



# HOWLETCH LANE PRIMARY SCHOOL

## NHS GUIDELINES

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.

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

### How to treat diarrhoea and vomiting yourself

You can usually treat yourself or your child 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, e.g. water or weak squash – take small sips if you feel sick
- Eat when you feel able to - you don't need to eat or avoid any specific foods
- Take paracetamol if you're in discomfort – check the leaflet before giving to children

#### DON'T

- Don't drink fruit juice or fizzy drinks – they can make diarrhoea worse
- Don't give children under 12 medicine to stop diarrhoea
- Don't give aspirin to children under 16

### How long does diarrhoea and vomiting last?

In adults and children:

- diarrhoea usually stops within 48 hours
- vomiting usually stops within 24-48 hours

### Diarrhoea and vomiting can spread easily

**Important** - Stay off school or work until you have not been sick or had diarrhoea for at least **2 days** to help avoid spreading and infection

#### DO

- 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.

#### DON'T

- do not prepare food for other people, if possible
- do not share towels, flannels, cutlery or utensils
- do not use a swimming pool until 2 weeks after the symptoms stop

**A pharmacist can help** if you or your child (over 5 years) have signs of dehydration e.g. dark, smelly pee or peeing less than usual.

If you think your child has been sick because of something they have eaten or from a bout of coughing, they can return to school after **24 hours after** following their last bout of sickness.