

Norovirus / Vomiting Bug

What is norovirus?

Norovirus, commonly known as the winter vomiting bug, is a stomach bug that causes sickness and diarrhoea.

How can we help stop norovirus spreading?

Good hand hygiene is important to stop norovirus spreading. To avoid catching norovirus or passing it on to others, children should wash their hands frequently and thoroughly with soap and warm water.

Alcohol-based hand sanitisers are not effective against norovirus.

Advice for parents with a child with sickness and / or diarrhoea and may have norovirus

Vomiting and diarrhoea causes your child's body to lose water and salts, which can lead to dehydration, so it is important that they drink plenty of fluids to prevent this.

Do not send your child to school until 48 hours after the symptoms have stopped.

If you are concerned about your child, talk to your GP by phone, contact NHS 111 or visit [the NHS UK norovirus webpage](#).