





do not prepare food for others or care for patients, children, or elderly people. These precautions should continue until 48 hours after diarrhoea or vomiting stops. This includes people who prepare food in the home or work in the food industry.

wash hands thoroughly with soap and running water for 20 seconds after using the toilet.

drink plenty of clear fluids, such as water, or for example juice or soft drink diluted 1 part to 4 parts water, to prevent dehydration. Avoid undiluted fruit juice and soft drinks as they may increase dehydration and diarrhoea. Rehydration drinks that replace fluids and salts are available from chemists.

In severe cases of dehydration, fluids may need to be administered through a needle or tube by a doctor.

If you are caring for someone with viral gastroenteritis:

wash hands thoroughly with soap and running water for 20 seconds after any contact with the sick person.

clean soiled surfaces and clothing to reduce the virus spreading further.

when cleaning up vomit or faeces (poo):

- wear gloves
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