

Diarrhoea and/or vomiting

Advice Sheet

(Gastroenteritis) - advice for Parents and Carers of children



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



How is your child?



RED

If your child has any of the following:

- Becomes pale, mottled and feels abnormally cold to touch
- Going blue around the lips or too breathless to talk / eat or drink
- Becomes extremely agitated, confused or very lethargic (difficult to wake)
- Develops a rash that does not disappear with pressure (the 'Glass Test')
- Is under 1 month of age with a temperature of 38°C /100.4°F or above

You need urgent help

please phone 999
or go to the nearest
Hospital Emergency
(A&E) Department



AMBER

If your child has any of the following:

- Seems dehydrated: ie. sunken eyes, drowsy, sunken fontanelle (soft spot on baby's head) or no urine passed for 12 hours
- Has blood in the stool (poo)
- Has constant tummy pain
- Has completely stopped drinking or breastfeeding
- Is unable to keep down any fluids during this illness
- Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) – especially if they remain drowsy or irritable despite their fever coming down
- Is between 1-3 months of age with a temperature of 38°C /100.4°F or above; or 3-6 months of age with a temperature of 39°C / 102.2°F or above (but fever is common in babies up to 2 days after they receive vaccinations)
- If your child has diabetes, monitor their blood sugars closely

**You need to contact a
doctor or nurse today.**

Please ring your GP
surgery or contact
NHS 111 - dial 111 or
for children aged 5
years and above visit
111.wales.nhs.uk



GREEN

- If none of the above features is present, most children with diarrhoea and / or vomiting can be safely managed at home.

(Note that children younger than 1 year may become dehydrated more quickly. If your child appears otherwise well but you still have concerns, please contact your GP surgery or contact NHS 111 - dial 111 or for children aged 5 years and above visit 111.wales.nhs.uk)

Self Care

Using the advice below
you can provide the
care your child needs
at home

How can I look after my child?

- Encourage your child to drink plenty of fluids – little and often. Water is not enough and ideally oral rehydration solution (ORS) is best. ORS can be purchased over the counter at large supermarkets and pharmacies and can help prevent dehydration from occurring.
- Mixing the contents of the ORS sachet in dilute squash (not "sugar-free" squash) instead of water may improve the taste.
- Continue to offer your child their usual feeds, including breast and other milk feeds.
- Do not worry if your child is not interested in solid food. If they are hungry, offer them plain food such as biscuits, bread, pasta or rice. It is advisable not to give them fizzy drinks as this can make diarrhoea worse.
- Your child may have stomach cramps; if simple painkillers such as paracetamol and ibuprofen do not help please seek further advice.
- Most children with diarrhoea and / or vomiting get better very quickly, but some children can get worse. You need to regularly check your child and follow the advice given to you by your healthcare professional and / or as listed on this sheet.

www.abbHealthierTogether.cymru.nhs.uk