Gastric Virus/Stomach Flu

Prevention

- Frequent hand washing especially after using the bathroom, changing a diaper or preparing food
- Carefully wash fruits and vegetables – steam oysters before eating
- Clean and disinfect contaminated surfaces with a mild bleach solution or Clorox wipes
- Immediately remove and wash contaminated clothing
- Persons who are infected should not prepare food while they have symptoms and for 3 days after recovery

Symptoms

- Symptoms occur 24 to 48 hours after ingestion
- Nausea, vomiting, diarrhea and/or stomach cramping
- Some people may have a low-grade fever, chills, body aches or fatigue
- Symptoms begin suddenly
- Illness is brief – usually lasting only 1-2 days

Transmission

- This type of virus is easily transmitted and can spread from person to person
- Eating food or drinking contaminated foods or liquids
- Touching surfaces or objects contaminated and then touching the mouth
- Having direct contact with another person who is infected

Treatment

- No vaccine is currently available
- Antibiotics are not effective
- Fluids, fluids, fluids – vomiting and diarrhea can lead to mild, moderate or severe dehydration
- Start with clear liquids, such as Gatorade, clear broth, ginger ale, Jell-O and water
- Advance to solid food as tolerated, start with bland foods such as, rice, cereal and potatoes
- Resume regular diet when able
- Over-the-counter, Imodium (Loperamide) can be used as directed for diarrhea that persists
- Over-the-counter, Emitrol can be used as directed for nausea and vomiting
- Anti-nausea medication may be prescribed if needed
- IV fluids may be needed

Seek care immediately for severe abdominal pain, severe dehydration or high fever