

25 March 2025

Dear Hammersmith and Fulham parents and carers,

Increased number of children with diarrhoea and vomiting


In the last few weeks, there have been children at local schools and nurseries unwell with diarrhoea and vomiting. This is usually caused by **Norovirus**, a frequent cause of vomiting and diarrhoea in the community.

Symptoms include sudden onset of nausea, projectile vomiting and diarrhoea but can also include a high temperature, abdominal pain and aching limbs.

Norovirus is **easily transmitted** through contact with people with the infection and any surfaces or objects that have been contaminated with the virus. [Norovirus: What to do if you catch it and helping to stop the spread – UK Health Security Agency.](#)

Exclusion: any affected child or member of staff is advised to stay away from school until 48 hours after the vomiting and/or diarrhoea have stopped. This is an important measure to limit the spread of this infection.

 UK Health Security Agency



Diarrhoea and vomiting?

There is no specific cure for stomach bugs such as Norovirus
Visit: nhs.uk/norovirus for advice

- Stay hydrated** (Illustration: Water bottle)
- Take paracetamol when needed** (Illustration: Paracetamol tablets)
- Prevent the spread** (Illustration: Hands being washed with soap)
- Stay at home for two days after symptoms clear** (Illustration: House with a clock showing 48hrs)

It's important to have **good hand hygiene** and to supervise handwashing in younger children. Hands should be washed with soap and water after contact with an affected person or environment. With diarrhoea and vomiting, hand rubs and gels do not stop infection.

Yours sincerely,



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