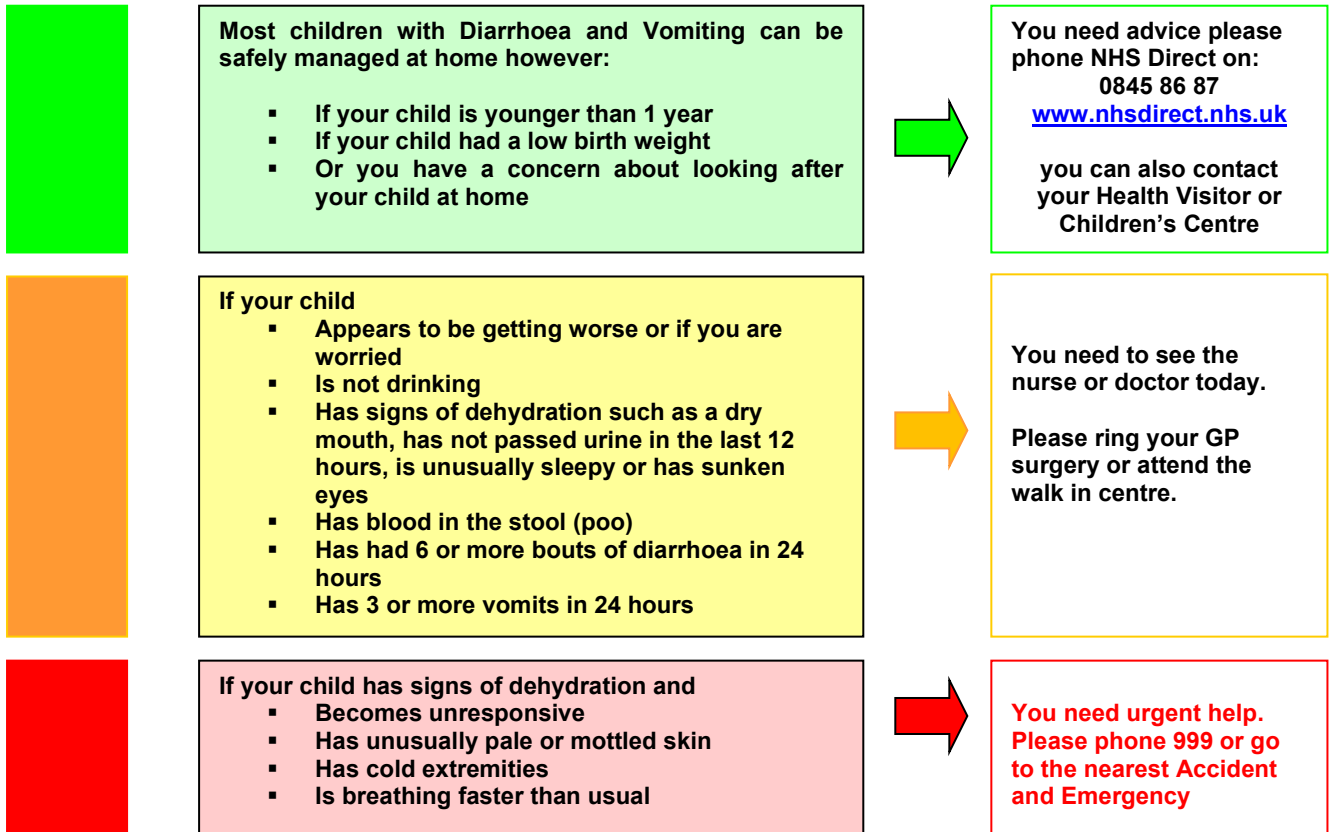


## DIARRHOEA AND VOMITING ADVICE SHEET FOR PARENTS AND CARERS OF CHILDREN 0 – 5 YEARS

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.



### 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 (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
- Please remember to wash your hands and your child's hands with soap and hot water before eating or drinking and after every vomit or loose stool.
- Do not share towels with a child who is vomiting or has diarrhoea.
- Children should not return to school or nursery/child care for 48 hours following an episode of vomiting or diarrhoea.
- Children should not go swimming for 2 weeks.
- If your child is due routine immunisations please discuss this with your GP or practice nurse, as they may not need to be delayed.

***Please turn over to find out how and where to get advice***

## How and Where to Access Health Services in Nottinghamshire

Unwell? Unsure?	<b>NHS Direct</b> offers confidential health advice and information by telephone, internet and through digital TV	<b>NHS Direct</b> (24 hours every day) <b>Telephone: 0845 46 47</b> <a href="http://www.nhsdirect.nhs.uk">www.nhsdirect.nhs.uk</a>
	<b>Need information on Health?</b> NHS Choices provides online information from the NHS to help you to make better decisions about your health & care.	<b>NHS Choices</b> – <a href="http://www.nhs.uk">www.nhs.uk</a>
	<b>Local pharmacists</b> can offer advice on common illnesses and conditions eg. cough, colds, skin irritations, You don't need an appointment to see a pharmacist. Some pharmacies are open later than GP surgeries and many are open on Saturdays.	If you need to find a local pharmacy and find out when they are open:  <a href="http://www.nhs.uk">www.nhs.uk</a> will be able to give you this information

Do you need to see a nurse or doctor today?	<b>Your GP</b> can offer advice, treatments and prescriptions for illnesses that won't go away with self care.	<b>My GP:</b> ..... <b>Tel:</b> .....  If you need to find a GP and find out when they are open: <a href="http://www.nhs.uk">www.nhs.uk</a>
	<b>Walk in Centres</b> can offer advice, information and treatment for minor illnesses by a trained nurse. More complicated cases will be referred elsewhere.	<b>Nottingham NHS Walk-in Centre</b> Seaton House, London Road, Nottingham NG2 4LA Open 7am – 9pm every day of the year including weekends and all bank holidays.  <b>Stapleford NHS Walk-In-Centre</b> Stapleford Care Centre, Church Street, Stapleford, Nottingham NG9 8DB Open 7am - 7pm every day of the week including weekends and bank holidays  <b>Kirkby Community Primary Care Centre</b> Portland St, Kirkby-in-Ashfield Nottingham. NG17 7AE Open 8am-8pm 7 days a week
	Out of Hours Doctor service is available from <b>6:30pm – 8am and all weekend.</b>	<b>Phone your usual GP's number</b> and you will be automatically transferred

Do you need urgent attention?	<b>Accident &amp; Emergency services</b> are intended if you require immediate hospital attention due to a serious illness or injury	<b>Queens Medical Centre</b> Derby Road, Nottingham, NG7 2UH
	<b>Or</b>  Dial <b>999</b> if you are worried and need specialist help urgently.	<b>Kings Mill Hospital</b> Mansfield Road, Sutton-In-Ashfield, Nottinghamshire, NG17 4JL  <b>Newark Hospital</b> Boundary Road, Newark, Nottinghamshire, NG24 4DE

