

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.



GASTRO (TUMMY BUGS)

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.