



# Stomach Flu

## Patient Resource Sheet

### What is it?

Gastroenteritis (GE) or Stomach flu occurs when your stomach and intestines are infected. As a result, you may have tummy aches, fever, diarrhea and nausea.



Watch this!

[What is gastroenteritis?](#)

### What can the doctor do to help me?

The doctor can prescribe you with some medicine to help with the tummy aches, fever, diarrhea and nausea. Your body will also need lots of water to feel better.

### What should I do to get better?

1. **Drink lots of water:** This will help to replace the water your body loss from diarrhea and vomiting.
2. **Take your medicine:** The medicine will reduce the pain and control the symptoms.
3. **Wash your hands regularly:** The virus that causes stomach flu can spread easily so having good hand hygiene will reduce the chances of passing it on to someone else.

If you  
want to learn more,  
ask your doctor/nurse to  
give the Child Life Therapist  
a call when you are staying  
in the hospital!

#### References:

<https://www.nhsinform.scot/illnesses-and-conditions/stomach-liver-and-gastrointestinal-tract/gastroenteritis>