

Seek immediate medical attention if your child:-

Fa'afeso'ota'i vave le fōma'i pe 'āfai o lau tamaitiiti:-

- is refusing to drink -(generally if you can't get them to drink for 2 hours) and still has vomiting and diarrhoea
- 'ua musu e inu – (pe 'āfai lea 'ua ia lē mafaia ona inu mo le 2 itūlā) ma 'olo'o pua'i ma manava tatā
- is vomiting frequently and doesn't appear able to keep anything down
- 'ua pua'i so'o ma fōliga mai 'ua lē mafai ona tāofiofi se mea i lona manava
- the vomit is yellow/green (bile) colored
- 'ua lanu samasama pe lanu meamata pua'iga
- has a lot of diarrhoea, 8-10 motions per day and it persists for more than 3 days
- 'ua tetele le manava tatā, 8-10 le alu i le aso ma faifai ai pea mo le sili atu i le 3 aso.
- has blood in their diarrhoea
- 'ua filogia i le toto le tatā o le manava
- is dehydrated i.e. not passing urine, pale, cold hands and feet or hard to wake up.
- 'Ua la'itiiti le suāvai i le tino (dehydrated) f.t. 'ua lē alu se fe'au vai, sesega, mālūlū lima ma vae po'o le faigatā ona ala i luga
- has had a fever for more than 48 hours
- sā maua i le fiva mo le sili atu i le 48 itūlā

Phone Numbers Nūmera o Telefoni

After hours medical centres

'Ōfisa o fōma'i i le 'uma o gāluega

Paraparaumu :- 298 2228

Waikanae :- 293 6002

Wellington :- 384 4944

Kenepuru Hospital

237 0179

Child Health

ext 7328

(Monday to Friday 8.30am to 5pm)

(Aso Gafua i le Aso Faraile –

8.30 i le taeao i le 5 i le afiafi)

Wellington Children's Hospital

Falema'i o Tamaiti i Uelegitane

385 5999

Ward 19 ext 5519

Ward 18 ext 5518

Child Acute Assessment (CAAU)

ext 5041

Emergency

Call 111

Fa'alavelave fa'afuase'i

Telefoni 111



Diarrhoea and Vomiting (Gastroenteritis)

Manava Tatā ma le Pua'i

Parent information

FA'AMATALAGA MO MATUA

Children's Health Service

Gāluega Tautua a le Soifua
Mālōlōina mo Tamaiti

General Information Fa'amatalaga

Gastroenteritis is a bowel infection causing loose watery bowel motions (diarrhoea).

‘O le mūmū o le puta ma le gā‘au (Gastroenteritis) ‘o se fa‘ama‘i o le taufale e mafua ai le tatala o le vai i le gāoioi o le taufale (manava tatā).

This may also cause vomiting. It is common for the diarrhoea to last a few days or up to a week longer than the vomiting.

E ono mafua ai fo‘i le pua‘i mai lenei mea. ‘O se mea māsani i le manava tatā ona alu ai pea mo ni nai aso po‘o le ‘umi atu i le vaiaso nai lo le pua‘i.

Your child may only have either vomiting or diarrhoea, not necessarily both.

‘Ua na‘o le pua‘i po‘o le manava tatā e ono maua ai lau tamaitiiti ‘ae lē o mea ‘uma e lua.

Because of the diarrhoea and vomiting your child maybe losing a lot of fluids and body salts. This can cause dehydration. It is important that these fluids and body salts are replaced.

E ono mafai ona lusi le tele o le sua ma masima o le tino o lau tamaitiiti talu ai le manava tatā. E ono mafua mai i lenei mea ona la‘itiiti le suāvai i le tino. ‘O se mea tāua le toe fa‘afo‘isia o nei suāvai ma māsima i le tino.

SO

The main treatment is to keep your child drinking fluids. This replaces fluid lost from vomiting and diarrhoea.

O LEA LA,

‘O le togafitiga e sili ona tāua ‘o le tausisia lea o lau tamaitiiti i le inuina o le vai. ‘Ole‘ā fai lea ma mea e toe suia ai suāvai ‘ua maumau i le pua‘i ma le manava tatā.

Fluid Suāvai

- Enerlyte is a special oral hydration fluid available on prescription or from the chemist which replaces fluids and body salts. Make up exactly as directed on the packet.
- ‘O le Enerlyte o se vai inu fa‘apitoa mo le suāvai o le tino e maua pe‘ā fa‘atonuina e le fōma‘i po‘o le maua mai i se fale talavai (kemisi) ma e toe suia le sua ma māsima o le tino.
- If breast-feeding, continue to do this but feed more often and offer cooled boiled water between feeds.
- ‘Āfai ‘o fa‘asusu le tamaitiiti i le tinā, ‘ia fa‘aaau pea lea ‘ae ‘ia fafaga so‘o ma fa‘ainu i vai puna ‘ua ma‘alili i vā o ‘aiga.

Give _____mls over 20 -30 minutes. If they are keeping this down after an hour or two you can increase this to _____mls every hour.
Fa‘ainu le _____ mililita (mls) i luga atu o le 20-30 minute. ‘Āfai latou te mafai ona tāofiofia pea i le manava i le ‘uma o le tasi i le lua itulā ona mafai lea ona fa‘aopoopo i le _____ mililita i itulā ta‘itasi.

Remember that sleep is important. If your child is improving and keeping drinks down before bedtime it is not necessary to wake them as often overnight. ‘Ia manatua ‘o le moe e tāua. ‘Āfai ‘ua solosolo manuia lau tamaitiiti ma mafai ona tāofiofi i le manava vai inu ae le‘i o‘o i le taimi moe, e lē ‘o se mea tatau ona fafagaina so‘o i latou i le pō.

Diet Mea‘ai e tatau ai

Even if your child is not interested continue to offer food. Generally they will eat when they feel ready.

E tusa lava pe lē fiafia lau tamaiti ae ia ofo pea iai meaa‘i. E masani ona ‘a‘ai lava i latou pe‘ā fa‘alogo atu lava i latou ua sauni e ‘a‘ai.

Appropriate foods include banana, stewed apples, rice, cereal, potato, pumpkin, toast or crackers with vegemite or marmite.

O mea‘ai feagai lelei e iai fa‘i pula, sitiū ‘apu, araisa, serolo (cereal), pateta, maukeni, falaoa fa‘apa‘u po‘o masi fa‘ataisi ma le vegemite po‘o le marmite.

Avoid food that is high in fats and sugars. ‘Alo ‘ese ma mea‘ai e maualuga i le ga‘o ma suka.

Do not worry if your child is not eating for a day or two as long as they are drinking.

‘Aua le popole pe‘afai ua lē ‘ai lau tamaitiiti mo se aso se tasi pe lua ae peita‘i ia feinu pea i latou.

Hand washing Fufulu lima

Gastroenteritis is passed on through direct contact with vomit or diarrhoea. Make sure you and your family wash their hands well with soap and water especially before feeding, preparing food and after changing nappies. As much as possible keep your child away from other children until the diarrhoea and/or vomiting has stopped.

O le mūmū o le puta ma le ga‘au e pepesi i le pa‘i sa‘o i pua‘iga po‘o le otaota o le manava tatā. Ia mautinoa le fufulu lelei o lima o ‘oe ma lou ‘āiga i faismoli ma vai aemaise lava le taimi o mea‘ai, le sāuniūniga o mea‘ai ma pe‘a ‘uma le suiga o napetini. Ia taofi mai lau tamaitiiti mai isi tamaiti se‘i ‘uma le manava tatā ma/po‘o le pua‘i.