

How Do I Protect Myself From Getting Stomach Flu?

The best way to prevent Stomach Flu is to follow these common sense precautions:

- Wash your hands frequently and thoroughly.
- Use separate personal items such as utensils, glasses and towels.
- Keep your distance. Avoid close contact with anyone who has the virus.

CU Healthy

HCS wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this through our:

- Resource Centre
- Student Peer Interns
- Health Promotion Advisory Committee
- Website (carleton.ca/health)
- Facebook page
- Newsletters, class presentations, workshops and more . . .

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or cu_healthy@carleton.ca.



2600 CTTC Building
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Stomach Flu



Health and Counselling
SERVICES
Carleton University

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What is Stomach Flu?

Gastroenteritis, also called Stomach Flu, is an irritation of the stomach and the intestines. It is one of the most common acute illnesses worldwide. A person usually develops stomach flu because they've been in contact with someone who is already infected or because they have ingested contaminated food or water. You can also contract stomach flu by sharing utensils, towels or food with someone who is already infected. If you're typically healthy, you're likely to recover without any complications.

What are Stomach Flu Symptoms?

- Watery diarrhea
- Abdominal cramps
- Nausea
- Vomiting
- Fever
- Occasional muscle aches or headache

Depending on the cause, signs and symptoms may appear within 1-3 days after you're infected.

* Symptoms usually last 1-2 days, but occasionally they may persist as long as 10 days.

Recommended Diet

First Six Hours:

- Give your stomach a rest after vomiting has stopped - nothing by mouth for 1-2 hours
- Progress slowly - suck on a Pop-sicle or hard candy
- Finally, suck on ice chips or take sips of water

Day 1:

- Clear fluids only
- Begin sipping fluids every ten minutes
- Consomme soup
- Weak tea (sweetened)
- Soft Drinks like 7-up or Gingerale
- Rice Water
- Half-strength apple juice
- Jell-O
- Decrease intake if nausea persists

Day 2:

- Easily digested, soft foods
- Smooth cooked cereals (i.e. Cream of Wheat)
- Clear-based soup
- White toast, crackers
- Applesauce
- Ripe bananas
- Fruit and vegetable juice (not recommended for diarrhea)

Day 3:

- Regular diet
- Avoid large amounts of milk, ice cream, spicy or dried foods

Note:

- 1) Avoid milk and milk products. Add them to your diet last.
- 2) Sip fluids frequently, but in small amounts
- 3) Return to HCS if you continue to experience excessive vomiting and diarrhea, fever or increasing abdominal pain
- 4) Avoid alcohol
- 5) Use a non-aspirin type of medication (i.e. Tylenol) for fever, body aches and pains

