



## INFORMATION SHEET: DIARRHOEA

Diarrhoea is unexpected episodes of loose or watery bowel movement that occur more frequently than normal.

### 1. CAUSES:

- Diarrhoea can be the cause of a gastrointestinal (GI) infection.
- Gastrointestinal infections can be caused by viruses, bacteria, or parasites.
- Could be the side effect if on antibiotics.

### 2. SIGNS AND SYMPTOMS:

- Fever
- Crampy, abdominal pains
- Loss of appetite
- Nausea
- Vomiting
- Weight loss
- Dehydration

### 3. TREATMENT:

A child with mild diarrhoea who isn't dehydrated or vomiting can eat and drink as normal.

If the diarrhoea is caused by a parasite, it can be treated with antiparasitic medicines to shorten the course of the illness. The doctor may order a stool test, in which a stool sample germ is causing the diarrhoea (bacteria, virus, or parasite).

If your child shows signs of mild dehydration, you can give oral rehydration solution.

### 4. PREVENTION:

- Wash hands regularly with soap and warm water.
- Disinfect toilets
- Do not share towels.

### 5. SCHOOL POLICY:

- Can return to school 48hrs after last episode of diarrhoea if more than one episode or has a fever as well.
- Can return to school 24 hrs after last episode of diarrhoea if only one
- No swimming in swimming pools until 2 weeks after last episode of diarrhoea.

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Source: kidshealth.org