

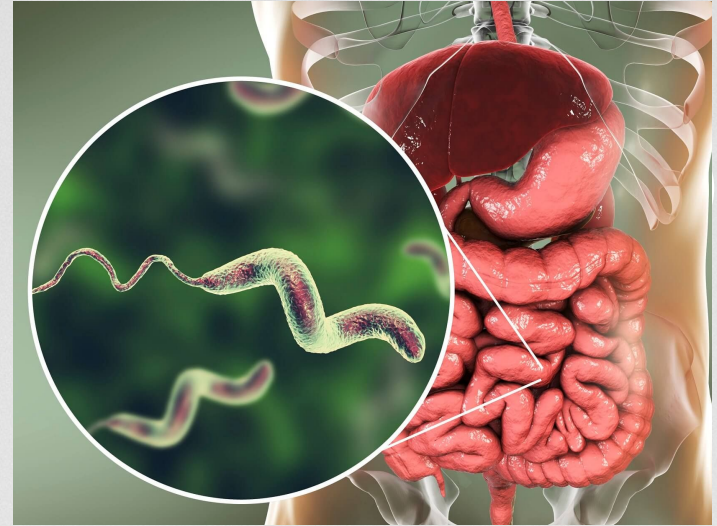


D-FREE PROJECT

Severity of Diarrheal Disease

Diarrhea is one of the leading causes of child mortality in Rwanda.

- **8% of all deaths** annually in children under 5 in Africa
- **3rd leading cause** of mortality (12.7% prevalence) in **children under 5 years** in Rwanda.
- **Gisagara** is one of **top 5 districts in Rwanda** with the highest cases of diarrhea



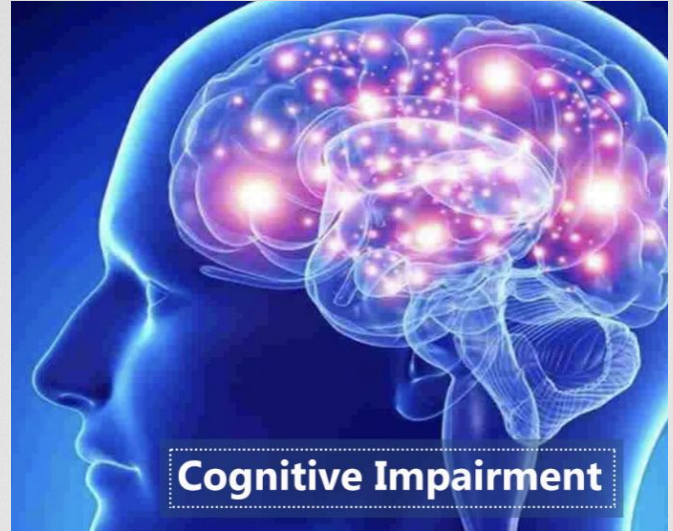
Impact on Community

1. Children's Health

- **Malnutrition, stunting**, and impaired **cognitive** development.
- Perpetuates the cycle of **poverty** and **poor health**.

2. Economic burden

- Direct **medical costs**
- Loss of productivity



Causes of Diarrhea

1. Contaminated water

- **780 million** lack access to clean drinking water globally
- **2.5 billion** lack adequate sanitation facilities
- **Pathogen proliferation** due to inadequate water and sanitation



Causes of Diarrhea

2. Poor sanitation & Hygiene

- Open defecation and poor hand hygiene increase infection risk
- Regular handwashing with soap can **reduce** diarrhea rates **by over 30%**

3. Spread of Infections

- Crowded conditions in refugee camps and urban slums promote rapid transmission



Symptoms of Diarrhea

1. Watery stool

- Urgent need to use the bathroom is common.
- **Severe cases** may contain blood or mucus.

2. Dehydration signs

- **Thirst** and **reduced urine** output
- Sunken eyes, dry skin, and dizziness



**Watery diarrhea
(sometimes bloody).**



Low fever.



**Loss of
appetite.**



Nausea.



Vomiting.



**Stomach pains
and cramps.**



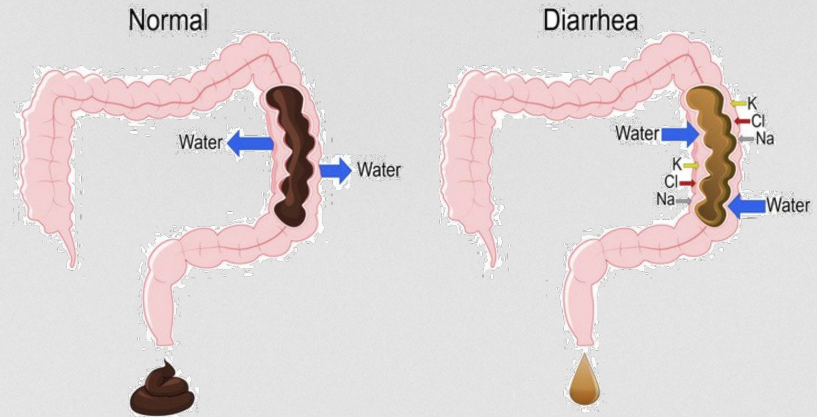
Fatigue.

Duration and Safety

1. Acute diarrhea lasts a few days to a week, often linked to an infection.

2. Chronic diarrhea persists for several weeks or longer.

- **Severe cases** may include **dehydration**.
- **Persistent diarrhea** may indicate a serious underlying health condition requiring **further evaluation and treatment**.



Prevention

1. Hand Hygiene:

- Use **soap and water** before eating and after using the toilet
- Use hand **sanitizers** containing **at least 60% alcohol**.



2. Safe Water:

- Drink **purified water** through **filtration** or **boiling**.

3. Ensure proper cooking



Treatment

1. Avoid dehydration

- Frequently drink water, broths, and diluted fruit juices.



2. BRAT Diet:

- Bananas, rice, applesauce, and toast



3. Prescription Medications:

- Take antibiotics or **medications** prescribed by a **healthcare professional**

Conclusion

In conclusion, understanding diarrhea and taking proactive measures to prevent and manage it are critical for safeguarding the health and well-being of individuals, particularly vulnerable populations. Together, let's work towards a future where diarrheal diseases no longer pose a threat to public health, ensuring a healthier and more prosperous world for all.





Thank you!