

Further detailed information and advice can be found on the UK NHS Choices website pages located at the following links:

### Diarrhoea

<http://www.nhs.uk/Conditions/Diarrhoea/Pages/Introduction.aspx>

### Vomiting in adults

<http://www.nhs.uk/conditions/vomiting-adults/Pages/Introduction.aspx>

### Diarrhoea and vomiting in children

<http://www.nhs.uk/conditions/pregnancy-and-baby/pages/diarrhoea-vomiting-children.aspx>

### Vomiting in children and babies

<http://www.nhs.uk/conditions/vomiting-children-babies/pages/introduction.aspx>

### Traveller's diarrhoea

<http://www.nhs.uk/conditions/travellersdiarrhoea/Pages/Introduction.aspx>

**The information in this document can be provided  
in large print or on audio tape on request.**



## Diarrhoea and/or vomiting?

Diarrhoea and/or vomiting that starts suddenly is generally caused by types of viruses. The usual picture is that the person, especially children, vomits suddenly, develops abdominal pain and diarrhoea. Some people, especially children, can also develop a fever.

These infections spread very rapidly and have in the past resulted in hospital and school closures due to the numbers of people affected.

*If a person has developed diarrhoea and/or vomiting, they need to do the following:*

### Stay at Home

These infections are highly contagious. To prevent spreading the infection the affected person needs to stay at home.

Please **DO NOT**:

- send your affected child to school
- go to work if affected yourself
- visit public places, hospitals, residential/nursing/care homes.

Once the virus gets into such settings it can cause severe disruption.

### Follow the 48-hour rule

A person suffering from diarrhoea and/or vomiting continues to excrete the virus for up to **48 hours after the disappearance of all symptoms**. Hence, it is important that you do not resume normal activities such as going to work, to school or public places **until 48 hours after all the symptoms have disappeared**.

### Practise good hygiene

Good hygiene is always important but especially when there is someone who has diarrhoea and/or vomiting.

- Wash your hands with soap and water thoroughly, especially after using the toilet, cleaning up any vomit and before preparing or serving food. Pay close attention to the backs of your hands.
- Clean all surfaces that are likely to be contaminated (for example, toilet bowls, hand-washing bowls, doors, handles, floors and walls).

### During the illness

- Drink plenty of fluids to prevent dehydration.
- If you feel seriously unwell and are worried, **telephone** your doctor's surgery for advice.
- Please **DO NOT** visit your doctor's surgery, A&E, Minor Injuries Unit (Ramsey) or MEDS unless advised to do so by a clinical professional.
- In most cases the symptoms pass within 48 hours or so. There is no specific treatment for these virus infections that cause diarrhoea and/or vomiting.

