



CPIN
Canadian
Primary Care
Information
Network

RCIP
Réseau canadien
d'information pour
les cliniques de
première ligne

Vomiting and diarrhea in children: what parents and caregivers should know

Vomiting and diarrhea are very common in babies, children, and teenagers. These symptoms are often caused by viruses that spread easily in homes, daycares, and schools. In most cases, children start to feel better within a few days. The main health risk during this time is usually dehydration, which happens when the body loses too much fluid.

It is important to watch your child closely for signs of dehydration. These can include a dry mouth or lips, fewer wet diapers or less urination than usual, no tears when crying, unusual sleepiness, dizziness, or feeling weak. Babies and young children can become dehydrated more quickly, so early attention is important.



To help your child recover, offer small amounts of fluid often. Continue breastfeeding or regular feeding if your child can tolerate it and return to normal foods gradually when appetite improves. If needed, oral rehydration solutions are a very good alternative for infants and young children because they replace both water and important salts. Older children and teens can also use these solutions. Avoid sugary drinks, pop, sports drinks, and fruit juice, as these can make diarrhea worse.

Good handwashing with soap and water is one of the best ways to prevent spreading infection to others in your home. Clean shared surfaces regularly, and avoid sharing cups, utensils, or towels while your child is sick.

For more
information, [click
here](#)

Please seek medical advice promptly if your child is under 3 months old and has a fever, or has severe or ongoing vomiting, strong belly pain, blood in vomit or stool, a high fever, signs of dehydration, or symptoms that last longer than 48 hours.