

# 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) for more

 **choices**

 Food  
Standards  
Agency  
[food.gov.uk](https://www.food.gov.uk)



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different  
strains of  
norovirus  
are known to  
affect humans.

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

## Home Treatment



Liquid 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 foods  
that are easy to digest