

Important information about Noro-virus

Noro-virus—sometimes known as winter vomiting virus.

The virus can be easily transmitted from one person to another, regardless of age or sex.

You may have a sudden onset of nausea, sometimes vomiting which may be projectile. Other symptoms are watery, offensive- smelling diarrhoea.

Some people may have a raised temperature, headaches and aching limbs and will feel generally unwell.

Drink plenty of fluids to prevent dehydration and monitor babies, children and the elderly closely.

To stop the virus, make sure you clean your environment, including the bathroom and toilet area and wash your hands with soap and water.

If you've had these symptoms it is important that you stay at home.

You can return to work 48 hours after your symptoms have gone away.

Only visit your GP if you feel that your symptoms are not improving after 3 days.

Unless very young or elderly, don't go to hospital. If your symptoms are becoming worse contact your GP or NHS Direct.

**DO NOT VISIT ANYONE IN HOSPITAL
IF YOU OR ANYONE IN YOUR HOUSE HAS
HAD SYMPTOMS IN THE LAST 48 HOURS**

**For more information contact NHS Direct
on 0845 4647 or www.nhs.uk**