



## *Bulldog Care Card*

### Diarrhea

Diarrhea is loose or watery stools that occur more often than usual for your child. Most children will have diarrhea from time to time. It can be caused by many things.

**Diarrhea Precautions:** Contagious until stools are formed. Stay home until fever (99.7 per school policy without the aid of medication) is GONE, diarrhea is ABSENT, blood and mucous are gone, and toilet trained child has control of stools. **Hold for a minimum 24 hours after last episode and stools have returned to normal.**

**Prevention:** Encourage proper hand washing, especially after using the restroom. Do not share drink ware or eating utensils. Disinfect the bathroom after episodes paying attention to door knobs, sink handles and toilet flush handles.

**Home Care:** Your child should eat a regular diet even with diarrhea. Do not force your child to eat. However, he/she must drink fluids. Encourage your child to drink and eat until satisfied. Small amounts are better than large amounts. Try to avoid spicy and greasy foods for a few days. Your child may continue to have diarrhea stools with eating and drinking. It is important to replace the fluids he/she is losing in the bowel movements. You can offer electrolyte replacement solutions such as Pedialyte. Avoid fluids that have lots of sugar (such as sports drinks and Jell-O) since they can cause diarrhea.

**Call your child's Doctor or take to the ER for evaluation if:**

- Diarrhea comes back or gets worse.
- You see blood in your child's stool, sometimes described as tarry or maroon.
- Your child has severe stomach pain or cramping.
- Your child will not drink.
- Your child has a fever more than 101 degrees F (38.3 degrees C).
- The inside of your child's mouth is dry and there are no tears if he/she cries.
- Your child has not had a wet diaper or urinated in 12 hours.
- Your child acts confused or is hard to wake up.
- You have any concerns or questions.

#### **Special Concerns:**

If your child has a chronic or serious health problem or is under 6 weeks old, call your doctor for special instructions. This form does not replace instructions your doctor provides to you.

References: Children's Hospital of St. Louis, Children's Mercy Hospital Kansas City, Mayo Clinic, CDC

