



# Ticket to Healthy Living

## DIARRHEA



Texas  
Children's  
Health Plan is  
your family's  
ticket to  
health care.



### What is diarrhea?

Diarrhea occurs when your child has many loose and watery bowel movements. It is also known as "having the runs."

### What causes diarrhea?

- Infections that are caused by viruses, bacteria or parasites.
- When your children eat too many foods that they aren't used to eating.
- Eating spoiled food.
- Allergies.
- Taking too many medicines.

### Signs you might see

- More bowel movements than usual.
- Bowel movements are very watery.
- Child's bottom might be sore and red.
- Child's stomach might hurt.
- Child is dehydrated. Be aware of this.

### What is dehydration?

- Dehydration is when the body doesn't have enough water.
- Young children can get dehydrated very fast.
- Watch for these signs of dehydration:
  - Baby - dry diaper for three hours
  - Child - no urine (pee) for six or more hours
  - Urine is dark yellow
  - Sunken eyes
  - Dry mouth
  - Crying with no tears
  - Dry skin
- Call your doctor if your child has any of these signs.

### What to do

- If you are breast-feeding your baby, continue to do this.
- If you are bottle-feeding your baby, check with your doctor.
- Give your baby clear liquids (Pedialyte, Infalyte, Ricelyte).
- Be sure to change diapers right after each bowel movement because diarrhea will burn your baby's skin.
- Clean bottoms with a warm washcloth. Do not use a baby wipe because it can burn the skin.
- For children, you can follow the B.R.A.T. rule; give them bananas, rice, applesauce and toast.
- When diarrhea stops, you can slowly return to normal feeding.
- Do not give your child over-the-counter medicine, unless your doctor tells you to do so.
- Wash your hands after changing your baby's diaper or helping your child wipe herself.
- Make sure your children wash their hands after every time they use the toilet. Give them paper towels to dry their hands to prevent the spread of infection.



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### When to call your doctor

- There is blood in the stool.
- Your child has a very bad stomach pain.
- Your child looks and acts sick.
- Your child won't drink any liquids.
- Your child has a fever.
- Your child has signs of dehydration,
- Your child's mouth looks dry and sticky.



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