



Diarrheal Disease



By Brooke Wood

YouLearn Educational Series

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What is Diarrheal Disease?

- Diarrhea occurs when you have loose, watery bowel movements that may occur frequently and with a sense of urgency.
- Diarrheal disease can affect anyone.
- Diarrhea is a deadly disease that left untreated can kill due to dehydration.



Diarrhea is Deadly

- Every year, a staggering number of children die from diarrhea that could have been prevented.
- It is the second leading cause of death for children under the age of 5.



Why is diarrhea life-threatening?

- When you have diarrhea, your poop is very watery.
- The salt and water are taken from your body each time you poop.
- Without replenishment, you become dehydrated.
- Your body needs water and salt to survive.



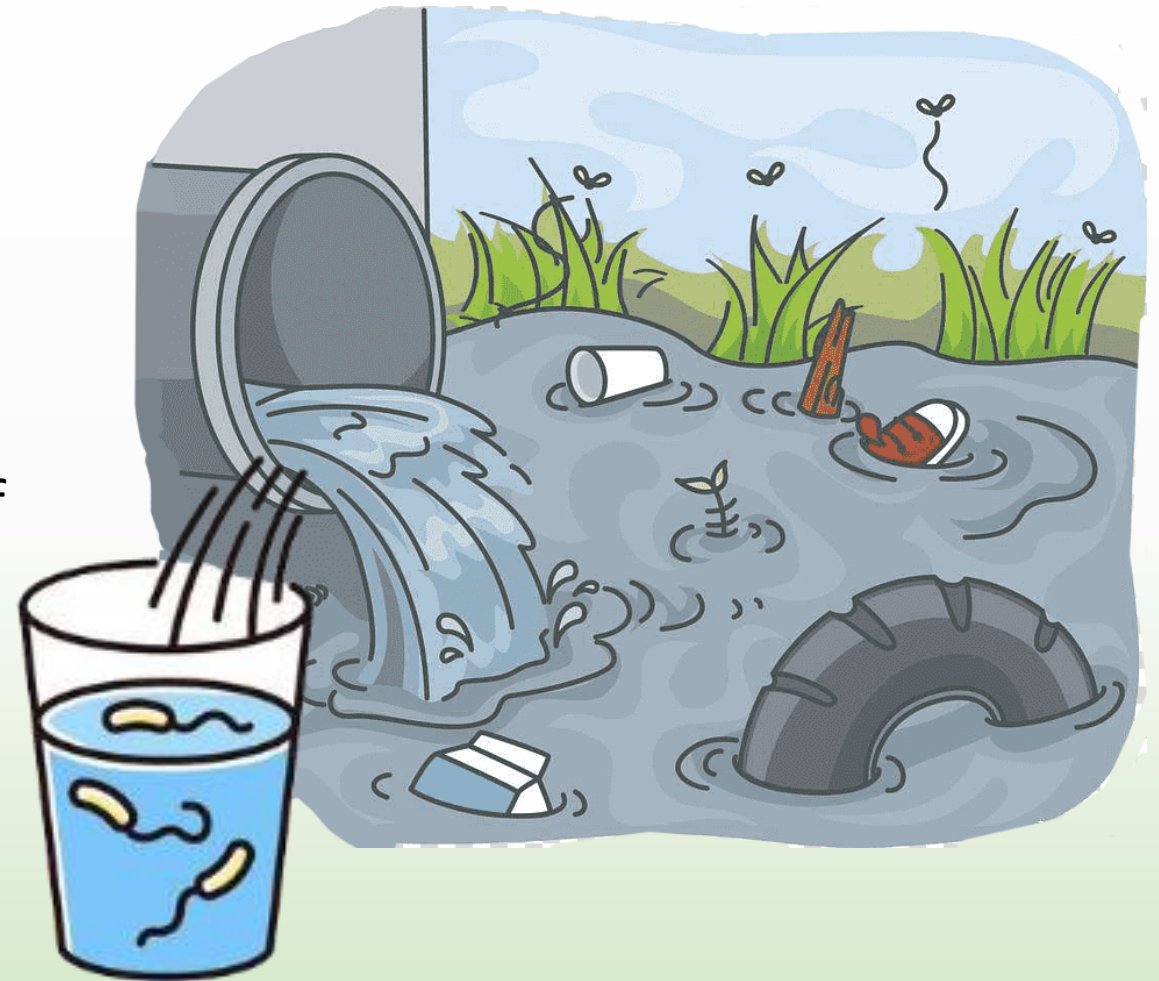
Symptoms

- Loose, watery stool; blood or mucus in the stool
- Stomach cramps; bloating
- Nausea or upset stomach
- Fever



Causes of Diarrhea

- Eating or drinking contaminated food and water
- Poor nutrition is a direct contributor to increased frequencies and durations of diarrheal illnesses.
- Lack of good hygiene, sanitation and hand washing



How do you replenish?

- It's very important to replenish the water you have lost from diarrhea.
- An oral rehydration solution is easy to make.
- The person who has diarrhea should drink this mixture until the poop turns back to normal.

Oral Rehydration Solution



Ingredients:

- Half (1/2) level teaspoon of Salt
- Six (6) level teaspoons of Sugar
- One (1) Litre of clean drinking or boiled water and then cooled
5 cupfuls (each cup about 200 ml.)

Preparation Method:
Stir the mixture till the salt and sugar dissolve.

Labels in diagram:

- 6 LEVEL TEASPOONS of SUGAR
- HALF LEVEL TEASPOON of SALT
- 1 LITRE OF WATER
5 cupfuls (each cup about 200 ml.)
- ORS

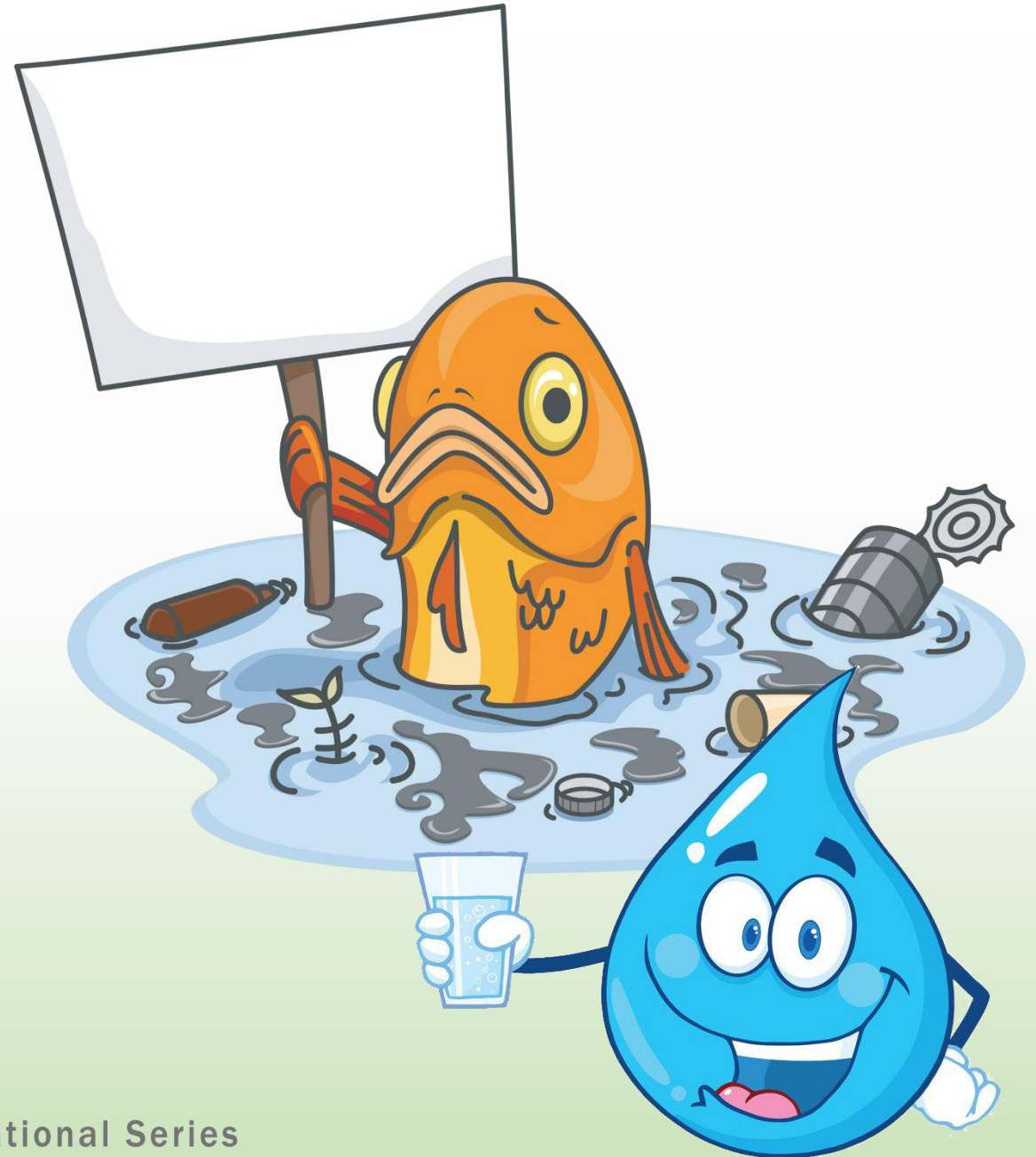
Effects of Multiple Cases of Diarrhea

- Repeated **diarrhea** infections contribute to long-term gut damage and interferes with childhood growth and development.
- Each diarrheal episode worsens **malnutrition** that eventually damages the body's ability to absorb nutrients, even when children eat healthy foods.



Prevention

- Make sure water is safe and clean before using for cooking, washing or drinking.
- Always wash your hands after using the toilet and before cooking or eating.
- Stay hydrated by drinking plenty of clean water.



Prevention

- Be sure to get any vaccinations that are recommended by your doctor.
- Eat a well balanced diet.
- Malnutrition stunts growth and contributes to repeated bouts of diarrhea.



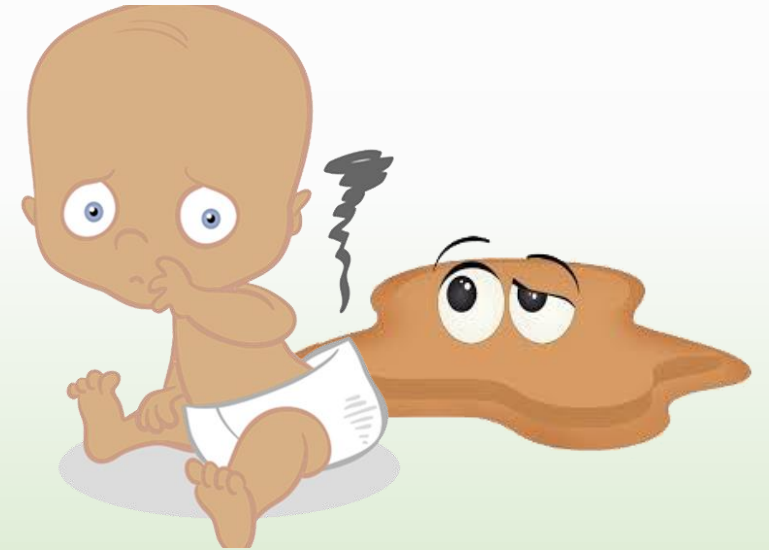
Recommendations for your children

- Observe your child's stool; make sure it stays solid.
- Prevent the spread of disease by maintaining good personal hygiene; wash hands often.
- Get the rotavirus vaccine for your infants and children.



When Baby Gets Diarrhea

- It's hard to tell when your baby has diarrhea as their poop is generally soft and runny if you are breastfeeding.
- These are some symptoms:
 - ✓ Loose, wet, watery
 - ✓ Greener or darker than normal
 - ✓ Foul smelling
 - ✓ Bloody or containing mucus



When Baby Gets Diarrhea

- Wash hands thoroughly before breast feeding your infant.
- Nurse your infant for at least the first 6 months of life.
- Continue to breast feed your infant when they have diarrhea.



Causes for Diarrhea in Infants

- **Illness:** Viruses, bacteria and parasites can cause infections that lead to diarrhea.
- **Solid foods:** Changes in your baby's diet.
- **Certain medications:** Some medicines can cause diarrhea
- **Travel**
- **Medical conditions**
- **Teething**



It's time to see the doctor now!

- Blood in your diarrhea or black, tarry stools
- A fever that is high (above 101 F) or that lasts more than 24 hours
- Diarrhea lasting longer than 2 days
- Nausea or throwing up that prevents you from drinking liquids to replace lost fluids
- Severe pain in your belly or rear end



Signs of Dehydration

Call your doctor right away!

- Dark urine
- Smaller than usual amounts of urine
- Rapid heart rate
- Headaches
- Dry skin
- Crankiness
- Confusion



Myths & Misconceptions

I can cure diarrhea if I eat only bananas, rice, applesauce, and toast.

- **FALSE! This is not true.**

The seasonal flu shot prevents diarrhea.

- **FALSE!**

Avoid all foods with fats.

- **FALSE! Healthy fats can help ease diarrhea.**



Myths & Misconceptions

Certain drugs and medications can cause diarrhea.

- **TRUE!**

Sugary foods can make diarrhea worse.

- **TRUE! Some sugared food items will make your diarrhea worse and last longer.**



Stay Healthy

- Wash your hands before handling any food products, after using the toilet, and after being outside
- Eat a nutritious and healthy diet; wash produce with clean water before preparing.
- Drink plenty of clean water



References

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