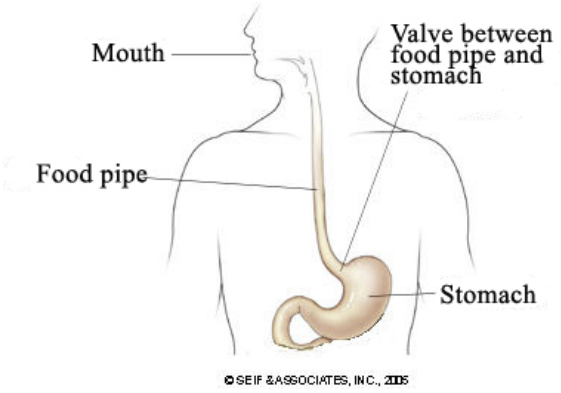
Nausea and Vomiting

Nausea is a sick feeling that often comes before throwing up (*vomiting*). Vomiting is a reflex where stomach contents come out of your mouth.



HOME CARE

- Watch for signs of dryness (*dehydration*), such as:
  - Dry mouth and lips.
  - Fast breathing or heart rate.
  - Sunken eyes.
- Drink enough water and fluids to keep the pee (*urine*) clear or pale yellow.
- Drink clear fluids slowly. Drinking too much and/or too fast can cause you or your child to throw up.
- Get plenty of rest.
- **Do not** eat solid food until the vomiting has stopped.
- Your doctor may give medicines that will help with nausea or vomiting. Take them as told.

GET HELP IF:

- There are signs of dryness.
- You were given medicines that are not helping, when taken as told by your doctor.

WITH A BABY OR CHILD, GET HELP RIGHT AWAY IF:

- Vomiting gets worse.
- Your baby or child will not drink fluids, is weak, or is hard to wake up.
- Your baby shows signs of dryness, such as:
  - No tears when crying.
  - Not wetting his or her diaper in 4 hours.
  - Mouth looks dry.
  - Soft spot is sunken.
  - Eyes look sunken.
- There is blood in the vomit or poop (*stool*). In the vomit, this may look like coffee grounds.
- Your baby or child cries and seems to be in pain.
- Your child has a temperature by mouth above 102° F (38.9° C), not controlled by medicine.
- Your baby is older than 3 months with a rectal temperature of 102º F (38.9º C) or higher.
- **Your baby is 3 months old or younger with a rectal temperature of 100.4º F (38º C) or higher.**
- You have questions or concerns.

GET HELP RIGHT AWAY IF:

- Vomiting gets worse.
- There is blood in your vomit.
- You have bloody watery poop (*diarrhea*).
- You have a very bad headache (often when looking at light) or a stiff neck.
- You have a temperature by mouth above 102° F (38.9° C), not controlled by medicine.
- You feel confused and do not feel alert.
- You develop very bad belly (*abdominal*) pain.

MAKE SURE YOU:

- Understand these instructions.
- Will watch this condition.
- Will get help right away if you or your child is not doing well or gets worse.

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