

# Upset tummy

## Not nice for you or your baby

Sickness and diarrhoea bugs are caught easily and are often passed on in places where there are lots of children.

Feeling sick and suddenly being sick are normally the first signs. Diarrhoea can follow afterwards. If your child is not vomiting frequently, is reasonably comfortable in between and you are able to give them frequent small amounts of water, they are less likely to become dehydrated and probably don't need to see a Doctor. **Speak to your GP if they are unwell for longer than 24 hours or sooner if they are newborn or if you notice signs of dehydration.**

If you're breastfeeding, keep on doing so even more frequently. Offer older children plenty of water, or an ice-lolly for them to suck. If they want to eat, give them plain foods like pasta or boiled rice (nothing too rich or salty).

Keep them away from others, especially children, who may pick up infection. Be extra careful with everyone's handwashing.

### Signs of dehydration

- Less wet nappies (i.e. they wee less).
- More sleepy than usual.
- Dry mouth.
- Sunken fontanelle (i.e. the soft spot is more dipped in than usual).

Try rehydrating solution from your Pharmacist.

### Health Visitor says

If you are breastfeeding continue to do so. While breastfeeding you should increase your fluid intake to help maintain milk supply.

Source: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

### Pharmacist says

There are lots of ways you can care for your child at home. Things to try are:

- Give them regular drinks - try small amounts of cold water. Breastfeed on demand if breastfeeding.
- Being extra careful with hand hygiene (use soap and water or anti-bacterial hand gel and dry hands well with a clean towel).
- Rehydrating solutions come in pre-measured sachets to mix with water. It helps with dehydration.

If your child is unwell for more than 24 hours speak to your GP. If your baby is newborn or very unwell contact your GP straight away.

**1**

My baby has diarrhoea and is being sick.

**2**

Have you given them lots of water? This will help prevent them becoming dehydrated if it is a tummy bug. Speak to your Pharmacist and ask about a rehydrating solution.

**3**

Speak to your GP if symptoms show no sign of improvement after 24 hours or straight away if they are newborn.

Source: NICE - Testing for food allergy in children and young people