UK Health Security Agency

Guidance on norovirus

Norovirus, also called the 'winter vomiting bug', is a stomach bug that causes vomiting and diarrhoea. It can be very unpleasant, but usually goes away in about 2 days. Symptoms start suddenly, within 1-2 days of being infected.

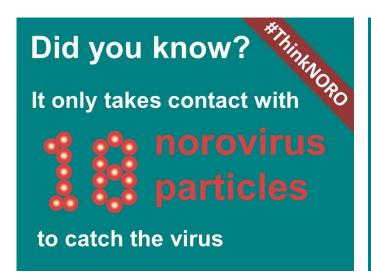
Main symptoms of norovirus:

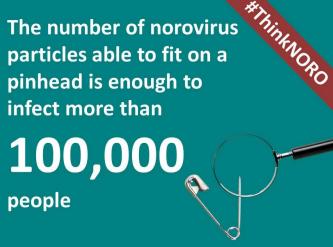
- nausea feeling sick
- vomiting being sick
- diarrhoea

A person may also have:

- a raised temperature
- a headache
- aching arms and legs

How contagious is norovirus?





How norovirus is spread

- Close contact: contact with someone infected with norovirus
- Contaminated surfaces: touching infected surfaces or objects, then touching your mouth
- Contaminated food: eating food prepared or handled by someone with norovirus

How to limit spread of norovirus

- Good hand hygiene: especially after going to the toilet and before eating or preparing food. Alcohol-based gels are not effective against norovirus use liquid soap and water
- Exclusion: pupils with norovirus symptoms should not attend school until they have been free of symptoms for 48 hours

See our online blog – <u>Norovirus: What to do if you catch it and helping to stop the spread</u> You can also look at the <u>norovirus information on the NHS website</u> or visit <u>NHS111 online</u>