



# Vomiting and Diarrhea

## What to do



No one wants to suffer with vomiting and diarrhea!  
*Here are some suggestions from Vaden Health Center for minimizing symptoms and recovering as quickly as possible:*

### Vomiting:

- ▶ Rest your stomach- eat nothing for 1-2 hours
- ▶ Add clear liquids slowly: water, ice chips, diluted apple juice, soda pop (leave open so bubbles dissipate or stir them out), clear broth
- ▶ Later on add crackers or toast
- ▶ Avoid milk products, spicy and fatty foods and raw vegetables
- ▶ Avoid ibuprofen (Advil); acetaminophen (Tylenol) is ok for pain or fever

### Diarrhea:

- ▶ As above, add bananas, rice, applesauce and plain pasta
- ▶ Start regular diet as tolerated
- ▶ Loperamide (Imodium) is ok for diarrhea

### When should I worry? When should I go to Vaden?

*While most cases of vomiting and diarrhea go away on their own, here are some danger signs you should look out for:*

- ▶ Dehydration (infrequent urination, dry mouth, dizziness, weakness)
- ▶ Fever over 100 degrees
- ▶ Severe headache or abdominal pain
- ▶ Blood in the stools or vomit
- ▶ Vomiting longer than 6 to 8 hours, diarrhea more than 3 days

**If you experience any of these symptoms visit Vaden!**

### How do I keep others from getting sick?

*The close quarters in residences help the bacteria and viruses that cause vomiting and diarrhea spread. Therefore it is important that you TELL YOUR PHE or RA right away and you do the following for the next 2 weeks:*

- ▶ Do not share food, water bottles and eating utensils
- ▶ Wash hands thoroughly and frequently with soap
- ▶ Use disinfectant spray (Endbac) provided in bathrooms to mist all surfaces that you touched after you use them – sink, faucet, toilet seat, door handles, doors
- ▶ Use clean up kits (provided) to clean up any soiled areas (follow directions, use gloves)
- ▶ Wash soiled clothing and articles promptly