



RIVER VALLEY SCHOOL DISTRICT
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Gastroenteritis Care Instructions

What is viral gastroenteritis?

Gastroenteritis means inflammation of the stomach and small and large intestines. Viral gastroenteritis is an infection caused by a variety of viruses that result in vomiting or diarrhea. It is often called the "stomach flu," although it is not caused by the influenza viruses.

Common Symptoms include:

- Fever • Nausea • Abdominal cramping • Loss of appetite • Vomiting
- Weight loss • Watery diarrhea • Dehydration

How is gastroenteritis treated?

• Most cases of viral gastroenteritis resolve on their own without specific treatments. Antibiotics are not effective in treating viral infections. The primary goal of treatment is to reduce the symptoms and replace fluids.

Care Instructions:

- Rest is very important!
- Your child may not return to school or participate in after-school activities for 24 hours after the last episode of vomiting and/or diarrhea
- Drink plenty of clear liquids to stay hydrated: water, electrolyte drinks such as Gatorade or Powerade, or sugar-free/low sugar juice.
- Treat fever with Tylenol or ibuprofen, unless otherwise directed by your physician
- Stick to the BRAT diet: Bananas, Rice, Applesauce, and Toast.
- When Nausea/Vomiting/Diarrhea subsides, return to a normal diet.
- WASH WASH WASH your hands- prevention through good hand-washing is important to prevent the spread of gastroenteritis.

Don't hesitate to call the school nurse with any questions or concerns.

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