

NIPAWIN HOSPITAL

DIARRHEA

Diarrhea is a very common problem in childhood, usually, it is mild and brief, but can be severe especially in infants.

A child has diarrhea:

1. If there are more bowel movements than usual.
2. If stools are more unformed and watery than usual.

A child with diarrhea may also have:

1. Fever
2. Loss of appetite.
3. Nausea and vomiting.
4. Stomach pains.
5. Cramps.
6. Blood and/or mucus in the bowel movement.

Diarrhea germs are easily spread from person to person, especially from child to child.

The spread of the infection can be reduced if adults and children wash their hands carefully after every diaper change and going to the toilet.

- Wash hands before preparing and eating food.

Many different germs cause diarrhea.

It is most important that the child with diarrhea continues to drink enough water or other fluids to avoid dehydration.

Contact your physician if your child has diarrhea and develops any of the following:

1. A fever higher than 38⁰ C (102⁰ F)
2. Refusal to drink
3. Repeated vomiting
4. Very large, watery stools
5. Several stools in a day
6. Decrease in the number of wet diapers or decrease in amount of urine
7. Sunken fontanelle (the soft spot in the top of the head of children less than 18 months of age)
8. Sunken eyes
9. Listlessness or decreased activity
10. Rapid breathing
11. Blood in the bowel movement

These symptoms suggest that your child is becoming dehydrated or has a more complicated infection.

