

# Gut

Nausea; vomiting; diarrhoea

## How can I ease my symptoms?

- **Get plenty of rest until you feel better**
- **Drink plenty of fluids such as water or squash, take small sips if you feel sick (do not have fruit juice or fizzy drinks)**
- **When you feel like eating, stick to simple food that is easy to digest**

## How long could my infection last?

- **Winter vomiting (Norovirus): 2-3 days**
- **You must stay away from work/school /childcare until you haven't been sick or had diarrhoea for at least 2 days**
- **Do not prepare food for other people**