

# Germs and disease

## What are germs?

Germs are tiny organisms that we can't see with our own eyes. They can only be seen using a microscope.

Waterborne diseases are caused by germs that are transmitted through contaminated water. These diseases, caused by Rota virus and E-coli, can cause life-threatening diarrhoea.

Germs spread from one person to another through:

- touch, coughing or sneezing
- our waste or poo that contain germs.

If you don't wash your hands after going to the toilet, and then you eat, germs from your poo can be passed from your hands to your stomach.



## What is diarrhoea?

Diarrhoea is when you have frequent, loose, watery poo (faeces or stool).

You may get diarrhoea after being in contact with someone else who has it, or you may get it after eating contaminated food or drinking contaminated water. Almost everyone has diarrhoea at some point in their life.

## Two types of diarrhoea

1. **Acute diarrhoea** comes suddenly and lasts for no longer than a couple of days. People recover on their own.
2. **Chronic diarrhoea** lasts more than two weeks. People suffering from chronic diarrhoea will need hospital treatment for dehydration. Chronic diarrhoea leads to malnutrition because our bodies cannot take in nutrients.

Diarrhoea is one of the biggest killers of children under the age of five throughout the world.

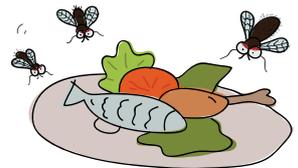
## How do you get diarrhoea?



Diarrhoea transmitted from one to another



Drinking contaminated water



Eating contaminated food



Did not wash hands after doing a poo

## What is dehydration?

Dehydration is the loss of too much body water and natural body salts in our body through diarrhoea and vomiting. We can die if that water is not replaced quickly.



wash hands  
with soap

## How do you prevent diarrhoea?

- Improving water quality at home and keeping food safe
- Hand-washing with soap and fresh water at the right times
- Proper disposal of adult, child and animal faeces, then washing hands.



keep food safe

If there is an outbreak of diarrhoea, it is better to find out the cause of the outbreak. Infected people must keep away from babies.



proper disposal  
of faeces

## New words

### contaminated

e on te mannaoraki,  
e baareka

### dehydration

e bwatakataka,  
akea ranna

### diarrhoea

te bekanako

### disposal

aron kaitiakan  
ke kanakoan te  
maange

### infected

rootaki

### outbreak

butinako

### faeces

te nakotaari/te  
butae