



## **Norovirus/Winter Vomiting**

*There has been an increase in tummy bugs (diarrhoea and vomiting) in our communities, childcare facilities, schools, care homes and hospitals in Lincolnshire.*

Norovirus is a Common Stomach Bug, causing Nausea (feeling sick), Projectile Vomiting and Watery Diarrhoea.

If you (or your child) have these symptoms, stay at home until you/they feel better. Norovirus does not last long. Most people make a full recovery in one to two days.

Norovirus spreads very easily:

- Wash your hands **thoroughly** using soap and water and dry thoroughly after using the toilet, before preparing food and eating
- **Do not** rely on alcohol gels as these do not kill the virus

**Stay off work or school/childcare and away from public places (including GP practices and hospitals) until at least 48 hours after the symptoms have cleared**

To help with recovery:

- Drink plenty of fluids to avoid dehydration
- Use rehydration drinks
- Take paracetamol for high temperatures (fever), aches and pains
- Get plenty of rest
- If you / they feel like eating, try plain foods (e.g. plain biscuits or toast)
- Adults can take anti-diarrhoea or anti-vomiting medication – call NHS111 or contact your pharmacy for advice

**For more information** (including on caring for babies and young children) **visit:**  
<https://www.nhs.uk/conditions/norovirus/>