

Diarrhoea and Vomiting

You may have had, or know of someone who has recently suffered with, diarrhoea and vomiting. The illness is generally mild and people usually recover fully within 2-3 days with rest. There are no long term effects that result from being infected.

Outbreaks of diarrhoea and vomiting occur in environments such as hospitals, nursing homes, schools and day centres.

Diarrhoea and Vomiting is highly infectious and thrives in these environments. We are urging the public to help limit the spread by remaining at home when ill and ensuring good personal hygiene. It is very important that you wash your hands thoroughly with soap and water before eating and after going to the toilet.

TOP TIPS

Tips for containing and limiting the spread of diarrhoea and vomiting:

- Wash hands thoroughly and regularly with soap and water, particularly after visiting the toilet and before eating.
- Do not handle or prepare food for other people until you have been symptom free for a minimum period of 48-hours.
- Stay away from work or school or day centres until you have been free of symptoms for at least 48-hours.
- Do not visit friends or relatives in hospitals or residential care homes until 48-hours after your symptoms end as there is a real risk that you could introduce the infection into the establishment.
- **Do not visit your GP practice or hospital A&E department** until you have been symptom free for 48-hours, as you will recover naturally without treatment.
- If your diarrhoea and vomiting does become very severe and persistent, **please telephone your GP or NHS Direct on 0845 46 47.**
- Ensure you drink plenty of fluids.