

What will happen to my child if they get the infection?

If your child develops symptoms they will be sent home. They should not return to school until 48 hours have elapsed after the last episode of diarrhoea or vomiting. Encourage your child to:

- drink lots of fluid if possible;
- wash their hands each time they visit the toilet;
- Clean up vomit promptly with a weak bleach solution (1:10) but avoid using on carpets or fabrics that are not designed for use with bleach.
- Avoid contact with others who have not had symptoms for at least 48 hours after recovery

Will the school or nursery remain open?

The head teacher and governing body in liaison with public health staff will decide whether or not the school/ nursery should close. You will be kept informed of the situation. During this type of outbreak, if children are sent home as soon as symptoms begin and are kept away for the recommended 48 hours, the outbreak will be short lived.

What if the staff become ill?

If staff become ill, they should remain away from school or nursery until at least 48 hour following recovery

How can I avoid it?

There are a number of things you can do to reduce the risk of catching gastroenteritis:

- Avoid people who have diarrhoea and sickness, if possible;
- Wash hands using the technique overleaf;
- Avoid shell fish or undercooked food.

You can contact Public Health Wiltshire Council in the following ways:

Telephone: 0300 003 4566

Email: PublicHealth@wiltshire.gov.uk

Web: www.wiltshire.gov.uk

Information about Wiltshire Council services can be made available on request in other languages including BSL and formats such as large print and audio. Please contact the council by telephone 0300 456 0100, by textphone 01225 712500, or email customerservices@wiltshire.gov.uk

What is viral gastroenteritis?

Fact sheet for schools and nurseries



What is viral gastroenteritis?

It is an illness which can be caused by a number of viruses, including Norwalk and Rotavirus. These are collectively known as norovirus. The symptoms of diarrhoea usually last for one or two days. It is very infectious particularly in settings where there are a lot of people together. This is why care homes and schools are often affected.

Outbreaks of viral gastroenteritis can occur anytime of the year and is more common in the winter months. It is often referred to as the "winter vomiting bug".

What are the symptoms?

These can include diarrhoea, nausea and vomiting (which can be projectile), abdominal cramps, headache, fever and generally feeling unwell. **If you are concerned, please ring your GP or contact NHS 111.**

How may I catch it?

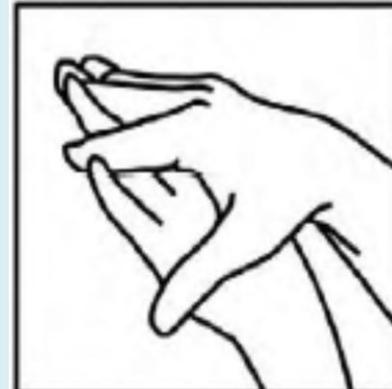
It can be caught in several ways:

- Being in contact with someone who is ill and has symptoms;
- From eating contaminated food (shell fish/undercooked food);
- By eating food which has been prepared by someone with symptoms or who has just recovered from being ill.
- Not washing your hands adequately.

Basic hand washing technique



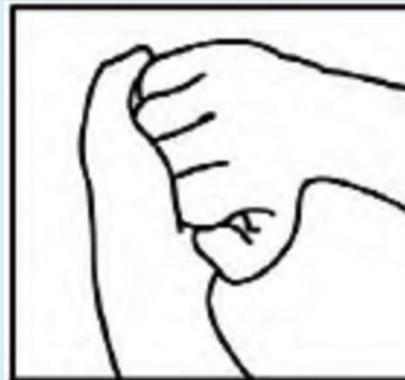
Palm to palm



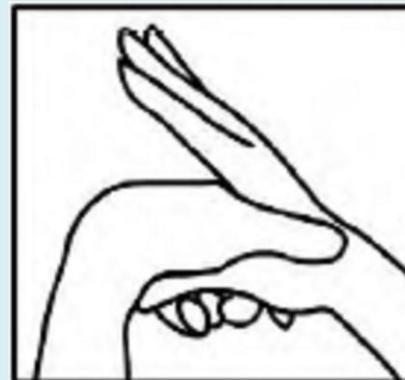
The back of the hands



In between the fingers



The back of the fingers



The thumbs



The tips of the fingers