

PUBLIC HEALTH FACT SHEET

No. 103

GASTROINTESTINAL PROBLEMS

GASTROINTESTINAL PROBLEMS such as abdominal pain, diarrhoea or vomiting may develop as a result of:

- Food poisoning
- Infections with viruses or bacteria
- Infections with Giardia or worms
- As a symptom of other diseases such as appendicitis or urinary infection.

TREATMENT OF DIARRHOEA & PREVENTION OF DEHYDRATION

- Extra fluid is required when experiencing vomiting or diarrhoea. It is important to seek medical attention if vomiting and diarrhoea persists.
- Children can become dehydrated very quickly in a tropical environment.
- Re-hydration fluids are available from your chemist or health centre.
- **STRICTLY NO SWIMMING** for children experiencing vomiting or diarrhoea as this can contaminate the water and spread the infection.
- **HAND WASHING** by patients and their carers is essential. Use soap and water after every trip to the toilet.