

An illustration of a blue and red spray bottle with a black trigger and a yellow sponge with a red handle, positioned in the top left corner.

# Stop the spread of **NOROVIRUS**

If you've had vomiting or diarrhoea it's extremely important you are clear of symptoms for at least 48 hours before visiting a hospital.



**Want the full lowdown on norovirus?**  
Your one-stop shop for staying germ-free.

**Head to: [staywelldorset.nhs.uk/norovirus](https://staywelldorset.nhs.uk/norovirus)**

If you're having difficulty arranging for a loved one to be discharged from hospital due to norovirus:

1. Call the ward and let them know.
2. Ask a friend or family member if they could help.
3. If you need assistance that isn't covered by health or social care you can contact a voluntary assistance programme:

### **Dorset Council area**

Community Response - run by Help and Kindness:

**01305 595 958**

**[bit.ly/dorsetcommunityresponse](https://bit.ly/dorsetcommunityresponse)**

**[dcr@helpandkindness.co.uk](mailto:dcr@helpandkindness.co.uk)**

### **BCP Council area**

Wellbeing Collaborative - run by CAN:

**01202 466 130**

**[can100.org/wellbeing-collaborative](https://can100.org/wellbeing-collaborative)**

**[wellbeingcollaborative@can100.org](mailto:wellbeingcollaborative@can100.org)**

