

# 6 Acute bloody diarrhoea



## Transmission

- Unwashed hands (after defecating or using a toilet)
- Food or water contaminated by stools from a sick person
- Contaminated fruits and vegetables
- Close physical contact with a sick person

## Symptoms

- Diarrhoea containing blood.
- Fever, abdominal cramps.
- Dehydration.

## Prevention

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| <ul style="list-style-type: none"> <li>• Promote safe clean drinking water (including a clean covered water container in the household)</li> <li>• Use appropriate sanitation facilities (sound, clean latrines)</li> <li>• Promote handwashing with soap (especially after using the toilet or cleaning a baby)</li> </ul> | <ul style="list-style-type: none"> <li>• Promote good food hygiene (thoroughly cooked food, covered food, clean utensils, etc.)</li> <li>• Encourage exclusive breastfeeding for the first six months of life</li> <li>• Social mobilization and behaviour change communication</li> </ul> |
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## Vulnerable people

- Children under five years old
- Children who are malnourished
- People, especially children, with weakened immune systems (for example, as a result of HIV infection)
- People living in areas with poor water, sanitation and hygiene facilities and services
- Elderly people

## If an epidemic occurs

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| <ul style="list-style-type: none"> <li>• Initiate community-based surveillance</li> <li>• Detect cases and refer them to health facilities</li> <li>• Provide oral rehydration (ORS)</li> <li>• Promote good food hygiene (thoroughly cooked food, covered food, clean utensils, etc.)</li> <li>• Encourage breastfeeding, including when the baby or child is sick</li> <li>• Promote safe, clean water (including a clean, covered water container in the household)</li> </ul> | <ul style="list-style-type: none"> <li>• Promote use of appropriate sanitation facilities (sound, clean latrines)</li> <li>• Promote handwashing with soap (especially after using the toilet or cleaning a baby)</li> <li>• Increase social mobilization and behaviour change communication</li> <li>• Promote recommended health practices</li> </ul> |
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## Volunteer actions

See the following action tools for more information on how to take action against acute diarrhoeal disease:

1 2 3 4 5 7 9 10 12 13 19 29 30 31 32 33 34 39 43

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## Community-based assessment

Make a map of the community and mark the information you gather on the map. Record other details.

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| <ul style="list-style-type: none"> <li>• When did people start to fall sick with diarrhoea?</li> <li>• How many people have fallen sick with bloody diarrhoea? Where?</li> <li>• How many people have died from bloody diarrhoea? Where? When?</li> <li>• How many people live in the affected community or area?</li> <li>• How many children under five years of age live in the affected area?</li> <li>• Who and where are the vulnerable people?</li> <li>• Are children in the affected community generally well nourished?</li> <li>• Do people always have enough food?</li> <li>• How common is breastfeeding?</li> <li>• Where do people obtain their drinking water? Is the source safe?</li> <li>• Do people know how to treat water? How do they do it?</li> <li>• What sanitation facilities (including communal latrines) are available? Do people use them?</li> <li>• What handwashing facilities are available? Do they have soap?</li> </ul> | <ul style="list-style-type: none"> <li>• Where are the local health facilities and services? (Include traditional and community carers.)</li> <li>• What are the community's habits, practices and beliefs about caring for and feeding sick people? When babies and infants are sick, do women continue to breastfeed them?</li> <li>• Is a social mobilization or health promotion programme in place?</li> <li>• What are the community's habits, practices and beliefs about hygiene, sanitation and water?</li> <li>• Which sources or channels of information do people use most?</li> <li>• Are rumours or is misinformation about bloody diarrhoea spreading in the community?</li> <li>• Can people identify the signs and symptoms of dehydration?</li> <li>• Do people know how to make oral rehydration solution (ORS)? Do they have resources at hand to make it?</li> </ul> |
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