

Preventing Diarrhoea & Vomiting in 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 your child

- Appears to be getting worse or if you are worried
- Is not drinking
- Has signs of dehydration such as dry mouth, has not passed urine in the last 12 hours, is unusually sleepy or has sunken eyes
- Has blood in the stool (poo)
- Has had 6 or more bouts of diarrhoea in 24 hours
- Has had 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.

Most children with diarrhoea and vomiting can be safely managed at home, however:

- If your child is younger than 1 year
- If your child had a low birth weight
- Or you have a concern about looking after your child at home

How to manage your child at home:

- Diarrhoea can often last between 7 and 10 days.
- Continue to offer your child their usual feeds, including breast or other milk feeds.
- Encourage your child to drink plenty of fluids and offer small amounts often.
- Do not give fizzy drinks and/or fruit juices.
- You may be advised to give an oral rehydration solution (eg; Dioralyte).
- If your child has other symptoms like a high temperature, neck stiffness, or rash please ask for advice from a health care professional.
- Your child may have stomach cramps; if simple painkillers do not help please seek further advice.
- If your child is due routine immunisations please discuss this with your GP or practice nurse, as they may not need to be delayed.
- If concerned call your healthcare professional (numbers overleaf)




Please phone NHS Direct
0845 46 47
or www.nhsdirect.nhs.uk
or phone one of the
useful numbers overleaf

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




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Diarrhoea and vomiting caused by gastroenteritis are common in children younger than 5 years. Severe diarrhoea and vomiting can lead to dehydration, which is serious, but gastroenteritis can usually be managed at home with advice from healthcare professionals. Diarrhoea usually lasts for 5-7 days and stops within 2 weeks. Vomiting usually lasts for 1-2 days and stops within 3 days.



Preventing the spread



- Washing hands with soap (liquid if possible) in warm running water and careful drying are the most important ways to prevent the spread of gastroenteritis.
- Hands should be washed after going to the toilet or changing nappies and before touching food.
- Towels used by children with gastroenteritis should not be shared.
- Children should not attend any school or other childcare facility while they have diarrhoea or vomiting caused by gastroenteritis.
- Try to keep affected children separate from healthy children if possible.
- Children should not go back to school or other childcare facility until at least 48 hours after the last episode of diarrhoea or vomiting.
- Children should not swim in swimming pools for 2 weeks after the last episode of diarrhoea.



Keep the following items in your medicine cabinet ready for when you may need them:

- Paracetamol Suspension (eg; Calpol/Medinol)
- Ibuprofen Suspension (eg; Nurofen) Caution in Asthmatics
- Oral Rehydration Sachets (eg; Dioralyte)

Remember to keep these in date and out of reach of children.

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