



# Diarrhoea & Vomiting

It affects people of all ages, but is particularly common in young children.

Most cases in children are caused by a virus called rota-virus.

Cases in adults are usually caused by norovirus (the "winter vomiting bug") or bacterial food poisoning.

Gastroenteritis can be very unpleasant, but it usually clears up by itself within a week.

You can normally look after yourself or your child at home until you're feeling better.

Try to avoid going to your GP, as gastroenteritis can spread to others very easily.

The main symptoms of gastroenteritis are:

Sudden, watery diarrhoea

Feeling sick

Vomiting, which can be projectile

A mild fever

Some people also have other symptoms, such as a loss of appetite, an upset stomach,

Aching limbs and headaches.

The symptoms usually appear up to a day after becoming infected.

They typically last less than a week, but can sometimes last longer.

Diarrhoea & Vomiting Helpline  
0300 330 0700

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