

GASTROENTERITIS

How to manage gastroenteritis symptoms at home

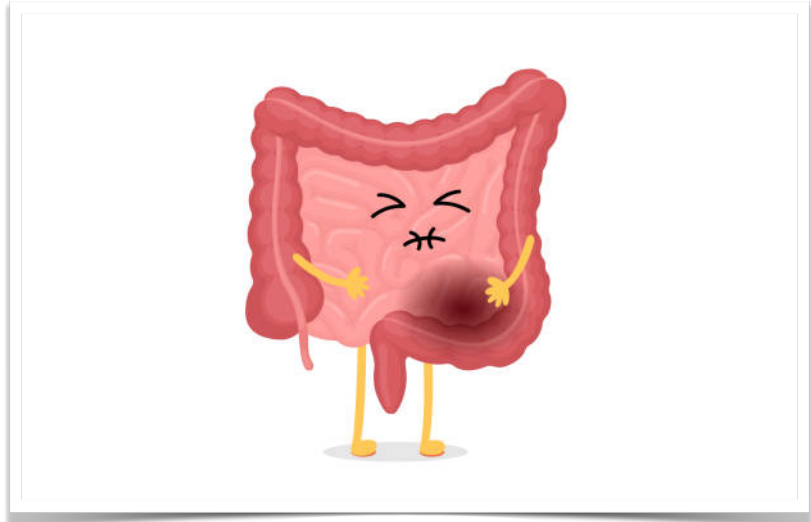
What is gastroenteritis?

- Irritation and inflammation of the stomach lining and intestines
- Most cases are caused by a virus; however, some cases can be caused by bacteria or parasites
- Can be very contagious

Symptoms of gastroenteritis

- Nausea
- Vomiting
- Watery diarrhea with stomach cramps
- Chills/low-grade fever
- Headache/muscle aches
- General fatigue

Viral infections can last from a few hours to several days (on average 24-48hours). Gastroenteritis by other organisms (bacterial or parasites) can last for over a week or longer.




How can I feel better?

- **Rest**
- **Fever management:** If your or your child has a fever (38°C or 100.4°F or greater), please treat the fever; remember children's dosing is based on their **weight**.
- **Hydration:** Staying well hydrated with fluids is important. Clear fluids great for rehydration include Pedialyte®, diluted (50/50 mix) Gatorade© type drinks, freeze pops/popsicles and VERY diluted apple/orange juice. Water or ice chips can help prevent dehydration but do not replace salts you will lose with vomiting and diarrhea.

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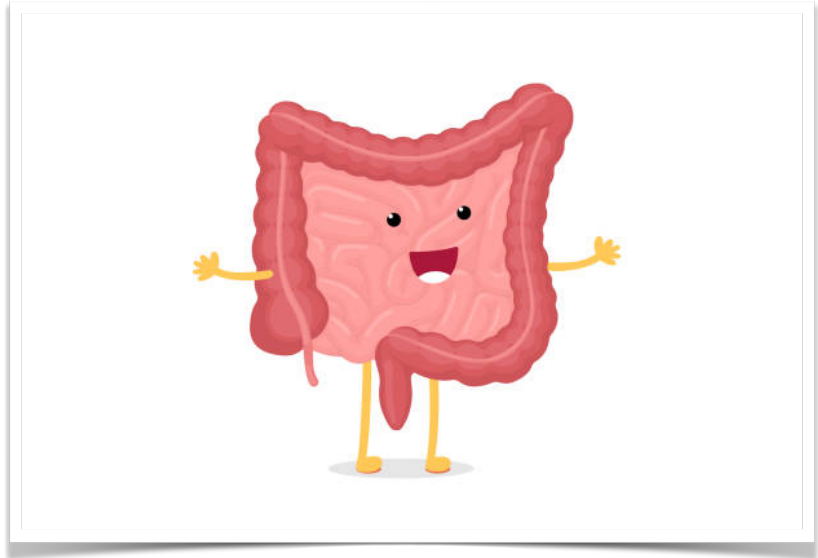


Reasons To Call

- **If your child is less than 3 months of age please call the office for any medical advice**
- Fever not responding despite adequate treatment
(remember, dosing is done for children based on their weight not age)
- Fever persisting more than 2 days 
- No urination in more than 8 hours
- Seeing blood in the toilet
- Recent international travel
- More than 5 episodes of diarrhea in a day

How Can I keep My Family From Getting Sick?

- Good hand hygiene
- Physical distancing, when possible
- Don't share cups or eating utensils
- Wipe down commonly used surfaces, and don't forget the toys



What to Expect?

- Viral infections take time to get better and do not respond to antibiotics. In fact, a side effect of antibiotics is diarrhea, which can make your symptoms worse.
- **Self-Care Vomiting:** wait 2 hours for your stomach to settle before swallowing any liquids. After your stomach has settled start with 1 to 2 teaspoons of clear liquid (see hydration on page 1 for recommendations) and increase as tolerated.
- **Self-Care Diarrhea:** if you have diarrhea with vomiting give priority to your stomach and follow self-care vomiting guidance. If you have diarrhea without vomiting we recommend the **BRATS Diet below:**

Bananas

Rice, rice-based cereal, rice cakes (plain)

Apples/applesauce

Toast (plain)

Saltine crackers/soda crackers

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