

Winter Vomiting Disease (norovirus)

Stop the Spread

If you suffer from infectious gastroenteritis (diarrhoea and vomiting) you should stay at home and rest for 2-3 days. Make sure you wash your hands thoroughly with soap and water before eating and after going to the toilet.

Stay away from hospitals, nursing homes, schools and day centres.

Top tips:

- Wash hands thoroughly with soap and water
- Do not handle or prepare food for other people
- Stay away from work or school or day centres for 48 hours after symptoms stop
- Stay away from friends and family who may be in hospital or care homes
- Do not go to your GP or hospital A&E department for treatment – you will recover naturally after a couple of days
- If your symptoms become very severe and persistent, call your GP. Or call NHS 111 on their special number: 111.

[You may also download the Public Health England poster: “Stop norovirus spreading this winter” from our website »](#)