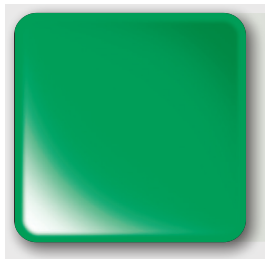


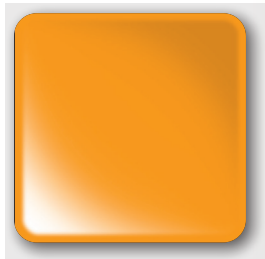
# Diarrhoea & Vomiting Advice Sheet for Children 0-5 years

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 you have concerns about your baby / child

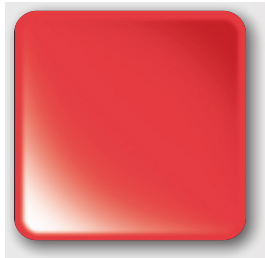
Please contact  
NHS 111 on 111,  
or visit [www.nhs.uk](http://www.nhs.uk)



If you think your child is showing signs of dehydration such as

- Seeming unwell
- Being irritable/less active
- Sunken eyes
- Passing less urine than normal
- Dry mouth, is not drinking and has had 6 or more episodes of diarrhoea in 24 hours or 3 or more vomits in 24 hours.

Please ring your GP  
surgery/ Health Visitor  
or Community Nurse or  
contact NHS 111



If your child has signs of severe dehydration such as

- Becomes unresponsive
- Has unusually pale or mottled skin
- Has cold extremities, mainly hands and feet
- Is breathing faster than usual

You need urgent help  
please phone 999 or  
go straight to the  
nearest Accident and  
Emergency Dept.

# Preventing Diarrhoea & Vomiting in Children 0-5 years

Diarrhoea and vomiting caused by gastroenteritis are common in children younger than 5 years. Severe diarrhoea and vomiting can lead to dehydration, which can be serious, but gastroenteritis can usually be managed at home with advice from healthcare professionals. Diarrhoea usually lasts for 5-7 days, improving during that time. 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 and 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.
- Try to keep affected children separate from healthy children as much as possible

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

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

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

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