Diarrhea

Diarrhea is watery poop (*stool*). The most common cause of diarrhea is a virus. Other causes include:

- Food poisoning.
- Germ (*bacterial*) infection.
- Reaction to medicine.

HOME CARE

- Drink clear fluids. This can stop you from losing too much fluid (*dehydration*).
- Drink enough water and fluids to keep the pee clear or pale yellow.
- Avoid solid foods and dairy products until you or your child feels better. Then start eating bland foods, such as:
  - Bananas.
  - Rice.
  - Crackers.
  - Applesauce.
  - Dry toast.
- Avoid spicy foods, caffeine, and alcohol.
- Your doctor may give medicine to help with cramps and watery poop. Take this only as you are told. Avoid these medicines if you or your child has a fever or blood in the poop.
- Your doctor may give medicines (*antibiotics*) that kill germs. These are given if the watery poop is caused by germs. Take these only as you are told.

GET HELP IF:

- The watery poop lasts longer than 3 days.
- You or your child has a temperature by mouth above 102° F (38.9° C).
- Your baby is older than 3 months with a rectal temperature of 100.5º F (38.1° C) or higher for more than 1 day.
- There is blood in the poop.
- You or your child starts throwing up (*vomiting*).
- You or your child loses too much fluid.

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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