



13 December 2019

Dear Parents/ Guardians

Winter Vomiting Bug (Norovirus)

Public Health England has advised us that we are experiencing an increase in numbers of Norovirus cases across England. This letter is to give advice about what you can do to reduce the spread of this infection.

What is Norovirus?

Norovirus is a stomach bug that causes vomiting and diarrhoea.

What are the symptoms of Norovirus?

The main symptoms are:

- Vomiting (being sick)
- Diarrhoea
- Nausea (feeling sick)

You may also have a high temperature (38C or above), a headache and aching muscles.

How can Norovirus be prevented?

Norovirus spreads very easily. Washing your hands frequently with soap and water is the best way to stop it spreading. Alcohol hand gels do not kill norovirus.

- Hands must be washed with soap and water and dried thoroughly before handling food, after using the toilet or changing nappies
- Children are likely to need supervision to ensure their hands are properly washed and dried
- Separate towels should be used and these should be changed and washed frequently

How long should someone with stay off work, school or nursery?

- Children attending a school, nursery, playgroup or childminder should stay off until they have been **free of symptoms for 48 hours** and are well enough to return
- Adults working in a school, nursery playgroup or childminder should stay off until they have been **free of symptoms for 48 hours** and feel well enough to return to work
- Adults and children should not visit elderly relatives at their home or in care homes or hospital until they have been **free of symptoms for 48 hours**

If a member of your family is experiencing symptoms of Norovirus the advice is to stay at home and rest. The illness usually lasts between one and three days. Telephone the NHS 111 service if you need medical help or advice.

Yours sincerely



Suzanne Meredith
Deputy Director of Public Health