

# HOW TO PREVENT AND TREAT DIARRHOEA

## Prevention of diarrhoea

### **Breastfeeding**

Milk from a healthy mother is sterile and never causes infectious diarrhoea. It contains anti-bodies which help to kill harmful bacteria. Milk from dirty feeding bottles often contains many micro-organisms and this can cause diarrhoea.

### **Proper faeces disposal**

Keep faeces away from drinking water. Use a latrine. If there is no latrine the village health committee can provide guidelines to build them.

### **Use safe water**

If you don't trust the water boil it, or follow the guidelines for chemical disinfection. See the protocol "**How to turn unsafe water into drinkable water**".

### **Wash your hands**

Wash your hands after latrine visits and before eating or touching food.

### **Keep flies away from food**

A fly can easily carry harmful organisms from faeces onto food. Always cover up food.

### **Prevent children from eating dirt**

Do not let a child eat food which has fallen on the ground.

## Treatment of diarrhoea

Diarrhoea is mostly caused by micro-organisms, and can not always be treated.

The danger of diarrhoea is dehydration.

Dehydration is a severe complication of diarrhoea and develops easily in children.

This complication has to be treated, see the protocol

"**How to prevent and treat dehydration**".