

Norovirus (vomiting bug) in hospital

Information for patients

vomiting



Your doctor has told you that you have Norovirus.

Norovirus is also called the 'winter' vomiting bug, but you can get it at any time of year.

Norovirus is not nice. It can last 1 to 3 days. Sometimes longer.

Norovirus is a stomach bug that causes vomiting and / or diarrhoea.

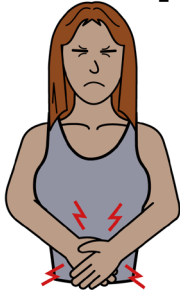
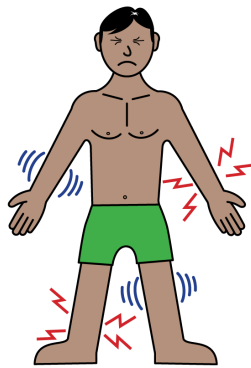
- **Vomiting** is being sick.
- **Diarrhoea** is when your poo is runny and watery.

diarrhoea



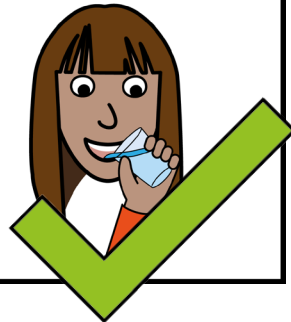
Easy Read



fever**headache****stomach pain****aches and pains**

You may also have:

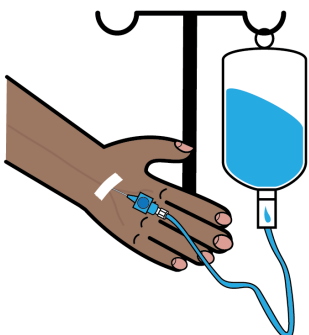
- a high temperature (a fever / feel hot)
- a headache
- stomach pain
- body aches and pains.

rest in bed**drink water**

There is no medicine for Norovirus.

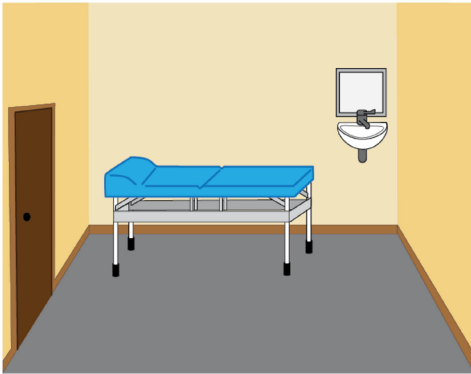
Patients get better on their own.

You need to rest. Drink lots of water.

cannula with fluids

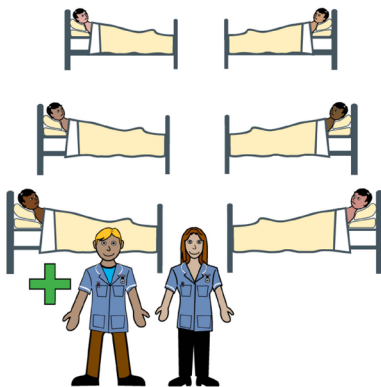
If you cannot drink, your doctor may give you fluid through an IV.

An IV is a tiny plastic tube (cannula) that goes from a bag of fluid into your vein.

side room

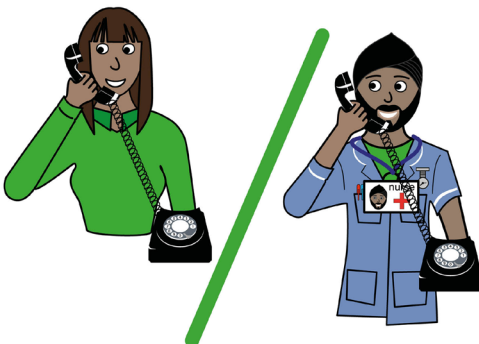
If you have Norovirus you may be moved to a side room.

This is to stop you giving Norovirus to other patients.

sick patients on 1 ward

If there are other patients on your ward with Norovirus, you may all be put together in:

- one bay, or
- part of a ward.

phone hospital before visiting

If a lot of patients on a ward have Norovirus, the hospital may close the ward.

Please ask your visitors to check with the ward before visiting.

support at home



You can go home with Norovirus, if you are well and have someone to look after you.

You must have no Norovirus symptoms for 48 hours, if you live or need to go to:

- a nursing home
- a residential home
- another hospital.

tired



After the vomiting and diarrhoea have stopped, you may feel tired and sore for a few days.

This is normal.

talk to your doctor and nurse



If you are worried or have questions, please speak to your doctor or nurse.



Our Patient Advice and Liaison Service (PALS) can help you.

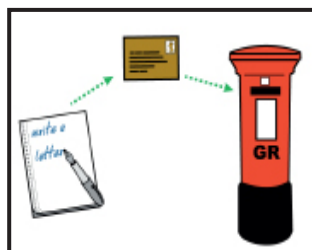
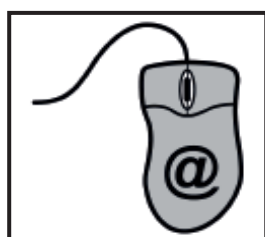
You can ask a question or tell them if you are unhappy about something.

- **Phone:** 01227 78 31 45

The team can phone you back.

- **Email:** ekh-tr.pals@nhs.net

- **Post:** Patient Advice and Liaison Service (PALS), Trust Offices
Kent and Canterbury Hospital
Ethlebert Road, Canterbury
CT1 3NG



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the experts by experience



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