

DIARRHOEA



**Wash hands thoroughly before meals
(if necessary, take a hand sanitizer solution with you)**

PREVENTION

Try to avoid :



Tap water



- Ice cubes
- Ice creams
- Raw foods (fish, shellfish, vegetables, unpasteurized milk products)

Beware of cold buffets, especially when the food is spread over a bottom of crushed ice.

Prefer :



**Fruits can be washed and peeled by hand/
clean knives and dry food:**

- cookies,
- rusks and jams,
- honey....

Foods that are well cooked / hot to the point of not being able to eat them directly.



Water, lemonade in hermetically sealed bottles.
Use a disinfectant and/or filter in case of poor conditions.



Use hydro-alcoholic solutions to disinfect hands.

TREATMENT

1. HYDRATATION

Drink more water than usual (2 glasses after each liquid stool), if possible sweet (tea,...) and salty (broth) drinks.

For children in particular:

Use oral rehydration salts (ORS - Alhydrate - soparyx,...) or prepare them yourself: 5 teaspoons of sugar and half a teaspoon of salt for one litre of drinking water.

Infants:

Breastfeeding should not be changed. Between feedings, an oral rehydration liquid, alternated with pure water, will be administered at will.
The bottles will be replaced for the first six hours by an oral rehydration liquid in sufficient quantity, i.e. 10-15 ml/h/kg. Then continue with the usual bottles, but add 20% liquid.

2. LOPERAMIDE (IMODIUM®)

Reserved for children over 2 years old and adults.

Only when the diarrhoea is too severe and fever-free: 1 to 2 tablets after each watery stool (max. : 6 tablets/day.)

Children : Tiorfix - child > 3 months: 1.5 mg/kg per dose, 3 times daily.

USE AN ANTIBIOTIC DURING THE TRIP IF:

- Persistence of diarrhoea despite several Loperamide.
- Fever (such as "intestinal flu").
- Chills and/or blood in the stool, if medical consultation is not possible.
- In the latter case, STOP LOPERAMIDE and take the prescribed antibiotic:

Adults:

- Generic Azithromycin/Zitromax®: dose of 1000 mg (or 2 tablets of 500mg).
Authorized for pregnant women.

Children and teenagers < 15 y/o :

- The dose of Zitromax® for children is 10 mg/kg/day for 3 days (existence of a syrup).