










Diarrhea: The Scoop on Poop

Bristol stool chart	
	Type 1 Separate hard lumps, like nuts (hard to pass)
	Type 2 Sausage-shaped, but lumpy
	Type 3 Sausage-shaped, but with cracks on surface
	Type 4 Sausage or snake like, smooth and soft
	Type 5 Soft blobs with clear-cut edges (easy to pass)
	Type 6 Fluffy pieces with ragged edges, mushy
	Type 7 Watery, no solid pieces (entirely liquid)

(Mild Diarrhea)
↓
(Severe Diarrhea)

My child has diarrhea (without vomiting) ✓

Diarrhea refers to watery stools (poop) that occur more frequently than usual. Specific definitions are difficult to find, but remember that for COVID-19 screening the main focus will be **"new or worsening"** loose stools. Some children eat well balanced diets with plenty of fruit and fiber, so they may just have softer stool. Others may have overloaded on blueberries or beans for supper. Try to investigate before jumping to sending them home.

Signs of diarrhea include:

- Sudden increase in the number of bowel movements
- Stool that contains mucus or blood
- Stool with a very bad smell

Additional Resources:

[CHEO What you Need to Know: Vomiting and Diarrhea](#)

[CHEO Frequently Asked Questions for Families](#)