



Vomiting, Diarrhea, and Children: Info for Parents/Caregivers

As a parent or caregiver, there are simple steps you can take to help protect family and friends from vomiting and diarrheal illnesses

What is diarrhea?

Diarrhea is:

- Increased number of stools compared with a child's normal pattern, or
- Decreased stool form, or
- Stools that are watery, bloody, or contain mucus.

Vomiting and diarrhea can be contagious

Infectious diseases that cause vomiting and diarrhea are spread via the fecal-oral route. Even after recovery, those who were sick are still contagious for at least 1-2 days. Practice good handwashing to prevent others from becoming ill.

Keep sick kids home

Because it can be difficult to tell the cause of vomiting and diarrhea, all children with one of these symptoms are not allowed to be at child care/preschool until at least 24 hours after their last episode of vomiting or diarrhea.

Other exclusions may apply if your child is diagnosed with a specific infectious disease.

What should you clean with?

BLEACH



WATER



Always follow manufacturer's directions when handling bleach.

Prevent the spread

- Wash your hands and your child(ren)'s hands with warm, soapy water for at least 20 seconds
 - After using the toilet, changing diapers, or helping children in the bathroom
 - Before preparing food or bottles
 - Before eating
- Do not prepare food for others (e.g., food for a potluck) if anyone in the household has diarrhea
- Sanitize bathroom, kitchen, and other surfaces and toys regularly
- Do not go swimming if you are experiencing diarrhea
- Do not bathe children together if one has diarrhea
- Contact your health care provider if you have any concerns regarding your child's health

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If you have questions, concerns, or would like more information, call 1-877-676-5414.