

Your child has diarrhea.

Frequent, loose stools (bowel movements) are called diarrhea. A child may also have cramps and/or nausea and vomiting when they have diarrhea. Things like medicines, a change in food or water, or germs may cause diarrhea.

Things to do at home:

- **WASH YOUR HANDS!** Hand washing prevents the spread of germs. Wash your hands when working with food or after using the bathroom.
- Clean your bathroom and kitchen with a disinfectant.
- Clean toys your child may have played with.
- Give your child plenty of liquids, to replace the liquids lost with the diarrhea. Your child's health care provider may tell you to offer oral rehydration solutions such as Pedialyte®, Ceralyte® or Oralyte®. Water is good if your child is not vomiting. Sometimes a child will take liquids better if they are frozen or slushy and can be eaten with a spoon.
- If your child is not vomiting, your child can eat most foods that are not fatty or sweet. Examples of foods to give your child are:
 - Rice, wheat, and oat cereals
 - Plain crackers, bread
 - Yogurt
 - Vegetables
 - Fruits
 - Soups made with vegetables and cereals, such as vegetable soup with rice
 - Chicken, boiled or baked, with the skin pulled off.
- Until your child is well, don't give your child:
 - Milk products
 - Greasy foods, such as hamburgers, french fries, or pizza
 - Butter or gravy
 - Fruit juice
 - High sugar foods or drinks, such as sodas, sweet tea, or sports drinks

Contact your child's health care provider if:

- The diarrhea has blood in it or the stools look black.
- Your child has very bad stomach pain.
- Your child may be getting dehydrated (not urinating as much as usual, mouth and eyes look dry).
- The diarrhea lasts for more than 3 days.
- Your child has an oral fever of 101°F or higher.

- Your child is also vomiting
- Your child acts like he/she feels very bad.

Brand names used in this document are only meant to be examples. SC DHEC does not endorse any of the brand names in this document.

Child's Name	School Nurse	
Date	School	School Phone #