

Parent Information Sheet

Nausea/Vomiting/Diarrhea

Your child has been sent home with nausea, vomiting or diarrhea. While vomiting can be caused by many different reasons, it is most often caused by a virus. Symptoms may also include stomach cramps and fever. Vomiting and diarrhea can lead to dehydration and weakness. Things to do for these symptoms are:

Stay in bed. Do not eat or drink anything for at least one hour after vomiting has stopped. Then begin **clear liquids** in small sips every 20-30 minutes. If tolerated, slowly increase the amounts. Clear liquids include: ice chips, Gatorade, Kool-Aid, ginger ale, tea, 7-Up, Sprite, broth, jello, and popsicles. **Do not give milk or dairy products.**

Look for signs of dehydration. These include a decrease in the amount of urine, increase in fever, sunken eyes, or rapid breathing

After 12 hours of tolerating clear liquids, you may begin a "BRAT" diet. This is bananas, rice, applesauce and toast. If this diet is tolerated, you may gradually resume a regular diet.

Call your doctor for any of the following:

- No urine output for 8 hours
- Temperature of 102 degrees or higher for more than 24 hours. Call the doctor immediately if fever greater than 104 degrees
- Persistent vomiting or cannot keep liquids down for over 12 hours
- Vomiting blood, black or coffee ground looking substance
- Severe stomach pain or tenderness

Children need to be completely free of all symptoms including fever for at least 24 hours before returning to school. This is for your child's protection as well as the health and well being of others