

# 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 3 days of symptoms.



# 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 your 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](http://healthnavigator.org.nz).