



Gastroenteritis or Stomach Virus



Gastroenteritis is a very contagious stomach virus often accompanied by nausea, vomiting, and diarrhea occurring separately or together. Additional symptoms may include abdominal pain and/or cramping, fever, and body aches. The acute symptoms often subside in 12-24 hours, but diarrhea may persist for 1-3 days.

SELF-CARE -- WHAT YOU CAN DO:

- Do not eat or drink anything until vomiting has stopped and nausea is subsiding. You may rinse your mouth or suck on ice chips after vomiting, but do not swallow water at this time.
- One to two hours later, begin sips of clear liquids (ginger ale, decaffeinated colas, sports drinks, cranberry juice blends, Kool-Aid, jello and Popsicles). If sips are well tolerated, increase clear fluid intake and continue until nausea is gone.
- Progress to bananas, rice, applesauce, and toast for 24 hours or until diarrhea has stopped.
- Progress to light diet for 24 hours. Begin to add easily digested foods such as cream of wheat, oatmeal, grits, clear broth soups, plain pasta, saltines, and toast with jelly.
- *Gradually* return to full diet as tolerated.
- During your illness, avoid fatty or highly seasoned foods, dairy products, high fiber foods, caffeine, alcohol, and nicotine.

YOU SHOULD SEE A HEALTH CARE PROVIDER IF:

- Nausea and vomiting have not improved after 24 hours, or diarrhea does not subside in 3 days.
- Vomiting and diarrhea are frequent and severe.
- You are having abdominal pain that is severe, persistent, or localized in one area.
- Your temperature is above 101 degrees Fahrenheit.

CONTACT HEALTH SERVICES IF YOU HAVE ANY
ADDITIONAL QUESTIONS OR CONCERNS.



HEALTH SERVICES

(603)862-2856 (during hours of operation)|(603) 862-1530 (after hours)

www.unh.edu/health-services