

Gastroenteritis

Gastroenteritis is an infection of the gut and can cause diarrhea and vomiting. It can be caused by a range of germs and is usually a viral or bacterial infection.

Symptoms:

Your child may feel unwell, not want to eat or drink. Vomiting may occur 24-48 hours after these signs, following this diarrhea may occur which can last up to a week.



Observe for any signs of severe dehydration. Children may become listless, tired and have low amount energy.

In severe cases they may have very dry mucous membranes (mouth), sunken eyes, decreased urine output, headache and severe thirst or rapid heart and breathing rate. At this point you should see your Doctor.

The most important thing is to keep your child hydrated, stick to plain foods for example, bread, rice and bananas. If they don't want to eat just keep encouraging fluids until they are more able for food. Little and often is better than nothing at all.

And don't forget HANDWASHING is vital to stop the infection spreading.

If your child has these symptoms they must not attend school and must stay at home until 48 hours after their last vomiting/diarrhea episode.