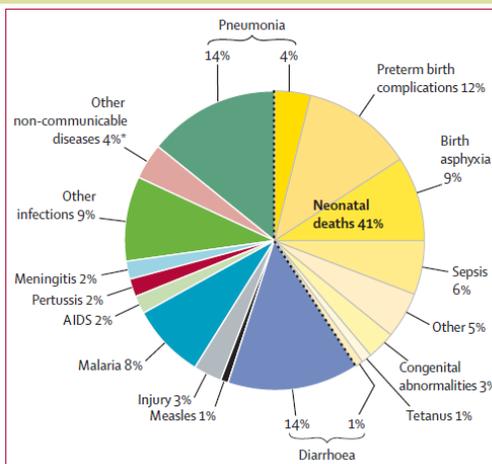


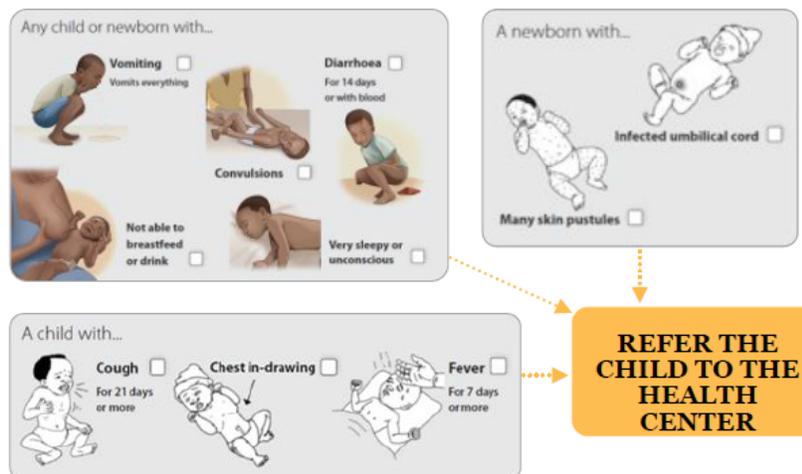
## Pediatric diarrhea

- Pneumonia leading leading cause of death in children under 5 years (18%)
- Diarrhea second leading cause of death (15%)
- These deaths can be prevented with low cost treatments



**Figure 4: Global causes of child deaths**  
 Data are separated into deaths of neonates aged 0–27 days and children aged 1–59 months. Causes that led to less than 1% of deaths are not presented.  
 \*Includes data for congenital abnormalities.  
 Source: Black et al. *Lancet* 2010; 375:1969-1987.

## Specific Danger Signs for Children < 5 years



ZINC+ORS

### Go to a Health Centre Immediately if You See These Signs

Genda mangu mu ddwaliro singa olaba obubonero buno

**Bloody diarrhoea**  
Okuddukana omusaayi

**Refusing to breastfeed**  
Okugaana okulya, kunywa oba kuyonka

**Too much coughing**  
Okukolola okutasalako

**Unconsciousness**  
Okuwunga

**High fever**  
Omusujja omungi ennyo

**Vomiting**  
Okusema okutatadde

**Convulsions**  
Okwesika

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### Coughs in Children Can Be Dangerous

Okukolola mu baana abato kusobola okuba okw'obulabe

Health Centre

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## Specific danger signs for Pneumonia

- Bad cough
- Difficult breathing
- Severe respiratory distress
- Fast breathing
- Nasal flaring or grunting
- Decreased breath sounds, bronchial breath sounds, crackles and abnormal vocal resonance
- Stridor or wheezing

## When to seek care for Pneumonia

- Breathing more rapidly than normal
  - 2 months up to 12 months – 50 or more breaths per minute
  - 12 months up to 5 years – 40 or more breaths per minute
- Breathing with difficulty or gasping for air
- The lower part of the chest sucks in when breathing – the stomach appears to move up and down, or the lower chest wall goes in as the child breathes in
- If the child has a cough for more than two weeks
- Unusual sleepiness
- Convulsions
- If the child becomes unconscious

## Prevention of Pneumonia

- Control of indoor air pollution
- Exclusive breastfeeding to six months of age
- Hand-washing to prevent spread of germs causing pneumonia
- Immunization
- Adequate nutrition

## Prevention of Pneumonia – Exclusive Breastfeeding

### Give Only Breastmilk from Birth to 6 Months

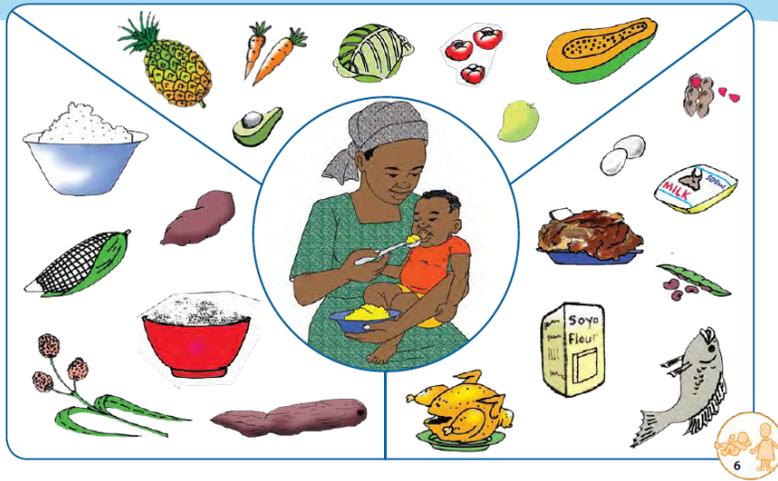
Okuva ku kuzaalibwa okutuuka ku myezi mukaaga, omwana muyonse mabeere gokka



## Prevention of Pneumonia – Adequate Nutrition

### Children Need All Three Food Groups to Grow Healthy

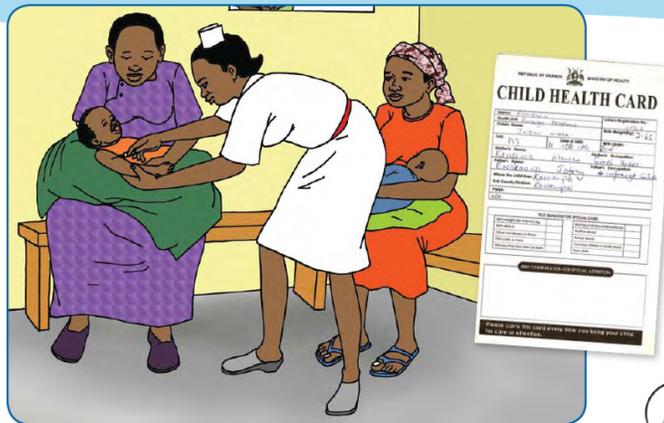
Abaana betaaga ebika by'emmere byonna ebisatu okusobola okukula obulungi



## Prevention of Pneumonia - Immunization

### Immunising Your Children Protects from Deadly Diseases

Okugemesa abaana bo kibatangira endwadde zi nnamutta



## When to Seek Clinical Care for Severe Diarrhea

### Signs of Severe Dehydration → Go to a Health Centre

Obubonero bw'okuggwebwamu amazzi okususse → Genda mu ddwaliro

**Sunken, tearless eyes, sleepiness**

*Amaaso agaguddemu nga tegalimu maziga, Okuyongobera*

**Dry mouth, cracked lips**

*Okukala akamwa, Okwatika emimwa*

**Sudden weight loss**

*Okukogga amangu ennyo*

**Loss of skin elasticity**

*Okukakanyala olususu*

**Dark yellow urine or no urine**

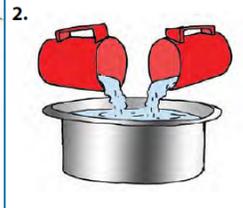
*Omusulo ogwa kyenvu nga mukwafu oba obutafulumiza ddala musulo*



## How to Treat Diarrhea: Zinc and ORS

### Stop Dehydration and Save Your Child with ORS + Zinc

Komya okuggwebwamu amazzi ng'otaasa omwana wo ne ORS + Zinc



## How to Treat Diarrhea: Oral Rehydration

### How to mix and give ORS:

- Wash hands with soap and water
- 1 liter bottle of water (may be less, follow package directions)
- 1 package of ORS
- Pour the entire packet of ORS into the bottle of water and mix until dissolved

### Amount of ORS to give in addition to usual fluid intake:

- Up to 2 years - 50 to 100 ml after each loose stool
- 2 years or more - 100 to 200 ml after each loose stool

## How to Treat Diarrhea: ORS

AS A GUIDE, AFTER EACH LOOSE STOOL, GIVE<sup>6</sup>:

	Child under 2 <b>One half cup</b> (50-100 mL)	
	Children ages 2 to 10 <b>One whole cup</b> (100-200 mL)	

ORS should be given until the diarrhoea stops.  
This may last several days.<sup>6</sup>

## How to Treat Diarrhea: ORS

Tell the mother to:

- Give frequent small sips from a cup
- If the child vomits, wait 10 minutes. Then continue, but more slowly
- **Continue giving ORS until the diarrhoea stops**
- Breastfeed more frequently and for longer at each feed
- If the child is exclusively breastfed, give ORS solution in addition to breastmilk

## How to Treat Diarrhea: ORS

If ORS is not available, give:

- Clean water
- Boiled rice water
- Light porridge
- Soup
- Fruit juice
- Clean water



## How to Treat Diarrhea: Zinc Supplements

Tell the mother how much Zinc to give:

- Up to 6 months — 10 mg daily (1/2 tablet) for 10 days  
— One 5-ml teaspoon syrup daily for 10 days
- 6 months or more — 20 mg daily (1 tablet) for 10 days  
— Two 5-ml teaspoons syrup daily for 10 days



**NOTE:** Continue to give zinc for 10 days even if the diarrhoea stops earlier.

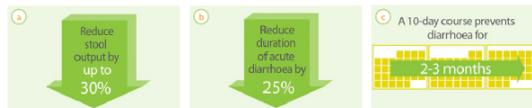
## How to Treat Diarrhea: Zinc

**HOW MUCH ZINC TO GIVE\***

	Child younger than 6 months	<b>10 mg</b>	Once a day (for 10 days)
	Child older than 6 months	<b>20 mg</b>	Once a day (for 10 days)

## Why Zinc?

- Zinc is an essential micronutrient
- Zinc builds the body's immune system
- Most diarrheas are caused by viruses that do not respond to antibiotics. Zinc helps the body fight the viruses and end diarrhea episodes.
  - Zinc supplementation in children less than five years of age, significantly:
    - a) Reduces the severity of diarrhoea
    - b) Reduces the duration of diarrhoea
    - c) Reduces the incidence of diarrhoea in the subsequent two (2) to three (3) months after the diarrhoea episode



- Zinc is well tolerated by children

## How Diarrhea Spreads

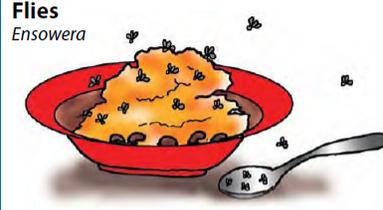
- Diarrhea spreads through fecal contamination in water or food. The germs that cause diarrhea are spread by
  - Contact with the dirt where feces has been dropped or washed
  - Flies and other insects that move from feces to food
  - Food that has fecal matter on or in it
  - Fingers that touch feces or other objects that have been contaminated
  - Water that has been contaminated by fecal matter

## How Diarrhea Spreads

**Faeces**  
*Obubi*



**Flies**  
*Ensovera*



**Unsafe water**  
*Amazzi amakyafu*



**Dirty hands**  
*Engalo enkyafu*



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## Prevention of Diarrhea

- Maintain clean latrines and prevent seepage into the water supply
- Wash hands with soap and clean water after using the toilet, after cleaning a baby's nappy, and before preparing or eating food.
- Treat household drinking water daily to kill bacteria and then drink only treated water
- Do not consume food contaminated by non-potable water
- Nurse babies for at least 6 months – exclusive and early breast-feeding
- Vaccinate children under 12 months to ward off other illnesses that can make a child more susceptible to diarrhea
- Adequate and safe complementary feeding

## Prevention of Diarrhea – Washing Hands

### Always Wash Hands...

Naabanga mu ngalo bulijjo...



**After using the latrine**  
Ng'ovudde mu kaabuyonjo



**Before eating**  
Ng'ogenda okulya



**Before preparing food**  
Nga tonnawata ku bya kulya

...with soap and water.

...ng'okozesa ssabbuuni n'amazzi.



## Prevention of Diarrhea – Washing Hands

### How to Wash Your Hands

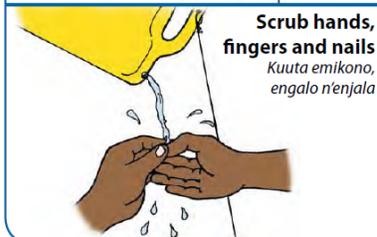
Onaaba otya mu ngalo?



**Wet both hands**  
Tobya emikono gyombi



**Lather with soap**  
Kubamu ssabbuuni



**Scrub hands, fingers and nails**  
Kuuta emikono, engalo n'enjala



**Air dry**  
Bireke bikalire mu bbanga

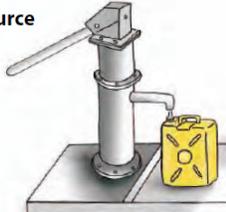


## Prevention of Diarrhea – Clean Water

### Sources of Clean Water

Ebifo omuva amazzi amayonjo

**Protected source**  
Oluzzi olulabirire



**Boiling**  
Okufumba



**Treating**  
Okussaamu eddagala



**Filtering**  
Okusengejja



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## Prevention of Diarrhea – Clean Water

### How to Make Water Safe Using Waterguard

Osobola otya okuyonja amazzi ng'okozesa Waterguard?



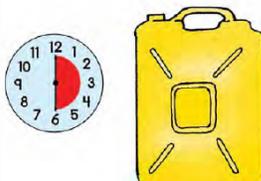
1.



2.



3.



4.



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## Prevention of Diarrhea – Clean Water

### How to Make Safe Water Using PUR

Osobola otya okuyonja amazzi ng'okozesa PUR?



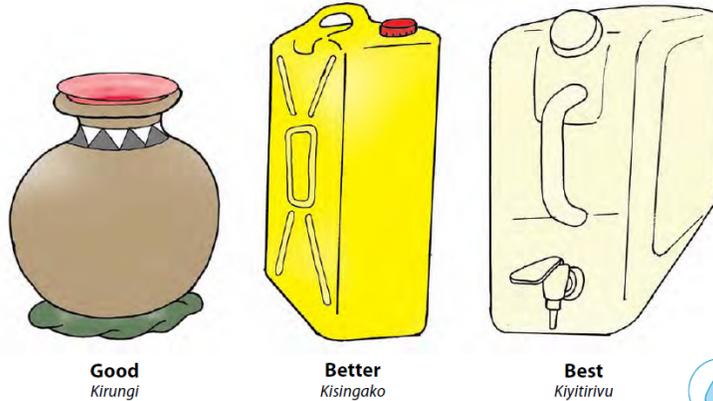
<p><b>1. MIX</b> Tabika</p> <p>10 litres</p>	<p><b>2. STIR</b> Tabula</p> <p>5 minutes</p> <p>10 litres</p> <p>Leave the water.</p>
<p><b>3. FILTER</b> Tutula</p> <p>Wait for 20 minutes</p>	<p><b>4. DRINK</b> Nywa</p> <p>Do not drink if water is yellow in colour.</p>



## Prevention of Diarrhea – Clean Water

### Store Water in Clean, Covered Containers

Amazzi gatereke mu bintu ebyonjo nga bibikkeko



# Prevention of Diarrhea

## Keep Safe Water Clean

Amazzi amalungi gakuume nga mayonjo

