

Tips for Childhood **DIARRHEA**

Help your child recover from diarrhea and avoid dehydration by giving plenty of fluids, offering small meals and practicing food safety.

Give more **FLUIDS**



Water and Rehydration Drinks



Best Choice



Juices and Sodas



Avoid

Still breastfeeding? Keep nursing as much as you like.

Offer **SMALLER** meals



Most children can continue eating regular foods. Smaller meals more often can help.

Handle food **SAFELY**

Keep hands clean.

Prepare foods safely.

When in doubt, throw it out.



Diarrhea can cause dehydration. If your child has a fever, vomiting or diarrhea that is not getting better, contact your child's health care provider. Do not use medications unless instructed by your health care provider.



SCAN ME

Scan the QR code to learn more about caring for your child with diarrhea.



KIDS CORNER

Sing and scrub

Circle your favorite songs and practice singing them twice when you wash your hands.

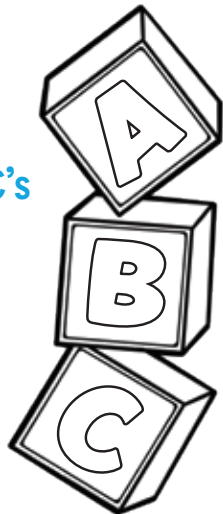


Twinkle, Twinkle Little Star



Zobey's Handwashing Song

ABC's



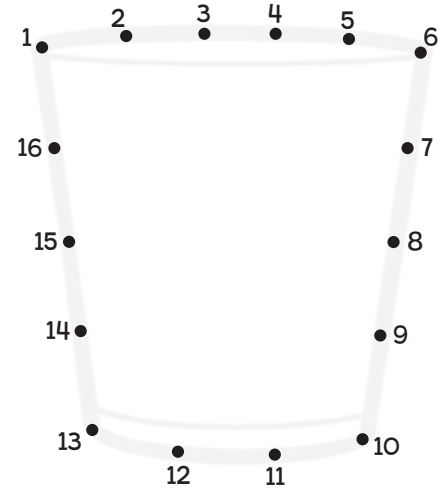
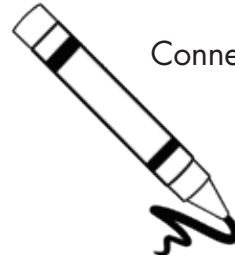
Watch Handwashing Song on YouTube



Scan me

Water is wonderful

Water helps your body stay strong. Connect the dots and color in your cup of water.

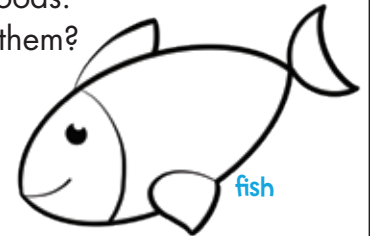


Food is fun

Color in your favorite foods. How do you like to eat them?



banana



fish



yogurt



blueberries



brown rice



carrot