



# Diarrhoea and Vomiting

## **IF YOUR CHILD**

- has signs of dehydration such as a dry mouth, has not passed urine in the last 12 hours, is unusually sleepy or has sunken eyes, and becomes unresponsive
- has unusually pale or mottled skin
- has cold hands and feet
- is breathing faster than usual

**Phone for an ambulance  
or go straight to the nearest  
Emergency Department**

## **IF YOUR CHILD**


- has signs of dehydration
- is irritable or lethargic
- is getting worse or you are worried
- is not drinking
- has blood in his/her stool (poo)
- has had six or more episodes of diarrhoea in 24 hours
- has had two or more vomits in 24 hours
- is under one year old

**Contact your local  
paediatrician**

## **IF YOUR BABY/CHILD?**

- is drinking plenty
- is passing regular urine
- is alert and responsive

**Manage at home following  
the advice overleaf**

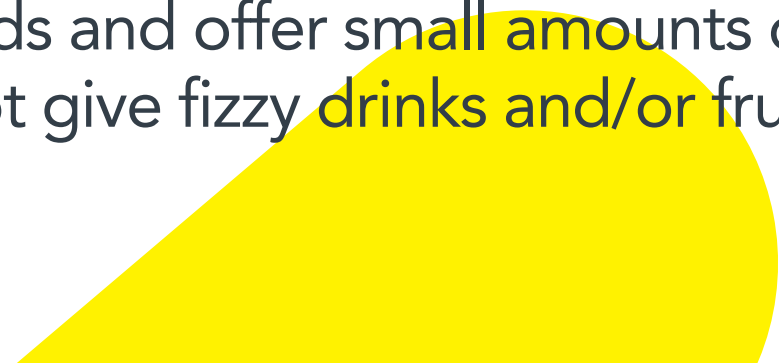


Your child has attended the hospital with diarrhoea and vomiting, we have assessed them and feel they are ok to go home.

When they get home you need to check on them regularly and follow the advice in this leaflet. Diarrhoea and vomiting can be highly infectious. Diarrhoea can often last between seven and ten days.

Most children get better very quickly, but some children can get worse. You need to regularly check your child and follow the advice in this card.

### **Self management at home**

- Continue to offer your baby/child their usual feeds, including breast or other milk feeds.
  - Encourage your baby/child to drink plenty of fluids and offer small amounts often.
  - Do not give fizzy drinks and/or fruit juices.
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- Give an oral rehydration solution if advised by a health professional.
- If your baby/child has stomach cramps, you can give him/her liquid paracetamol or ibuprofen. Always follow the manufacturer's instructions for the correct dose.
- Wash hands after going to the toilet and before touching food.

**If your child does not get better  
contact your local paediatrician**

AL JALILA CHILDREN'S HOSPITAL ...

## A PLACE WHERE I CAN BE A CHILD

Our patients are no ordinary patients, which is why our hospital is no ordinary hospital. It's an inspiring, child friendly world with innovative facilities and highly qualified doctors who know everything there is to know about young bodies and minds. We have spared no efforts in ensuring that our services and our facilities are customized to eliminate any stress or anxiety that might affect the children from being in a traditional hospital environment. Our care and attention goes beyond the patients and reaches out to their families, for we firmly believe that all children are entitled to a happy and normal childhood, regardless of their medical condition.

For more information, please visit  
[www.aljalilachildrens.ae](http://www.aljalilachildrens.ae)

[@jalilachildrens](https://www.instagram.com/jalilachildrens)

