. Flu is an infection of the respiratory system that causes fever, chills, aches, and pains.

What Causes Infection With Noroviruses?

People become infected with noroviruses when they eat or drink contaminated foods and beverages. Raw or undercooked oysters and raw fruits and vegetables have been implicated in some outbreaks. You can also get infected if you touch an object or surface that has been infected with the virus and then touch your nose, mouth, or eyes. Noroviruses thrive in close quarters, such as restaurants, day-care centers, and nursing homes, because they are hardy and highly contagious. They can survive temperature extremes in water and on surfaces. Once someone is infected from contaminated food, the virus can quickly pass from person to person through shared food or utensils, by shaking hands, or through other close contact.

When someone with the virus vomits, the virus can spread through the air and contaminate surfaces. The virus also spreads through feces, meaning that someone who doesn't thoroughly wash his hands after using the bathroom can pass it along. Young children, the elderly, and people who have a weakened immune system are particularly susceptible to catching noroviruses. The spread of the virus can be hard to control because it's contagious before symptoms appear.

What Are the Symptoms of a Norovirus Infection?

If you come down with a norovirus infection, you'll probably go from feeling completely healthy to absolutely miserable within a day or two after being exposed. Typical symptoms include nausea, vomiting (more often in children), watery diarrhea (more often in adults), and stomach cramps.

Other norovirus symptoms include:

- Low-grade fever
- Chills
- Headache
- Muscle aches
- Fatigue

Most of these symptoms aren't serious, but diarrhea and vomiting can deplete your body of the fluid it needs, and you can become dehydrated. Children and the elderly are most susceptible to dehydration, as well as malnutrition from not getting enough nutrients.

Norovirus Treatment

Noroviruses, like other viruses, don't respond to antibiotics, which are designed to kill bacteria. No antiviral drug can treat noroviruses, but in healthy people, the illness should go away on its own within a couple of days. Most people don't have any long-term problems from the virus.

To prevent dehydration, make sure to drink plenty of liquids, especially water and juices. Avoid sugary drinks, which can make diarrhea worse, as well as alcohol and caffeinated beverages, which can dehydrate you further.

How to Prevent Norovirus Infection

Good hygiene is the key to preventing a norovirus infection.

Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom and before you prepare or eat food.

Carefully throw away any contaminated items (such as dirty diapers).

Wash raw fruits and vegetables thoroughly. Cook oysters and other shellfish before eating them.

Clean and disinfect surfaces with a mixture of detergent and chlorine bleach after someone is sick.

If you have norovirus, don't prepare food for at least 2 to 3 days after you feel better. Try not to eat food that has been prepared by someone else who is sick.

Marianne del Rosario, RN
Infection Preventionist



Quality Assurance
Performance Improvement

Excerpt from :

<https://www.webmd.com/food-recipes/food-poisoning/norovirus-symptoms-and-treatment>