What is **Diarrhoea**?

Diarrhoea is the passage of three or more loose or liquid stools per day. It is usually a symptom of an infection in the intestinal tract, which can be caused by a variety of bacterial, viral and parasitic organisms.

**Symptoms**

- Loose Motions (Watery, Semisolid, Blood-Mixed)
- Fever
- Vomiting
- Abdominal Pain

**Protect Your Family & Community**

Microbes causing Diarrhoea very easily pass from one person to the other

**STOP the spread of Diarrhoea**

- Wash hands with soap and water before preparing food and eating. Also after using the toilet and changing diapers
- Do **NOT** prepare food if you're ill and do **NOT** share food with anyone
- Stay Home from childcare and school

**Steps to Get Better**

- Talk to your Doctor (if you are still sick)
- Drink Fluids (Oral Rehydration Solution [ORS])
- Take Rest

**Most people feel better in 5-7 Days**