

# How to Protect Yourself from Diarrhoea ?



Drink water from safe sources or drink boiled or chlorinated water



Eat properly cooked food



Wash vegetables before cooking; avoid fruits that are cut and left in the open



Ensure proper disposal of waste and human excreta



Always wash hands well, both before and after consuming food



To prevent dehydration take as much fluids with salt and sugar viz

- Salted yoghurt drink
- Vegetable or chicken soup with salt
- Salted rice water
- Commercially available oral rehydration salts (ORS)



Do not self-medicate with antibiotics

Visit a doctor if you are suffering from diarrhoea.

### ***Reference***

*An information booklet: Seasonal Communicable Diseases and Prevention of Antibiotic Resistance.*  
WHO. [www.searo.who.int/en/section10.htm](http://www.searo.who.int/en/section10.htm) or [www.searo.who.int/cds](http://www.searo.who.int/cds)