**Diarrhoea and vomiting**

**Diarrhoea and vomiting are common in children and babies. They're often caused by a stomach bug and should stop in a few days.**

The advice is the same if you have diarrhoea and vomiting together or separately.

**How to treat diarrhoea and vomiting yourself**

Diarrhoea and vomiting can usually be treated at home. The most important thing is to have lots of fluids to avoid dehydration.

**Do**

* stay at home and get plenty of rest
* drink lots of fluids, such as water or squash – take small sips if you feel sick
* carry on breast or bottle feeding your baby – if they're being sick, try giving small feeds more often than usual
* give babies on formula or solid foods small sips of water between feeds
* eat when you feel able to – it may help to avoid foods that are fatty or spicy
* take [paracetamol](https://www.nhs.uk/medicines/paracetamol-for-adults/) if you're in discomfort – check the leaflet before giving it to your child

**Don’t**

* do not have fruit juice or fizzy drinks – they can make diarrhoea worse
* do not make baby formula weaker – use it at its usual strength
* do not give children under 12 medicine to stop diarrhoea
* do not give aspirin to children under 16

**How long diarrhoea and vomiting last**

* diarrhoea usually stops within 5 to 7 days
* vomiting usually stops in 1 or 2 days

**Diarrhoea and vomiting can spread easily**

Stay off school until child is not been sick or had diarrhoea for at least 2 days.

If child have a high temperature or do not feel well enough to do normal activities, try to stay at home and avoid contact with other people until feels better.

To help avoid spreading an infection:

* [wash hands](https://www.nhs.uk/live-well/best-way-to-wash-your-hands/) with soap and water frequently
* wash any clothing or bedding that has poo or vomit on it separately on a hot wash
* clean toilet seats, flush handles, taps, surfaces and door handle every day
* do not share towels, flannels, cutlery or utensils
* do not use a swimming pool until at least 48 hours after symptoms stop

Speak to a paediatrician if:

* Your child (over 5 years) has signs of [dehydration](https://www.nhs.uk/conditions/dehydration/), such as dark, smelly pee or peeing less than usual
* Your child, have a weakened immune system, or have other health conditions that increases risk of dehydration.

They may recommend:

* oral rehydration powder that you mix with water to make a drink

**Urgent Review:**

* you're worried about a baby under 12 months
* your child stops breast or bottle feeding while they're ill
* a child under 5 years has signs of [dehydration](https://www.nhs.uk/conditions/dehydration/), such as fewer wet nappies
* Your child (aged 5 years or over) still have signs of dehydration after using oral rehydration sachets.
* Your child keep vomiting and cannot keep fluid down.
* Your child have bloody diarrhoea or bleeding from the bottom.
* Your child have diarrhoea for more than 7 days or vomiting for more than 2 days

**Immediate action required:**

* vomit blood or have vomit that looks like ground coffee.
* have yellow-green or green vomit (children)
* may have swallowed something poisonous
* have a stiff neck and pain when looking at bright lights
* have a sudden, severe headache
* have a sudden, severe tummy ache
* have blue, grey, pale or blotchy skin, lips or tongue - on brown or black skin this may be easier to see on the palms of the hands or soles of the feet
* are having severe difficulty breathing, or taking lots of quick, short breaths
* are confused or not responding as usual.

Adopted from: ***NHS / UK***