

Vomiting



Your child has been vomiting.

Vomiting can have many causes and may not always come from an infection. Exposure to germs, eating too much, being injured, being under stress, or becoming too hot are some reasons that vomiting may occur.

If a child throws up after a head injury, he or she needs to be seen right away by a health care provider.

It is important to make sure your child does not become dehydrated. Dehydration (a large loss of body fluids) is very harmful to a child.

Things to do at home when caring for your child who has been vomiting:

- A child with vomiting may spread germs to others. **Wash your hands and your child's hands.** Hand washing prevents the spread of germs. Wash your hands before preparing food and after using the bathroom. Teach your child to wash his or her hands also.
- Clean your bathroom and kitchen using a disinfectant that will kill bacteria and viruses.
- Clean toys your child may have played with, using a disinfectant that will kill bacteria and viruses.
- For the first 4-6 hours after your child starts vomiting, do not feed your child. You may give your child a few ice chips to suck on every 15 minutes.
- After 4- 6 hours, if your child does not vomit any more after eating ice chips, your child can sip 1-2 tablespoons of an oral rehydration solution every 5-10 minutes. Some oral rehydration solutions are Ricelyte®, Ceralyte®, and Pedialyte®. Offering sips is important because your child may vomit again if he or she drinks too much at

once. Sometimes a child will take liquids better if they are frozen such as Pedialyte Freezer Pops® or ice chips; or slushy and can be eaten with a spoon.

- Do not give your child liquids such as broth, juice, soda or sports drinks. They might contain too much salt or sugar and can make your child sicker.

If your child has not vomited for 6-12 hours and is feeling better, your child can try eating. Give your child a small amount of food at first. Some good foods to try may be:

- Rice, wheat, and oat cereals
- Plain crackers and bread
- Yogurt
- Vegetables
- Fruits
- Soups made with vegetables and cereals, such as vegetable soup with rice;
- Chicken (boiled or baked) with the skin removed

Until your child is well, do not give your child:

- Milk
- Greasy food, such as hamburgers, french fries, or pizza
- Butter or gravy
- Fruit juice
- High sugar foods or drinks, such as sodas, sweet tea, or sports drinks

Parent Information
School Age Children

Vomiting



When to seek medical care for your child who has been vomiting:

Contact your child's health care provider if your child:

- Has a temperature of 101^o F or higher by mouth or 100^o F or higher under the arm
- Complains that it hurts to urinate
- Does not urinate at least once in 8 hours
- May be getting dehydrated (not urinating as much as usual, or if the mouth and eyes look dry)
- Has an earache
- Has a stiff neck
- Has trouble breathing
- Has a seizure
- Acts confused
- Becomes unconscious
- Vomits blood
- Has bowel movements that are bloody or black
- Has very bad stomach pain
- Acts like he or she feels very bad

Your child may need to stay out of childcare or school if he or she has been vomiting:

Exclude students from childcare for vomiting two or more times during the previous 24 hours, unless the vomiting is caused by a non-communicable condition and the child is not in danger of dehydration.

For additional information about exclusion when a child has vomiting or a fever, see the DPH Child Care and School Exclusion Lists of Contagious or Communicable Diseases at www.dph.sc.gov/diseases-conditions

Brand names used in this document are only meant to be examples. DPH does not endorse any of the brand names in this document.

Child's Name _____

School Nurse _____

Date _____

School _____

School Phone Number (_____) _____



**SOUTH CAROLINA
DEPARTMENT OF
PUBLIC HEALTH**

<https://www.dph.sc.gov/health-wellness>

Bureau of Maternal & Child Health • Division of Women & Children's Services