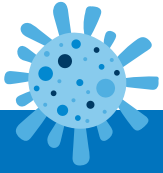


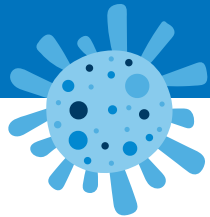
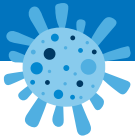
# IDENTIFYING NOROVIRUS

TIPS TO IDENTIFY AND HANDLE OUTBREAKS



## WHAT IS NOROVIRUS?

Norovirus, also known as the 'winter vomiting bug', is a stomach bug that causes vomiting and diarrhoea. It can be very unpleasant, but usually gets better in about two days. It is spread through close contact or by ingesting particles from foods prepared on contaminated surfaces.



## SYMPTOMS

NAUSEA

VOMITING

DIARRHOEA

STOMACH CRAMPS

FEVER/HIGH TEMP

HEADACHE

BODY ACHES

## HOW TO STOP THE SPREAD

- Wash your hands with soap and water after going to the toilet or changing a nappy.
- Wash your hands with soap and water before preparing or eating food.
- It's important to remember that alcohol hand sanitiser is ineffective against norovirus.
- Clean toilet seats, flush handles, taps, and bathroom door handles and any other frequently touched surfaces.
- Wash clothes and bedding that has poo or vomit on it on a 60°C wash and separately from other laundry.
- Avoid contact with others as much as possible by staying home from work, school or nursery.
- Stay away from vulnerable people until at least 48 hours symptom free.

