

# If someone in your household has Norovirus

- The infected person should not prepare food.
- Soiled bedding and clothes should be washed on the hot cycle of your washing machine.
- Clean surfaces (toilet seats, flush handles, door handles and taps) at least daily with bleach/disinfectant diluted as per manufacturer's instructions.
- If cleaning up diarrhoea or vomit, wear rubber gloves; wash the surface with hot soapy water, rinse, and allow to dry.
- The infected person should not share towels/flannels with anyone.

## Further information and help

Further advice and information is available from:

- NHS 24: Freephone 111 or [www.nhs24.scot](http://www.nhs24.scot)
- NHS Inform: [www.nhsinform.scot](http://www.nhsinform.scot)

## Notes

Use the space below to write down any questions you might have or to make notes.

## We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website feedback section at:  
[www.wihb.scot.nhs.uk](http://www.wihb.scot.nhs.uk) or share your story at:  
[www.careopinion.org.uk](http://www.careopinion.org.uk) or tel. 0800 122 31 35
- tel. 01851 708069 Monday-Friday between 9am-5.30pm.



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### Disclaimer

The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you to interpret any of this information, or in applying the information to your individual needs.

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Bòrd SSN nan Eilean Siar  
NHS Western Isles

## Information about Norovirus



Patient information leaflet

# What is Norovirus?

Norovirus, also called the winter vomiting bug, is a stomach bug that causes vomiting and diarrhoea.

It can be very unpleasant but usually gets better in about 2 days. Although it's sometimes called the winter vomiting bug, you can get norovirus at any time of year.

Norovirus spreads very quickly, especially where groups of people are together such as in schools or care homes.

## Symptoms of Norovirus

The main symptoms of norovirus usually start suddenly and may include:

- feeling sick
- being sick (vomiting)
- diarrhoea

You may also have:

- a high temperature
- a headache
- tummy pain
- body aches and pains

## How does it spread?

Norovirus spreads easily. It takes 12-48 hours from first swallowing the virus to becoming unwell.

The virus only infects humans. Illness is able to spread when virus particles from an infected person get into the gut of another person.

You can catch norovirus from:

- close contact with someone with norovirus
- touching surfaces or objects that have the virus on them, then touching your mouth
- eating food that's been prepared or handled by someone with norovirus
- drinking unclean water or infected food

## How can infection be prevented?

Good standards of personal and food hygiene will help to prevent spread:

- wash hands with soap and water after using the toilet or changing nappies (alcohol gel is not effective against Norovirus)
- cook raw shellfish before eating
- wash fruit and salads before eating



## How to treat Norovirus at home

If you or your child have norovirus, you can usually treat it at home.

You'll usually start to feel better in 2 to 3 days.

Do:

- stay at home and get plenty of rest
- drink lots of fluids, such as water or squash
  - take small sips if you feel sick
- carry on breast or bottle feeding your baby
  - if they're being sick, try giving small feeds more often than usual
- give babies on formula or solid foods small sips of water between feeds
- eat when you feel able to - it may help to avoid foods that are fatty or spicy
- take paracetamol if you're in discomfort
  - check the leaflet before giving it to your child

Don't:

- do not go to school, nursery or work until you have not been sick or had diarrhoea for 2 days
- do not visit others in hospitals or places like care homes until you have not been sick or had diarrhoea for 2 days

## Should I see my GP?

There is usually no need to see your GP. Call your GP or NHS 24 on 111 if:

- you are worried about a baby under 12 months
- a child under 5 has signs of dehydration such as fewer wet nappies
- you or your child keep being sick and cannot keep fluids down
- there is blood in your diarrhoea
- the diarrhoea has lasted for more than 7 days or vomiting for more than 2 days