Nausea – Vomiting – Diarrhea
(Gastroenteritis)

Symptoms: Nausea, vomiting, diarrhea, headache, fever and/or stomach cramping.

Cause: There are many different types of viruses that cause viral gastroenteritis.
- Globally, the majority of cases in children are caused by rotavirus.
- In adults, norovirus is more common, particularly in the United States.
- Less common causes include bacteria (or their toxins) and parasites.
- Some people refer to these symptoms as “the flu”, however true flu is a respiratory illness.

How is it spread? Transmission may occur due to consumption of improperly prepared foods, contaminated water/food, or via close contact with individuals who are infectious.

How to treat? See Liquid to Light Diet on second page.
1. Viral Gastroenteritis is very contagious from 1 day before the onset of symptoms and for 1-3 days after recovery. It is advised that you NOT go to class, work or other activities until you have been without symptoms for 24 hours.
2. To prevent dehydration it is advised that you take small, but frequent sips of:
   - Caffeine free liquids
   - Gatorade/Powerade, but diluted with water. Half water – Half Gatorade.
   - Popsicles
3. Wash your hands thoroughly after having an episode of diarrhea or vomiting.
4. Keep Lysol wipes in the bathroom and wipe down the toilet and sink before leaving to prevent others from becoming ill.
5. Do not go to public eating places, including the college dining halls and restaurants!
6. Do not prepare other peoples food or beverages until 3 days after you have recovered.
7. Get a new toothbrush after you have recovered to prevent re-infection.

Call for an Appointment if you develop:
- Symptoms of dehydration – Dry sticky mouth, thirst, decreased urine output, dry skin, headache, dizziness or light headedness.
- Fever over 100.5°F.
- Worsening of symptoms or no improvement within 48 hours.

Go to the Emergency Room if you develop:
- Unusual drowsiness, confusion, or not acting like your normal self.
- Fever over 102°F.
- Severe abdominal pain
- Not able to put your chin to your chest.
**Liquid to Light Diet**

**DAY 1, the first 12 hours. Clear liquids such as:**
- Flat ginger-ale or 7-up,
- Decaf tea with honey,
- Popsicles
- Clear broth
- Gatorade/Powerade at half strength.
- Water
- **NO SOLID FOODS!**

**DAY 2, or 12 hours after vomiting has stopped:**
- Rice
- Soft Cereals
- Crackers
- Applesauce
- Bananas
- Plain pasta
- Strained clear soups
- Toast & Jelly

These foods are to be taken in small but frequent amounts (1/2 cup liquid, 2-3 spoons of food per half hour)

**DAY 3**
- Soft cooked eggs
- Sherbet
- Custards
- Puddings
- Cooked vegetables
- Chicken or turkey

**DAY 5-7**
- Dairy foods including milk
- Creamed soups
- Spicy or fried foods

**Prevention**

1. Wash your hands frequently throughout the day; especially after using the rest room and before eating.
   - Use soap & water
   - Work up a lather and cover all surfaces of your hands, fingers, finger webs and under the nails
   - It should take 30 seconds to wash your hands – singing the Happy Birthday song twice or the ABC song once!
   - Rinse under running water.
   - Turn off the faucet with a paper towel or use your elbow if a paper towel is not available.
   - If soap and water are not available – use of gel hand sanitizers is acceptable.

2. Don’t share silverware, glassware, bottles, cans or cigarettes.

3. Keep your immune system strong with Rest, Fluids and Exercise.