



Frequently Asked Questions

Your Child

Question	Answer
<p><i>My child is vomiting. What is causing it and what can I do?</i></p>	<p>Most vomiting is caused by a viral infection of the stomach or may be caused by eating something that does not agree with your child. If your child has a viral infection, they may also be experiencing diarrhea. Vomiting usually stops within 6-24 hours.</p> <p>After two hours have passed since the last time your child has vomited, give the child approximately one teaspoon of Gatorade or Pedialyte. If the child keeps this down, repeat the same amount in 30 minutes and then gradually increase the amount of fluid during the day. If the child vomits again, wait two hours and begin the process again.</p> <p>The child should only eat/drink clear liquids for the next ten hours. If the vomiting continues for longer than 24 hours, or if the symptoms get worse, contact the office immediately.</p>
<p><i>My child has diarrhea. What can I do?</i></p>	<p>Diarrhea is the sudden increase in frequency and looseness of bowel movements and is usually caused by a viral infection of the intestine. Diarrhea can be expected to last for several days to two weeks regardless of treatment. The main goal of therapy in treating diarrhea is to prevent dehydration. By giving enough oral fluids, you can replace the fluids lost.</p> <p><i>The following is recommended:</i></p> <p>BRAT Diet - bananas, rice, applesauce, toast NO milk products, apple juice or juice products for 7 days Drink Gatorade Eat lean meats, crackers and bland soups</p> <p>If diarrhea continues, your child may become dehydrated. Dehydration signs include a decrease in urination, activity, and/or tears and dry mouth.</p> <p>If diarrhea continues for more than 7 days, if the symptoms worsen, or if you notice any signs of dehydration, contact the office immediately.</p>

Question	Answer
CROUP	
<i>How can I tell if my child has croup and what can I do?</i>	<p>If your child has croup, you will notice a distinctive cough. The cough will sound tight, metallic and similar to a barking seal. The child's voice will usually become hoarse.</p> <p>Croup is a viral infection below the vocal cords and is usually part of a cold. The hoarseness is due to the swelling below the vocal cords. A stridor occurs as the opening below the cords becomes narrow.</p>
<i>What are the signs of a stridor?</i>	<p>A harsh, raspy, vibrating sound is heard when your child breathes in. Breathing in becomes very difficult. This usually occurs only in severe croup. It is usually present with crying or coughing. As the symptoms worsen, a stridor may also occur when your child is sleeping or relaxed.</p>
<i>How long will croup last?</i>	<p>Usually from 5-6 days and it is usually worse at night. During this time the symptoms can change from mild to severe many times. The worst symptoms are seen in children under 3 years of age.</p>
<i>What can I do to help my child with croup?</i>	<p><i>Inhalation of Warm Mist:</i> Warm, moist air seems to work best to relax the vocal chords and break the stridor. Another good way is to use a humidifier. Fill the humidifier with warm water and have your child breathe deeply from the steam of the humidity.</p> <p><i>Steamy Bathroom:</i> Run the shower using hot water with the door closed. Once the bathroom is steamy, take the child into the room for at least 10 minutes. Cuddling your child helps relieve their fear.</p> <p><i>If cold outdoors:</i> Go outside with your child and sit on the porch, covering your child with a blanket. The cold air will produce the same effect as a steamy bath.</p>