

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 hospitals care homes, schools and nurseries.

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 a raised temperature, headaches and aching limbs.

Avoid it

Wash hands regularly with soap and water - do not rely on hand gel. Increase cleaning, especially toilets and frequently touched points/surfaces such as taps and door handles.

Contain it

Don't visit a hospital or care home if you have symptoms. Stay at home and drink plenty of fluids to avoid dehydration. 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!