



Norovirus Information Sheet for Parents & Carers

Thames Valley Public Health England Centre, September 2013

WHAT IS NOROVIRUS?

Norovirus is a frequent cause of diarrhoea and vomiting in the community and is most common during the winter.

WHY IS IT A PROBLEM?

Norovirus commonly causes diarrhoea and/ or vomiting which generally lasts 24 to 48 hours. Some people may also have a raised temperature, headache or aching limbs. The illness is usually mild in nature and gets better without antibiotics.

Norovirus is very infectious and can spread easily in school settings due to the close contact between children and staff. Large numbers of students and staff can be involved. It is important to stop the illness from spreading further between children and also to relatives and friends.

HOW DOES THIS AFFECT MY CHILD?

Thorough hand washing with soap and warm water after going to the toilet and before eating helps to stop the transmission of Norovirus, as well as other bugs.

If your child(ren) do become unwell, you will be asked to keep them off school until they have been well for 48 hours.

WILL MY CHILD NEED TREATMENT?

Antibiotics do not work against Norovirus. The main treatment is making sure your child(ren) drink plenty of fluid so that they do not become dehydrated. If they develop diarrhoea and vomiting, a faecal (poo) sample may be requested for laboratory testing.

HOW DO I REDUCE SPREAD TO OTHER PEOPLE IN OUR HOME?

Extra cleaning of your home is recommended with particular attention to the toilets. These should be cleaned with household detergent and warm water. Particular attention should also be paid to flush handles, sink taps, door handles and light switches. The cleaning cloths you use should be disposable.

HOW DO I CLEAN UP AFTER ACCIDENTS?

When cleaning up vomit or faeces paper towels or toilet roll should be used initially. The area should then be cleaned using warm soapy water and a disposable cloth before being disinfected with regular household detergent. You should immediately dispose of all materials and hand washing after cleaning is essential.