

# STOMACHACHES/PAINS

- Stomachaches/pain may have many causes, including:**
- Illness
  - Hunger
  - Overeating.
  - Diarrhea.
  - Food poisoning.
  - Injury.
  - Menstrual difficulties.
  - Psychological issues.
  - Stress.
  - Constipation.
  - Gas pain.
  - Pregnancy.

Has a serious injury occurred resulting from:

- Sports?
- Violence?
- Being struck by a fast moving object?
- Falling from a height?
- Being thrown from a moving object?

Suspect neck injury.  
See **"NECK PAIN\_AFTER INJURY"** and **"BACK**

Is the student's temperature equal to or greater than:  
 ○ 100.4° oral, tympanic (ear), or temporal (forehead) or axillary (armpit)?

Does the student complain of:

- Severe stomach pains?
- Vomiting?
- Pain with urination?
- Persistent pain on one side, especially the right side of the abdomen?
- Shortness of Breath?

Is stomachache severe or not improving?

**Call EMS/911**

Contact responsible school authority & parent/guardian.  
**URGE MEDICAL CARE.**

• Allow the student to use the restroom.  
 • Allow student to rest for up to 30 minutes with adult supervision.  
 • Offer mild/bland snack, sips of water.  
 • Can apply heating pad, on low or medium setting, for 20 minutes.

If unable to reach parent/guardian, allow student to rest with adult supervision. Monitor temperature every hour. If temperature reaches 105° orally/tympanic/temporal/axillary, **CALL EMS/911.**

Has pain subsided?

Allow child to return to class.

Contact responsible school authority & parent/guardian.

Document care provided.