

### **WINTER VOMITING DISEASE ( NOROVIRUS )**

Norovirus is highly contagious and is spread by contact with an infected person, through contaminated food or water or by contact with contaminated surfaces or objects. It is also spread by small aerosols containing the virus that enter the air when some body vomits.

The incubation period is between 24 and 48 hours. This is followed by severe and sudden projectile vomiting, diarrhoea and fever symptoms, which last for about 48 hours.

Although the infection is very unpleasant, it's rarely dangerous. There is no specific treatment, however, the Royal College of GPs recommend that those infected stay at home, drink plenty of fluids to prevent dehydration and take paracetamol.

Practising good hygiene by washing hands regularly reduces the chance of passing on the infection.

Students and staff with this virus should stay away from school while the symptoms persist and for 48 hours afterwards, when they are still infectious.