

# GASTROENTERITIS



## What is Gastroenteritis?

Gastroenteritis occurs when your stomach and intestines are inflamed (irritated). It happens when you consume food contaminated with bacteria, viruses or parasites.

## What are the Symptoms?

- Nausea
- Vomiting
- Diarrhoea
- Abdominal pain or cramps
- Fever
- Body aches

Infection can also cause dehydration.

You may be dehydrated if you experience:

- Fatigue
- Dry mouth and throat
- Dizziness when standing up
- Decreased urination

## How Can I Be Treated?

Your doctor might provide treatments that include:

- Fluid and electrolyte replacement (to help you stay hydrated)
- Medications to relieve your symptoms
- Staying at home and avoiding travelling until you recover

## How Can I Protect Myself from Gastroenteritis?



- ✓ Wash your hands frequently with soap and water
- ✓ Wash your fruits and vegetables thoroughly before consuming
- ✓ Ensure your food is thoroughly cooked before eating
- ✓ Disinfect surfaces that might be contaminated
- ✓ Do not prepare food for others if you are unwell



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National Centre for  
Infectious Diseases  
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