

**Norovirus**

**What is norovirus?**

Norovirus, also known as winter vomiting disease, is a stomach bug which can be easily spread through close contact, or by contaminated surfaces, food, or water. It is the most common stomach bug in the UK.

Anyone at any age can be affected by norovirus, it can be very unpleasant, but

usually goes away in about 2 days.

The main symptoms of norovirus include a sudden onset of nausea, followed by projectile vomiting and diarrhoea, usually 1 to 2 days after becoming infected.

Other common symptoms can include.

* a high fever,
* a headache
* aching arms and legs.

The symptoms start suddenly within 1 to 2 days of being infected.

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## Who is most at risk of norovirus?

Most people will make a full recovery in 2-3 days without needing any medicine.

Young children and older adults are at greater risk of developing dehydration while unwell with norovirus. It is important to keep hydrated.

## How is norovirus spread?

## Norovirus can spread very easily. You can catch norovirus from:

* close contact with someone with norovirus
* touching surfaces or objects that have the virus on them, then touching your mouth
* eating food that's been prepared or handled by someone with norovirus.

## Treatment of the symptoms of norovirus

You can usually treat yourself or your child at home.

The most important thing is to **rest and have lots of fluids** to avoid dehydration.

You will usually start to feel better in 2 to 3 days.

## Try not to visit A&E or GP surgeries if you have symptoms of norovirus unless advised to do so by a healthcare professional, as this may spread the bug to others.

## Call ahead to a GP or ring NHS 111 if you are worried about your symptoms.

## How to avoid spreading norovirus to others

* wash your hands thoroughly using soap and warm water after using the toilet or contact with a sick individual and before preparing and eating food.
* stay off school or work until you have not been sick or had diarrhoea for at least two days.
* not rely on alcohol gels instead of washing your hands, as these do not kill the virus.
* wash any contaminated clothing or bedding using detergent at 60°C using disposable gloves to handle any items.
* use bleach-based cleaners to disinfect surfaces.

**Actions**

Everyone can stop the spread of norovirus through **good hand hygiene. It is important to.**

1. Washing hands thoroughly using soap and warm water after using the toilet or contact with a sick individual and before preparing and eating food.
2. Staying off school or work until you have not been sick or had diarrhoea for at least 2 days. This is when you're most infectious.
3. Do not visit hospitals or care homes during this time.

**For further information about norovirus,** please email [ph.response@nottscc.gov.uk](mailto:ph.response@nottscc.gov.uk) or go to [www.nhs.uk/conditions/norovirus](http://www.nhs.uk/conditions/norovirus)