Norovirus: the winter vomiting bug

Easy Read 2018 edition

This leaflet has a small number of difficult words and ideas in it
We have made this leaflet as accessible as possible. There are still some difficult ideas in it. You might need to ask a friend, family member, carer or health professional to help you read this booklet.

Leaflets with the green thumbs up symbol on the cover have a small number of difficult words and ideas in them.

Leaflets with the orange thumbs up symbol on the cover have a few difficult words and ideas in them.

Leaflets with the red thumbs down symbol on the cover have quite a lot of difficult words and ideas in them.

If you see the symbol on the left it means there is a difficult medical word. This is a word that you might hear when you visit your doctor. You might also see it on letters and leaflets you get from your doctor.
What is norovirus?

Also called ‘winter vomiting bug’. You can still catch it at any time of year.

It spreads very easily, and it can affect anyone of any age, causing sickness and runny poo.

It can also cause:

- mild fever
- headaches
- stomach cramps
- aching arms and legs.

Norovirus is not nice, but is not usually dangerous. Stay away from other people until you feel better after a a few days.
How to make sure you do not catch norovirus

There are some things you can do to lower your chance of catching norovirus.

Wash your hands with soap and water.

Rinse fruit and vegetables well before eating them.

Do not share towels, face cloths or toothbrushes.

Keep all household surfaces clean using a bleach based cleaner.
What to do if you catch norovirus

Do not visit anyone in a hospital or a care home, as norovirus is more serious for people who are already ill.

Staying at home, even for another 2 days after you feel better.

Keep your hands clean.

Drink plenty of liquid. Water is best.

Do not drink alcohol.

Eat food that is easy to digest like soup, rice, pasta and bread.

Babies should continue with their normal feeds.
If you are looking after someone with norovirus

The main things to remember are:

• Give them plenty to drink.

• If they are elderly or at risk, give them rehydration solutions which you can get these from your chemist.

• If they have symptoms for more than three days, or you are worried call NHS 24 on 111.

Hospitals and care homes may stop people from visiting if norovirus is about to stop the virus spreading.

If you have to go into hospital yourself for any reason, please remember to tell your doctor or nurse if someone in your family has norovirus.
Where can I get more information?

If you have any questions about norovirus, call the NHS inform helpline on 0800 22 44 88 (textphone 18001 0800 22 44 88). The helpline is open every day and also provides a translation service.

Visit www.nhsinform.scot/norovirus

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