



# 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



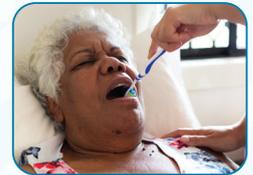
Reduce strong smells in the home



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



Keep their mouth clean



Roll to their side if vomiting



Give medicine as prescribed



## Talk, stay, connect...



### Special things

.....  
.....  
.....  
.....  
.....

Need help? Ring the clinic. 

T: .....