

Diarrhoea and Vomiting

Diarrhoea and vomiting are common in children, they are often caused by a stomach bug and should stop in a few days.



Your child should stay off school/nursery until they've **not been sick or had diarrhoea for at least **2 days**.**

Contact 111 or the GP if your child shows signs of:

- diarrhoea for more than 7 days
- vomiting for more than 2 days
- not keeping fluids down or dehydration
- bloody diarrhoea



If you are worried about your child, call your GP or 111, they will be able to advise you of what to do.

