



Gastrointestinal infection/vomiting diarrhea

Appearance

Diarrhea, abdominal pain, nausea and vomiting may occur.

Risk of infection:

Vomiting and diarrhea are often contagious. Often the pathogens are transmitted from person to person, through food, contact with contaminated objects or contact with animals.

Measures:

- Give sufficient to drink and offer sip by sip → Sweetened or unsweetened tea, water with dextrose. For infants, infant milk or breast milk. If necessary, electrolyte solutions can help (Oralpädon, Normalytoral, Elotrans) or the WHO one-third solution (1/3 orange juice, 1/3 black tea, 1/3 tap water, 1 pinch of salt and a soup spoon of dextrose) per liter - cold in small quantities.
- Relieve abdominal pain with a hot water bottle
- Rest
- No personal contact with immunocompromised persons
- Rusk, pretzel sticks, bananas, light food (low fat) in small quantities. Therefore, if the child has no appetite, you do not need to worry
- Careful hand hygiene

Report to doctor if:

- bloody vomit or bloody diarrhea
- if your child refuses fluids or urinates less than 3x/day
- if the child is weak and apathetic even without fever
- as long as none of these criteria are met, no medication is usually necessary