Social media copy ideas to build posts:

|  |  |  |
| --- | --- | --- |
| **Let’s talk about norovirus** | **Stop the spread of norovirus** | **What if I have norovirus?** |
| **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.  **Find out more at: staywelldorset.nhs.uk/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** | **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 \_uids 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.  **Find out more at: staywelldorset.nhs.uk/norovirus** |
| **Things to know about norovirus:** Norovirus usually clears within 2–3 days but causes sudden sickness, vomiting and diarrhoea, sometimes with fever and stomach pain. It can survive on surfaces for days, so it spreads easily. There’s no specific treatment — rest and stay hydrated.  **Find out more at: staywelldorset.nhs.uk/norovirus** | Norovirus is a fast-moving bug that hits hard with sickness and diarrhoea, spreads easily on surfaces for days, and has no quick cure — so rest up for 48 hours after your last symptom, stay hydrated, and stop the spread.  **Find out more at: staywelldorset.nhs.uk/norovirus** | **If you have norovirus:** Stay home, rest, and wait **48 hours after your symptoms stop** before going back to work or school. Don’t visit your GP or hospital while unwell — if you’re worried, call **NHS 111** for advice. Keep hydrated, wash your hands often, and clean or disinfect any contaminated clothes, bedding or surfaces. And remember: avoid cooking or preparing food for others until you’ve been symptom-free for 48 hours.  Find out more: **staywelldorset.nhs.uk/norovirus** |
| Norovirus is a quick-hitting, highly contagious stomach bug that causes sudden sickness — so if it strikes, rest, hydrate, and help stop the spread.  **Find out more at: staywelldorset.nhs.uk/norovirus** | **Stop norovirus in its tracks:** Wash your hands often with soap and water — hand sanitizer won’t cut it. Wash again before preparing, serving, or eating food. Any clothes or bedding contaminated with vomit or poo? Wash them separately on a **60°C cycle**. Give bathrooms and kitchens a quick bleach wipe-down. And when in doubt, **sit it out** — stay home and limit contact if you’re feeling unwell.  Find out more: **staywelldorset.nhs.uk/norovirus** | Feeling rough with norovirus? Stay home, rest up, and wait **48 hours after symptoms stop** before heading back out. Skip GP or hospital visits while sick — call **NHS 111** if you need advice. Keep the fluids flowing, wash your hands often, and disinfect any clothes or surfaces that get contaminated. And no cooking for others until you’ve been symptom-free for 48 hours — keep those germs out of the kitchen!  Find out more: **staywelldorset.nhs.uk/norovirus** |
|  |  | Got norovirus? Stay home and rest, and don’t return to work or school until **48 hours after symptoms stop**. Avoid GP or hospital visits — call **NHS 111** if you need advice. Keep hydrated, wash hands often, clean contaminated surfaces, and avoid cooking for others until you’re fully clear.  **Find out more: staywelldorset.nhs.uk/norovirus** |