



Hayfield School



Manor Drive, Upton, Wirral, CH49 4LN
 Tel: 0151 677 9303 Fax: 0151 677 3981
 E-mail: schooloffice@hayfield.wirral.sch.uk
 HEADTEACHER: Mr L Comber
 "Learning to live and love life - together"



DIARRHOEA AND VOMITING INFO SHEET



What causes diarrhoea and vomiting?

This tummy bug is usually caused by a bacteria or virus. The most common virus that affects children is called the rotavirus. The most common virus in adults is called the norovirus.

How do I manage it in my child?

You can look after your child at home if they have diarrhoea and vomiting. There's not usually any specific treatment and your child should start feeling better in a few days. Seek medical advice if you are concerned at all. To help ease your child's symptoms:

- Encourage them to drink plenty of fluids.
- Make sure they get plenty of rest.
- Let your child eat if they are hungry. Try small amounts of plain foods, such as soup, rice, pasta and bread.
- Give them paracetamol if they have an uncomfortable fever or aches and pains.
- Use special rehydration drinks made from sachets bought from pharmacies if they're dehydrated.

Find more info on NHS Choices: www.nhs.uk/conditions/gastroenteritis

Why 48 hours off school?

You need to wait 48 hours (2 full days) after the last vomit or diarrhoea before you can send your child back to school. This is because the virus can still spread to other people during this time.

If your child has vomited for another reason other than a tummy bug you don't need to keep them off. **But if you are at all unsure, please keep them off for 48 hours.**



Article 29: "Education must develop every child's personality, talents and abilities to the full..."

