



HOW TO PREVENT DIARRHEA IN YOUR COMMUNITY

DID YOU KNOW???

A person with diarrhea typically passes stool more than three times a day. In the Philippines, diarrhea is the fourth leading cause of deaths among children less than 5 years old and the third leading cause of child illness. It is estimated to cause almost 10,000 deaths a year. (Making Child Survival Work in the Philippines, DOH/WHO/UNICEF, 2007)

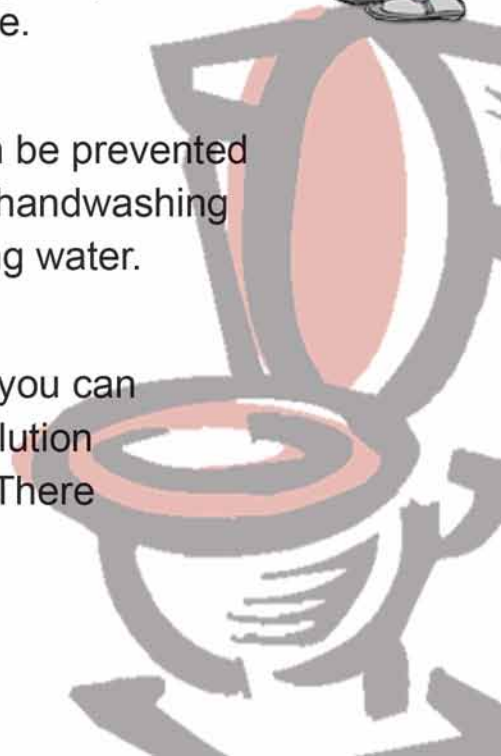


**As a member of Red Cross 143
Community Health Team,
YOU NEED TO KNOW THESE THINGS
ABOUT DIARRHEA.**

1. **D**iarrhea is a disorder of the bowels in which there is an increase in the fluidity or volume of the stool or the frequency of the bowel movements.
2. **I**f diarrhea is left untreated, it will lead to dehydration. It can cause the person to lose up to 20 liters of fluids per day.
At this time, loss of fluid should be compensated by plenty of fluid or electrolyte intake.
3. **D**iarrhea can be prevented through proper handwashing and safe drinking water.



4. **I**f the child has diarrhea, you can prepare Oral Redhydration Solution (ORS) to prevent diarrhea. There are available ORS that are commercially prepared and home-made.



5. What are the danger signs:

- a. Lethargic or unconscious
- b. Sunken eyes
- c. Not able to drink or drinking poorly
- d. Skin pinch goes back slowly.

If the child has manifested the above mentioned danger signs:

- a. Give more fluid.
- b. If the child is less than 2 years old, advise the mother to continue breastfeeding.
- c. Refer the child urgently to the hospital with mother giving frequent sips of ORS on the way.

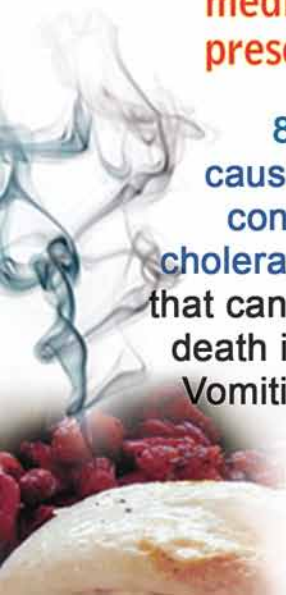


6. Breastfeeding and Diarrhea

If the child has persistent diarrhea, advise the mother to give **more frequent, longer breastfeeds, day and night.**

7. It is not advisable to drink anti-diarrheal medications during diarrhea unless prescribed by the doctor.

8. **Cholera** is an acute intestinal infection caused by ingestion of food or water contaminated with the bacterium *Vibrio cholerae*. It is painless, watery diarrhea that can quickly lead to severe dehydration and death if treatment is not promptly given. Vomiting also occurs in most patients.





9. **O**ther diseases which can manifest with diarrhea and can cause outbreaks like cholera are **typhoid fever** and **food poisoning**.

As a Red Cross 143 Community Health Team, YOU NEED TO BE AN ADVOCATE OF HEALTH AND ENCOURAGE TO AVOID THESE THINGS:

X Eating foods or drinking beverages purchased from unsafe and unhygienic sources.

X Eating raw or undercooked meat and seafood.



X Eating unwashed fruits and vegetables.



X Drinking unboiled or untreated tap water.

X Drinking alcohol.



X Unpasteurized milk and dairy products.





KNOW THE SIGNS AND SYMPTOMS OF

DEHYDRATION:

- Thirsty easily
- Color of urine becomes darker.
- Eyes do not produce tears
- Absence of sweating
- Confused
- Weak body



PREVENT DIARRHEA!

**As a Red Cross 143 Community Health Team,
YOU NEED TO TEACH PEOPLE HOW TO
ENSURE WATER IS SAFE.**

Household water treatment is any activity to improve water quality undertaken at the household level.

1. **BOILING** - is a traditional method of treating water. If done properly, it can provide safe water to a population that has no alternatives.
2. **CHEMICAL TREATMENT**
 - a. Use of Hyposol
 - b. Use of Chlorine tablet

**Proper Use of Sodium Hypochlorite
Waterine Solution**

Waterine solution is a water disinfectant.

It **kills** bacteria and other harmful micro-organisms found in water and its container.

For every 5-gallon or 20-liter container of water, only 3.5 waterine solution is needed.

A bottle of **100ml waterine can treat 560 liters of water**, which may be good for one month for a family of 5 members.

Using Sodium Hypochlorite as Water Disinfectant



1. Pour 5 gallons of water to clean container with faucet. A clean cloth can be used for filtering if desired.

2. Add 7 drops of 1.5% sodium hypochlorite solution





3. Cover the container and shake it for 10 seconds.

4. Let it still for 30 minutes.



5. The water is now safe for drinking.

How To Use Chlorine Tablet



1. Wash the hands with soap and water.



2. Place 1 tablet of chlorine to 20 liters of water. (Other chlorine tablets may require a different amount of water. Read instructions carefully).



3. Wait for 30 minutes.



4. Use a clean glass when drinking.



5. Never leave the water container uncovered.

ORAL REHYDRATION SOLUTION



ORS (oral rehydration solution) is the most effective way to manage diarrhea. Where ORS is available, give this to a child with diarrhea (as well as food based fluids to infants over 6 months).

If possible, have some packets of ORS ready in your home. Look carefully at the ORS pack to find out how much water you will need to mix it (for example, 1 packet to 1 liter of water)

Mix a fresh solution each morning.
Do not keep the solution for more than 24 hours.
If not available, you can prepare your home-made ORS.

Mix an oral rehydration solution using one of the following recipes; depending on ingredients and container availability:

Ingredients:

- One teaspoon Salt
- Eight teaspoons of Sugar
- One Liter of clean drinking boiled water and then cooled - 5 cupfuls (each cup is about 200ml)

Preparation Method:

- Stir the mixture till the salt and sugar dissolve.



ORAL REHYDRATION SALTS

How To Give Oral Rehydration Solution (ORS)

Give a teaspoonful every 1-2 minutes to a child under 2 years of age. Give frequent sips from a cup for an older child. If the child vomits, wait for 10 minutes. Then give the solution slowly (for example, a spoonful every 2-3 minutes).

Giving Oral Rehydration Solution (ORS)

Age	Amount of ORS to give after each stool
Less than 2 years	50-100 ml
2 years up to 10 years	100-200 ml
10 years or more	As much as needed

As a Red Cross 143 Community Health Team,

YOU CAN HELP YOUR COMMUNITY THROUGH:

- **T**alk with the elders, leaders, and families on how to prevent diarrhea in the community.
- **P**actice proper handwashing.
- **C**onduct sessions on how to prepare Oral Rehydration Solution.
- **R**efers cases of dehydration to health center.
- **L**obbying to the local government unit (LGU) in behalf of members of the community who do not have access to safe water.



Global Handwashing Day



Global Handwashing Day
15 October

October 15 is Global Handwashing Day

Activities that can be done
by the Red Cross 143



1. Undertake a massive demonstration of handwashing.
2. Hygiene Promotion activities.
3. Distribution of IEC materials.

Critical Five

Five Facts Everyone should know about Handwashing with Soap:

1. "Washing hands with water alone is not enough."

2. "Handwashing with soap can prevent diseases that kill millions of children every year."

3. "The critical moments for handwashing with soap are after using the toilet or cleaning a child and before handling food."

4. "Handwashing with soap is the single most cost-effective health intervention."

5. "A child can be an agent for change."

Global Handwashing Day aims at motivating children to embrace and share proper handwashing practices, and place them as "handwashing ambassadors" at the heart of each country's national and local initiatives.

Activity 2 : **HOW TO DO PROPER HANDWASHING**

1. Wet your hands until the wrist area.
Rub soap with both hands and make a lather.
2. Rub hands together, including in between fingers.
3. Put the right hand over the left hand and rub, including in between fingers. Do the same with the left hand over the right hand.
4. Clasp fingers of both hands in fist and rotate in opposite directions.
5. Rub the thumbs with the palm.
6. Rub palms together on opposite directions.
7. Rinse and dry with clean towel until dry.



QUIZ YOUR SELF !!!

Your score on this self-test is not as important as the fact that it could help solidify your knowledge of diarrhea and maybe even teach you something you don't know. At the end of the quiz, check your answers. Key answers are provided in this toolkit.

Let's start...

1. What signs and symptoms of diarrhea you need to watch out for?

- a. Fever
- b. Abdominal pain
- c. Blood in the stool
- d. All of the above

2. Diarrhea can cause severe dehydration.

True or False?

Answer: _____

3. What is the most effective first aid for diarrhea?

- a. Oral Rehydration Solution
- b. Banana
- c. Iced Tea
- d. Carrot Cake



4. Is it proper to wash your hands even if you think your hands are not dirty ?

- a. Yes
- b. No
- c. Maybe



5. How many teaspoons of sugar will you need to prepare 1 liter of an Oral Rehydration Solution ?

- a. 5
- b. 6
- c. 7
- d. 8



ANSWER KEY:

1. D. All of the above are signs and symptoms of diarrhea.
2. True. Diarrhea can cause severe dehydration if not treated and managed early. Severe dehydration may lead to death.
3. A. Oral Rehydration Solution is the most effective way in managing diarrhea. It is being given to a person who suffers diarrhea.
4. A. Handwashing should be done at all times.
5. D. Eight teaspoons of sugar is needed in the preparation of a liter of a home-made Oral Rehydration Solution.

As a Red Cross 143 Community Health Team,
**YOU CAN HELP TO PREVENT CHOLERA
IN YOUR COMMUNITY.**

* One common cause of diarrhea is CHOLERA.

Did You Know ???

Cholera is a severe diarrheal infection caused by ingestion of the bacterium ***VIBRIO CHOLERAE***.

ALERT!!!:

It is a life-threatening disease.

It can lead to death by severe dehydration and failure of your kidneys to function well.

Cholera can kill healthy adults within a short period of time.

Individuals with lower immunity, such as malnourished children or people living with HIV are at greater risk of death if infected with cholera.



Would You Care ???

CHOLERA IS A KILLER DISEASE THAT AFFECTS BOTH CHILDREN AND ADULTS.

The **absence or shortage of safe and clean water** combined with a generally poor environmental status are the main causes of spread of the disease.

WHAT'S THE MYTH ?

It is important to stress that it is not true that widespread of cholera is caused by dead bodies after disasters, whether natural or man-made.



WHAT'S THE TRUTH?

The effects of a disaster -- such as disruption of water and sanitation systems or massive displacement of population to inadequate and overcrowded evacuation centers -- can increase the risk of getting cholera through the contaminated water.



FAST FACTS:

- About **75%** of **PEOPLE infected** with cholera *do not develop any symptoms.*
- The bacteria stay in their stool for 7 to 14 days and are shed back into the environment, potentially infecting other individuals.

You can get sick with cholera through...

- **contaminated food and water**
- **poor hygiene**
- **poor environmental sanitation**

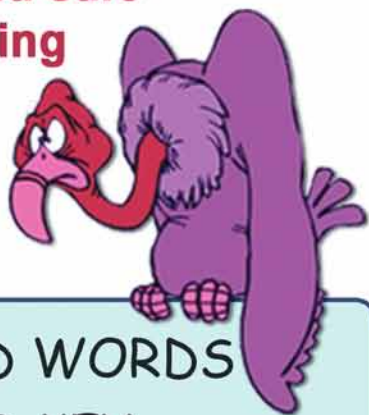




**Living with the principle of Red
Ready, Always There" how you
way to reach the water station
water to quench his thirst
water in**



**Cross 143 "Always First, Always
can help Mang Tony find the easy
where he can drink clean and safe
and prevent him from losing
his body.**



SCRAMBLED WORDS
ANSWER KEY:

- 1. CHOLERA**
- 2. CONTAMINATED WATER**
- 3. PROPER HYGIENE**
- 4. SAFE AND CLEAN WATER**
- 5. PREVENTION**



YES or NO

Barrio ni Juan has been hit by typhoon Ondoy, flood water overflow affecting the community and people were brought to evacuation center for temporary shelters. Health problems occurred immediately 1 week after the disaster. The Philippine Red Cross mobilized its Red Cross 143 Community Health Team to conduct hygiene promotion sessions to the affected families.

As a Red Cross 143 Community Health Team, you need to:

1. If you have sanitizer, do you need to wash your hands?
2. Will you advise the people who has diarrhea to take anti-diarrheal drugs?
3. Can you teach the mothers on how to prepare homemade ORS in preventing dehydration for a child who has diarrhea?
4. Can you prevent diarrhea through proper hand washing and safe drinking water?
5. As a CHV do you need to coordinate with the local leaders before conducting dissemination in the community?



ANSWERS!



1. **Yes** - Handwashing with water and soap is the best way to prevent diarrheal diseases.



2. **No** - diarrhea is a normal process of body to eliminate toxins inside the body. Giving anti-diarrheal drugs will affect the elimination of such toxins. However, dehydration should be prevented in case a person has diarrhea.



3. **Yes** - ORS you can teach the mothers in the evacuation centre / community on how to prepare ORS in preventing dehydration.



4. **Yes** - diarrhea can be prevented through proper hand washing and the use of safe drinking water.



5. **Yes** - Coordination is crucial in every stage. You should give courtesy to the local leaders before conducting any activity in the community.

FIGHT CHOLERA

BY...

- **Good sanitation practices**



- **Practice good handwashing habits**



- **Safe drinking water**



- **Avoiding raw/uncooked fish or shellfish**



HELP GAME!!!

Unscramble these letters to reveal the hidden words:

Need Help? Use the clues below the number to help you unscramble the words.

1. HCLERA0

Clue: It is a killer disease caused by a bacteria found in water or food that can affect adults and children.

2. NC0TIAMDANET TWEAR

Clue: If you answer #1 correctly, you'll surely get this too!

The risk of getting____
(the answer in #1)
will increase because of this.

3. PPRRE0 GYEENIH

CLUE: YOU CAN ALSO GET SICK OF
CHOLERA IF THIS
IS NOT YOUR PRIORITY.

4. EASF DAN ACENL ARWTE

Clue: You can prevent getting sick with cholera if you have this at home.

5. VRPTNINOEE

Clue: This is always better than cure.

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