

Gastroenteritis (Diarrhoea and/or Vomiting) Advice Sheet (0-5 years)

To be read in conjunction with medical advice

Name of Child Age Date / Time advice given

Further advice/Follow up
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Name of Professional

Signature of Professional

How is your child? Traffic light system



Red

If your child:

- becomes difficult to rouse / unresponsive
- becomes pale and floppy
- is finding it difficult to breathe
- has cold feet and hands
- has diabetes

You need urgent help

please phone 999 or go to the nearest Hospital Emergency (A&E) Department



Amber

If your child:

- seems dehydrated: ie. dry mouth, sunken eyes, no tears, sunken fontanelle (soft spot on baby's head), drowsy or passing less urine than normal
- has blood in the stool (poo) or constant tummy pain
- has stopped drinking or breastfeeding and / or is unable to keep down
- becomes irritable or lethargic
- their breathing is rapid or deep
- is under 3 months old

You need to contact a doctor or nurse today

please ring your GP surgery or call NHS 111 – dial 111



Green

If none of the above features are present, most children with Diarrhoea and / or Vomiting can be safely managed at home.

(However some children are more likely to become dehydrated including: children younger than 1 year old or if they had a low birth weight. In these cases or if you still have concerns about your child please contact your GP surgery or call NHS 111)

Self Care

Using the advice overleaf you can provide the care your child needs at home

Most children with diarrhoea and / or vomiting get better very quickly, but some children can get worse. You need to regularly check your child and follow the advice given to you by your healthcare professional and / or as listed on this sheet.

Some useful phone numbers



GP Surgery

NHS 111
dial 111

(available 24 hrs – 7 days a week)

GP Out of Hours Service: appointments booked via the NHS 111 service

(Open from 6.30pm to 8am on weekdays and bank holidays)

For online advice: NHS Choices www.nhs.uk (available 24 hrs – 7 days a week)

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

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About Gastroenteritis

Most gastroenteritis (diarrhoea and vomiting) is caused by viral infections and will get better without any treatment.

How can I look after my child?

- Vomiting usually settles within 1-2 days and diarrhoea within 5-7 days, but diarrhoea can last up to 2 weeks. Seek help from your doctor if symptoms continue in your child beyond this time.
- Encourage your child to drink plenty of fluids – little and often. Water is not enough and ideally Oral Rehydration Solution (ORS) is best e.g. Dioralyte®. ORS can be purchased over the counter at large supermarkets and pharmacies and can help prevent dehydration from occurring.
- Follow the advice from your GP on how much fluid your child needs.
- Record amount taken and diarrhoea or vomiting
- **Hand washing is the best way to stop gastroenteritis spreading.**

After Care

Once your child is rehydrated and no longer vomiting:

- Reintroduce the child's usual food.
- If dehydration recurs, start giving ORS again.
- Anti-diarrhoeal medicines (also called Antimotility drugs) should not be given to children.

Preventing the spread of Gastroenteritis (diarrhoea and/or vomiting):

 <p>Children with gastroenteritis should wash their hands with liquid soap and dry carefully after using the toilet (adults after changing nappies) and before eating or handling food to help prevent the infection spreading to other members of the household.</p>	 <p>Your child should not:</p> <ul style="list-style-type: none">• Share his or her towels with anyone• Go to nursery/daycare/school or any other childcare facility whilst they have diarrhoea and vomiting or for 48 hours after the last episode of diarrhoea or vomiting• Swim in swimming pools until 2 weeks after the diarrhoea has stopped
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