

# 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

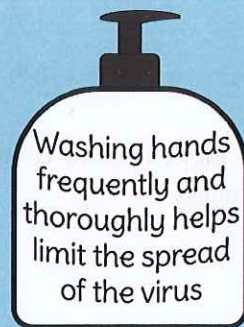


after symptoms have passed.  
This is enough time to let the  
virus run its course

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)

**NHS** choices



Washing hands  
frequently and  
thoroughly helps  
limit the spread  
of the virus

# 25

different  
strains of  
Norovirus  
are known to  
affect humans.

They're the most common cause  
of stomach bugs in the UK

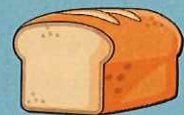
## Home Treatment



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