You are going to learn:
- what diarrhoeal diseases are
- how to look after someone with diarrhoea
- how to prevent diarrhoea.

LESSON 1  WHAT IS DIARRHOEA?

This is Muke. He is sick. What is wrong with him?

Activity 48

Discuss these questions:
- Have you had diarrhoea?
- What happens?
- How do you feel?
- Do you go to school?

If you have diarrhoea, what disease have you got?

When I had diarrhoea I didn’t feel like doing anything.

Our baby had diarrhoea for two whole days.
READING

When you have diarrhoea you have loose watery stools. You have to go to the toilet often. You may vomit. You lose a lot of water and food.

Some diarrhoeal diseases are:

- Common diarrhoea
  - Dangerous!
- Dysentery
  - Very dangerous!
- Cholera
  - Very very dangerous!

Activity 49

This is what happens when you have diarrhoea.

Find a plastic container or a gourd. Make a hole at the bottom. Pour in water at the top. What happens to the water? Put in more water. Can you fill the container?

The container is like a person with diarrhoea. When you have diarrhoea, food and water come out of your body.
ASK YOURSELF

Have I had diarrhoea often?
How bad was it?
How did I feel?

REMEMBER

DIARRHOEA MAKES YOUR BODY LOSE FOOD AND WATER.

HOMEWORK

A Tell your family what happens to your body when you have diarrhoea.
B Written work: Ask your family about someone who had a diarrhoeal disease. Afterwards, read your writing to them.

A diarrhoeal disease

Who had it? ........................................................................................................................................
When? ...............................................................................................................................................  
Where? ............................................................................................................................................... 
What happened? ..............................................................................................................................

C Ask your family if diarrhoea is dangerous.
LESSON 2 WHAT ARE THE EFFECTS?

Do you remember Muke? He has diarrhoea.

Activity 50

Is diarrhoea dangerous?
What do you think?
Could Muke die?

READING

Diarrhoea can be very dangerous, especially for little children. People can die if they are not treated. Their bodies lose food and water very quickly.

When you have diarrhoea you feel weak and you have to lie down. You cannot go to school. You cannot work. Other people in the family can get diarrhoea from you.

Activity 51

Do you remember when a family member had diarrhoea? How did it affect their lives? work? education? money? How did it affect the family?

My uncle couldn't go fishing when he had diarrhoea. So he had no money. And we had no fish to eat.

When I had diarrhoea my mother stayed at home to look after me. So she couldn't go to work.
ASK YOURSELF
Do we want diarrhoea? Why? Why not?

REMEMBER
DIARRHOEA MEANS DANGER!
For example, .................
DIARRHOEA COSTS A LOT!
For example, .................

HOMEWORK
A Tell your family why you don’t want to have diarrhoea.
B Written work: Talk to someone who has had diarrhoea. Find out what they did for it. Did they go to the clinic? Did they eat and drink? Did they stay in bed? Did they take medicine?

What people do for diarrhoea
I talked to ..................................

This is what she / he did for diarrhoea:
..................................................................................................
..................................................................................................
..................................................................................................

C Ask your family how to look after someone with diarrhoea.
LESSON 3  WHAT CAN WE DO FOR DIARRHOEA?

Here is Muke again. He still has diarrhoea. People are giving him advice.

Activity 52

What advice would you give Muke? Choose from what the people are saying. Not all their advice is good.

Have you got any other advice?
People with diarrhoea need to eat. They also need to drink a lot. They can drink soup, munkoyo, tea, boiled water and fruit drinks. You can also give a special drink made of sugar, salt and water.

If the diarrhoea is very bad, or if there is blood, they should go to the clinic or see a doctor. It may be a dangerous disease. They may need medicine as well as food and drink.

Activity 53
To make the special drink:
- Take the tip of a teaspoon of salt.
- Put it in a glass of boiled water.
- Taste it.
  It should be no saltier than tears.
- Take 3 teaspoons of sugar.
- Put them in the glass of water.
- Mix until they dissolve.

ASK YOURSELF
If my friend has diarrhoea, what advice will I give?
What will I say?

REMEMBER
FOR DIARRHOEA, DRINK A LOT.
For example, ...........
Diarrhoea Dialogue

You: Muke, please eat a little and take this drink.

Muke: But why do I have to drink so much?

You: Because ........................................................................
......................................................................................
......................................................................................

C Ask your family what causes diarrhoea.

HOMEWORK

A Show your family how to make the special drink. Use a clean cup, a clean spoon and boiled water.

B Written work: You are talking to Muke. Finish writing the conversation. Afterwards, read the conversation to your family.
LESSON 4 HOW DO WE GET DIARRHOEA?

Do you remember Muke?

Muke had diarrhoea.  He got a lot of advice.  He drank a lot.  He went to the clinic.  He’s better now.

Activity 54

But how did Muke get diarrhoea?
Discuss the questions below

1. Is this how he got diarrhoea?
2. Is this how he got diarrhoea?
3. Is this how he got diarrhoea?
4. Is this how he got diarrhoea?
5. Is this how he got diarrhoea?
6. Or did he get it some other way?

?
Diarrhoeal diseases are caused by bacteria. Bacteria are found in dirty water, dirty food and dirty soft drinks, and also on dirty hands. You can get diarrhoea if you:
- eat dirty food, or
- drink dirty water, or
- put dirty hands in your mouth.

**How they got diarrhoea**

**Chalo’s story**
Chalo went swimming in the river. There were a lot of bad bacteria in the river. Chalo drank the water by accident, and got diarrhoea.

**Muke’s story**
Muke’s friend gave him some pumpkin to eat. His friend had diarrhoea. The bacteria were on the pumpkin. Muke ate the pumpkin. He got diarrhoea.

**Mule’s story**
Mule used the toilet. There were some bad bacteria in the toilet. She got the bacteria on her hands. She didn’t wash them. She put her finger in her mouth. The next day she had diarrhoea.

**Chiko’s story**
Chiko’s food was not covered. Some flies found it. They brought bacteria from the house next door. In that house the baby had diarrhoea. Chiko ate the food and Chiko got diarrhoea.
How ....................... got diarrhoea

...........................................................................................................
...........................................................................................................
...........................................................................................................

How ....................... got diarrhoea

...........................................................................................................
...........................................................................................................
...........................................................................................................

HOMEWORK

A Tell one of the stories to your family. Ask them what they think.

B Written work: Write a story about another person who had diarrhoea, like Chalo, Muke, Mule and Chiko. Put the name of the person in the title. Then read your story to your family.

C Ask your family how we can prevent diarrhoeal diseases.
LESSON 5  HOW CAN WE PREVENT DIARRHOEAL DISEASES?

Do you remember Muke, Mule, Chiko and Chalo? They all had diarrhoea. They never want to have it again.

So how can we prevent diarrhoea?

Activity 55

What is happening in the pictures? How do these things help to prevent diarrhoea?

Washing hands after the toilet
Boiling water and covering it
Covering food
Cleaning toilets
Washing fruit and vegetables
Cleaning the ground
Prevent diarrhoeal diseases by:
- washing hands with soap and water
- washing fruits and vegetables
- keeping food clean
- keeping the toilet clean
- sterilising drinking water
- keeping water clean (and the well)
- keeping the house and surroundings clean.

Activity 56   CAMPAIGN!

The children are having a campaign against diarrhoea. They want to persuade people to drink clean water. They have made a poster. Here is their poster. It is much bigger than this.

With your friends, choose a topic. Plan a poster to tell people what to do.
DOWN WITH DIARRHOEA!

DRINK CLEAN WATER!

Boil your drinking water.

Put chlorine in it.

Cover it.

KILL THE BAD BACTERIA!

DON'T GET DIARRHOEA!

ASK YOURSELF

Am I keeping things clean more than before?

What else can I do to keep things clean?

Diarrhoea

WHAT I'M DOING

I am doing more to keep things clean. For example, ................

........................................

Other things I could do are ..........................
REMEMBER

PREVENT DIARRHOEA! KEEP THINGS CLEAN!
For example, .............

HOMEWORK

A  Written work: Finish your poster and show it to your family.
B  Ask your family if it is possible to prevent diarrhoea.

REVISION OF CHAPTER FIVE

We have come to the end of Chapter Five. What did we learn?

Hold up all the Remember messages for Chapter Five. Read them out one by one.

For each message give examples. Say why each message is important.