



# HEALTH ADVISORY: PREVENTION OF ACUTE DIARRHOEAL DISEASES (ADD)



Globally, more than a billion people don't have access to safe and clean drinking water. 3.5 Million people die each year globally as a result of waterborne diseases (Diarrhoea, Dysentery, Cholera, Typhoid Fever, Hepatitis A, and Hepatitis E)



**Safe drinking water** Boil the water for 5 minutes (Rolling boil) preferably for 20 minutes. Boiled water does not taste good due to loss of oxygen during boiling. In order to improve the taste, vigorously stir or shake the water in the container.

**Storage containers** Drinking water containers must be thoroughly washed every day. Do not add clean and fresh water to stale or unwashed containers, as there is grave risk of water contamination while doing so.



**Handwashing** Wash with soap and water before eating food and after using the washroom. The contact period between the soap and water should be 15-20 seconds. This is an important component of personal hygiene in preventing water borne diseases.

**Sanitation** Avoid open defecation and urination in order to prevent contamination of water sources.



**Fingernails** Keep finger nails short and clean at all times, it is preferable to cut them short once every week.

**Raw Food Materials** Raw food materials such as fresh vegetables must be washed and cleaned thoroughly before cooking.



**Chlorination** Chlorinate water using tablets (1 tablet, 0.5 mgs) dissolved in 20 L of water and use after 30 mts (contact time). If the temperature of the water is low, then increase the contact time.

## ORS (Oral Rehydration Solution) Preparation

If ORS sachets not available, it is advised to prepare Homemade ORS (To 1 lit of pre boiled water add 8 tsf of Sugar and 1 tsf of table salt)



**Water washed diseases** These are caused by poor hygiene (inadequate water supply). They are caused when freshwater is scarce and contaminated water comes in to contact with the skin and eyes.

**These are scabies, Eczema, Trachoma, lice and tick borne diseases**

Avoid prolonged contact with flood water and dirty water. In the event of contact, clean the parts of the body with soap and water.

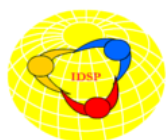
**INTEGRATED DISEASE SURVEILLANCE PROGRAMME (IDSP)**

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