



# Are you or have you been suffering from diarrhoea and/or vomiting in the last 48 hours?

**If you have, please do not come in.**  
By doing so, you risk passing the virus onto service users and staff.



**Return home.**  
Drink plenty of water to avoid dehydration and let the illness run its course—usually three days.



**For advice about self-care visit [www.nhs.uk](http://www.nhs.uk).**  
If you are worried, phone your GP Practice or NHS 111.