Diarrhea

Germs from human waste (faeces) causes diarrhea, including cholera.

- Wash your hands (with soap or ash) before eating or prepare food, or after you have been to the toilet
- **If you get sick with diarrhea (runny tummy) or start vomiting, prepare this mixture and drink regularly:**
  - Take **1 litre** of safe water (boil the water first if you are not sure that it is safe)
  - Add **8 teaspoons** of sugar
  - Add **half** a teaspoon of salt
  - Mix well and **drink** a glass of it **every hour**

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Have you washed your hands today?

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It is not all about flushing

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Hygiene Education

Personal hygiene and environmental health is a key to healthy living. Germs grow in spots of dirt or food. Always wash your hands with soap and keep your toilet clean.

1 Wash your hands

Hand-washing with soap, when done correctly, is the single most effective way to prevent the spread of communicable diseases. Good hand washing technique is easy to learn and can significantly reduce the spread of infectious diseases among both children and adults.

When?

- Before cooking or handling food
- Before feeding children or eating
- After going to the toilet
- After you change a baby's nappy

How?

- Always wash both your hands
- Always wash your hands with soap and water
- Scrub hands together at least for times
- Dry hands on a clean towel or shake hands dry

Why?

- Faeces have millions of germs that you cannot see or smell
- The germs go from your hands to your mouth and make you sick
- Washing hands regularly greatly reduces the spread of diseases
- Clean hands keep children safe and healthy

NB: HAND WASHING HAS THE POTENTIAL TO REDUCE DIARRHEAL DISEASES BY 50%

2 Keep your toilet clean

- Clean the entire toilet with soap and water to keep it safe and clean from germs
- Always keep toilet seat down
- Keep toilet door closed
- Do not throw waste in the toilet

3 Prepare safe food

- Wash your hands with soap (or ash) before you eat or prepare food
- Keep all food utensils clean
- Wash fruits and vegetables with safe water before you eat them
- Cook all meat, fish and vegetables well.
- Keep food covered in a clean, cool place.
- Store raw and cooked food separately.

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