

Stop the spread of **NOROVIRUS**



Let's talk about **NOROVIRUS**

To stop the spread of norovirus you should:

Wash your hands regularly with soap and water (not hand sanitizer). Before preparing, serving, or eating food, give those hands another good wash. If clothing or bedding has been in contact with vomit or poo, wash it separately on a 60°C cycle. Give bathrooms and kitchens a quick wipe-down with bleach. And, when in doubt, sit it out. If you're feeling unwell, minimize contact with others.

Find out more at: staywelldorset.nhs.uk/norovirus

What if I have **NOROVIRUS?**



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If you have norovirus you should:

Stay at home and rest for 48 hours after symptoms have stopped. Do not visit your GP or hospital whilst symptomatic. If you are worried, contact NHS 111. Drink plenty of fluids to prevent dehydration. Wash your hands regularly and clean, wash and disinfect any contaminated clothes or surfaces. Finally, avoid cooking and preparing meals for others where possible for 48 hours after symptoms have stopped.

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Things you should know about norovirus:

Norovirus is a short-lived illness, with full recovery usually within two to three days. Symptoms include sudden onset of feeling sick, vomiting and diarrhoea. It can also include a high temperature, pain in the stomach and aching limbs. It can last on surfaces for days or weeks, making it highly contagious! There is no specific treatment. The best thing you can do is get plenty of rest and stay hydrated.

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