

Vomiting & Diarrhea

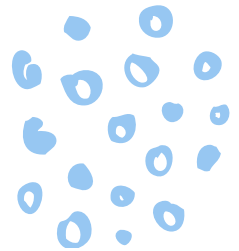


KEĀNUENUE PEDIATRICS



WHAT COULD BE GOING ON?

- There are several things that could be causing your child to vomit and/or have diarrhea.
- Some possible causes include a viral illness, food poisoning, overeating, constipation, appendicitis, reflux and others.
- Commonly, it is due to a viral illness



WHAT ARE CONCERNING SYMPTOMS I SHOULD LOOK OUT FOR?



- Any blood or green color in the vomit.
- The vomit continues for a prolonged period of time without getting better.
- Any blood in the diarrhea
- Your child is unable to keep down any liquids. They likely will not want to eat as many solid foods. That's expected.
- Develops worsened tummy pain with the vomiting.
- Has a fever with tummy pain and vomiting.

Vomiting & Diarrhea

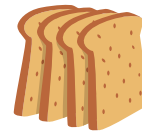
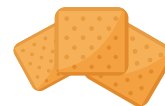


KEĀNUENUE PEDIATRICS

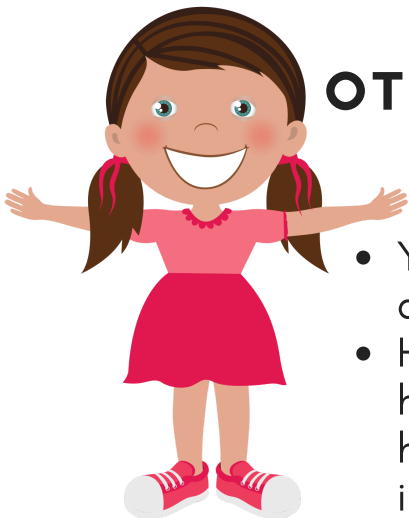


WHAT CAN I DO TO HELP?

- Good hand washing with soap and water! If this is from a viral illness, it can be contagious. So protect everyone in the family.
- Even though they may not want to eat any solid foods, it's important that they at least keep themselves hydrated.
- Avoid spicy or greasy foods.
- Simple foods that are easy to digest may be helpful such as toast, crackers, or soups.
- Once your child does start to eat again, have them start with small bites. Sometimes drinking too much or eating a lot of food again can make them vomit
- Let your child get lots of rest!



OTHER RESOURCES I MAY USE?



- Yes! Feel free to use our symptom checker that's available on our website in the Resources section
- Healthychildren.org is another great resource. here's the website:
<https://www.healthychildren.org/English/health-issues/conditions/abdominal/Pages/treating-vomiting.aspx>