

Your Pedialyte® Stomach Flu Survival Kit

Stomach flu usually means diarrhea and vomiting, and that means your child is at risk of dehydration.

Household beverages like sports drinks, juice, and soda don't meet medical guidelines for preventing dehydration. And they often contain too much sugar, which can make diarrhea even worse.



Pedialyte® is specially formulated to provide the right balance of nutrients that children need to prevent dehydration caused by diarrhea and vomiting. That's why **Pedialyte®** is the #1 pediatrician-recommended brand of oral electrolyte solution.

Why trust anything else?

Be sure to consult your pediatrician about questions regarding your child's health.

Visit pedialyte.com for more information and to find guidelines for choosing the best Pedialyte® product for your child's needs.

Use Pedialyte oral electrolyte solution under medical supervision for the dietary management of dehydration due to diarrhea and vomiting.



Manufacturer's Coupon | Expires 12/31/2013



\$1.50 Off

any one (1) Pedialyte® product

LIMIT 1 COUPON PER PRODUCT SPECIFIED. Cannot be combined with other offers. Void if altered, reproduced, copied, sold, transferred, taxed, restricted or prohibited by law. Good only in USA and territories. Cash value 1/100¢. Customer pays sales tax. Retailer/Clearinghouse: By submitting, you agree to Abbott's Coupon Redemption Policy. Abbott will reimburse you face value of coupon (or actual retail price of item if less) plus 8¢ handling. Send to CMS Dept 70074, ABBOTT NUTRITION, 1 Fawcett Dr., Del Rio, TX 78840. Pharmacists/Retailers: Coupon not valid for product reimbursed, in whole or part, under Medicare, Medicaid or similar federal or state government programs.

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The Do's and Don'ts of Diarrhea and Vomiting

DO

- Watch your child for signs of dehydration.
- *Always use Pedialyte® under medical supervision. For children age 1 and older, offer Pedialyte® every 1-4 hours. To help maintain proper hydration, children should consume 32-64 fl. oz. per day for as long as diarrhea continues. For children under age 1, consult your pediatrician.*
- Call your pediatrician if your child has diarrhea for more than 24 hours, has both diarrhea and vomiting, has a high fever, severe abdominal pain or blood in stool or vomit, or shows signs of dehydration.

DON'T

- Don't give your child sugary foods or drinks, such as candy, juice, or sodas, which can make a misbehaving belly worse!
- Don't withhold fluids for fear of causing more diarrhea and vomiting.
- Don't stop your child from eating, but limit intake to smaller, more frequent meals.



Learn more about managing your child's misbehaving belly at pedialyte.com.

Watch for the Warning Signs of Dehydration

Diarrhea and vomiting cause a rapid loss of fluids that can lead to dehydration, especially in young children, who are more susceptible to dehydration than adults. Use **Pedialyte®** to prevent dehydration, and call your doctor immediately if you see any of these warning signs:

Symptoms of Dehydration



Decreased urination
fewer wet diapers



Sunken eyes



No or few tears when crying



Irritability
more crying, fussier than usual



Overly sleepy



Dry mouth or tongue

*Centers for Disease Control and Prevention. MMWR Recomm Rep. 2003;52(RR-16):1-16.

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