

GUIDELINES OF PRIMARY PATIENT CARE DURING A DIARRHOEAL DISEASE OUTBREAK

PREVENTION



HAND WASHING WITH SOAP

Wash your hands, after using the toilet, before preparing or eating food, and after the contact with patients or specimens.



ACCESS TO SAFE DRINKING-WATER

Disinfect with recommended levels of chlorine (residual chlorine between 0.2 mg/L and 0.5 mg/L)



BOILED & COOL WATER

Drinking water should be boiled and cooled before use.



USE LATRINES

Do not defecate near the water sources. Use latrines.



DISINFECT TOILETS AND KITCHEN

Disinfect toilets and the kitchen twice daily with freshly prepared 0.1% (1000 ppm) hypochlorite.



DURING DIARRHOEA DO NOT STOP GIVING FOOD TO THE CHILD. ONLY EAT FRESHLY COOKED FOOD.

- Give banana, curd, khichri
- Continue with breast feeding
- Give ORS to child with diarrhoea until the patient stabilizes



MAINTAIN GOOD PERSONAL AND FOOD HYGIENE



VACCINATE CHILDREN WITH ROTAVIRUS VACCINE



MANAGEMENT

HOME BASED CARE:

Give plenty of home based fluids like Rice water, Lassi, Soup, Daal water, Nimbu pani, Tea, Water, Curd, ORS to the child during diarrhoea to maintain hydration. Oral rehydration salts (ORS) solution is a mixture of clean water, salt and sugar and it can be prepared at home or readily available from any health care facility



ORS PREPARATION STEPS:

- Wash your hands with soap.
- Take a litre of clean drinking water in a clean container (boiled and cooled).
- Take a packet of ORS and add all its contents in the water.
- Stir thoroughly so that the powder is completely dissolved.
- Cover the vessel. Keep it for next 12 hours if kept at room temperature or 24 hours if kept refrigerated. Make a fresh solution after 24 hrs.



HOMEMADE ORS PREPARATION:

To one litre of safe water, add Salt 1/2 small spoon (2.5 grams), Sugar 6 small spoons (30 grams). Also try to compensate for loss of potassium (for example, eat bananas or drink green coconut water).



APPROACH HEALTH CARE CENTER:

- Consult nearest health centre in case:
- Increase frequency of diarrhoea and vomiting
- Child not taking food and water orally
- Child is not active
- Child is having dehydration (irritable, lethargic, dry tongue, delayed skin turgor). Start ORS before reaching health care center.

