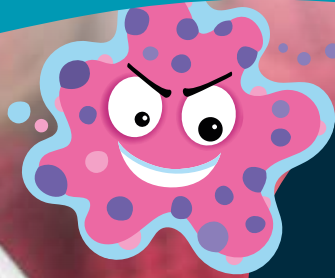


NOROVIRUS? NORRACHANCE!

Norovirus (the winter vomiting bug) causes vomiting and diarrhoea. It can be very unpleasant, but usually goes away in about two days.



Stay at home for 48 hours after symptoms have stopped to prevent the spread of infection

Wash your hands frequently with soap and water



Find out how to help yourself if you have diarrhoea and vomiting at www.nottinghamshire.gov.uk/norovirus or call **NHS 111**



Nottinghamshire
County Council

NHS