

Diarrhoea & Vomiting Advice Sheet for Children 0-5 years



Most children with diarrhoea and vomiting get better very quickly, but some children can get worse. You need to regularly check your child and follow the advice below.



- If your child has signs of dehydration and
- Becomes unresponsive
- Has unusually pale or mottled skin
- Has cold extremities
- Is breathing faster than usual

You need urgent help please phone 999 or go straight to the nearest Accident and Emergency Dept.



- If you think your child is dehydrated and is
- Seeming unwell
- Irritable/lethargic
- Passing less urine than normal
- Is not drinking and has had 6 or more episodes of diarrhoea in 24 hours or 3 or more vomits in 24 hours.

Please ring your GP surgery/ Health Visitor or Community Nurse or attend the Walk in Centre or if your baby/child has been a patient in the last 48 hours call PAU.



- If you have concerns about your baby/child

Please phone NHS Direct 0845 46 47 or useful numbers

Name of Baby/Child Age

Date/Time advice given Name of Professional (Print)

Signature of Professional

Further Advice/Follow Up

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Some Useful Telephone Numbers

GP/Practice Nurse (Parent to complete)

Health Visitor – (If you do not know this number you may be able to locate your health visitor at one of the health centres below)

Liverpool Road Health Centre01582 70 81 51	Wheatfield Road Surgery01582 66 07 38
Marsh Farm Health Centre01582 70 74 44	Wigmore Lane Health Centre01582 70 73 33
Queensborough House01582 70 76 60	

Community Nurse(If applicable - Regents Court 01582 70 81 39)

Walk in Centre01582 55 64 00

Opening Times (as at July 2009) Mon-Fri – 8am to 7-30pm / Sat – 8am to 3-30pm / Sunday – Closed / Bank Holidays – 8am to 7-30pm

NHS Direct0845 46 47 Open 24hrs – 7 days www.nhsdirect.nhs.uk

If you need language support or translation please inform the member of staff you are speaking to.

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About Gastroenteritis:

Severe diarrhoea and vomiting can lead to dehydration, which is when the body doesn't have enough water or the right balance of salts to carry out its normal functions. If the dehydration becomes severe it can be dangerous.

Children at risk of dehydration include, young babies, children who haven't been able to drink enough during their illness and children whose diarrhoea and vomiting has been severe.

How to prevent dehydration

If your child has gastroenteritis but is not dehydrated:

- Keep feeding them as normal (for example breast milk) and offer plenty of drinks
- Fruit juice and fizzy drinks should be discouraged, because they can make diarrhoea worse.
- Your healthcare professional, for instance your doctor may recommend that you give your child a special fluid known as Oral Rehydration Solution (ORS) or Dioralyte. This can help prevent dehydration from occurring. It is also used to treat children who have become dehydrated.
- You may be advised to give an Oral Rehydration Solution (Dioralyte) for upto six hours, after this time recommence normal diet as tolerated.

How long will my child be ill?

- Diarrhoea usually lasts up to 10 days.
- Vomiting usually does not persist for more than 3 days.
- If your child's symptoms are taking longer than this to get better you should contact a healthcare professional. (numbers overleaf).

Preventing the spread of Gastroenteritis (diarrhoea & vomiting):



Hand washing is the best way to help stop other people getting gastroenteritis. You and/or your child should wash your hands with soap (liquid if possible) in warm running water and then dry them carefully:

- After going to the toilet
- After changing nappies
- Before touching food

Your child should not:

- Share his or her towels with anyone
- Go to school or any other childcare facility until 48 hours after the last episode of diarrhoea or vomiting
- Swim in swimming pools until 2 weeks after the diarrhoea has stopped.

