



Norovirus - Fast Facts

Norovirus is a highly contagious infection and **the most common stomach bug in the UK**. Known as the winter vomiting bug, people usually become ill after close contact with a person carrying the virus. But did you know you can also catch it from eating contaminated foods?

Which foods can it be found in?

- Salad leaves
- Salad vegetables
- Soft berries
- Shellfish

Who can contract norovirus?

Anyone can become ill with norovirus but there is a higher rate of illness in vulnerable people such as young children, those with weakened immune systems and older people.

Symptoms of norovirus

Vomiting, diarrhoea, high temperature, nausea and occasionally flu-like symptoms.

Duration of illness

Average two days for mild symptoms.

How common is it?

Around **2,000 reported cases per year** in Scotland.

How you can reduce the risk of norovirus

- Avoid spreading germs – make sure hands are cleaned with soap and hot water frequently.
- Clean kitchen surfaces before and after preparing food and avoid cross-contamination, when preparing and storing food.
- Avoid cross-contamination - keep raw and ready-to-eat food separate during storage and preparation.
- To prevent the virus spreading, anyone who displays symptoms should stay off work or school and, if you can, avoid preparing food until 48 hours after the symptoms have stopped.
- Always wash fruit, vegetables and salad.

If you think you have food poisoning, contact your GP or call NHS 24 on 111

More information

For more information on food safety at home and when you're eating out, visit:
www.foodstandards.gov.scot/consumers/food-safety

Find out more about norovirus visit:
www.foodstandards.gov.scot/norovirus-fact-sheet

If you have any questions about the information on this page, please contact:
enquiries@fss.scot