

Stomach bugs cause stomach cramps, vomiting (throwing up), stomach pain and diarrhoea (runny poos) and can last up to 10 days. It is important to give fluids at home as you did in hospital.

What can my child drink?

The best drinks to give your child are:

- An oral rehydration solution if your child tolerated this (will be prescribed before you leave the hospital).
- Diluted fruit juice in water (1 part juice to 5 parts water).
- Iceblocks.
- If you are breastfeeding continue to feed on demand. You may need to feed them more often.
- If your child is on formula, continue to give them formula feeds

As in hospital, your child's weight will guide you to how much they drink. Regular drinks are important. When your child is feeling better, he/she can start drinking bigger amounts less frequently as tolerated.

What drinks shouldn't I give my child?

Do not give them fizzy drinks, Ribena, sports drinks or energy drinks (these contain too much sugar which can make the diarrhoea worse).

When should I seek help for my child?

You should see your doctor or after hours medical centre urgently if:

- Your child's vomiting gets worse and they can't keep their fluids down
- Your child starts vomiting green fluid (bile)
- Your child is under six months old
- Your child is drowsy and difficult to wake up
- There is blood or mucus in their poo
- They have severe stomach pain

- They have frequent diarrhoea
- They have signs of dehydration which include:

Dry mouth and tongue

Sunken eyes

Cold hands and feet

Unusual sleepiness or lack of energy

Fewer wet nappies or not passing as much urine (wee) as usual

They have not passed as much urine (wee) as usual

If your child is hungry

It is more important for your child to drink than to eat, and it may take a little while for them to feel like eating. When they want to eat, starchy simple foods are best e.g. bread or toast, porridge, potato, plain biscuits, rice, banana.

Noting how much your child drinks

You may wish to keep a list with the times and amounts of the fluid your child drinks and if they vomit or have diarrhoea. Take this list with you if you need to take them to see your doctor.

Time fluid taken	Volume taken	Vomiting or diarrhoea

[continued]

Keep them at home

Children usually start to feel better after a few days. Keep them at home for at least two days after their vomiting and diarrhoea has stopped. This will stop the bug from spreading to other children, their friends and/or classmates.

Protect yourself and your family

You can help prevent stomach bugs spreading to your family by washing your hands after cleaning up vomit or poos, after going to the toilet, and before eating or drinking.

Do not share food or drinks. Wash your sick child's dirty clothes, sheets and towels separately in hot water.

Who do I contact if concerned?

Healthline

If you are unsure if your child needs to visit your GP or After hours medical centre you may wish to call Healthline for free advice. Call free anytime on 0800 611 116.

Or

You can call your own GP

Or

Call one of the following After Hours medical centres for help:

Kenepuru Hospital Accident & medical

Open 24hrs a day everyday (04) 918 2300

Paraparaumu -Team Medical Coastlands Open 8am -

10pm everyday. (04) 297 3000

Accident & Urgent medical centre Wellington

Open 8am-11pm every day. No appointment necessary. (04) 384 4944

Remember:

In an emergency call 111