

# 1 Acute watery diarrhoea

## Transmission

- Water contaminated with human waste (stools)
- Dirty food and unwashed hands

## Symptoms

- 3 or more loose or fluid stools over the period of 24 hours
- Possible stomach pains, fever, nausea and vomiting
- Can cause dehydration and death

## Prevention

- ➔ Clean water (good water sources, clean water container in household)
- ➔ Good sanitation facilities (good latrines or defecation facilities)
- ➔ Proper hygiene (handwashing with soap)

- ➔ Clean food
- ➔ Good shelter
- ➔ Continuing breastfeeding
- ➔ Health promotion

## Vulnerable people

- Children under 5
- Pregnant and lactating women
- People without clean water and good sanitation
- Others

## In case of epidemic

- ➔ Know the source and cause
- ➔ Provision of clean or treated water
- ➔ Provision of good sanitation facilities
- ➔ Detection and referral of cases to health facilities

- ➔ Health promotion
- ➔ Encouragement of breastfeeding
- ➔ Proper hygiene (handwashing with soap)

## Volunteer actions

See the following **action tools** for more information on what actions to take against acute watery diarrhoea:

31	29	32	1	2	3	5	6	7	8	11	12	16	30	33
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## Community-based assessment questions

Make a map of the community and mark the information you gather on the map.

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| <ul style="list-style-type: none"> <li>• When did the epidemic start?</li> <li>• How many people live in the affected community?</li> <li>• How many children under 5 years of age live in the affected community?</li> <li>• Who and where are the vulnerable people?</li> <li>• How many people have died of acute watery diarrhoea and where?</li> <li>• How many people have fallen sick with acute watery diarrhoea and where?</li> <li>• Are there any health services and where?</li> </ul> | <ul style="list-style-type: none"> <li>• What water sources are available and where?</li> <li>• Is the drinking water clean?</li> <li>• What sanitation facilities and communal latrines are available?</li> <li>• Do people have enough food?</li> <li>• What is the children's nutritional situation?</li> <li>• How common is breastfeeding?</li> <li>• Is there a health promotion programme in place?</li> <li>• What are the habits, practices and beliefs regarding hygiene in the community?</li> </ul> |
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*A dehydrated child*



*Proper breastfeeding*