

KixCare TIPS

How Do I Manage A Gastrointestinal Infection?



Let's talk about some tips to manage a gastrointestinal infection

- 1 **Handwashing** is the most important and most effective way to prevent a gastrointestinal infection.
- 2 **Preventing dehydration** is the best way to treat a gastrointestinal infection.
- 3 It is important to **clean and disinfect surfaces that they have touched** after using it and thoroughly wash laundry to get rid of the virus from your home.
- 4 **Do not share food or use utensils** that have been used by someone with the virus.

Cut here for a colouring sheet for your little one

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