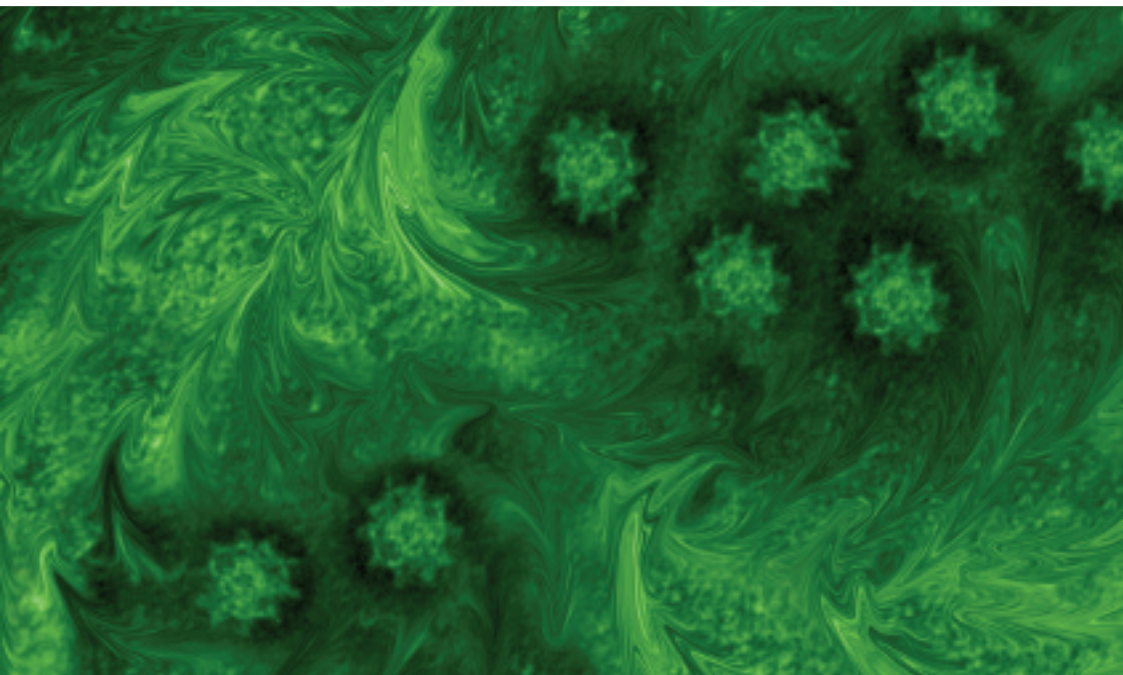


# No to Norovirus!



How to help keep the  
**'Vomiting Bug'**  
out of the Health Service



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

**Norovirus is a common cause of gastroenteritis. It is known as the 'winter vomiting bug' but you can catch it at any time of year. It does not usually cause serious illness, but it is very easily spread. People who contract it can be infectious for 48 hours after they recover.**

When it gets into hospitals or nursing homes, it can cause serious disruption, for example ward closures, cancelled operations and added pressure on A/E. It is important that ill and vulnerable patients in these settings do not become more ill than they already are. ***So please cooperate with your local hospital/ nursing home policy on visiting.***

**To reduce the likelihood of spread of norovirus it is important to remember the following:**

- If you have recently had vomiting / diarrhoea, do not visit a hospital or nursing home **until you have been well for 48 hours.**
- If your child has had vomiting / diarrhoea, they should not go to school/crèche **until they have been well for 48 hours**

**How to stop spread in the community:**

- At home, wash your hands regularly with hot water after using the toilet and when touching food.
- If someone vomits at home, use hot water and detergent to clean up any soiling and wash your hands thoroughly after.



- If you are sick you should remain off work **until you have been well for 48 hours.**

### **Treatment**

There is no specific treatment for norovirus apart from sipping plenty of clear fluids such as water or flat lemonade. Symptoms will usually last only a day or two but can, occasionally last longer.

If you are concerned (e.g. prolonged vomiting/diarrhoea especially in small children and elderly people), telephone your GP for advice, as there is the possibility of bringing norovirus into the GP's surgery.

**For more information visit**  
[www.hse.ie](http://www.hse.ie) or call 1850 24 1850

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