

# Treat and prevent diarrhoea

by Ronel van der Watt

Diarrhoea is loose, watery and frequent stools that usually occur more than three times in 24 hours. It is common in children and adults. The most common causes of acute (serious) diarrhoea are viral infections, bacterial infections and parasitological infections.

## The symptoms

Diarrhoea is often associated with symptoms such as stomach cramps, nausea, vomiting and fever. Often symptoms last for two days and then disappear without treatment. You should see a doctor if:

- The diarrhoea continues for longer than two days
- The stools become bloody
- There are signs of dehydration.

Signs of dehydration in adults include thirst, dry mouth and tongue, loss of energy, darkly coloured urine, very little urine, sunken eyes, muscle cramps and rapid breathing. In babies dehydration is a medical emergency. Symptoms in babies include high fever, irritability, no energy, dry mouth, cracked lips, sunken eyes, fewer wet nappies and no tears when crying. You must seek immediate medical attention if your baby shows signs of dehydration!

## Treating diarrhoea

Treatment focuses on preventing dehydration. Dehydration occurs due to the loss of fluids and electrolytes because of the diarrhoea. A simple way to prevent dehydration is to administer an oral (through the mouth) rehydration solution after every loose stool. Use the following easy recipe:

**1 litre of boiled water that has been cooled down, 8 level teaspoons of sugar and 1 level teaspoon of salt.**

Try not to eat or drink milk or any other milk products (lactose or milk sugar will worsen the diarrhoea). Avoid sugar, fruit, fatty or oily food, red meat and green vegetables. Eat starches like potatoes, pap and rice. You can also eat yellow vegetables such as carrots and pumpkin, as well as chicken and fish (but without the skin).

## Preventing diarrhoea

- Wash your hands before and after visiting the toilet
- Wash your hands before and after you eat or prepare food
- Make sure your cooking utensils are clean before preparing food
- Make sure your eating utensils and plates are clean before eating
- Boil water before you drink it, especially if you are unsure about the source of the water
- Do not wash your fruit or vegetables in contaminated water
- Put leftover food in the fridge immediately
- Do not reheat leftover food more than once
- Do not reheat fish or chicken. **UM**

# Diarrhoea

- **Diarree**
- **Uhudo**
- **Urhudo**
- **Letshollo**

- **Symptoms:** Loose, watery and frequent stools, also cramps, nausea, vomiting and fever.
- **Simptome:** Los, waterige en gereelde stoelgange, asook krampe, naarheid, braking en koors.
- **Izinkomba:** Indle ehlambulukile, emanzi nokuya njalo endlini encane, kanye namajaqamba, ukucikizelelwa yinhliziyo, ukuphalaza kanye nemfiva.
- **Iimpawu zalo:** Ubulongwe obungaqinanga, obumanzi nobuthululwa qho, inkantsi, isicaphucaphu, ukukhupha nefiva.
- **Matshwao:** Mantle a metsi hape a tlang kgafetsa, hape le ho huleha ha mesifa, ho feroha, ho hlatsa le feberu.

## Prevention Voorkoming Ukuvimbela Ukuthintelwa kwalo Thibelo

- Wash your hands after visiting the toilet.
- Was jou hande nadat jy die toilet besoek het.
- Geza izandla ngemuva kokuya endlini encane.
- Hlamba izandla zakho emva kokutyelela indlu yangasese.
- Hlapa matsoho a hao ha o tswa ntlwaneng.
- Wash your hands before eating.
- Was jou hande voordat jy eet.
- Geza izandla zakho ngaphambi kokudla.
- Hlamba izandla zakho phambi kokutya.
- Hlapa matsoho a hao pele o ja.
- Use clean cutlery and plates when preparing food and eating.
- Gebruik skoon eetgerei en borde wanneer jy kos voorberei en eet.
- Sebenzisa izitsha ezihlanzekile kanye namapuleyiti uma ulungisa ukudla kanye nokudla.
- Sebenzisa izinto zokutya neepuleyiti ezicocekileyo xa ulungisa ukutya naxa usitya.



- Sebedisa dikgaba, dithipa le difereko mmoho le dipoleiti tse hlwekileng ha o lokisa dijo le ha o ja.
- Boil the water before you drink it.
- Kook water voordat jy dit drink.
- Bilisa amanzi ngaphambi kokuwaphuza.
- Wabilise amanzi phambi kokuwasela
- Bedisa metsi pele o a nwa.
- Don't eat old food.
- Moenie ou kos eet nie.
- Ungadli ukudla okudala
- Musa ukutya ukutya okudala.
- O se ke wa ja dijo tsa kgale.



- **Treatment:** Drink lots of water to prevent dehydration. DO NOT eat or drink milk or other milk products, sugar, fruit, oily food, red meat and green vegetables. DO eat starches, yellow vegetables, chicken and fish.
- **Behandeling:** Drink baie water om ontwatering te voorkom. MOET NIE melk of suiwelprodukte, suiker, vrugte, olierige kos, rooivleis en groen groentes eet nie. Jy kan stysels, geel groentes, hoender en vis eet.
- **Ukwelashwa:** Phuza amanzi amaningi ukuvimbela ukuphelelwa ngamanzi emzimbeni. UNGADLI noma uphuze ubisi noma eminye imikhiqizo yobisi, ushukela, izithelo, ukudla okunamafutha, inyama ebomvu kanye imifino eluhlaza. YIDLA izitashi, imifino ephuzi, inkukhu kanye nenhlanzi.
- **Ukunyangwa kwalo:** Sela amanzi amaninzi ukuthintela ukuphelelwa ngamanzi emzimbeni. MUSA ukutya okanye ukusela ubisi okanye imveliso yobisi, iswekile, iziqhamo, ukutya okunamafutha, inyama ebomvu nemifuno eluhlaza. YITYA isitatshi, imifuno etyheli, inkuku nentlanzi.
- **Kalafo:** E nwa metsi a mangata ho thibela ho hloka metsi mmeleng. O SE KE wa ja kapa wa nwa lebese kapa dihlahiswa tse ding tsa lebese, tsekere, tholwana, dijo tse mafura, nama e kgubedu le meroho e metala. E ja setatjhe, meroho e mesehla, nama ya kgoho le tlhapi. **UM**

