

Nausea, Vomiting, and Diarrhea

WHAT IS IT?

The symptoms of nausea, vomiting and diarrhea, which is often called “the stomach flu” or gastroenteritis, are often caused by a virus in the intestines. This is different from influenza (the flu), which is a respiratory infection.

WHAT CAUSES IT ?

It is usually caused by a coming in contact with a sick person or ingesting contaminated food or water. Symptoms can vary and tend to appear 1-3 days after you are infected. Most symptoms resolve within 48-72 hours, however, some symptoms can linger for up to 10 days. There is no “cure”, so managing symptoms while your body heals is best.

SYMPTOMS

- Loose and watery stool
- Nausea, vomiting or both
- Abdominal cramping
- Generalized body aches
- Headache

WHEN TO SEEK MEDICAL CARE:

- Unable to keep clear liquids down for >24 hours.
- Vomiting for more than 2 days.
- Vomiting blood or have bloody diarrhea.
- Fever > 101 F.
- Signs of dehydration: excessive thirst, dizziness, severe weakness, dark yellow or little to no urine.

The information presented here is not intended to be used for the diagnosis of a health problem or as a substitute for consulting a licensed medical professional. When using an Over-the-Counter medication please be sure to follow the package instructions. [Contact Health Services](#) if you have any additional questions, concerns or to make an appointment.



The Wellness Center at University Crossing

978-934-6800

<http://www.uml.edu/student-services/Wellness-Center>