

Gastroenteritis

Health Centre Factsheet



BUNBURY CATHEDRAL GRAMMAR SCHOOL

Diarrhoea and Vomiting

Gastroenteritis is usually caused by viruses, bacteria or less commonly parasites. Symptoms can sometimes be a fever or cramp-like abdominal pain accompanying the diarrhoea and vomiting.

Prevention

Always wash your hands frequently and thoroughly, especially before preparing food and after going to the toilet. If possible avoid close contact with anyone who is unwell with gastro.

Home Care

- Drink plenty of clear fluid (small amounts frequently) to prevent dehydration. Try sucking on icy pole or ice cubes if you are having trouble keeping fluids down.
- Eat if you are able, consider bland food like crackers, rice or dry toast to start with.
- Ensure you rest whilst feeling unwell.
- Please keep your child at home for 24 hours after symptoms cease.

What to expect

Most people will feel better in 1 to 2 days. If the cause is viral, antibiotics will not help.

See your doctor for further treatment if:

- Abdominal pain is worsening and not relieved by simple analgesia.
- Blood or mucous in your vomit or bowel action.
- High Fever.
- Unable to keep anything down for longer than 24hrs.
- Dehydration. Signs include dry mouth, excessive thirst and dark coloured urine.

