

## What is norovirus?

You've probably heard of the 'winter vomiting bug' - that's what people call norovirus, just because it's more common in winter. You can catch it at any time of year though. It spreads very easily, and it can affect anyone of any age, causing **vomiting and diarrhoea**.

Other symptoms include:

- mild fever
- headaches
- stomach cramps
- aching limbs.

Norovirus is unpleasant, but not usually dangerous. There's no cure for it - you just have to let it run its course and avoid contact with other people until you feel better. That usually takes just a few days.

To ask for other languages or formats, please call 0131 314 5300 or email [nhs.healthscotland-alternativeformats@nhs.net](mailto:nhs.healthscotland-alternativeformats@nhs.net)

## Where to find out more

If you have any questions about norovirus, call the NHS inform helpline free on **0800 22 44 88** (textphone 18001 0800 22 44 88). The helpline is open every day 8 am to 10 pm and also provides an interpreting service.

Visit [nhsinform.co.uk/norovirus](http://nhsinform.co.uk/norovirus)



[www.healthscotland.com](http://www.healthscotland.com)



# Norovirus: the winter vomiting bug

## Keep it to yourself.

## Advice for everyone

