



Knowsley Council

INFORMATION FOR PUPILS, PARENTS AND STAFF AROUND DEALING WITH NOROVIRUS (WINTER DIARRHOEA AND VOMITING BUG)

The main symptoms are:

- Feeling sick (nausea)
- Being sick (vomiting)
- Diarrhoea

You may also have

- A high temperature of 38C or above
- A headache
- Aching arms and legs

The symptoms start suddenly within 1 to 2 days of being infected.

Recovery

Norovirus is usually self-limiting and gets better without antibiotics, which are not appropriate for viral illnesses. Symptoms usually last between one and three days. You can usually treat yourself or your child at home. You should start to feel better in 2 to 3 days. It is important to stay at home and get plenty of rest. Drink lots of fluids, such as water or squash – take small sips if you feel sick.

General hygiene

Norovirus can spread very easily.

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

Washing your hands frequently with soap and water is the best way to stop it spreading. Alcohol hand gels do not kill norovirus.

Please teach children to follow the advice below on how to wash their hands.

Other steps you can take to prevent the infection spreading:

- If your child is showing any of the symptoms of Norovirus, please keep them off school and ensure they **do not return to school until 48 hours after their symptoms have stopped.**
- People who are elderly, or those with long term medical conditions, can be more at risk of developing complications from Norovirus, so parents are advised to avoid visiting anyone who may be vulnerable if your child is suffering from the winter vomiting bug.

If you would like further information around Norovirus, this can be accessed via the NHS Choices website at: www.nhs.uk/conditions/Norovirus/Pages/Introduction.aspx



How to Hand Wash

Wash hands when visibly soiled. Otherwise, use handrub.
Duration of the entire procedure: 40-60 seconds



0 Wet hands with water;



1 Apply enough soap to cover all hand surfaces;



2 Rub hands palm to palm;



3 Right palm over left dorsum with interlaced fingers and vice versa;



4 Palm to palm with fingers interlaced;



5 Backs of fingers to opposing palms with fingers interlocked;



6 Rotational rubbing of left thumb clasped in right palm and vice versa;



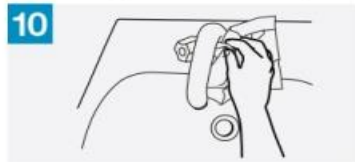
7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



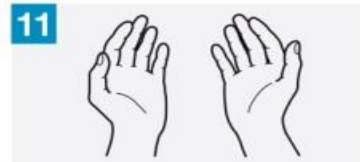
8 Rinse hands with water;



9 Dry hands thoroughly with a single use towel;



10 Use towel to turn off faucet;



11 Your hands are now safe.