

# Vomiting and Diarrhea

## Instructions for Children at Urgent Care Centres

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Vomiting and diarrhea are usually caused by germs (viruses). Most people get better within 2 or 3 days. Antibiotics are not helpful, as they do not fight viruses.

### How to care for your child at home?

- Do not feed them solid foods.
- Keep offering fluids until your child feels better (usually in 12 to 24 hours).
- Do not give your child an anti-diarrheal medication from the pharmacy, as most have side effects and are not good for children under 12 years of age.
- When your child begins to feel better, try a small amount of bland foods such as bananas, rice, applesauce or toast.
- When your child can tolerate bland foods, slowly return to a regular diet.



#### Helpful tips!

If your child is 2 years or younger, for the first few hours give your child 1 to 2 teaspoons (5 to 10 ml) of an oral rehydration solution such as Pedialyte™ every 5 to 10 minutes.

If your child is 2 years or older, you may give your child a sports drink such as Gatorade™ or Powerade™

### How to prevent the illness from spreading?

- Wash your hands and your child's hands often with soap and water or hand sanitizer especially after changing diapers or helping your child in the bathroom and before preparing food and eating
- Clean and disinfect bathroom and kitchen surfaces and don't forget about your child's toys.
- Try and prevent contact between your child and others.

### **Watch for these signs and symptoms of fluid loss:**

- Your child may be less active and may sleep more
- Your child cries, but has no tears
- Your child pees less often or has fewer wet diapers
- Cool, clammy skin
- Dry lips or mouth
- Sunken eyes
- Sunken soft spot on baby's head

### **Take your child to the family doctor or pediatrician when:**

- Your baby has diarrhea and is less than 6 months old
- Your child is still vomiting after 4 to 6 hours
- Your child has diarrhea and a fever higher than 38.5°C (101.3°F)
- Your child has signs or symptoms of fluid loss
- Your child has stomach pains that are getting worse

### **Call 911 or go to the Emergency Department when:**

- Your child is very sleepy or is difficult to wake up
- Vomit is bright green
- Vomit or diarrhea (poop) is bloody
- Your child has not peed or wet a diaper in 8 hours
- Your child is breathing very fast, or has very deep or slow breathing
- Your child looks unwell and you are concerned

This fact sheet provides basic general information only and is to be used as a quick guide, not as a complete resource on the subject. If you have any further questions, ask Infection Prevention & Control or your health care provider.