

**PRESS RELEASE**

Friday 3<sup>rd</sup> March 2017

**The one thing you must do if you get the winter vomiting bug**

Health bosses in Dudley are urging those with norovirus – or the winter vomiting bug - to stay at home. Norovirus sounds much scarier than it is, and while the symptoms are unpleasant, they usually clear up after a couple of days.

So, how do you know if you have norovirus? What are the symptoms? You are likely to have the virus if you...

- suddenly start to feel sick
- experience projectile vomiting
- have watery diarrhoea
- experience a slightly high fever, headache, painful stomach cramps and aching limbs

These symptoms appear one to two days after you become infected and typically last for up to two or three days.

The good news is that hospitals in England are winning the fight against the virus. 2016 saw a 13% drop in cases compared to the previous year. However, with cases of norovirus in the general population expected to increase over the coming months, we can all play a part in ensuring that the bug does not spread and by self-treating at home.

Matt Banks, Acting Medical Director at The Dudley Group said, “We know that norovirus spreads easily, so it’s important for those affected stay at home to avoid spreading the disease to others.

“Generally, there is no need for a trip to the GP, but if you are unsure and want to seek reassurance about your symptoms or those of you child, talk to your pharmacist. They can advise on over the counter remedies to ease symptoms.”

Otherwise, you can help to ease your symptoms by doing the following things, until the bug is cleared out of your system:

- Drink plenty of liquids. You need to drink more than usual to replace fluids lost through vomiting and diarrhoea. You might even want to take special rehydration drinks available from your pharmacist.
- Take paracetamol for fevers, aches and pains.
- Eat plain foods such as pasta, rice, soup and bread.
- Get plenty of rest.

Children and babies have an increased risk of becoming dehydrated, so be sure to speak to your pharmacist to gain specific advice and remedies to help prevent them from deteriorating further.

**\*\*\* ENDS \*\*\***

For more information, please call Alice Ford, Communications and Staff Engagement Officer for The Dudley Group NHS Foundation Trust, on (01384) 244403 or email [communications@dgh.nhs.uk](mailto:communications@dgh.nhs.uk)



**Picture caption:** Self-treat at home, if you or your child has norovirus.