Acute Watery Diarrhoea Message

Acute Watery Diarrhoea (AWD) presents as acute watery stools and vomiting. This causes dehydration and can be extremely dangerous to any ages, especially in children.

Acute Watery Diarrhoea is preventable and treatable. And there’s no shame of having and/or discussing about AWD.

To prevent Acute Watery Diarrhoea:
Always wash both hands with soap and safe water at five (5) critical times.
1. Before eating;
2. After cleaning child feces;
3. Before feeding children;
4. After defecation;
5. Before preparing food.

Ensure that you and your family drink safe water. Safe water is:
- Chlorinated waters are the safest water to drink. Water from tap stands (if you have nearby) are chlorinated, use that water source to drink.
- Water from tube well should be treated with Aquatabs and stored in a covered clean container with a lid
- Use clean and covered containers for collection, transport and storage of your drinking water.
- Before using the water, wash both hands with soap and water.

Flies spread AWD, always keep your food under cover. Diarrhea can be spread in your community rapidly. Use latrine. Drink and use safe water.

- Take Oral Rehydration Saline (ORS) using safe water and continue normal food intake to anyone who has AWD and take him/her to nearest health post/centres.
- Continue exclusive breastfeeding to the child aged under 6 months even the mother or child got AWD.