

NOROVIRUS? NORRACHANCE!

Norovirus (the winter vomiting bug) causes vomiting and diarrhoea
It can be very unpleasant, but usually goes away in about 2 days.

Stay at home
for 48 hours after
symptoms have
stopped to prevent
the spread of
infection

Wash your
hands frequently
with soap
and water

Find out how to help yourself if you have diarrhoea and vomiting at
www.nottinghamshire.gov.uk/norovirus or call **NHS 111**



Nottinghamshire
County Council

NHS