



REF: MH 3/30/1 XVIII

19<sup>th</sup> September 2019

TO: All Media Houses

**PUBLIC NOTICE – DIARRHOEA SEASON**

The Ministry of Health and Wellness informs the public that the diarrhoea season has commenced (from September to November) and the Ministry wishes to caution the public to be vigilant and look out for diarrhoea signs and symptoms amongst them frequent passing of watery stools.

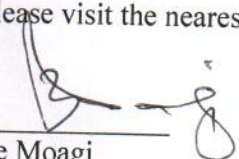
Diarrhoea infection is spread through contaminated food or drinking-water, or from person to person due to poor hygiene practices. Severe diarrhoea leads to fluid loss, and may be life-threatening, particularly in young children.

The public is therefore advised to take all the necessary precautions to avoid diarrhoeal diseases by:

- Drinking safe or treated water
- Strictly observing personal hygiene measures such as hand washing with soap after visiting the toilet, before and after handling food and before and after feeding children
- Cooking food thoroughly
- Covering food or left overs to avoid contact with flies
- Covering water in containers
- Boiling drinking water from boreholes / rivers
- Ensuring proper waste disposal including human excreta / faeces
- Exclusively Breast feed children
- Ensuring immunisation of children as per the Botswana immunization schedule
- Visiting nearest health facility without delay following onset of diarrhoeal signs and symptoms

The public is assured that all health facilities are ready to provide the necessary health services for the management of diarrhoea.

For more information on diarrhoea disease please visit the nearest health facility or call the Ministry's Toll-Free Number 0800 600 740.

  
Baile Moagi  
Acting Permanent Secretary