

Diarrhoea & Vomiting Advice Sheet for Children 0-5 years



Most children with diarrhoea and vomiting get better very quickly, but some children can get worse. You need to regularly check your child and follow the advice below.

- Becomes unresponsive.
- Has unusually pale or mottled skin.
- Has cold extremities.
- Is breathing faster than usual.



You need emergency help. Please phone 999 or go straight to the nearest A&E department.

- Seeming unwell.
- Being irritable/ less active.
- Sunken eyes.
- Passing less urine than normal.
- Dry mouth, is not drinking and has had 6 or more episodes of diarrhoea in 24 hours or 3 or more vomits in 24 hours.



Please phone your GP/NHS 111 to arrange a same day appointment or telephone assessment

- You need to speak to a healthcare professional for advice.



Please contact NHS 111 or health visitor

Further advice / Follow up

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Preventing Diarrhoea & Vomiting in Children 0-5 years

Diarrhoea and vomiting caused by gastroenteritis are common in children younger than 5 years. Severe diarrhoea and vomiting can lead to dehydration, which can be serious, but gastroenteritis can usually be managed at home with advice from healthcare professionals. Diarrhoea usually lasts for 5-7 days, improving during that time. Vomiting usually lasts for 1-2 days and stops within 3 days.

Preventing the spread



- Washing hands with soap (liquid if possible) in warm running water and careful drying are the most important ways to prevent the spread of gastroenteritis.
- Hands should be washed after going to the toilet or changing nappies and before touching food.
- Towels used by children with gastroenteritis should not be shared.
- Children should not attend any school or other childcare facility while they have diarrhoea or vomiting caused by gastroenteritis and should not go back to school or other childcare facility until at least 48 hours after the last episode of diarrhoea or vomiting.
- Children should not swim in swimming pools for 2 weeks after the last episode of diarrhoea.
- Try to keep affected children separate from healthy children as much as possible



Keep the following items in your medicine cabinet ready for when you may need them:

- Paracetamol Suspension (eg; Calpol/Medinol)
- Ibuprofen Suspension (eg; Nurofen) Caution in Asthmatics
- Oral Rehydration Sachets (eg; Dioralyte)

Remember to keep these in date and out of reach of children.