



1

Fever



2

Stomach ache



3

Vomiting

# STOMACH FLU

## MODE OF TRANSMISSION

Faecal-oral smear infection: transmission through dirty objects, vomit or eating contaminated foods.

## PREVENTION

The most important preventive measure: **hand hygiene!**

## INCUBATION PERIOD

The time from infection to outbreak of the disease is 6 to 50 hours.

## CLINICAL SYMPTOMS

Projectile vomiting **3**, watery diarrhoea and stomach cramps **2**.

Common cold symptoms and moderate fever **1** often present at the beginning of the illness.

The symptoms usually abate after 12 to 48 hours.

## COMPLICATIONS

With babies and toddlers, risk of drying out through loss of fluid (dehydration)

## READMITTANCE

**Your child may return to nursery 48 hours after the symptoms have abated.** This means: 48 hours after your child has stopped vomiting, no longer suffers from diarrhoea, has a stable circulation and no longer requires a strict diet.

**FOR FURTHER INFORMATION  
SEE THE NHS WEBSITE**

