

SYMPTOMS

- Watery diarrhoea
- Vomiting and nausea
- Stomach pain
- Cramping
- Fever
- Headache.

Since the diarrhoea and vomiting, you also can become dehydrated. Watch for signs of dehydration, such as: dry skin and a dry mouth, feeling lightheaded, and being really thirsty.



TRANSMISSION

Distribution and Spread

Gastroenteritis is usually caused by viruses, However bacteria and parasites can also cause gastroenteritis. Transmission may occur through direct person to person contact, contaminated environment surfaces and drinking or eating contaminated water/food.

RECOMMENDATION

Prevention

- Select safe food and water
- Drink only bottled water.
- Hand washing with soap.
- Rotavirus vaccine is recommended for children.

Treatment

Rest and drink plenty of fluids to stay hydrated, for mild and moderate cases drinking oral rehydration solution, for severe cases intravenous fluids may be needed. Antibiotics are generally not needed.