

Protect yourself from Diarrhea and Dehydration

Signs and symptoms of diarrhea and dehydration in adults:

1. Eating/drinking less than usual.
2. Feeling thirsty/dry mouth, lips, skin, or eyes.
3. Coloured or small amounts of urine.
4. Headaches, tiredness.
5. Confusion.
6. Nausea and vomiting
7. Loose stools that may be bloodstained.
8. Stomach pain.



Treatment for diarrhea/dehydration in adults

1. Drink clean water, use boiled water that has been cooled, if the local water sources are not clean.
2. Follow good handwashing practices with soap and water before eating and after using the toilet.
3. Stay hydrated by drinking plenty of other fluids like tea and juice.
4. Eat eggs, toast, rice, or chicken.
5. Enough rest.

Treatment for diarrhea/dehydration in Diabetic Patients.

1. As the above but AVOID or limit artificial sweeteners that can worsen the diarrhea.
2. Avoid Dairy, fatty, spicy food.
3. Skip caffeine and alcohol.
4. SEEK MEDICAL ATTENTION if you think that your diarrhea is directly related to your diabetes.



Oral rehydration solution

1. 1L boiled water that has been cooled
2. 6 teaspoons sugar
3. 1/2 teaspoon salt
4. Mixed and drink as needed



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Government
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