

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)

 choices



25

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