



## COMPASSION SERVICES

### Stomach Bug

It's an infection in the stomach that can cause both diarrhea and vomiting. It is usually caused by a virus, most likely by putting dirty hands, toys, or other objects near or in the mouth. There is more cause for concern in babies and young children than in adults because the vomiting can lead to dehydration.

#### **How to Prevent Stomach Bugs:**

Wash their hands with soap and water after using the bathroom, handling diapers, and before handling food or drinks.

#### **Signs of Dehydration:**

- No urine output in 8-12 hours (babies usually have 6-8 wet diapers in 24 hours)
- Unusually sleepy, or difficult to arouse
- The urine is dark yellow and may smell "strong" like ammonia
- Mouth saliva is thick and sticky rather than thin and watery
- No tears when crying

#### **When a Child Needs to be Seen:**

- Diarrhea lasts more than 7-10 days.
- Any blood or mucus in the stool
- Any of the above signs of dehydration
- Any blood with vomiting
- Eyes appear sunken
- Child is extremely thirsty
- Your Child vomits dark green (like the color of a Christmas tree)

**Source:** <https://www.healthychildren.org/English/health-issues/conditions/abdominal/Pages/Surviving-the-Stomach-Bug-Truths-Tips-for-Parents-.aspx>