



DIARRHOEA & VOMITING

COMMON CHILDHOOD AILMENTS

SYMPTOMS

Sickness and diarrhoea are common in children and babies. There are many reasons, such as a stomach bug, food poisoning, reflux and allergy.



INCUBATION

Sickness and diarrhoea can be spread very easily. To avoid spreading the bug, wash hands regularly with soap and water, clean surfaces and do not share towels, flannels and bedding. Do not go to school/nursery or use a public swimming pool for 48 hours after all symptoms have stopped.



TREATMENT

Sickness and diarrhoea can be treated in the home. Offer plenty of fluids to prevent dehydration. Children who feel sick may prefer to have little drinks regularly rather than a big drink. Avoid any fruit juice or fizzy drinks as this can irritate the tummy.



TOP TIPS

Speak to your pharmacist or GP if the diarrhoea symptoms last for more than 5 days, sickness more than 2 days or you have signs of dehydration. Seek advice if your baby is under 12 months old or there is blood in the diarrhoea.



FURTHER SUPPORT



Go to 111.nhs.uk



Call 111



Remember, if in doubt, call 111