

## Fast Facts

### Diarrhea

- Loose, watery stool
- Frequent bowel movements

*Numerous causes:*

Infection from viruses, bacteria or parasites; medication; food intolerances; gastrointestinal disorders; abdominal surgery

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> <li>-Loose, watery stool</li> <li>-Frequent bowel movements</li> <li>-Abdominal cramps/pain</li> <li>-Urgent need to pass stool</li> <li>-Fever</li> <li>-Nausea</li> <li>-Bloating</li> <li>-Blood in your stool</li> </ul>	<ul style="list-style-type: none"> <li>-Usually clears up on its own within a few days</li> <li>-Main concern is the loss of fluid and salt (replenish with water, juice and soups for adults and Pedilyte for children)</li> <li>-Major concern is dehydration (adult symptoms--excessive thirst, dry mouth/skin, decreased/no urine output, dark-colored urine, weakness/dizziness/ lightheadedness or fatigue. Children symptoms--not having a wet diaper in three hours or longer, dry mouth/tongue, fever above 102°F, crying without tears, sunken appearance of abdomen/eyes/cheeks, drowsiness/irritability or unresponsiveness.</li> <li>-See doctor if you have any of these symptoms and/or the diarrhea persists for longer than two days with severe abdominal/rectal pain, bloody/black stools or fever above 102°F, you need to see a doctor. Children should be seen by a doctor if symptoms don't improve within 24 hours and/or they become dehydrated, have black/bloody stools or a fever above 102°F.</li> </ul>	<ul style="list-style-type: none"> <li>-Wash your hands (before and after doing food prep, especially when handling uncooked meats and eggs; after using the toilet, changing diapers, sneezing, coughing and blowing your nose)</li> <li>-Use 60% or higher alcohol-based hand sanitizer if unable to wash hands</li> <li>-Vaccinate children against rotavirus</li> <li>-If traveling, eat hot, well-cooked foods, avoid raw fruits and vegetables and avoid raw or undercooked meats and dairy products. Only drink bottled water, soda, beer and wine that is served in the original sealed container. Avoid drinking tap water and having ice cubes in your beverages. Drinks, such as coffee and tea, that are made from boiled water should be safe as long as the water has been heated thoroughly. Use bottled water to brush your teeth and keep your mouth closed while showering.</li> </ul>

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