

## Operation Ouch- Diarrhoea and Vomiting

Hello.

Hello!

Hello? Hello.

Oh, hello.

Xand, what have I told you about talking with your mouth full?

What, I'm sorry, Chris. I was just so hungry.

Xand, what's in that sarnie? It smells a bit funny.

Well actually, it's a new invention of mine. I call it the Xandwich! Basically, I take a little bit of everything in the fridge and throw it in, and then I also found some leftover curry in the bin, so I put a dollop of that in as well. Would you like your bite?

No. No!

Absolutely not.

Well, suit yourselves.

What was that, Xand? Are you okay?

I've got a bit of a tummy ache, actually.

Xand! Either something in that sandwich was off or you've got a tummy bug.

Sounds to me like it's a diarrhoea. That's runny poo. And vomiting alert.

Now, tummy bugs are really common, especially when you're young and that's because your immune system isn't yet fully developed.

Now you might worry if you don't feel like eating but don't. You can actually last a couple of days without eating solid food, provided you're drinking rehydration drinks. They contain all the sugar and salts that your body needs.

And the best way to tell if you're drinking enough is by the colour of your wee and how many times a day you'll go.

Now if your wee is like yellow and you'll go several times a day, then that's fine. But if your wee is darker yellow, and you're going less than usual, you might be dehydrated.

Now it's time for your grown up alert.

Is your grownup paying attention? Good.

Now if your child is in nappies, they should have several wet nappies every day. Four to six is normal, but it may be less if they're feeling poorly.

Xand, how are you feeling?

I feel better to be honest.

Do you fancy a bite to eat, something to drink, perhaps?

I wouldn't mind something to drink. Thanks, Chris.

All fluids are good for you when you've had diarrhoea or vomiting. But in fact sugary things or milk are a little bit better than plain water.

There we go.

Hang on a minute. Is this urine?

No, it's apple juice!

Yep, definitely apple juice.

That's a relief!

Remember, if you're ever concerned, dial 111 for medical advice or call 999 in an emergency.