

Question:

How long do symptoms last when a child has diarrhoea and vomiting?



Answer:

Vomiting tends to last for 1-2 days, and diarrhoea may last for about 5 days.



Question:

What are the signs of dehydration?



Answer:

Cold hands and feet, sunken eyes, passing very little urine, becoming lethargic or difficult to wake and a sunken soft spot on the head in children less than a year of age.



Question:

How long do children need to stay off school/nursery after diarrhoea/vomiting?



Answer:

Until 48 hours after the last episode of vomiting/diarrhoea.



Question:

How can you avoid other family members getting unwell with diarrhoea/vomiting?



Answer:

Avoid spreading the virus by washing your hands with soap and water after changing nappies. Keep toilets clean and don't share towels.



Question:

What are the first signs of a tummy bug?



Answer:

Feeling sick, vomiting and diarrhoea.



Question:

Do tummy bugs usually need treatment with antibiotics?



Answer:

No – tummy bugs are extremely common in young children and are almost always caused by a virus.



Question:

Should you stop breastfeeding if your baby has a tummy bug?



Answer:

No - if you are breastfeeding, continue doing so, although your baby may need extra fluids on top.



Question:

Why should young children be watched closely when they have a tummy bug?



Answer:

Young children, especially those under 1 year of age, are at more risk of becoming dehydrated.



Question:

If your baby is on formula, should you dilute it if they have a tummy bug?



Answer:

No – you should never dilute your baby's formula.



Question:

If your child has a tummy bug, when should you take them to see a doctor?



Answer:

If they are becoming dehydrated, not keeping down any fluids, have blood in their poo or continue to have fever and vomiting without any diarrhoea.

