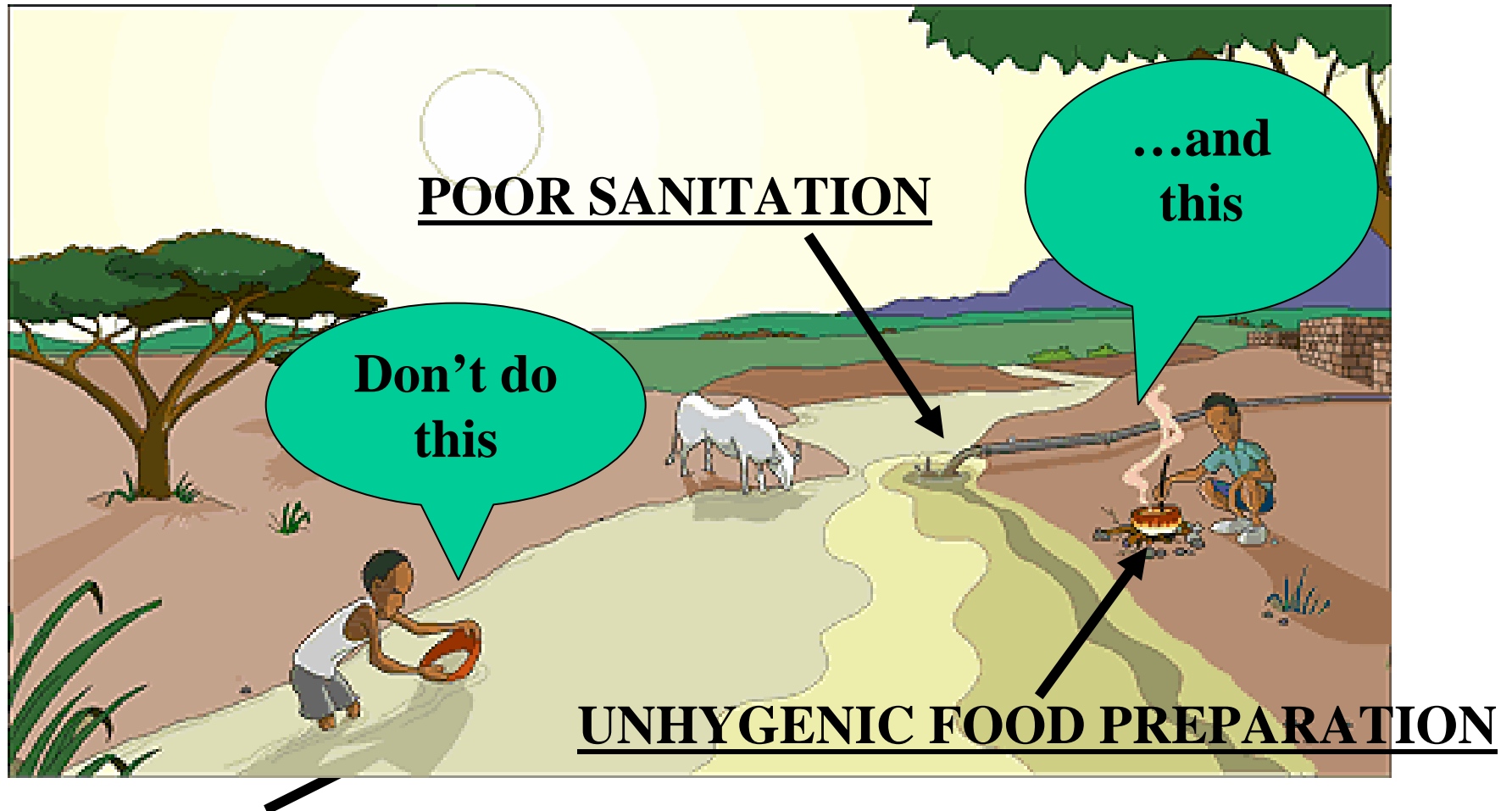


CAUSES OF EPIDEMIC BREAKOUT



UNCLEAN DRINKING WATER, POOR PERSONAL HYGEINE, IMPROPER STORAGE OF FOOD AND WATER, STAGNANT WATER POOLS.

PREVENTION AGAINST DISEASES

BOIL WATER BEFORE DRINKING



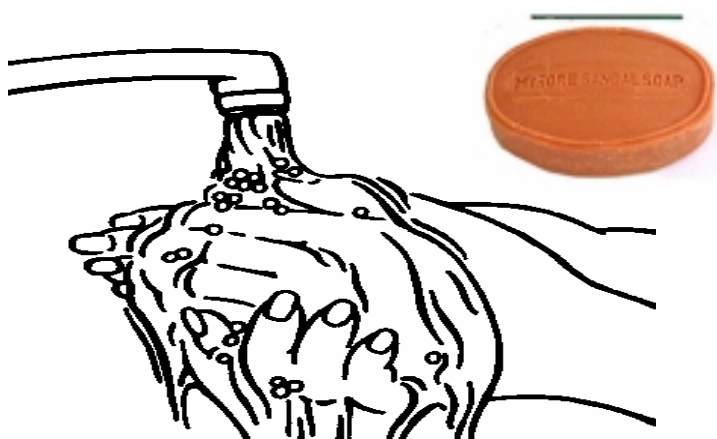
Boil water for sufficient time (Bring water to a rolling boil for at least one minute)
Don't use open or contaminated water sources (, near dead bodies dead animals)

KEEP FOOD AND WATER COVERED



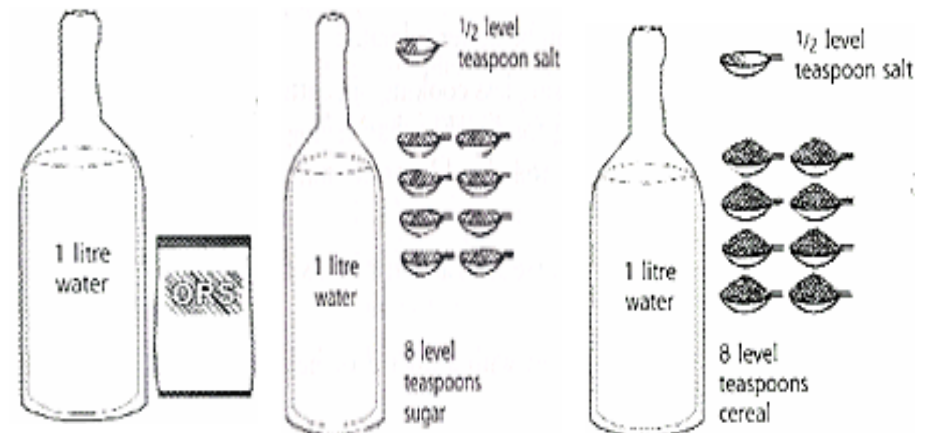
Do not store food at room temperature for long periods of time.

ALWAYS WASH HANDS



Wash hands with soap before and after eating, before and after using the toilet and after handling any contaminated articles,

DRINK FLUIDS WITH SUGAR



Boiled water + 1/2 level tea spoon salt + 8 level tea spoon sugar + lemon juice (optional). Drink more fluids (3-4 liters a day), preferably containing sugar and salt

PREVENTION AGAINST DISEASES

DO'S



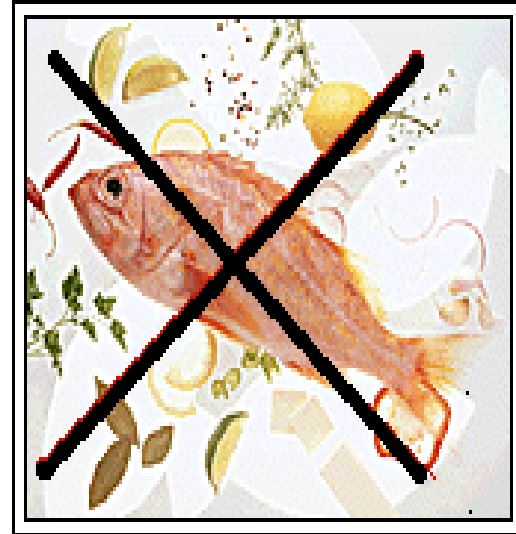
PUT ALUM OR CHLORINE TABLETS IN DRINKING WATER TO DISINFECT

EAT SOMETHING CONTAINING SALTS

DRINK MORE FLUIDS (3-4 liters a day), CONTAINING SALTS AND SUGAR

COOK FOOD THOROUGHLY

DON'TS



AVOID RAW FISH AND SHELL FISH.

KEEP FACE AWAY FROM STAGNANT WATER

AVOID EYE/SKIN CONTACT WITH CONTAMINATED WATER TO PREVENT TRACHOMA SCABIES AND DERMATITIS.

DON'T EAT RAW UNCOOKED FOOD.

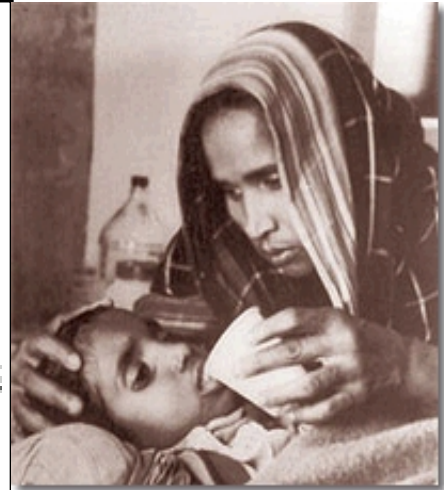
AVOID EATING ANY FOOD CONTAMINATED WITH FLOOD WATER.

AVOID RAW VEGETABLES.

DON'T URINATE, PASS FAECES, WASH CLOTHES OR ANIMALS OR TAKE BATH NEAR DRINKING WATER SOURCES

COMMON SYMPTOMS OF WATER BOURNE DISEASES

- **Frequent motions**
- **Stomach pains**
- **Vomiting**
- **Dehydration (dark urine, drowsiness, excessive thirst and dry tongue, leathery skin.)**



WHEN TO VISIT DOCTOR

- **Blood in motions**
- **Pus (yellow mucous) in motions**
- **Pale and flaky stools (like rice water)**
- **Excessive vomiting**
- **Acute diarrhea in infants or old people**
- **Persistent diarrhea for more than 1-2 weeks**
- **Persistent fever and shivering (Seek help within 24-48 hours of onset.)**



IN CASE OF EMERGENCY CONTACT