

**Vomiting and diarrheal illnesses are very common in children but are usually managed at home with no medications needed.**

Vomiting and diarrheal illnesses are very common in children but are usually managed at home with no medications needed. These illnesses infect the intestines.

Symptoms May Include:

- Watery non-bloody diarrhea
- Abdominal cramps and pain
- Nausea, vomiting, or both
- Occasional muscle aches or headache
- Fever

**To keep your child more comfortable and to prevent dehydration:**

- Let the stomach settle and wait 1 hour after vomiting before trying liquids
- Older children may suck on ice chips or take small sips of clear liquids
- Pedialyte is the drink of choice in small children
- Pedialyte popsicles for small children and popsicles for older children also deliver fluids slowly
- Ease back into eating solids
- Do not use Ibuprofen, and use Tylenol sparingly
- Avoid Aspirin
- If no vomiting, you may offer a regular diet (including milk products)

**Call the doctors office if any of the following are present:**

- Temperature higher than 104 degrees
- Is unusually sleepy, difficult to arouse, or irritable
- Has bloody diarrhea
- Bloody or bile-colored vomiting
- Has a dry mouth or cries without tears
- No urine output for 12 hours
- Is in a lot of discomfort or pain
- Any other worrisome symptoms

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**REMEMBER: THE BEST DEFENSE AGAINST THE SPREAD OF INTESTINAL INFECTION IS FREQUENT AND THOROUGH WASHING OF HANDS.**