

Cases of Diarrhoea and vomiting within the community

The number of cases of diarrhoea and vomiting in the community has been increasing over the last few weeks. This has led to a number of schools, mainly in the Clackmannanshire area, being affected with large numbers of children with symptoms. However this has not been confined to children, and adults have also been affected. These cases are most likely due to Norovirus.

While Norovirus does not usually cause serious illness it can be more severe and lead to hospitalisation in people who are immunocompromised. If you or your child have symptoms please follow the advice below.

It is important to note that to stop the spread of Norovirus:

- Stay off work or school until at least 48 hours after the symptoms have passed. You should also avoid visiting anyone in hospital during this time.
- Do not attend or take your child to any public events or gatherings until 48 hours after symptoms have passed
- Wash your hands frequently and thoroughly with soap and water, particularly after using the toilet and before preparing food. Don't rely on alcohol hand gels, as they do not kill the virus.
- Disinfect any surfaces or objects that could be contaminated. It's best to use a bleach-based household cleaner.
- Wash any items of clothing or bedding that could have become contaminated separately on a hot wash to ensure the virus is killed.
- Don't share towels and flannels.
- Flush away any infected poo or vomit in the toilet and clean the surrounding area. Use a bleach-based cleaner.
- Avoid eating raw, unwashed produce and only eat oysters from a reliable source, as oysters can carry Norovirus.

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