

Norovirus/Winter Vomiting

There has been an increase in diarrhoea and vomiting in our communities, childcare facilities, schools, care homes and hospitals in Lincolnshire.

Norovirus is a common stomach bug, causing **nausea** (feeling sick), **projectile vomiting and watery diarrhoea**.

If you have these symptoms, stay at home until you feel better. Norovirus is short lived and most people make a full recovery in one to two days.

Norovirus spreads very easily:

- Wash your hands thoroughly using soap and water and dry thoroughly after using the toilet, before preparing food and eating
- Do not rely on alcohol gels as these do not kill the virus
- Stay off work or school and away from public places (including GP practices, hospitals and care homes) until at least 48 hours after the symptoms have cleared

To ease symptoms:

- Drink plenty of fluids to avoid dehydration
- Use rehydration drinks
- Take paracetamol for fever, aches and pains
- Get plenty of rest
- If you feel like eating, try plain foods (e.g. plain biscuits or toast)
- Adults can take anti-diarrhoeal or anti-vomiting medication – call NHS111 or contact your pharmacy for advice

For more information (including on caring for babies and young children) visit: <https://www.nhs.uk/conditions/norovirus/>

**Call NHS111 if you're
concerned or need advice**