

Stop the spread of Norovirus

Norovirus is one of the most common causes of highly infectious sickness and diarrhoea (gastroenteritis). It can spread very quickly in schools, hospitals, nurseries and care homes.

Recognise it

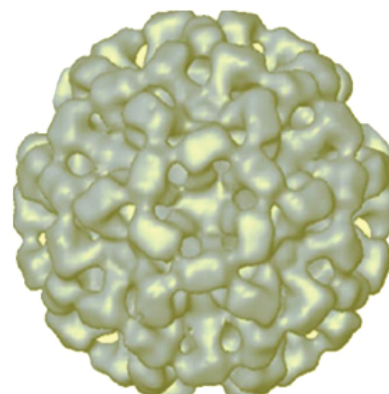
Norovirus will cause a sudden onset of diarrhoea and/or vomiting that can last between 24 and 72 hours. Some people may have raised temperature, headaches and aching limbs.

Avoid it

Wash hands regularly with soap and water - do not use hand gel. Increase cleaning, especially toilets and touch points such as taps and door handles.

Contain it

Stay off work, do not visit friends, family, or colleagues, nurseries, schools and care homes (especially if they are in hospital) until you have been free from symptoms for 48 hours as you can pass the infection on easily. **DO NOT** visit your GP surgery or local A&E as you will recover naturally without treatment.



Stop it

Stay at home for at least 48 hours after the last episode of vomiting or diarrhoea to reduce the risk of passing the virus to others.

Don't give Norovirus a chance!

For further advice – please contact NHS Direct – dial 111