MATE
PIROPIRO-PUKU
GASTRO (TUMMY BUGS)

What to do next

1 **Home** *(Self Care)*
to rest and drink small amounts often; stay home for 2 days after vomiting or diarrhoea has finished.

2 **General Practice (GP)**
if still sick after 24 hours of symptoms or if you are concerned about them.

3 **ED** *(Emergency Department)*
if floppy and pale or sweaty.
Gastroenteritis is a bowel infection that causes diarrhoea (runny poos), stomach pain and vomiting. Some children will also have a headache or mild fever with gastro. Most children with gastro have mild symptoms that do not need to be treated by a doctor.

What to do
• Ensure your child drinks small amounts regularly.
• Plain water is best or watered down apple juice.
• Avoid sugary drinks which can make gastro worse.
• Get your child to have plenty of rest.
• Get children to wash hands thoroughly with soapy water after toileting and vomiting.
• Clean bathroom areas often.
• Check your child is going to the toilet to urinate (wee) at least every 6 hours.
• Wash hands thoroughly before food preparation.
• Do not share food or drink with the sick child
• Stay home for 2 days after vomiting and/or diarrhoea has finished.

Call you general practice (GP) if:
• your child is still sick after 2 full days of being sick
• the volume and frequency of vomit or diarrhoea increasing rather than decreasing
• your child has tummy pains despite pain relief.

Take your child to ED if:
• they are sleepy, floppy or limp, pale and sweaty
• they have not urinated (been for a wee) for 6 hours during the day
• they have severe stomach pain.
• they have blood in their diarrhoea or vomit.

For more information call Healthline on 0800 611 116 or visit healthnavigator.org.nz.