

When should I go to the clinic immediately?

Do not wait. Go to your nearest clinic or 24 hour service, **AT ONCE**, day or night, if your child has any of these signs:

- Has bad diarrhoea that does not get better
- Vomits often
- Will not drink at all, or drinks poorly
- Refuses the breast
- Passes very little urine
- Has blood in the diarrhoea
- Develops a fever
- Gets sicker

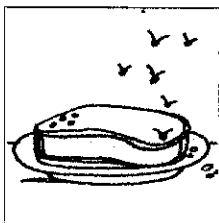
Take plenty of water for your child to drink on the way to the clinic.

If your small child is very sick with diarrhoea, do not wait in the queue. Ask the staff to help your child at once!

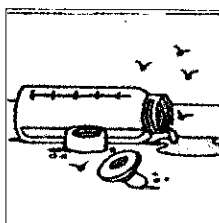
These are the things that cause diarrhoea. Protect your family by keeping everything absolutely clean, especially when preparing food and drink



Dirty water



Dirty food that has had flies on it



Dirty bottles, and teats



Hands that have not been washed

You Can Help Your Child with **DIARRHOEA**

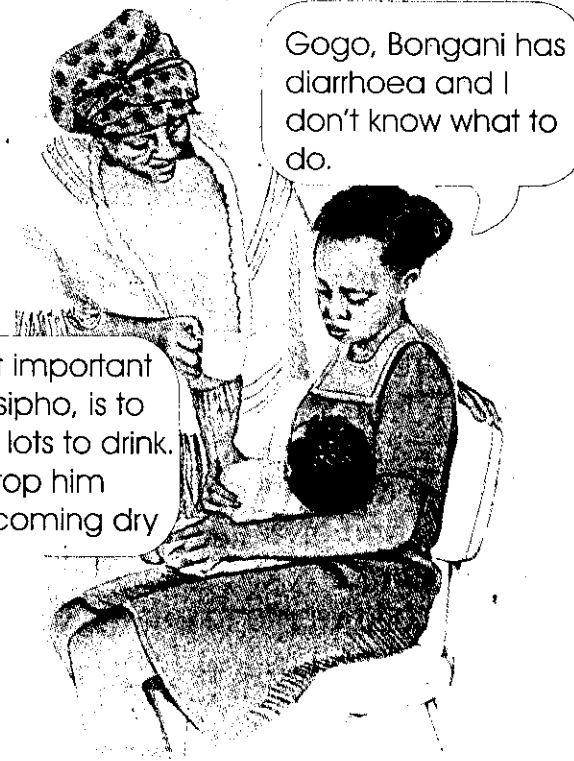
Babies and small children often get diarrhoea and vomiting, especially in summer when there are many flies and food goes bad quickly.

If they are given the right treatment, they can recover in a few days. but many children get very sick with diarrhoea and some of them die.

You, the care-giver, can prevent this happening to your child.

The most important thing Nosipho, is to give him lots to drink. This will stop him from becoming dry

Gogo, Bongani has diarrhoea and I don't know what to do.



Giving extra fluids to a child with diarrhoea can save the child's life!

Why do babies and small children get so sick with diarrhoea?

Every time the child vomits and her stomach runs, she loses water and essential salts. If she loses too much water she will become very ill and may even die.

What should I do when my child gets diarrhoea?

Give the child plenty to drink as soon as the diarrhoea starts. Every time she has diarrhoea or vomits, give her at least half a cup of water. Give more to children over 1 year old.

If you are breast-feeding, try to breast-feed more often.

If you are not breast-feeding, you can give

- Thin soup or very thin porridge
- Left-over water from cooking sump or rice

Give the drink a little at a time. If he vomits, wait 5 minutes and give a little more. Give him as much as he will drink.

If your child wants to eat, give him a little food very often.

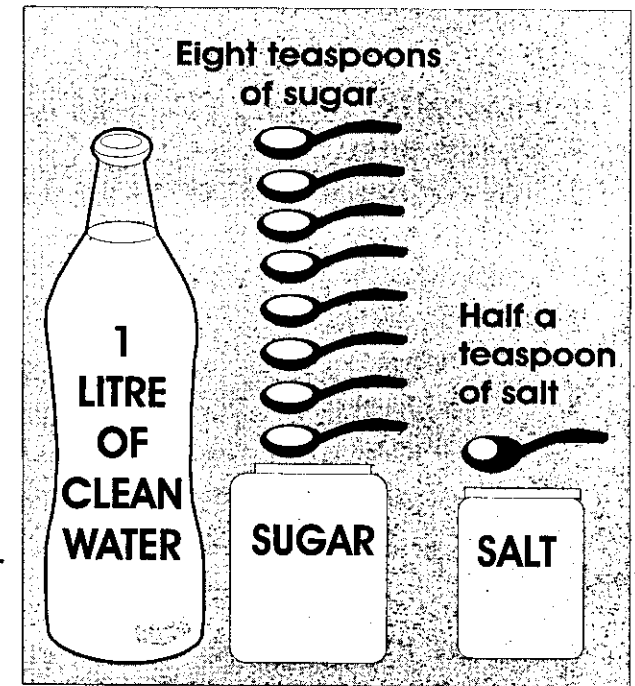
You must give your child lots to drink as soon as she gets diarrhoea. Continue to give extra fluids until the diarrhoea stops



The home mixture

This is a mixture you make at home to help your child who has diarrhoea. You must make it exactly as the picture shows

- Wash all the utensils you need in clean water.
- Wash your hands with clean soap and water.
- Measure one litre of clean drinking water.
- Add 8 level teaspoons of sugar and half a level teaspoon of salt
- Mix until the sugar and salt are dissolved.
- Give the drink often, a little at a time.



You do not need to give medicine to stop the diarrhoea



DO NOT give your child an enema - she will lose more water. This is dangerous!

Op watter stadium behoort ek dadelik kliniek toe te gaan?

Moenie wag nie. Gaan **DADELIK** na jou kliniek of 24 uur diens indien jou kind:

- erge diarree het wat nie beter raak nie.
- dikwels opgooi
- glad nie wil drink nie of swak drink
- die bors weier
- baie min urineer
- bloed het in die diarree
- 'n koors ontwikkel
- sieker word

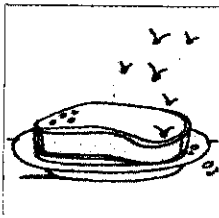
Neem baie water saam op pad kliniek toe vir jou kind om te drink

Indien jou kind baie siek is met diarree, moenie in die ry wag nie. Vra die personeel om jou kind dadelik te help!

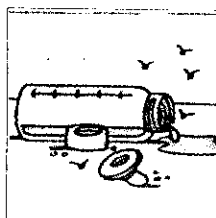
Hierdie is die dinge wat diarree veroorsaak. Beskerm jou familie deur alles absoluut skoon te hou, veral wanneer eet- en drinkgoed voorberei word.



Vuil water



Vuil kos waarop vlieë gesit het



Vuil bottels en tiete



Hande wat nie gewas is nie

Jy Kan Jou Kind Met **DIARREE** Help

Babas en klein kinders kry dikwels diarree en gooi op, veral in die somer wanneer daar baie vlieë is en kos gou bederf raak.

Indien hulle die regte behandeling gegee word kan hulle binne 'n paar dae gesond word. Sommige kinders word baie siek van diarree en sommige sterf daarvan.

Jy, die versorger van die kind, kan voorkom dat dit met jou kind gebeur.

Die belangrikste ding, Nosipho, is om hom baie te gee om te drink. Dan sal hy nie uitdroog nie

Gogo, Bongani het diarree en ek weet nie wat om te doen nie.

Deur ekstra vloeistof aan 'n kind met diarree te gee kan haar lewe gered word.

Waarom raak babas en klein kinders so siek van diarree?

Elke keer wanneer die kind opgooi en haar maag loop, verloor sy water en noodsaaklike soute. Indien die kind te veel water verloor sal sy baie siek word en kan selfs sterf.

Wat behoort ek te doen wanneer my kind diarree kry?

Gee die kind baie om te drink sodra die diarree begin. Gee minstens 'n halwe koppie water elke keer wanneer diarree voorkom of wanneer die kind opgooi. Gee meer vir 'n kind wat ouer as een jaar is. Indien jy borsvoed, probeer die kind meer dikwels voed.

Indien jy nie borsvoed nie, kan jy die volgende gee:

- Dun sop of baie dun pap
- Water wat oorgebly het nadat stampmielies of rys gekook is

Gee bietjie vloeistof op 'n keer. Indien hy opgooi, wag 5 minute en gee weer daarvan. Gee soveel as wat hy sal drink.

Indien jou kind wil eet, gee hom gereeld 'n bietjie kos.

Jy moet jou kind baie gee om te drink sodra sy diarree kry.

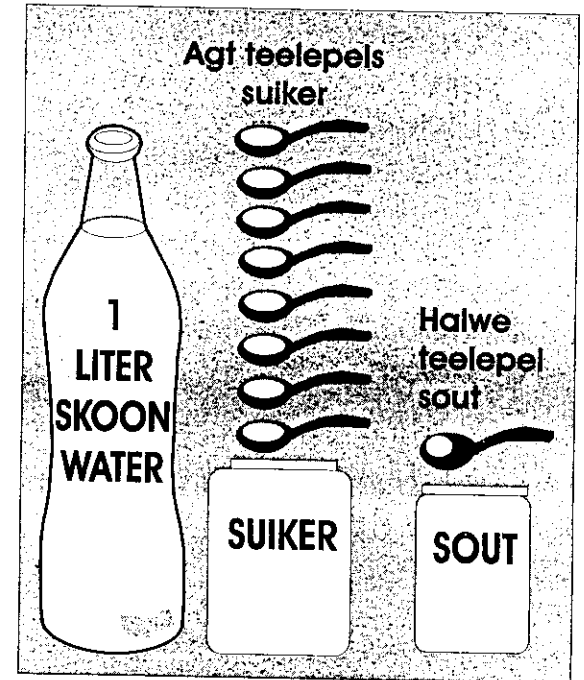
Hou aan om ekstra vloeistof te gee todat die diarree gestop het.



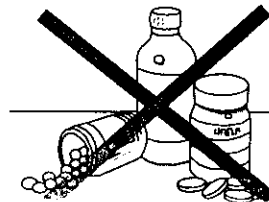
Die tuismengsel (suiker en soutmengsel)

Hierdie is 'n mengsel wat jy by die huis kan maak om jou kind wat diarree het te help. Jy moet dit maak presies soos die prent wys.

- Was jou hande met skoon water en seep.
- Was al die nodige kombuisgereedskap.
- Meet een liter skoon drinkwater in 'n houer af.
- Meng 8 gelykvol teelepels suiker en 'n halwe gelykvol teelepel sout.
- Meng totdat die suiker en sout opgelos het.
- Gee die kind dikwels van die mengsel om te drink, bietjie op 'n keer.



Jy hoef nie medisyne te gee om die diarree te stop nie



MOENIE jou kind 'n enema gee nie - sy sal net meer water verloor. Dit is gevaarlik!