

Mayo Clinic Minute

Treating 'stomach flu'

VIDEO	AUDIO
Title: Cindy Kermott, M.D. Preventive Medicine Mayo Clinic	"‘Stomach flu’ is a misnomer. Really, influenza is respiratory. It has to do with the lungs."
	<i>Sound of a sick person coughing</i>
	"You get the dry cough, the fevers."
	So what is the ailment we call "stomach flu?"
Cindy Kermott, M.D.	"It is just a common term for a viral gastroenteritis."
	And preventive medicine specialist Dr. Cindy Kermott says the best remedy for it is simply to rest.
2:21	"Symptoms exist because it's telling your body what to do. It's telling you to slow down."
	Dr. Kermott's advice is to avoid eating or drinking anything for a few hours.
0:47	"You just want to have your stomach settle a little bit first."
Graphic: Stay hydrated Water Clear sodas Weak teas Ice chips	Then, it's important to stay hydrated. Sip on a clear fluid. Water is best, but clear sodas or weak teas are OK, too. If you can't tolerate liquids, try chewing on ice chips.
Graphic: Crackers Toast Gelatin Banana Avoid fatty and spicy foods	When your stomach has fully settled, try eating small amounts of easily digestible foods like soda crackers, unbuttered toast, gelatin or a banana. And avoid fatty and spicy foods until you're fully recovered.
	For the Mayo Clinic News Network, I'm Jeff Olsen.