



Dear Parent/Guardian

We have been informed that there have been cases of diarrhoea and vomiting (Norovirus) at the setting that your child attends.

Norovirus is generally a self-limiting illness probably caused by a virus, but it is very infectious. The most usual symptom is vomiting. Some people may have diarrhoea and/or abdominal pain. Symptoms rarely last for more than 24 – 48 hours. The incubation period (time it takes for the illness to develop) is between 12 and 48 hours.

**If your child is affected, please keep them away from the setting. They should not return until 48 hours after the diarrhoea and vomiting have stopped.**

The virus is easily spread from person to person. Good hygiene by everyone in the family reduces the risk. This means **washing hands with soap and warm water after going to the toilet, and before preparing or eating food as a minimum. Please note that hand sanitiser / gel does not kill norovirus.**

It is important to clean up carefully when someone has been sick as vomit is very infectious. It is important to clear up spills of vomit or faeces immediately, by thorough washing of the contaminated environment with detergent and hot water. For hard surfaces, (floor, work tops etc. an additional disinfection with a dilute solution of Milton or household bleach (according to manufacturer's instructions) will reduce the risk of contamination. DO NOT MIX these substances with soap and water. Be sure that each family member uses separate towels and flannels which are changed and washed frequently.

**Staying away from the setting until fully recovered for 48 hours and hand washing are the most important elements of reducing the risk of infection spreading further.**

If you need any further advice, or if you are worried about your child, please contact NHS 111, your GP or, in an emergency, 999. If your child is unwell enough to need medical review, please do provide a stool sample to help identify the bug causing the illness. You can share this letter with your healthcare provider so they are aware of the current outbreak.

For more information on symptoms and management of diarrhoea and vomiting please see <https://www.nhs.uk/conditions/diarrhoea-and-vomiting/>

Yours faithfully

Health Protection Team  
UK Health Security Agency South West