

## Help with feeling sick in the gut



## See and hear





Throwing up

Trying to throw up

**Holding tummy** 

Belching, burping

Sweaty



Do



Let them eat and drink what they want: don't force food or fluids

Put cool cloth on their face, back of the neck, feet, hands, wrist

Reduce strong smells in the home

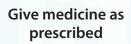






Help with fresh air – open window, use fan, move outside











Talk, stay, connect...



Special things

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Need help? Ring the clinic.

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