STOMACH FLU

1. Fever
2. Stomach ache
3. Vomiting
MODE OF TRANSMISSION
Faecal-oral smear infection: transmission through dirty objects, vomit or eating contaminated foods.

PREVENTION
The most important preventive measure: hand hygiene!

INCUBATION PERIOD
The time from infection to outbreak of the disease is 6 to 50 hours.

CLINICAL SYMPTOMS
Projectile vomiting 3, watery diarrhoea and stomach cramps 2. Common cold symptoms and moderate fever 1 often present at the beginning of the illness. The symptoms usually abate after 12 to 48 hours.

COMPLICATIONS
With babies and toddlers, risk of drying out through loss of fluid (dehydration)

READMITTANCE
Your child may return to nursery 48 hours after the symptoms have abated. This means: 48 hours after your child has stopped vomiting, no longer suffers from diarrhoea, has a stable circulation and no longer requires a strict diet.

FOR FURTHER INFORMATION SEE THE NHS WEBSITE