

Vomiting and Diarrhea

Instructions for Adults at Urgent Care Centres

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

How to care for yourself at home

- Stop eating solid foods until you feel better.
- Drink small sips of water or clear fluids. You may also have popsicles or a rehydration drink such as Gatorade®. Do not drink pop or carbonated drinks.
- Keep drinking fluids until you feel better (usually in 12 to 24 hours).
- When you begin to feel better try to eat a small amount of bland foods such as dry toast, plain cereal or crackers.
- When you can tolerate bland foods, you can start to eat regular foods. Do not eat spicy foods until you are completely better.



**Helpful
tips!**

Drink lots of fluids to replace the fluids lost when you throw up or have diarrhea. This prevents dehydration and helps you recover.

Viruses can spread easily from person to person; on hands, on objects, and by sharing food, drinks or other personal items.

How to prevent the illness from spreading

- Stay home while you are sick. Avoid close contact with other people.
- Wash your hands often with soap and water or an alcohol-based hand rub.
- Clean and disinfect bathroom and kitchen surfaces.

When to visit the hospital or see your doctor

Get medical help if you have any of these problems:

- Blood in your vomit or bowel movements (poop).
- Signs of dehydration: dry lips or mouth, passing urine (peeing) less often, dizziness, feeling extremely tired.
- Persistent fever above 38.5°C (101.3°F) for more than 3 days.
- Stomach pain that does not get better.
- Severe headache, sleepiness and/or a stiff neck.