

Diseases	Causes	Symptoms	Prevention / Home Treatment	Warning Signals (Go to Doctor)
Diarrhea	<p>Bacterial and viral infections</p> <p>Food poisoning (Food which is 'off' might be obvious but contaminated food usually looks and tastes fine)</p> <p>Transmitted from person to person</p>	<p>Frequent, watery motions</p> <p>Nausea, vomiting</p> <p>Fever.</p> <p>Dehydration</p>	<p>Drink more fluids (3-4 litres a day), preferably containing sugar and salts</p> <p>Eat something containing salt</p> <p>Avoid foods containing milk for a couple of days after recovery</p> <p>Eat vegetables that have been boiled or peeled</p> <p>People with inflammation or sores on their hands should not prepare food</p>	<p>Blood in the motions</p> <p>Pus in the motions (yellow mucus)</p> <p>Inability to drink liquids because of vomiting</p> <p>Dehydration - symptoms include excreting small amounts of dark urine, drowsiness, dry mucous membranes and thirst</p> <p>Pronounced drowsiness</p> <p>Acute diarrhea in infants or old people</p> <p>Diarrhea has lasted more than one to two weeks</p>
Cholera	<p>When bacteria excreted in faeces comes into contact with drinking water</p> <p>Spread to food if people don't wash their hands thoroughly after using the toilet.</p> <p>Spread through fish and shellfish from contaminated water</p>	<p>Watery diarrhea, which is pale and flaky and looks like rice water.</p> <p>High fluid loss may be as high as 1 litre every hour.</p>	<p>Only drink boiled water or water that has been sterilized or treated in another way</p> <p>Boil unpasteurised milk before you drink it</p> <p>Properly prepare food and serve when still hot. If it is allowed to stand at room temperature for several hours other bacteria may develop</p> <p>Avoid raw fish and shellfish</p> <p>Avoid raw fruit and vegetables, unless you peel it yourself</p> <p>Consume large quantities of fluid with salt and sugar.</p> <p>Take ORS Salts</p> <p>You can prepare the mix by</p>	<p>If the fluid loss is not replaced and exceeds 5-10 litres, it can be fatal</p> <p>Extensive dehydration</p>

			mixing Boiled water + ½ level tea spoon salt + 8 level tea spoon sugar + lemon juice (optional).	
Malaria	Anopheles mosquito biting a person who has malaria parasites in their blood	<p>Fever and shivering. The attack begins with fever, with the temperature rising as high as 40°C and falling again over a period of several hours</p> <p>Painful muscles and joints</p> <p>Diarrhea, nausea and vomiting</p>	<p>Prevent stagnation of water</p> <p>Spray insecticides and larvicidal agents on stagnant water pools</p> <p>Applying mosquito repellents on exposed skin</p> <p>Using mosquito nets</p> <p>Wear clothes that leave very little skin exposed</p>	May become fatal unless medical care is provided within first 48 hours.
Typhoid		<p>The patient's temperature rises gradually to 40°C</p> <p>Bouts of sweating, no appetite, coughing and headache</p> <p>Constipation and skin symptoms</p> <p>Increasing listlessness and clouding of consciousness</p>	Same as for Diarrhea	
Dengue and Dengue hemorrhagic fever (DHF)		<p>High fever</p> <p>Head ache</p> <p>Pain in muscles and joints</p> <p>Red spots on skin</p>	<p>Same as malaria</p> <p>Items that are used to store water in houses should be covered.</p>	Same as malaria

Acute upper respiratory tract infections		Common cold and fever Heavy coughing Chest pain and pain between shoulder blades in pneumonia	Prevent overcrowding in confined spaces.	
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Risk posed by corpses

Workers who routinely handle corpses may have a risk of contracting tuberculosis, blood borne viruses (such as Hepatitis B/C and HIV), and gastrointestinal infections (such as diarrhea, typhoid/paratyphoid fevers, hepatitis A, cholera and others).

- Exposure to blood borne viruses occurs due to direct contact with non-intact skin of blood or body fluid, injury from bone fragments and needles, or exposure to the mucous membranes from splashing of blood or body fluid.
- Gastrointestinal infections are more common as dead bodies commonly leak faeces. Transmission occurs via the faeco-oral route through direct contact with the body and soiled clothes or contaminated vehicles or equipment. Dead bodies contaminating the water supply may also cause gastrointestinal infections.

The public and emergency workers alike should avoid panic and inappropriate disposal of bodies, and to take adequate precautions in handling the dead.

Preventive Measures for workers that routinely handle corpses

- Graveyards should be at least 30m from groundwater sources used for drinking water
- The bottom of any grave must be at least 1.5m above the water table with a 0.7m unsaturated zone. Surface water from graveyards must not enter inhabited areas.
- Ensure use of gloves, masks and eyewear- protection to reduce the risk of exposure to blood, body fluids
- Ensure use and correct disposal of gloves and masks etc (no re-use)
- Ensure use of body bags
- Ensure hand-washing with soap after handling bodies and before eating
- Ensure disinfection of vehicles and equipment
- Bodies do not need to be disinfected before disposal (except in case of cholera)
- Vaccinate workers against hepatitis B

Emergency contact

CONTACT DOCTOR/MEDICAL OFFICER IMMEDIATELY IF YOU NOTICE WARNING SIGNS (mentioned above).