

Stomach Flu

The Flu vs. The Stomach Flu!

Influenza is a respiratory virus that causes cold symptoms, fever and body aches. Whereas the stomach flu, known as gastroenteritis, is caused by stomach viruses. These cause diarrhea, abdominal cramps, nausea or vomiting, muscle aches and sometimes fevers. Just like other viruses you are likely to become ill from contact with someone who has the virus or also by contaminated food or water, which was handled by someone who was ill. Symptoms usually last 2-3 days but can last up to 10 days. There is no treatment for it, so preventing getting the illness is important. Wash hands frequently, use hand sanitizer and avoid those who are ill if possible. If someone is ill in your home disinfecting the home is also important.

If you do become ill the best way to be more comfortable is to:

- Let your stomach rest and do not eat any solid foods for at least a few hours.
- Sucking on ice chips or take small sips of water or clear fluids (clear soda, clear broths or noncaffeinated sports drinks).
- Slowly increase your solid foods. Start with bland foods (crackers, toast, jello, bananas, rice). Stop eating if your nausea returns and wait a few more hours.
- Avoid dairy, caffeine, alcohol, nicotine, and fatty or highly seasoned foods.
- REST!
- Be cautious with medications as these can irritate the stomach.

Call the office if:

- You're not able to keep liquids down for 24 hours
- You've been vomiting for more than two days
- You're vomiting blood
- You're dehydrated — signs of dehydration include excessive thirst, dry mouth, deep yellow urine or little or no urine, and severe weakness, dizziness or lightheadedness
- You notice blood in your bowel movements
- You have a fever above 104 F (40 C)

For infants and children

- Have a fever of 102 F (38.9 C) or higher
- Seem lethargic or very irritable
- In a lot of discomfort or pain
- Having bloody diarrhea
- Seem dehydrated — watch for signs of dehydration in sick infants and children by comparing how much they drink and urinate with how much is normal for them (MayoClinic.org)



**Ozaukee County Employer
Clinic located inside Aurora
Port Washington Clinic
1475 W. Grand Ave**

Elizabeth Merry, FNP-BC • Nurse Practitioner

Clinic Hours of Operation

Monday 9am-5pm

Tuesday & Thursday 9am-3pm

Wednesday 7:30am-5pm

Friday 9am—4:30pm

Call us to make an in person or virtual appt at:

262-268-6610 or 262-268-6603

Please note, standard Aurora COVID-19 protocols are in place.

 **Aurora Health Care**

We are  AdvocateAuroraHealth

Who can be seen? Health Plan participants over 2 years old may use the County Employee Health Center