

Viral gastroenteritis

Dear parent or guardian:

Your child recently may have been exposed to **viral gastroenteritis**, also known as the stomach flu. If your child has symptoms, keep them home until they are no longer vomiting, have no diarrhea for 24 hours, and can take part in normal activities.

Symptoms

Symptoms usually last 24–48 hours and include nausea, vomiting, stomach cramps, and diarrhea. Some people also experience headache, mild fever, and body aches.

Spread

Gastroenteritis spreads easily through infected peoples' poop and vomit. It may spread through contaminated hands, surfaces, objects, bathroom surfaces, and food.

Diagnosis and treatment

A healthcare provider can help diagnose gastroenteritis. Antibiotics are not effective against gastroenteritis. Get plenty of rest and drink plenty of fluids to help with recovery.

Prevention

Good hygiene is the best way to prevent the spread of gastroenteritis.

- Wash your hands thoroughly with soap and warm water. Always wash your hands after using the bathroom, changing diapers, or helping children use the toilet.
- Wash your hands well before preparing, serving, or eating food.
- Clean soiled areas with a 10% bleach solution.
- Wear gloves and a mask when cleaning up vomit or diarrhea.
- Wipe down shared surfaces, like desktops and doorknobs, with a 10% bleach solution.

Learn more

For more info, contact a healthcare provider.