



Ticket to Healthy Living

DIARRHEA



Texas
Children's
Health Plan is
your family's
ticket to
health care.



What is diarrhea?

Diarrhea occurs when your child has many loose and watery bowel movements. It is also known as "having the runs."

What causes diarrhea?

- Infections that are caused by viruses, bacteria or parasites.
- When your children eat too many foods that they aren't used to eating.
- Eating spoiled food.
- Allergies.
- Taking too many medicines.

Signs you might see

- More bowel movements than usual.
- Bowel movements are very watery.
- Child's bottom might be sore and red.
- Child's stomach might hurt.
- Child is dehydrated. Be aware of this.

What is dehydration?

- Dehydration is when the body doesn't have enough water.
- Young children can get dehydrated very fast.
- Watch for these signs of dehydration:
 - Baby - dry diaper for three hours
 - Child - no urine (pee) for six or more hours
 - Urine is dark yellow
 - Sunken eyes
 - Dry mouth
 - Crying with no tears
 - Dry skin
- Call your doctor if your child has any of these signs.

What to do

- If you are breast-feeding your baby, continue to do this.
- If you are bottle-feeding your baby, check with your doctor.
- Give your baby clear liquids (Pedialyte, Infalyte, Ricelyte).
- Be sure to change diapers right after each bowel movement because diarrhea will burn your baby's skin.
- Clean bottoms with a warm washcloth. Do not use a baby wipe because it can burn the skin.
- For children, you can follow the B.R.A.T. rule; give them bananas, rice, applesauce and toast.
- When diarrhea stops, you can slowly return to normal feeding.
- Do not give your child over-the-counter medicine, unless your doctor tells you to do so.
- Wash your hands after changing your baby's diaper or helping your child wipe herself.
- Make sure your children wash their hands after every time they use the toilet. Give them paper towels to dry their hands to prevent the spread of infection.



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When to call your doctor

- There is blood in the stool.
- Your child has a very bad stomach pain.
- Your child looks and acts sick.
- Your child won't drink any liquids.
- Your child has a fever.
- Your child has signs of dehydration,
- Your child's mouth looks dry and sticky.



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