



# 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



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



Put cool cloth on their face, back of the neck, feet, hands, wrist



Keep their mouth clean



Reduce strong smells in the home



Give medicine as prescribed



## Yarn, stay, connect...



### Special things

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Need help? Ring the clinic.

T: .....