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GASTROENTERITIS



Diarrhea is a condition that involves frequent passage of loose and watery stools. For babies and children, see a doctor if diarrhea lasts more than 1 day. It can cause kids to lose fluids, salts, and minerals so it is important to make sure these are replaced.

SIGNS AND SYMPTOMS :

- Loose and frequent stools
- Cramping stomach pain
- Fever
- Loss of appetite and weight loss
- Feeling tired and dehydrated.

CAUSES:

- Use of bottle feeding.
- Infection.
- Eating uncovered and uncooked foods .
- Milk and dairy products if there is allergy to milk .

WHAT TO DO:

- Stop bottle feeding or any use of plastic for feeding.
- Give more liquids (water, ORS, lemon water) to cover the fluid loss .
- Avoid milk and dairy products until diarrhea has stopped.
- Eat small meals every 2-3 hours.
 - ✓ Eat low-fiber foods such as white breads, white rice, cooked vegetables
 - ✓ If foods cause cramping, eat a clear liquid diet for a day or two (water, lemon water, soup, ORS).
 - ✓ As your diarrhea gets better, try to follow BRAT diet (banana, rice, apple , toast of white bread , khichri). When stools start to firm again, add soft food.
- Drink boiled and cool water.
- Be sure to wash hands well after each stool .
- Avoid apple juice and other sweet drinks because they may make diarrhea worse.
- Avoid uncooked and uncovered foods available in the street like gol gape, chutney, salads, curd, cut fruits, etc .
- Make sure kids wash their hands well and often.
- Wash fruits and vegetables well before cooking.