

What mistakes do some parents make?

- Do not give **only** Kool-Aid or water. They do not have salt. Give your child special drinks like Pedialyte, too.
- Do not give **only** clear fluids for more than 24 hours. The body needs calories. Try giving a banana, rice, applesauce, or dry toast. Do not give a baby watered down formula for more than 24 hours.
- The most dangerous mistake is giving your child nothing. Many people believe that the stomach should be “put to rest.” If you cut down on fluids your child can get dehydrated. This can be very serious!
- There is no safe drug for diarrhea. Give special drinks like Pedialyte until the stomach can keep down foods like bananas, rice, applesauce, or dry toast.



501 S. Idaho Street, Suite 100
La Habra, CA 90631
(562) 690-0400



What to do if your child has the stomach flu?



Many people talk about the "stomach flu" when they are feeling sick to their stomachs. It is **not** the same as influenza, or the flu. Stomach flu is an illness called gastroenteritis (gas-tro-en-ter-i-tis), which is often caused by a virus. A virus is something too small to see that can pass from one person to another and make you sick.

What are signs of the stomach flu?

The stomach flu may cause stomach pain, diarrhea, a fever, queasy feeling, and throwing up. Your child may feel sick for a day or two but will then get better.

- Watch your child for any of these signs:
- Dry mouth
- Sunken eyes
- Little or no pee (urine) in several hours.
- Pee is dark yellow.
- Crying with no tears.
- Soft spot on top of baby's head is sunken.



Your child may be dehydrated (dee-hi-dray-ted).
Call your doctor right away if you see any of these signs in your child.

What to know about throwing up?

- Throwing up can cause your child to lose a lot of water and get dehydrated.
- If your child throws up with force, vomit can come out the nose. You can clear the nose with a suction bulb.

What to know about Diarrhea?

- Germs cause diarrhea.
- Diarrhea can cause your child to lose a lot of water from the body. Your child can get dehydrated.

What is normal Bowel Movements (BMs)?

- New babies have many Bowel Movements (BMs). This is OK.
- Breastfed babies can have a BM with and after every feeding. Breastfed babies have diarrhea less often. Breast milk helps babies fight infection.
- Bottle-fed babies can have 1-8 BMs a day during the first week. Then they can have 1-4 BMs until 2 months old. After 2 months, 1-2 BMs.

How to treat the stomach flu?

Usually medicine is not given for the stomach flu. Your child will need to rest until feeling better. Your child should sip fluids, such as water, or suck on a popsicle. Make sure your child drinks water and fluids. You do not want your child to get dehydrated. Even if your child is able to eat, give fluids between meals. You can give your child special drinks like Pedialyte, Infalyte, and Rehydralyte. These drinks contain things your child loses when dehydrated from throwing up or diarrhea.



What can I do to prevent stomach flu?

- Always wash your hands after changing your baby's diaper.
- Wash your baby's hands often. Teach children to wash hands before eating.
- Wash your baby's bottles and nipples with soap and very hot water. Rinse well.
- Throw away formula that your baby did not drink. Do not use it later.
- Germs grow on food at room temperature. Store all food that can spoil in the refrigerator.

