Gastroenteritis

Gastroenteritis is an illness of the intestines. It is sometimes called "stomach flu". It causes nausea, vomiting, stomach cramps, watery poop (*diarrhea*) and a slight fever. This illness often clears up in 2-3 days. However, it can be serious when people who lose too much fluid from throwing up (*vomiting*) and/or diarrhea. When too much fluid is lost and has not been replaced, it is called dehydration.

HOME CARE

- Wash your hands a lot.
- Rest.
- Drink fluids slowly. Drinking too much or too fast can cause you to throw up.
- Drink "oral rehydration fluids" (ORS) as directed. They can be bought in a grocery store or pharmacy. Ask your doctor or pharmacist how to take the ORS if you do not understand.
- Stay away from really hot or cold liquids.
- Avoid fruit, milk or other dairy products.
- Do not eat too much at once.
- Avoid tobacco, alcohol and drugs that upset your stomach.
- When diarrhea stops, start eating rice, bananas, apples with no skin and dry toast if it sits well with you.

GET HELP RIGHT AWAY IF:

- You become weak, dizzy, or faint.
- You cannot keep fluids down.
- You have a dry mouth, no tears and pee less. These are signs of dehydration.
- Belly (*abdominal*) pain starts, feels worse, or stays in one place.
- You or your child has a fever above 102º F (38.9º C) for more than 1 day.
- Diarrhea has blood or mucous in it.
- You become confused.
- After 2 days, you are still throwing up and/or having diarrhea.

MAKE SURE YOU:

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

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