

Diarrhea Facts...

Diarrhea has many causes, including:

- Antibiotics
- Consuming too much fruit or fruit juice
- Food sensitivity
- Illness
- Infection

Diet:

What the child eats or drinks may make diarrhea worse. Changing the diet may relieve some types of diarrhea. For the most part, you should continue to feed your child as usual. Most children will make up the nutrients they lose through diarrhea if they increase the amount of food they take in. No specific diet is recommended for diarrhea, but below are a few guidelines that you can follow:

- Dairy products can sometimes make the diarrhea last longer
- Allow children to take their time to return to normal eating habits
- Usually children tolerate bland diets better— Bulking agents, such as starches, fresh fruits, and vegetables sometimes help create more solid stool
- Fruit juices can loosen stool

Fluids:

Fluid is very important because it is easy for a child with diarrhea to become dehydrated. Dehydration is a serious condition in babies and young children. Lost fluids need to be replaced. Replace fluids (rehydration) through drinking for all but the most seriously dehydrated children, or those who can't keep fluids down.

- Rehydration Drinks:
 - Gatorade
 - Pedialyte
 - Powerade
 - Popsicles
 - Jello

CONTACT YOUR HEALTHCARE PROVIDER IF:

- Your child is much less active than normal (not sitting up at all or looking around)
- Diarrhea contains blood or mucus

- Diarrhea develops within 1 week of travel outside of the United States, or after a camping trip (the diarrhea may be due to bacteria or parasites that require treatment)
- Diarrhea is accompanied by multiple vomiting episodes, fever, or abdominal cramping
- Diarrhea is severe, or lasts longer than 2 to 3 days
- Diarrhea keeps returning, or the child is losing weight
- The child has signs of dehydration (call immediately):
 - Dry and sticky mouth
 - Has not urinated for 6 hours
 - No tears when crying
 - Sunken eyes

*** Students who have had diarrhea should not return to school until they have been diarrhea free for 24 hours***