TREATMENT GUIDELINES FOR HEALTH STAFF

# Gastroenteritis/Enteritis

Authorized health and wellness staff may treat gastroenteritis/enteritis as follows:

1. For vomiting, encourage careful hand washing, and offer clear, non-caffeinated liquids in small amounts frequently.
2. For diarrhea, encourage careful hand washing, encourage fluids and introduce solid foods as tolerated.
3. For mild abdominal cramps caused by diarrhea, offer the student loperamide caplets (Imodium AD), 2 caplets initially, then 1 caplet with each subsequent loose stool, not to exceed 4 caplets in 24 hours. Take caplets with 8 ounces of water.
4. If febrile, the student may be given acetaminophen, 650-1000 mg, every 4 hours [MDD 4 g]. **Avoid** aspirin and/or non-steroidal anti-inflammatory medications, which may lead to further GI upset.
5. No student with gastroenteritis/enteritis should be permitted to work in food services until all symptoms have completely resolved.

**WHEN TO REFER TO THE CENTER PHYSICIAN**

* If the student has blood in the emesis or stool
* If the student has bilious emesis
* If the student has diminished urine output
* If the student has a temperature >101°F
* If the student has more than mild, crampy abdominal pain
* If the symptoms persist more than 3 days