

# A Parent's Guide to the "Stomach Flu"

Pediatrician Recommended  
**Nauzene<sup>®</sup>**  
**Kids**

*When your child has an upset stomach, you want to do all you can to make things better. Nauzene<sup>®</sup> Kids offers tips on how you can prepare for and care for tummy upsets so your child can get back to normal as fast as possible.*

## That Nasty Stomach Bug

"Stomach flu" is the term used to describe gastroenteritis, one of the most common causes of vomiting and diarrhea in young children. It is an inflammation of the stomach and intestines, which can be caused by several different viruses. The main symptoms are nausea, vomiting and diarrhea, generally lasting about two days. While the stomach flu can strike at any time throughout the year, it tends to be more prevalent during the winter "indoor months" when children are in close contact with one another.

## Be Prepared

Be sure to have pediatrician-recommended Nauzene Kids in your medicine cabinet to provide gentle, effective relief for nausea and vomiting. Some stomach remedies are not meant for children under the age of 12 years (read labels carefully). Nauzene Kids is specially designed to relieve nausea from the "stomach flu" in children as young as two years old. It's also effective for adults in case Mom and Dad catch the bug, too. Formulated to give parents peace of mind, Nauzene Kids is drug-free, caffeine-free, aspirin-free and doesn't contain parabens or any artificial flavors, dyes, or colors.

You can also be ready for stomach upsets by having an "emergency bucket", towels and hand sanitizer stored together within easy reach so you can grab it as you head to your child's bedside.

## Care & Comfort

Getting the stomach flu can be a scary event for young children. Providing care as calmly as you can will help ease your child's distress. Small comforts can help reassure your child that everything will be okay. Tuck a favorite stuffed toy into bed to "watch over" your young child. Read a story together to help take your child's mind off the tummy discomfort. As your little one begins to feel better, a favorite movie or TV show can help pass the time.

It's important to replenish the fluids your child has lost through vomiting and diarrhea. Even between trips to the bathroom, give small sips of water regularly. Watch for signs of dehydration, which can occur if fluid loss is severe. They include: dry mouth and tongue, infrequent or light urination and crying without producing tears. Call your healthcare provider if you notice any of these signs.

When your little one is able to try eating again, offer light foods in small portions. Nibbling on soda crackers or a piece of dry toast is a good starting point. Broth, chicken noodle soup and bananas are easily digested and can be offered next if those first nibbles were tolerated well.

## Preventing Stomach Flu

Hand washing is your best defense against the stomach flu. Be sure all family members wash their hands after they use the bathroom, before they eat and even when they return home from a public place. Teach your kids to wash with soap and warm water long enough to eliminate germs - at least 20 seconds, or about the time it takes to sing the "Happy Birthday" song twice. When your children are old enough to understand, teach them to keep their fingers out of their nose, mouth and eyes to help prevent the spread of germs that can make them sick.

When your child has the stomach flu, be on "germ alert" to prevent its spread. Launder your sick child's bedding, towels, pajamas and other items as soon as possible. Disinfect bathroom fixtures, door knobs, toys, and even the TV remote control to help prevent the bug from spreading.

As the caregiver, wash your hands frequently and use hand sanitizer as needed.

## When Should I Call My Healthcare Provider?

You should call your healthcare provider immediately if you have any concerns about your child's illness.

This information on the stomach flu and upset stomach is not intended to take the place of your healthcare provider's advice.

