

Norovirus—what you need to know

It's unpleasant, but most people get better within a few days

Norovirus (winter vomiting disease) is a very common viral infection which causes vomiting and diarrhoea, but it's usually a mild illness. In the vast majority of cases, you can self-care at home and will get better in a few days —**without coming into hospital**. In fact, please **stay away** from hospital if you are ill with a tummy bug, or have recovered from one in the last few days. This is because you could be infectious and pass the bug on to patients who are already poorly.

Children with Norovirus



Most children with Norovirus get better quickly and can be looked after at home safely. It's important to give children regular drinks to keep them hydrated.

Some people are more at risk of complications, usually from dehydration. These include the very young and the elderly. In some cases they may require medical help or need to come to hospital - if their doctor advises. If in doubt, ring NHS Direct Wales , on 0845 4647 or contact your own GP.

Tips to help you self-care

Take regular sips of water or fluids to keep you hydrated.

Use oral rehydration solutions— available from your pharmacist.

Good hygiene is vital — so **wash your hands regularly.**

Disinfect toilet handles, taps, door handles, and other surfaces you may have touched after a bout of diarrhoea and vomiting.

There is **no medication which gets rid of Norovirus**. It needs to take its course, usually 1-3 days.

Norovirus has no long-term effects.