



HUSSAIN MEMORIAL MATRIC. HR. SEC. SCHOOL

Krishnapuram, Ambattur, Chennai – 600053

Circular No. 007/Water Borne Diseases/2025-26

TIPS TO PREVENT WATER BORNE DISEASES

Dear Parents/Students,

- 1. Waterborne diseases are caused by micro- organisms that make their way into our body when contaminated water or food is consumed. They are the leading cause of Diarrhea and complications arising out of this, in third world countries. Diarrhea is a condition in which watery faeces is discharged frequently and sometimes it contains blood or mucous.*
- 2. Some of the major water borne diseases with their Causes, Symptoms and Treatment is briefly stated below: -*

TYPES OF WATER BORNE DISEASES:

	DISEASES	CASUSES	SYMPTOMS	TREATEMENT
a)	Typhoid Fever	Contaminated water & food, poor public sanitation, poor personal hygiene	Fever, aching muscles, tiredness, low-energy, sweating, diarrhea and constipation	Vaccine shot and anti-biotic medication
b)	Cholera	Contaminated water	Diarrhea, muscle cramps, nausea and vomiting	Oral or intravenous hydration and antibiotics in severe cause
c)	Giardia	Consuming contaminated water from ponds or rivers, a municipal water supply that is contaminated and from swimming pools that are not regularly disinfected	Diarrhea, abdominal pain, abdominal cramps, bloating of the stomach, nausea, and weight loss	Anti-parasitic and antibiotic

	DISEASES	CASUSES	SYMPTOMS	TREATEMENT
d)	<i>Dysentery</i>	<i>When Water or food contaminated by faecal matter is consumed</i>	<i>Diarrhea, nausea, vomiting, dehydration, blood in stools, stomach cramps and abdominal pain</i>	<i>Antibiotic</i>
e)	<i>E-coli infection</i>	<i>When food or water that is contaminated with animal waste, a breeding ground for Escherichia coli bacteria is consumed</i>	<i>Diarrhea, Stools in the blood, vomiting, severe abdominal cramps, confusion, fever, seizures and kidney failure in severe cases</i>	<i>Oral rehydration and antibiotic medication</i>
f)	<i>Hepatitis A</i>	<i>Affects the liver primarily, spread from contaminated food or water</i>	<i>Nausea and vomiting fatigue, Clay coloured stools, sudden fever, jaundice, abdominal pain, and loss of appetite</i>	<i>Oral medication, Frequent consumption of fluids for rehydration, and abstaining from alcohol</i>
g)	<i>Salmonella infection</i>	<i>Consuming food that is contaminated with faeces</i>	<i>Diarrhea, blood in stools, headache and chills</i>	<i>Consuming plenty of fluids and electrolytes for rehydration, antibiotics, severe cause hospitalization</i>

PREVENTION:

3. The best part about water-borne diseases, is that they are completely preventable. By exercising care and caution, you can safeguard yourself and your family from the consequence of these diseases. Here are some tips.

a) If you do not have access to safe drinking water, please install a water purifier at home. If this is not possible, boil the water used for drinking and cooking.

b) Keep the house in general and the toilets clean. Flush properly and use disinfectants regularly.

c) *At a personal level, one must follow sanitary hygiene with discipline. Wash your hands with soap after using the toilet and before touching any food items.*

d) *Educate friends and family on the dangers of water-borne diseases.*

e) *Infants should be exclusively breastfed for the first six months of life to prevent diarrhea in them.*

f) *Parents and caretakers of children should wash their hands with soap after changing diapers as often as possible in a day.*

g) *Caretakers of elders should wash their hands with soap as often as possible in a day.*

h) *If water stays stagnant near your house after rains, contact your municipal authorities to rectify the problem.*

i) *Avoid eating street food whenever there is an outbreak of cholera, typhoid, dysentery or diarrhea.*

j) *Vegetables and fruits must be washed with the dilute Vinegar solution at home and refrigerated before cooking.*

k) *Purchase meat from hygienically maintained stalls and refrigerate them after bringing home. Do not consume items made of raw meat(example-sushi)*

l) *While eating street food, consume items that are hot or heated and avoid those at ambient temperature. Also, such hot items should not be kept outside, open to the air. They must be covered always or prepared in front of you.*

m) *If you suspect that your municipal water supply is contaminated (water is dirty or coloured), report to the authorities immediately.*

4. Always consult a qualified doctor for treatment, advise and assistance.

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