

Norovirus & Diarrhoea

Description: Norovirus causes diarrhoea and vomiting and is one of the most common bugs in the UK. It is also known as the “Winter vomiting bug” because it is generally more common in winter, although you can catch it any anytime of the year.

Symptoms:

- Suddenly feeling sick
- Projectile vomiting
- Watery diarrhoea

You may also experience:

- Slight fever
- Headaches
- Painful stomach cramps and aching limbs

Symptoms appear typically 1-2 days after becoming infected and can last up to 3 days.

How is it spread?

Very easily spread in public places such as hospitals and schools. You can pick the virus up from

- Close contact with someone with Norovirus
- Touching contaminated surfaces or objects
- Eating contaminated foods.

How long is it infectious?

A person with Norovirus is most infectious from when their symptoms start until 48 hours after the symptoms have passed. You can be infected with the virus more than once as the virus is always changing.

What to do if you have Norovirus

There's no cure for Norovirus, so you have to let it run its course. To ease symptoms drink plenty of fluids to avoid dehydration, take paracetamol for any fever or aches or pains, get plenty of rest, eat plain foods if you feel like eating.

How long should my child stay home from school?

As with any sickness and vomiting your child should remain out of school for **48 hours** from the last signs of symptoms showing.