



Bulldog Care Card

Vomiting

Vomiting describes the forceful ejection of the contents in the stomach through the mouth and sometimes the nose, also called emesis. A virus is often the cause. Being overexcited, eating too much or too fast and being upset can cause a child to vomit. Vomiting can cause your child's body to lose too much fluid and become dehydrated. It is important to see that your child drinks fluid even if he/she has vomited. Do not worry if your child will not eat. He/she will eat when he/she feels better.

Vomiting Precautions: Contagious until vomiting has stopped. Stay home until fever (99.7 per school policy without the aid of medication) is GONE, diarrhea is ABSENT (if accompanies the vomiting). ***Hold at home for a minimum 24 hours after last episode and able to keep a regular meal down.***

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: Do not offer your child anything to eat or drink for 15 minutes after he/she vomits. Let his stomach rest. Then, start giving your child 1 teaspoon to 1 Tablespoon of clear liquid every 2 minutes. Then each hour increase the amount offered. Fluids of choice are electrolyte replacement solutions such as Pedialyte. Avoid fluids that have a lot of sugar (sodas, Jell-O, sports drinks, juices etc.). They may cause diarrhea.

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

- Your child vomits after a fall or a hard blow to the head.
- You child vomits up blood, green or black fluid.
- Your child has not urinated in 12 hours.
- There are no tears when your child cries, your child has a dry mouth and tongue.
- Your child acts confused or is hard to wake up.
- Your child has stomach pain that lasts more than four hours.
- Fever >101 degrees F
- Your child will not drink anything.
- Your child keeps vomiting after you have given small sips of clear fluids several times.
(Remember to let your child rest for 15 minutes after vomiting before offering again.)

Special Concerns:

If your child has a chronic or serious health problem or is under 6 weeks old, call your doctor for special instructions. If your child has swallowed medicine, a plant leaf, or some kind of cleaning product call the *Poison Control Center* IMMEDIATELY at 1-800-222-1222. 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

