

Vomiting and Diarrhea

Your health and safety are very important to us. Because of the large number of people with the flu, hospitals and emergency rooms are very busy. As a result, we are closely evaluating who we take in the ambulance to the hospital.

We evaluated that you do not need to go in the ambulance to the hospital at this time. You can get medical care at a clinic, urgent care or an emergency room. If you decide to do so, you will need to get to these places on your own.

You should call 911 for any medical symptoms, concerns that happen after we leave today.

Vomiting and diarrhea can make you feel awful. People often feel nauseated when they are vomiting and having diarrhea. Having nausea, vomiting and diarrhea can make eating and drinking enough liquids difficult.

To help you take care of yourself at home, follow these guidelines:

Drink liquids to avoid getting dehydrated

- Start drinking small amounts of clear liquids such as water, broth, jello, and juice.
- Drink small amounts many times rather than one big glass at a time.
- Drink every hour that you are awake.
- For infants and small children, Pedialyte from the grocery store will replace water and electrolytes.
- For older children and adults, you may find that Gatorade mixed with an equal amount of water and served on ice will work well.
- If you just cannot drink anything, because you can't keep it down or feel so awful, then you should suck on ice chips.

Start eating solid foods when you start to feel better

- Start eating solid food in small amounts and increase the amount you eat as you feel better.
- Plain low fat foods may sit on your stomach better.

Medicines:

- **Do not** use medicines that are for stopping diarrhea or stopping vomiting without asking your healthcare provider if you can take any of these medicines.
- **Do not use aspirin in anyone 18 years old or younger if they have a fever. Aspirin and some viral illnesses can cause a deadly reaction called Reye Syndrome.**
- Some medicines can cause diarrhea and vomiting. Ask your doctor if any of the medicines you take could give you diarrhea and make you vomit. This would include any over-the-counter medicines you take.

- There are some over-the-counter medicines you can buy that can help with your nausea and also can help an upset stomach. Ask your healthcare provider if she or he would suggest a medicine you can use.

Call your healthcare provider if you have any of these symptoms:

- Blood in your stools.
- Black, tarry stools.
- Blood in your vomit.
- Black or coffee ground appearing vomit.
- Severe pain that does not go away in your abdomen (belly, stomach).
- Vomiting with a real bad headache.
- If you had a head injury and then start vomiting.
- You are becoming dehydrated.
- An infant wets with urine three or less diapers in a day.
- You cannot keep down liquids for 12 hours.
- Vomiting that lasts for 24 hours.
- Real bad diarrhea that lasts for 2 days.
- Your skin or the whites of your eyes turn yellow.

This information is to help you care for yourself at home.

The evaluation and/or treatment by the paramedics today are not to replace the recommendations of a doctor,

You can get medical care by a doctor on your own.

You can always call 911 for any medical symptoms, concerns that happen after we leave today.



These Home Care Instructions are for use during specified times of severe pandemic influenza, courtesy of the Metro Region EMS System, Metro Emergency Services Board, 2099 W. University Avenue, St. Paul, MN 55014-3431