

Norovirus in Schools

Norovirus is highly contagious. It's particularly prevalent in schools and nurseries as the virus can survive for several days on surfaces or objects. But it can affect people of all ages and cause vomiting and diarrhoea.

There is no cure for Norovirus, so it has to be left to run its course.

Diarrhoea and vomiting in children

There's no specific cure for stomach bugs such as **Norovirus**. See tips to reduce the spread and treat symptoms

Keep kids home from school for

48 HOURS

after symptoms have passed. This is enough time to let the virus run its course

Washing hands frequently and thoroughly helps limit the spread of the virus

25 different strains of Norovirus are known to affect humans. They're the most common cause of stomach bugs in the UK

Home Treatment

Paracetamol is useful for fever or aches and pains

Give kids plenty of water to stay hydrated and replace lost fluids

If your child feels like eating, give them bland foods

NHS choices Food Standards Agency food.gov.uk

Preventing the spread of Norovirus

Norovirus is easily spread – you can catch it simply by touching contaminated surfaces or objects.

Everyone can help prevent the spread of Norovirus by:

- * washing hands frequently with household soap, and encouraging children to do the same – especially after going to the toilet
- * ensuring any infected child is not sharing things such as toys, blankets, and so on
- * keeping any child with Norovirus symptoms home from school and away from other children where possible – children with Norovirus should also avoid contact with vulnerable adults, such as elderly relatives

It is also important that schools and nurseries thoroughly disinfect all surfaces an infected person may have come into contact with whenever possible. Alcohol-based hand gels are not effective against Norovirus.

For further information, visit nhs.uk/norovirus or contact NHS 111.