

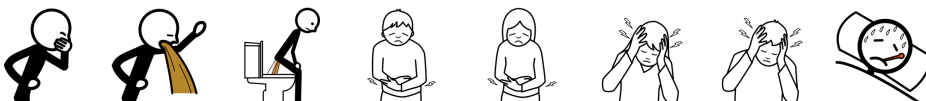


## GASTROENTERITIS



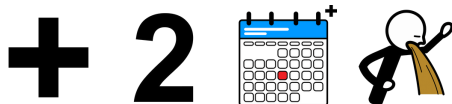
### What are the symptoms of gastroenteritis?

- Nausea, vomiting
- Diarrhea
- Stomach pain, cramps
- Headache
- Fever or chills



### If you have gastroenteritis, go to the doctor if:

- You have been vomiting for more than two days



- You have had diarrhea for more than four days

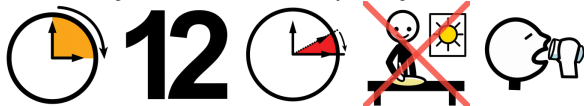


- You have a very high fever (over 38°C / 100.4°F)
- You feel dizzy, faint, or disoriented
- You have severe stomach pain
- You have bowel movements with blood, pus, or mucus



### Can I eat during the first few hours?

- Do not eat anything during the first 12 hours.
- But you should drink plenty of fluids.



### What should I do if I have gastroenteritis?

- Get plenty of rest.
- Wash your hands more often than usual, especially after using the bathroom.
- Do not take anti-diarrheal medicine. Only a doctor can tell you if you should take it.



### How to use a QR code to view health information

1. Open your phone's camera.
2. Point it at the QR code (the square with patterns).
3. Tap the message that appears on the screen.
4. It will take you to a page with safe and verified health information.





### What foods should I avoid if I have gastroenteritis?

During the first 5 days, you should avoid:

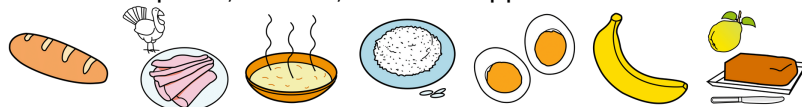
- Very salty or heavily spiced foods
- Milk and other dairy products
- Raw fruits or vegetables
- Fatty foods (such as cold cuts, fried foods, or pastries)
- Very sugary foods (such as cakes or candies)
- High-fiber foods (such as legumes, whole grains, or some fruits with skin)



### What foods can I eat if I have gastroenteritis?

You can eat soft foods that are gentle on your stomach. For example:

- White bread, turkey cold cuts, and stewed fruit
- Rice soup, fish soup, or vegetable broth
- Mashed potatoes or mashed carrots
- White rice and boiled egg
- Cooked or grilled fish
- Quince paste, banana, or boiled apple



### What drinks should I avoid if I have gastroenteritis?

- Carbonated soft drinks
- Brand-name sports drinks (such as Aquarius®)
- Coffee
- Alcohol



### What can I drink if I have gastroenteritis?

- You can drink water or oral rehydration solution for gastroenteritis, which you can buy at the pharmacy.
- It's better to take small sips frequently throughout the day.



### How to make homemade oral rehydration solution if you don't have pharmacy-bought solution

If you can't buy oral rehydration solution at the pharmacy, you can prepare a homemade one by mixing:

- 1 liter of water
- The juice of 2 lemons
- 2 tablespoons of sugar
- A pinch of salt and a pinch of baking soda



- Information verified by Dr. Juan Turnes, Digestive System Specialist at the University Hospital Complex of Pontevedra.
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