



I spy... Norovirus



Norovirus is known by many names including Norwalk, gastroenteritis and winter vomiting bug.

It causes people to feel very sick with vomiting and diarrhoea but usually goes away on its own within 72 hours.

It is spread through close contact with someone who has norovirus or by ingesting norovirus particles from foods or surfaces which have been contaminated.

Symptoms of norovirus include:

- Nausea.
- Vomiting.
- Diarrhoea.
- Stomach cramps.
- Fever/high temperature.
- Headache.
- Body aches.

Taking antibiotics or anti-diarrhoeal medication will not help you recover from norovirus.

The best medicine is self-care including:

- Resting.
- Staying hydrated.
- Eating plain foods little and often until you feel better.
- Drinking rehydration solutions.

You can reduce the risk of spreading norovirus by:

- Washing hands frequently, with soap and water, especially after toileting, and before making/ eating food.
- Using your own hand towel whilst unwell.
- Not returning to school, nursery, or work until you are 48 hours clear of any symptoms.
- Not preparing food whilst you are unwell.
- Cleaning all frequently touched surfaces regularly.
- Staying away from vulnerable people (e.g. those in care homes or hospitals) until 48 hours symptom free.

**Remember:
Alcohol
hand sanitiser
is ineffective
against
norovirus.**

Contact your GP if you have any concerns or do not feel as though you are getting better.