



# 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?

**Did you know?**

It only takes contact with

**18 norovirus particles**

to catch the virus

#ThinkNORO

The number of norovirus particles able to fit on a pinhead is enough to infect more than

**100,000**

people

#ThinkNORO

## 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 – [Norovirus: What to do if you catch it and helping to stop the spread](#)  
You can also look at the [norovirus information on the NHS website](#) or visit [NHS111 online](#)