

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