

How to treat diarrhoea and vomiting yourself

You can usually treat yourself or your child at home. The most important thing is to have lots of fluids to avoid dehydration.

Do

- ✓ stay at home and get plenty of rest
- ✓ drink lots of fluids, such as water or squash – take small sips if you feel sick
- ✓ carry on breast or bottle feeding your baby – if they're being sick, try giving small feeds more often than usual
- ✓ give babies on formula or solid foods small sips of water between feeds
- ✓ eat when you feel able to – you don't need to eat or avoid any specific foods
- ✓ take [paracetamol](#) if you're in discomfort – check the leaflet before giving it to your child

Don't

- ✗ do not have fruit juice or fizzy drinks – they can make diarrhoea worse
- ✗ do not make baby formula weaker – use it at its usual strength
- ✗ do not give children under 12 medicine to stop diarrhoea
- ✗ do not give aspirin to children under 16