Protocol

Vomiting

Nausea and vomiting are very common childhood symptoms. Almost any illness may cause a child to vomit. In a school setting, it must be decided whether the nausea/vomiting is the result of a disease for which the parent/guardian must be notified and the child dismissed from school, or whether the child can be observed in the office for 10-30 minutes to see if symptoms subside.

Management Guidelines

1. One episode of vomiting does not mean the child must see a doctor or go home. Vomiting may be attributed to many factors such as food allergies, too much exercise, emotional anxiety, etc. Assess the child's temperature after the first episode of vomiting. If fever is present, notify the parent/guardian to pick up the child (see protocol for fever). If no fever is noted, allow the child to rest quietly for 20 minutes and if there are no further symptoms, send back to class and exempt from strenuous activity.

2. If after a 10-20 minute rest, the child shows continued or increased discomfort, call parent/guardian to pick up the child.

3. Any sign of blood streaks in the vomitus should be brought to the parent/guardian's attention and the child sent home.
   Greater amounts of blood may signal more ominous issues within the child's body. Arrangements should be made to transport the child to the nearest emergency room immediately and parent/guardian should be notified.

4. Thoroughly clean any contaminated area as causative agents can be highly contagious.

5. If parent will be greater than 1 hour in arrival or cannot be reached, sips of clear fluids should be offered at least hourly.

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Date

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