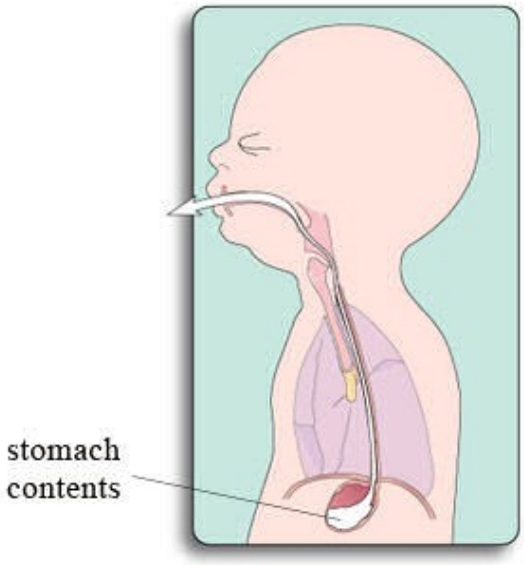
Vomiting In Children

Vomiting in children is most often caused by a virus infection. But food poisoning, minor head injuries, and other diseases can result in repeated vomiting. **The most important treatment is to rest the stomach for several hours.** Offer clear liquids. Start with 1- 4 tablespoons every 10-15 minutes as tolerated. For infants, use special pediatric solutions. Older children can try flat sodas or popsicles.



If your child is holding down liquids after 6-8 hours of treatment, you may offer larger amounts of fluids. Try small portions of some solid foods. Examples are bananas, rice, applesauce, toast, crackers, and clear soups with noodles. If these are tolerated, you may begin a normal diet after 1-2 days. **The biggest problem with vomiting is dehydration.** Fever and diarrhea increase the chance of your child not having enough fluids. **Call your caregiver or take the child to the emergency room if he/she shows signs of serious problems. These include continued vomiting, high fever, being listless, not urinating for over 8 hours, or dry, sunken eyes.**

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