

Stomach flu

- Stomach flu spreads easily.
- The illness usually resolves on its own, and the child can generally recover at home.
- Excessive vomiting and diarrhea can lead to dehydration. Make sure the child gets enough fluids. Dehydration is shown by the child's fatigue and dry mucous membranes. If necessary, products to maintain fluid balance can be purchased at the pharmacy.
- The child can return to daycare 48 hours after the diarrhea and vomiting has stopped.
- The child can return to school 24 hours after the diarrhea and vomiting has stopped. In case of norovirus infection the child can return to school 48 hours after the symptoms has stopped.
- Contact health care if:
 - the fever (38°C or higher) lasts for longer than 48 hours
 - there is blood in the stool
 - diarrhea lasts for longer than 72 hours
 - the child's general condition clearly worsens.

Prevention of infection

- Wash your hands thoroughly with soap and water before coming to daycare, after using the restroom, before eating or handling food. Dry your hands thoroughly after washing.
- If you have stomach flu in the family, clean faucets and surfaces, especially in the bathroom, with a chlorine-based cleaner. Wash your hands after cleaning.