



CHARTERHOUSE

Founded in 1611

ADVICE ON PROTECTING YOURSELF AND OTHERS FROM INFECTIOUS

DIARRHOEA AND VOMITING

NOROVIRUS - WINTER VOMITING

These types of bugs thrive in semi-closed environments where large numbers mingle together. Schools are common places to be affected.

Although these infections can be extremely unpleasant, they tend to be relatively short-lived and the majority of people recover after 2-3 days.

There is no specific treatment for the illness. However, the following points should help alleviate the symptoms:

- Rest at home.
- Plenty of fluids – doralYTE or flat coke or lemonade can help to replace fluid loss.
- Try to allocate separate bathroom facilities for the rest of the family.
- Ensure good hand washing.
- Wash hands thoroughly and regularly at all time but particularly after visits to the loo and before meals.
- Do not prepare or handle food for other people for **48 hours** after the last bout of vomiting or diarrhoea.
- Please stay away from school until you have been free from all symptoms for at least **48 hours**.
- If you continue to feel unwell and you are concerned **ring** your family doctor.

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