

# Gastro/Stomach bug

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### Overview

Gastroenteritis, also known as 'gastro', is a common illness that can cause vomiting and diarrhoea. Many types of gastro are easily spread. Gastro is not usually serious but it can make you very dehydrated. Milder forms can be managed at home by drinking fluids.

### Causes

Gastroenteritis is an illness that affects your gut (stomach and intestines).

Gastro may be caused by:

- Viruses (such as rotavirus or norovirus infections)
- Bacteria (including salmonella)
- Toxins produced by bacteria
- Parasites (such as giardia)
- Chemicals (such as toxins in poisonous mushrooms)

Gastro should only last for a few days. It doesn't usually require medication.

### Symptoms

Someone with gastroenteritis may have:

- Vomiting
- Diarrhoea
- Nausea (feeling sick in the stomach)
- Stomach Pains
- Fever
- Headaches
- No Appetite