

Acute Diarrhoeal Diseases

Q1 : Why do I have acute diarrhoeal diseases?

A : Acute diarrhoeal diseases usually spread by contaminated hands or ingestion of contaminated food or drinks, and occasionally by aerosol. Outbreaks may occur in settings like institutions and child care centers.

Q2 : What are the symptoms of acute diarrhoeal diseases?

A : Patients with acute diarrhoeal diseases present with sudden onset of frequent loose or watery stools, often accompanied by vomiting and fever. The disease is usually mild with spontaneous recovery. Dehydration and shock may occur in severe cases.

Q3 : How to decrease the risk of getting acute diarrhoeal diseases?

A :
i. Maintain high standards of personal, food and environmental hygiene.
ii. Wash hands with liquid soap before handling food and eating, and after going to the toilet.
iii. Cook all food, particularly shellfish, thoroughly before consumption.
iv. Refrain from work or school, and seek medical advice if suffering from vomiting or diarrhoea.

Q4 : How to treat acute diarrhoeal diseases ?

A : Acute diarrhoeal diseases are usually managed by fluid and electrolyte replacement. Patient should consult his/her family doctor for proper management if the diarrhoea is severe. Self-medication is not advisable.