

Stomach Flu (Gastro)



EMERGENCY: CALL **911** IF

- There is a lot of blood in your stool.
- Your stool is black.
- Your vomit looks like coffee grounds.
- You have diarrhea, are very thirsty and have not urinated in more than 12 hours.
- You have chest pain.
- You are becoming weaker, sleepy, confused or irritable.
- You have diarrhea and severe stomach pain.
- You are vomiting often and it does not improve after 4 hours.
- You have had diarrhea for more than one week.

When to seek **professional** help

- You have diarrhea and your bowel movements are frequent and heavy.
- You see a little blood in your stool.
- You are unable to drink or keep fluids down.
- You have diarrhea and a fever that will not go away.
- You have been vomiting for more than 48 hours and it has not gotten any better.
- You recently traveled to a country where, according to the Government of Canada (travel.gc.ca), there are health risks.

How to get **help**

- 24/7, dial **811**
- Call your pharmacist
- Call your clinic to make an appointment
- If you do not have a doctor, dial **811 option 3**
- Find an appointment on rvsq.gouv.qc.ca

This booklet is not intended to replace the advice of a medical professional, nor is it intended to be a substitute for medical care.

All content available on sante.quebec

Gastroenteritis, also known as gastro or stomach flu, is a problem that affects the stomach and intestines. It can cause diarrhea, vomiting, fever and stomach cramps. It is very contagious.

What to do at home



Rest: Lie down somewhere quiet.



Hydration: Try to drink small amounts of water. You can also buy a rehydration solution or make your own at home: 360 ml of unsweetened orange juice, 600 ml of cooled boiled water and 2.5 ml ($\frac{1}{2}$ teaspoon) of salt.



Diet: Eat easy to digest foods such as bananas, rice, soda crackers or boiled potatoes.