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# Advisory on Stomach Infection

Stomach Infection



**By**

**Blue Circle Medi Services**

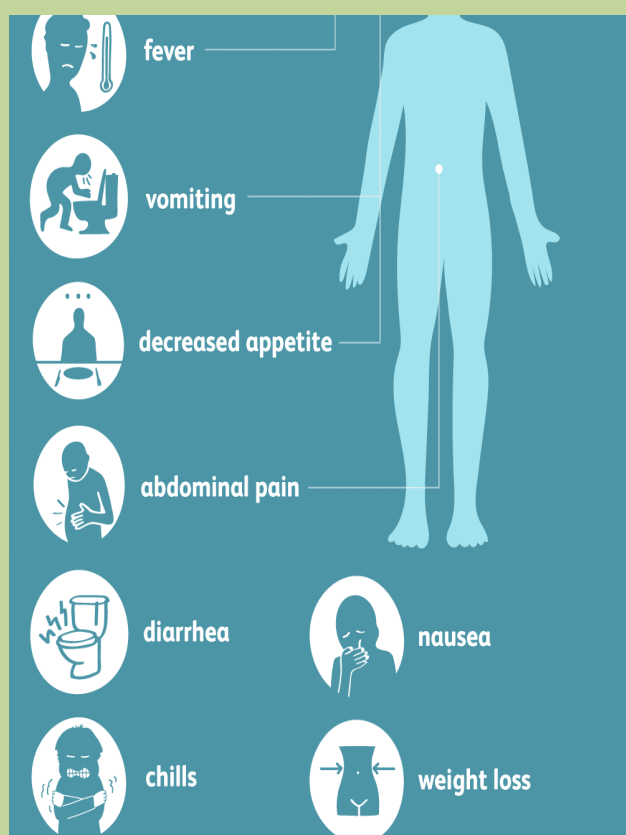
# HEALTH CIRCULAR

## Advisory on “Stomach Infection”

### Stomach Infection

The stomach infection is also called “viral gastroenteritis”, this is an inflammation and irritation of intestines caused by viruses. This illness is also known as “stomach flu”. This highly contagious illness spreads through vomit or faeces of an infected person for example through shaking hands with someone who has been sick and has the virus on their hands, through contaminated objects, or through contaminated food or water.

### Signs and symptoms



### Seasonal influenza is characterized by a sudden onset of

- Fever(low grade)
- Vomiting
- Decreased appetite
- Abdominal pain
- Diarrhea
- Nausea
- Chills
- Weight loss
- Stomach cramps
- Severe acidity
- Gastrointestinal symptoms
- Occasional muscle aches or headache
- Feeling of fullness or burning in your stomach

Depending on the cause, symptoms may appear within one to three days after you are infected and can range from mild to severe. Symptoms usually last just a day or two, but severe problem may persist as long as 10 days or more However, sometimes it may take 1 to 2 weeks before your bowel habits are completely back to normal.

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### At risk population

- Pregnant women
- Children aged 6–18 months, the elderly >65
- Individuals with specific chronic medical conditions as the immunity of patient gets compromised.
- Anyone with already weak immune system
- Health-care workers

### Transmission

- Basic mode of transmission is fecal oral.
- Vomit or faeces of an infected person
- Contaminated objects, contaminated food or drink.
- Seasonal infection spreads easily, with sharing food or water with the already infected person
- The virus can also be spread by contaminated hands .
- Not maintaining personal hygiene.

### What Causes stomach infection

- Eating contaminated food or drinking contaminated water.
- Sharing utensils with already infected patient.
- Not maintaining personal hygiene and hand hygiene, infected nails.
- Leftover food and beverage kept at room temperature overnight
- Having food without washing hands or cooking food without washing hands.

### When to see a doctor

- If you're not able to absorb liquids for more than few hours.
- You've been vomiting for more than few hours or vomiting blood.
- You're dehydrated - signs of dehydration include excessive thirst, dry mouth, deep yellow urine or little or no urine and severe weakness, dizziness or light headedness.
- Diarrhea or notice Blood in stool or urine
- Fever (high or low grade)
- Abdominal pain, or stomach cramps

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### Prevention

The most effective way to prevent the disease :

- Maintain personal hygiene, hand hygiene, clean nails
- Avoid raw food - peeled raw fruits /vegetables and salads.
- Avoid uncooked non veg food
- Avoid food and beverage kept at room temperature overnight, instead you are advised to have fresh food at the cafeteria .
- Stale and unattended food kept out for a long time may cause stomach infection.
- Increase physical activity to increase the metabolism of body.

### Treatment

Most of the time, treatment is based on medical history and physical examination of patient, the doctor may also order lab test and treat based on the results of lab investigation.

You can treat viral gastroenteritis by replacing lost fluids and electrolytes to prevent dehydration, Over the counter oral rehydration solution can be helpful in mild cases. This can replenish essential water salt and fluid in body, within 48 hours of onset of symptoms if symptoms are not under control you are advised to consult physician.



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