

**When
should I
call the
doctor?**

Call your doctor if . . .

- Your child is vomiting **or** has diarrhea and is less than **six** months old.
- Your child is vomiting **or** has diarrhea and is between **six** months old and 1 year old, and has a **fever** over 101.4 degrees.
- Your child has signs of dehydration. (see list on inside of **this** brochure)
- Your child has been vomiting longer than eight hours **or** is vomiting with **great** force.
- The adult **or** child has stools that are bloody **or** slimy.
- The adult **or** child has blood **or** green slime in the vomit.
- The adult **or** child's belly is bloated.
- The adult **or** child hasn't urinated ("pissed") in eight hours.
- The adult **or** child could have *swallowed* something that could be a poison.
- The adult **or** child has a **stiff** neck.
- **Is** listless **or** **unusually** sleepy.
- The adult **or** child has had abdominal **pain** **for** over two hours

This brochure provides a general overview on this topic and may not apply to everyone. To find out if this brochure applies to you and to get more information on this subject, talk to your doctor.



Red Lake Hospital
Red Lake, MN 56671
(218)679-3912

Red Lake Hospital Health Tip



Vomiting & Diarrhea

What causes vomiting and diarrhea?

Vomiting (throwing *up*) and diarrhea (*many* watery bowel movements) can be caused by **viruses**, **bacteria**, parasites, *foods that* are hard to digest (*such as* too many sweets) and other **things**.

Vomiting and diarrhea are very dangerous in children and in the elderly

Vomiting and diarrhea can be harmful **because** they can cause dehydration. 'Dehydration' occurs when too much fluid is lost from **the** body. Signs of dehydration are listed on the next page. Dehydration can cause death.

Dehydration can occur quickly

Young babies and very old people can become dehydrated very quickly. But, if **the** vomiting and diarrhea **are** both **really** bad, dehydration can occur very quickly in anyone.

Signs of dehydration

- Irritability
- Not eating as well as usual
- Weight **loss**
- Not urinating ("peeing") as often as usual
- Urin that is darker and smells stronger than usual
- **fast heartbeat**
- Dry mouth
- Thirst (babies may show thirst **by** crying and being irritable and eager to drink when something is offered)
- Sunken eyes
- Not tears when crying
- Sunken **soft** spot in babies younger than 18 months
- Skin that isn't as springy as usual