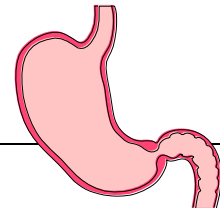


Stomach Flu



What is it?

- **Caused by**- a viral infection in the digestive system (stomach and small intestine)
 - **Viruses**- Norwalk virus, adenoviruses, rotaviruses
 - **Caused by**- swallowing one of these viruses
- **Stomach Flu**- Viral Gastroenteritis



Signs and Symptoms:

- **Stomach Flu**- nausea, vomiting, diarrhea, stomach cramps, mild fever, fatigue, chills, loss of appetite, muscle aches, dehydration
- **Illness**- may start suddenly with stomach cramps, vomiting, or diarrhea or may develop over a period of hours

Facts:

- **Stomach Flu**- Usually lasts \leq 24 hours, can last 1-3 days
- **Spreads**- direct contact as shaking hands, kissing, sharing food, drink or eating utensils
- **Virus**- enters the stomach and small intestine, inflames the lining of these organs; the stomach and intestine are temporarily unable to perform their usual functions
 - **Can Cause**- food to move more rapidly through your Gastrointestinal (GI) tract

What can I do?

- **See your Health Care Provider**- lab tests to rule out more serious illnesses, dehydration, appendicitis, may need IV intravenous fluid if dehydrated especially in children and elderly
- **See a FFF RD**- on line for help
- **Rest**- the stomach, intestines, follow a Clear Liquid Diet, later a Bland diet
 - **Start with**- small, frequent sips of liquids, drinking too much may cause vomiting
- **Clear Liquids**- flat beverages without caffeine, cold apple juice, Gatorade, Powerade, AVOID Milk or Milk Bases Beverages- See Clear Liquid Diet
- **Bland**- Bananas, applesauce, toast, crackers, and green beans see Bland Diet

