

Norovirus (vomiting bug) in hospital

Information for patients

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.

Text only



You may also have:

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

There is no medicine for Norovirus. Patients get better on their own.

You need to rest. Drink lots of water. 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.

If you have Norovirus you may be moved to a side room. This is to stop you giving Norovirus to other patients.

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

- one bay, or
- part of a ward.

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.

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.

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

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

Created together with people with a communication need, the
experts by experience