Stay Well This Winter – Patient Campaign

# Norovirus: Know the Signs & Stop the Spread

Norovirus is a highly contagious stomach bug causing vomiting and diarrhoea. It spreads easily in winter but can occur year-round.

Symptoms include:

* Sudden nausea
* Projectile vomiting
* Watery diarrhoea
* Fever, stomach cramps, headache, aching limbs

What to do if you have symptoms:

* Stay home and rest
* Drink plenty of fluids to avoid dehydration
* Avoid visiting GP practices, hospitals, or care homes
* Do not prepare food for others until 48 hours after symptoms stop
* Seek advice from NHS 111 if symptoms persist or worsen

# Hand Hygiene: Your First Line of Defence

When to wash your hands:

* Before eating or preparing food
* After using the toilet
* After coughing, sneezing, or blowing your nose
* Before and after caring for someone ill
* After touching animals or waste

How to wash your hands properly:

* Wet hands with warm water
* Apply soap and lather for 20 seconds (sing 'Happy Birthday' twice!)
* Scrub all areas – palms, backs, between fingers, thumbs, nails
* Rinse and dry thoroughly with a clean towel

# Preventing the Spread of Infection

Simple steps to protect yourself and others:

* Stay home if you're unwell
* Cover coughs and sneezes with a tissue – bin it, then wash hands
* Clean frequently touched surfaces
* Avoid close contact with vulnerable individuals if you're sick
* Use tissues and dispose of them properly
* Don’t rely on hand gel alone – soap and water is best for viruses like norovirus