



Elizabethtown & Bardstown Pediatrics

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What is diarrhea and what do you do for it?

There are two different types of diarrhea. Acute diarrhea, which can last 2-3 days. Chronic diarrhea which can last more than 2 weeks. Treatment varies, depending on the type of diarrhea. Diarrhea is often the body's way of ridding itself of a virus or parasite. First and foremost you should maintain hydration. Fluids are key in that they help the body regulate and rid itself of bacterial and viral infections.