



### **Vomiting/Stomach Bug**

What is viral gastroenteritis? It is an illness, which can be caused by a number of viruses, including Norovirus and Rotavirus. The symptoms of diarrhoea and vomiting are usually short-lived (24-48 hours) but it is very infectious, especially in care settings or school/nursery environments where people are in close proximity to each other.

Outbreaks of viral gastroenteritis occur most commonly during the winter months but are not uncommon at other times of the year. What will happen to my child if they get the infection?

If your child develops any of the symptoms outlined, they will be sent home from school. They should not return until at least 48 hours have elapsed since the last episode of diarrhoea or vomiting. We would also advise the following:

- Encourage your child to drink lots of fluid if possible.
- If your child continues to be unwell after being sent home (for longer than 48hours) you may wish to contact your GP.
- Encourage your child to wash their hands after every visit to the toilet.
- Clean up vomit promptly (a weak bleach solution 1:10 can be used but do not use on carpeted areas or fabrics which will be damaged by bleach) Avoid contact with others who have not had symptoms of infection until at least 48 hours after recovery.

What are the symptoms? These can include diarrhoea, nausea and vomiting (which can be projectile), abdominal cramps, headache, fever and malaise.

How may I catch it? It can be caught in any of the following ways:

- Directly from 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

Will the school remain open?

In the case of severe multiple cases the head teacher and governing body in liaison with Public health staff will decide whether or not to close the school and you will be kept informed of this as quickly as possible. During outbreaks of this type, if children are kept off school as soon as symptoms begin and until the recommended 48 hours after recovery, the outbreak is short lived.

Please follow the link here for more information:

<https://www.nhs.uk/conditions/diarrhoea-and-vomiting/>