

Diarrhoea and vomiting in children

There's no specific cure for stomach bugs such as **Norovirus**. See tips to reduce the spread and treat symptoms

Keep kids home from school for



after symptoms have passed.
This is enough time to let the
virus run its course

If your child already has a serious
illness, or symptoms last longer
than a few days, contact your GP
to seek advice

Visit [nhs.uk/norovirus](https://www.nhs.uk/norovirus)



Washing hands
frequently and
thoroughly helps
limit the spread
of the virus

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different
strains of
Norovirus
are known to
affect humans.

They're the most common cause
of stomach bugs in the UK

Home Treatment



Paracetamol is
useful for fever or
aches and pains



Give kids plenty of water
to stay hydrated and
replace lost fluids



If your child feels
like eating, give
them bland foods