

Nausea and Vomiting

(Stomach "Bug" or Gastroenteritis)

- Nausea and vomiting is most commonly caused by a viral infection and may be associated with diarrhea.
- This illness is self-limited with the majority of people finding improvement within 1-3 days.
- This illness can be treated at home and does not require medical attention from a provider.

SYMPTOMS:

- Nausea with or without vomiting
- Generalized or upper abdominal pain/cramping
- Watery diarrhea (no blood)
- Muscle aches
- Headache
- Possible fever

SELF-CARE MEASURES:

- Stop eating and drinking for a few hours to allow the stomach to empty.