

Mayo Clinic Minute: What to do when sick with a norovirus (or stomach flu)

Video	Audio
	"Nausea and vomiting, diarrhea, stomach pain."
	Dr. Allen says if you are experiencing those symptoms of norovirus, drink lots of fluids and follow a bland diet.
	"Like crackers or broth or flavored water, some people can tolerate quite well."
	For the first couple of days, you may not feel like eating or drinking, and might be highly fatigued.
	"Set a timer on your phone, if you must, to say it's time to try to eat something, or it's time to, at the very least, drink something to remain hydrated."
	Dehydration can be a serious complication, especially for older adults and young children.
Jay-Sheree Allen, M.D. Family Medicine Mayo Clinic	"If you can't keep water down, after 24 hours, it's important to seek help. If you are able to keep some things down, but your symptoms persist after 48 to 72 hours, it's also a wise idea to seek help from a medical professional."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.