

## What to know and when to get help

Gastrointestinal illness is caused by a variety of different germs that can cause a number of symptoms, such as diarrhea, nausea, vomiting and more. It's important to be familiar with the basic signs and symptoms. Please reference the guidelines below to track the severity of your condition.



### Manage your symptoms by:

- Drinking plenty of fluids (sports drink, clear liquids, broth)
- Eating bland foods (crackers, toast, scrambled eggs, applesauce)



### Contact your doctor if you have:

If you cannot reach your doctor in 24 hours, please visit a walk-in clinic.

- Your illness is lasting longer than 24 hours or is worsening
- You have a fever
- You cannot keep down fluids
- You are pregnant and have abdominal pain



### Go to the ER or dial 911 if you have:

- Have severe or rapidly worsening abdominal pain
- Have a hard or rigid abdomen
- A fever of 103°F (39.4°C) or higher
- Are vomiting blood
- Have black tarry stool or blood in toilet bowl
- Had a recent head injury
- Are pregnant and have abdominal pain and vaginal bleeding

\*If you are experiencing a life-threatening emergency, go directly to the ER or dial 911.