Rotavirus, Infants & Children

Rotaviruses can cause stomach and bowel problems in all ages. Older children and adults may have no symptoms or minimal symptoms. In infants and young children:

- It can be very serious.
- It can cause death from loss of body fluids (*dehydration*).

HOME CARE

There is no drug to treat this problem. Infants and young children get better when fluid is replaced. Medicine for watery poop is not usually given.

With watery poop, infants and young children lose:

- Food.
- Salt.
- Water.

This loss can be dangerous. Fluid losses need to be replaced. Oral rehydration solutions (ORS) will help with this. Drug stores have ORS. Replace fluid losses from watery poop and throwing up with ORS or clear fluids. Have your child drink enough water and fluids to keep their pee clear or pale yellow.

Treating Infants:
ORS will not provide enough calories for small infants. They MUST still receive formula or breast milk. When an infant throws up or has watery poop, a guideline is to give 2 to 4 ounces of ORS for each episode in addition to trying some regular formula or breast milk feedings.

Treating Young Children:
When a young child throws up or has watery poop, 4 to 8 ounces of ORS can be given. If the child will not drink ORS, try sport drinks or sodas. Fruit juices are not recommended. Children should still try to eat foods that are right for their age.

GET HELP RIGHT AWAY IF YOUR INFANT OR YOUNG CHILD:

- Pees less.
- Has a dry mouth, tongue or lips.
- Has decreased tears or sunken eyes.
- Has dry skin.
- Is getting more fussy or floppy.
- Is pale or has poor color.
- Has blood in their throw up or poop.

- Belly gets bigger or very tender.
- Has lasting throw up or severe watery poop.
- Has an oral temperature above 102° F (38.9° C), not controlled by medicine.
- Is older than 3 months with a rectal temperature of 102º F (38.9º C) or higher.
- **Is 3 months old or younger with a rectal temperature of 100.4º F (38º C) or higher.**

Do not delay in seeking treatment if the above conditions occur. Delay may result in serious injury or even death.

Vaccination
Vaccination in infants has been recommended in the USA since 2006. The vaccine is taken by mouth. It is safe. It is effective. Ask your doctor about vaccinating your infant.

Document Released: 12/06/2010
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