

Winter Vomiting Bug Advice



Norovirus: the winter vomiting bug

If you catch it, stay at home for at least 48 hours after the symptoms stop.

www.nhsinform.co.uk/norovirus




[Find out more >](#)

Health Scotland has published seasonal guidance, advice and resources to minimise the spread of **Norovirus** ('winter vomiting bug'). There is a **leaflet** available attached and more advice on the [Health Scotland website](#).


The main message to get away is that pupils who have been off school must wait *at least* 48 hours after the *last* time they are sick or have diarrhoea, not the first time they are ill.

Please see the infographics below for more information about preventing norovirus and what to do if you catch it.


Wash your hands with soap and water.




Don't share towels, flannels or toothbrushes.



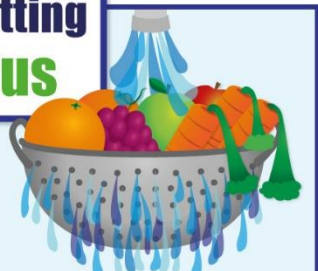
Keep your hands clean.



Lower your risk of getting **norovirus**



Keep household surfaces clean.




Rinse fruit and vegetables well before eating them.


STAY AT HOME

Until at least 48 hours after your symptoms have stopped.

What to do if you catch **norovirus**




Drink plenty of liquid, water is best.



If your symptoms last longer than a few days, call NHS Inform on 0800 22 44 88.


Don't spread it. If you get ill, stay at home.

#NoToNorovirus www.nhsinform.co.uk/norovirus



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Thank you for your support!