

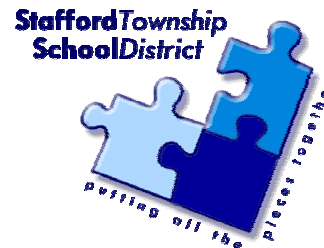
Call the Doctor if you have questions or concerns or if you notice any one of these signs:

For infants under 1 year old:

- No wet diapers for 8 hours
- Sunken eyes; no tears when crying
- Listless or drowsy
- Diarrhea still present after 1 day
- Vomiting still present after 1 day
- Bloody stools

For children over 1 year old:

- No urine for 12 hours
 - Sunken eyes; no tears when crying
 - Listless or drowsy
 - Diarrhea still present after 2 days
 - Vomiting still present after 2 days
 - Bloody stools
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For additional information contact your school nurse at 609-978-5700

Primary Learning Center x1276
Ocean Acres x1113
Oxycocus x1073
McKinley Avenue x1140
Intermediate x1074
District Nurse Coordinator x 1205



Wellness Series

Keeping students healthy,
fit and eager to learn

Caring for a child with Vomiting and Diarrhea





Vomiting and Diarrhea

Vomiting and Diarrhea are common problems of growing infants and children. They usually are caused by a minor infection. In most cases vomiting and diarrhea can be treated at home.

How do Vomiting and Diarrhea affect my child?

Vomiting and Diarrhea may cause dehydration. Dehydration means your child has lost too much fluid.

How are Vomiting and Diarrhea treated?

You will need to give your child fluids slowly to treat Vomiting and Diarrhea. This will prevent dehydration.

What special directions do I follow for Vomiting?

- Do **NOT** give your child anything to eat or drink for one hour after your child has last vomited.
- When your child has not vom-

ited for one hour, you may give your child 1-2 ounces of clear fluids every half hour.

- Do **not** give your child milk, formula or other dairy products.
- Breastfed babies should continue to nurse.
- Clear fluids should be continued for a maximum of 12-24 hours. Clear fluids that can be used include:

Less than 1 year old: consult your child's doctor.

1 year old or older: caffeine-free cola or ginger ale (not sugar free), sports drinks or apple juice, ice pops, fat-free broth or bouillon.

What special directions do I follow for Diarrhea?

- Offer clear liquids in small amounts often. One to two ounces of clear fluids every half hour is a good way to start.
- Do not force your child to drink fluids too quickly. If your child is forced to drink more than he or she wants, vomiting may occur.

- If no vomiting occurs,
Less than 1 year old: consult your doctor for advice
1 year old or older: progress to fluids such as soup, yogurt and then add small amounts of rice, baked or boiled potatoes, noodles, crackers, bananas, vegetables, and non-pre-sweetened cereals.



What Foods should I give my child?

Once Vomiting and Diarrhea have stopped for 24 hours, you may begin to feed your child small amounts of the foods listed below. Remember, feeding too much food too fast may cause cramping, pain and more Diarrhea.

- Lean meats without gravy
 - Scrambled eggs (not fried)
 - Mashed potatoes
 - Canned fruit (peaches, apricots, pears)
 - Cooked vegetables (carrots, green beans)
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