

DIARRHOEA AND VOMITING

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

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'S

Drink lots of fluids, such as water or squash – take small sips if you feel sick

It may help to avoid foods that are fatty or spicy

Take paracetamol if you're in discomfort – check the leaflet before giving it to your child

DON'TS

Do not have fruit juice or fizzy drinks – they can make diarrhoea worse

Do not give children under 12 medicine to stop diarrhoea

Do not give aspirin to children under 16

Diarrhoea and vomiting can spread easily

To help avoid spreading an infection:

- 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 handles every day
- do not prepare food for other people, if possible
- do not share towels, flannels, cutlery or utensils