



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



Yarn, stay, connect...



Special things

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Need help? Ring the clinic.

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