



Help with feeling sick and/or vomiting

You could see or hear



Vomiting

Trying to vomit

Holding stomach

Burping

Sweaty

You could do



Connect – stay with them, reassure



Roll to their side if vomiting



Put cool cloth on their face/back of the neck/ feet/ hands/ wrists



Don't force food or fluids: let them eat and drink what they want



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



Reduce strong smells



Keep their mouth clean



Give medicine as prescribed

Other things

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If you need help



Service name:

T: