





Stomach Bug Symptoms

- Watery diarrhea
- Abdominal cramps
- Nausea
- Vomiting
- Muscle aches
- Headache
- Low-grade fever
- Fatigue
- Loss of appetite

Stomach Flu Remedies

- Prevent dehydration by drinking plenty of liquids
- Replace lost electrolytes with coconut water
- Lay off solid food until symptoms begin to subside
- Eat bland foods during recovery
- Get plenty of rest
- Take a probiotic supplement
- Encourage recovery with a balanced amino acid supplement