

Nausea & Vomiting ("stomach bug")

Nausea /vomiting caused by a viral infection is sometimes referred to as "gastroenteritis"...

Generally, such symptoms resolve on their own without medical intervention. The majority of people find improvement within 24 hours and are back to normal by 72 hours after onset of the illness.

Symptoms

- Nausea with or without vomiting
- Generalized or upper abdominal pain/cramping
- Watery diarrhea (without blood) in some cases
- Muscle aches
- Headache
- Possible fever

Self-care measures

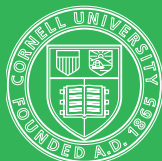
- Rest.
- Stop eating solid foods.
- Suck on ice chips or sip small amounts of water on a frequent basis.
- If you vomit, wait about 20 minutes then resume fluid intake.
- Slowly increase the amount of fluid intake.
- Rehydrate with water, Pedialyte[®], DripDrop[®] or sports drinks.
- Avoid caffeine, alcohol, and carbonated beverages.
- Acetaminophen (Tylenol[®]) as needed for fever, chills, headache, or body aches (follow package directions for dosing).
- Imodium for diarrhea lasting more than 2 days.

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Recovery

You may try solid food when:

- Nausea and vomiting have resolved for at least 6 hours
- You are tolerating fluids
- You feel hungry

When you are well enough to eat, follow the “**BRATS**” diet, listed below:

- **B**ananas (to help replace potassium), bread
- **R**ice and rice-based cereal
- **A**pples and apple sauce
- **T**oast (no butter)
- **S**altines or other bland crackers (to help replace sodium)

Limit spread to others

- Wash hands with soap and water frequently
- Stay home (or in your residence hall) for at least the first 24 hours

When to seek care from a medical provider

- If the vomiting persists more than 24 hours
- If you develop bloody diarrhea
- If you have obvious pain or tenderness isolated to the right lower abdomen (could be appendicitis)

To make an appointment at Cornell Health, call 607-255-5155 during business hours, or go to myCornellHealth (from *health.cornell.edu*) and find a time that works for you.

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