

Viral gastroenteritis (stomach flu)

What is viral gastroenteritis?

- It is an infection of the stomach and intestines caused by a virus.
- It is spread very easily through touching saliva, poop and vomit and when people who are sick with stomach flu touch and share toys and objects with others.

Symptoms of viral gastroenteritis



Diarrhea



Vomiting
(throwing up)



Stomach pain
or cramps



Eating less



Headache



Fever



Low energy



Dehydration

How to prevent gastroenteritis

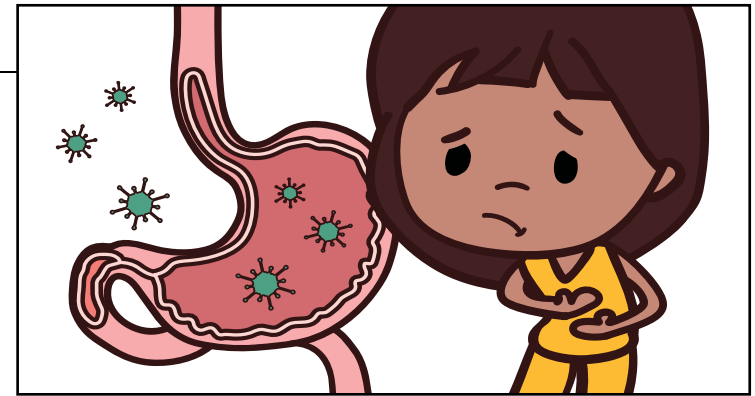
- Wash your hands with soap and water.
- Avoid people who suddenly become ill with symptoms.
- Clean and disinfect shared surfaces (e.g., tables), toys and dishes with soap and water.
- Clean fresh fruits and vegetables properly.
- Do not visit anyone if you or your child is ill.

How to treat gastroenteritis

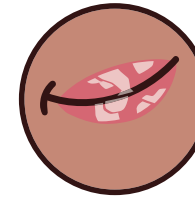
- Talk to the health-care provider if you think your child has gastroenteritis.

Try more

- Water and clear fluids to drink for older children. Start with 1 teaspoon every 2 to 3 minutes and then increase the amount if there is no vomiting.
- Breastfeeding for babies.



Go back to the clinic if your child:



Appears dehydrated (dry lips and tongue, not producing tears or urine, sunken soft spot)



Acts very fussy or cranky



Is very sleepy and not waking up



Will not eat or drink anything or vomits after drinking