

## UPDATE ON DIARRHOEA AND VOMITING IN SCHOOLS

A number of schools across Lothian have reported an increase in pupils with vomiting and/or diarrhoea. The symptoms are suggestive of viral gastroenteritis (also known as norovirus or winter vomiting disease) which is known to be currently circulating in the community. It is usually a short lived self-limiting illness from which children and adults recover quickly. Further information about norovirus and its prevention can be found at

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/norovirus>

To minimise the likelihood of developing norovirus we recommend:

- If your child develops vomiting and/or diarrhoea please ensure they remain off school until they have been **symptom free for at least 48 hours**. This advice applies at all times. So for instance **if your child becomes unwell over the weekend they should not attend school on Monday** even if by then they feel well.
- Ensure that all members of your family wash their hands frequently using warm water and liquid soap, especially after using the toilet and before eating or preparing food.

**Janet Stevenson, NHS Lothian**