

# Stomach Bugs



## NAVIGATING A STOMACH VIRUS:

Bring your child to Little Spurs Pediatric Urgent Care for all of their minor illnesses and injuries! Open seven days a week, Little Spurs treats children 0-21 years old.



**Book Now**

Vomiting and diarrhea are the most common symptoms of a stomach virus in children. Other symptoms may include abdominal pain, headache, decreased appetite, and body aches. While vomiting usually resolves within one to two days, diarrhea can last longer, sometimes up to a week or two! Stomach virus diarrhea is typically loose and watery without visible blood.

### Hydration is Key

- The most important thing to focus on during a stomach bug is keeping your child hydrated. Oral rehydration solutions like Pedialyte are a great choice. Offer small sips of liquid frequently, as too much fluid at once can trigger more vomiting. Once they can keep fluids down, you can resume a normal diet with healthy foods like fruits, vegetables, yogurt, and lean proteins. The BRAT diet (bananas, rice, applesauce, toast) is no longer recommended as it is too restrictive and lacks proper nutrition.

### Hygiene Matters

- Handwashing is essential to preventing the spread of stomach bugs. Clean high-contact surfaces, avoid sharing drinks, and wash hands frequently. This helps prevent other family members from getting sick.

### When to See a Doctor

- While most stomach bugs are viral and resolve on their own, it's always a good idea to consult a healthcare provider if your child has vomiting and/or diarrhea. They can rule out other conditions and make sure your child is on the path to recovery.



**PEDIATRIC Urgent Care**