

## Gastroenteritis

Symptoms are: Tummy ache, nausea, food aversion, vomiting, lethargy and back and neck aches. No fever.

Please keep your child home for one or two days following vomiting. Children will be listless, tired and have no energy. Food or drink will cause them to vomit. Observe them for signs of dehydration. (Irritable, sleepy, dry skin and mucous membranes- the smaller the child the more you should worry.) Following the illness to rest the stomach follow the BRAT diet: Bananas, Rice, Apples, Toast - until the illness is over and child requests more food. Then start with plain yoghurt and honey.

Make sure the child and all carers wash their hands after treating the vomiting child. Wash all areas/vomit bowls/cups and utensils with a weak bleach solution (1/2 tsp per small bucket). Soiled clothing, linen and towels should be washed in a weak bleach as well. Dry in sunshine.