



# Got a dodgy tummy?



**Sickness and diarrhoea usually clear up in three or four days. If you've got diarrhoea or have been vomiting then there are some simple steps you should take to reduce your symptoms:**

- Stay at home for 48 hours or until your symptoms stop
- Get plenty of rest and drink lots of water
- Wash your hands after going to the toilet and before eating
- Use your own towels - don't share with family members
- Ask someone else to prepare family meals if possible
- Avoid dairy products and fruit juices until your symptoms clear up
- Only eat simple foods that are easy to digest
- Try a rehydrating solution, which is available from pharmacies

**Your local pharmacy can advise on other over-the-counter medicines, such as pain relief, which may help to relieve your symptoms.**

**If your symptoms are getting worse or you have a serious illness, a long-term condition or if you are pregnant, call NHS 111 or telephone your GP.**

**Don't go to see your GP unless advised to by them - stomach bugs can be highly contagious and there is no treatment they can give you whilst you have it.**

**Sickness and diarrhoea can be more serious in older people or young children. If a relative or child is sick please call NHS 111 for advice.**



when it's less  
urgent than 999

**NHS 111 is a free 24 hour service and will give you healthcare advice or direct you to the local service that is best for you.**