

Vomiting and Diarrhea

Instructions for Children 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 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 especially after changing diapers or helping your child in the bathroom and before preparing food.
- 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.

please turn over →

Watch for these signs and symptoms of dehydration:

- 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 dehydration
- 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 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