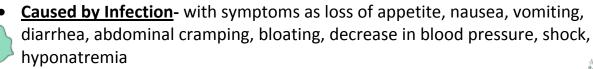
Gastroenteritis

What is it?



- Electrolyte Imbalance- can cause life threatening dehydration to all ages
- Inflammation- of the lining of the stomach and intestine

What causes Gastroenteritis?

- Microorganisms- spread in food or water, contaminated water or by feces
- <u>Transferred from Person to Person</u>- not washing hands-Salmonella (diarrhea, touching an animal and not washing hands thoroughly)
- <u>E coli</u>- can cause diarrhea-can cause typhoid fever, invade the lining of the intestine, tiny ulcerations that bleed causing loss of electrolytes, protein, and water
- Viruses can affect the lungs, stomach and/or intestine
- <u>**Toxins</u>** in seafood, mushrooms, potatoes, heavy metals (arsenic, lead, mercury, cadium, drugs, antibiotics)</u>
- **Overindulgence** of alcohol

Is it serious?

- Serious- in newborn or premature nursery
- <u>Severity of Symptoms</u>- depend on nature and dose of irritant, duration, resistance and involvement of the GI (Gastrointestinal) Tract

What can I do?

- Drink- adequate fluids
- <u>NPO</u>- Nothing is allowed by mouth while having nausea and vomiting

 Advance to clear liquids
 - See FFF Clear Liquid Diet Plan

Checkups?

- Get a stool check if lasts more than 24 hours
- See your Health Care Provider
- See Registered Dietitian- for help with your diet







