



Management of Diarrhoea in Children Daweynta Shubanka

Preface

This is one of six modules prepared for specific use for the displaced people of the Darfur Region, Western Sudan. Each module is composed of charts that focus on health activities that are important to the situation of the displaced and local people. Even though the fathers and mothers of the displaced are generally facing difficulties in their children's health, again the majority of the estimated two million displaced people are depending on external assistance in food, water, health, protection and education.

The displaced and the locals have rights. Besides their right to affordable food, protection, primary health services, they also have the right to know how to take care of their children, even when they are in this difficult situation.

The pictures in this book were taken from camps of the displaced people in Northern Darfur, and depict women and their children as well as the health workers who are putting a lot of efforts to improve the lives of these displaced people.

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Specific acknowledgement

It is important to thank the Ministry of Health of the central government and that of the region as well as other organizations including: Médecins Sans Frontiers – Spain (MSF-S), Action Contre La Faim (ACF), International Rescue Committee (IRC) and GOAL for their support and collaboration when the photographs in the charts of these modules were taken.

It is also inevitable to thank the displaced women who despite being in this difficult situation did not shy away from standing and sitting in front of the lenses of cameras. All these women were involved in health activities in order to promote the health and wellbeing of their children.

UNICEF, Sudan.

Hordhac

Buuggan waa mid ka mid ah lix buug oo loo diyaariyey in si gaar ah loogu adeegsado dadka soo barakacay ee gobolka Daar-fuur – Galbeedka Suudaan. Buug kasta waxa uu ka kooban yahay bidaaqado iftiiminaya hawlo caafimaad oo muhiim u ah xaaladaha dadka soo barakacay iyo kuwa degaanka. Halkaas oo hooyooyinka iyo aabbayaashuba ay guud ahaan haysato duruufo caafimaad oo daran. Iyada oo ay hooyooyinka iyo aabbayaashu ay dhibaatooyin daran ka haystaan caafimaadka carruurtooda, haddana dadka labada milyan lagu qiyaasey ee soo barakacay waxa ay badidoodu ku tiirsan yihiin taageero dibadeed ee dhinaca cuntada, biyaha, caafimaadka, ilaalinta iyo waxbarashadaba ah.

Dadkan soo barakacay iyo kuwa degaanka waxa ay leeyihiin xuquuq. Xuquuqda ay u leeyihiin kharashka caafimaadka, cuntada, ilaalinta, adeegyada caafimaadka ee aasaasiga ah ka sokow waxaa ay sidoo kale xaq u leeyihiin in ay garanayaan sida ay carruurtooda u daryeeli lahaayeen xataa iyaga oo ku jira xaaladdan aadka u ba'an.

Sawirrada buugga waxaa laga soo qaadey xerooyinka dadka soo barakacay ee waqooyiga Daar-fuur, waana haween iyo carruurtooda iyo weliba shaqaalaha caafimaadka ee dadaalka weyn ku bixinaya sii wanaajinta xaaladda nololeed ee dadkan soo barakacay.

FSAU iyo UNICEF Somaliya waxay mahad balaaran u celinayaan taageeradii wasaaradda caafimaadka ee Sudaan iyo UNICEF Sudaan oo ay ka heleen ogolaansho naxariis leh in ay tarjumaad Soomaali ah ku sameeyaan walxahani (buugani).

Mahadnaq gaar ah

Waxaa laga-maarmaan ah in aan halkaan mahaduga soo jeedinno wasaaradda caafimaadka ee dowladda dhexe iyo tan gobolka iyo Hay'adaha ay ka mid yihiin: Dhakhaatiirta Aan Xuduudda Lahayn ee Spain (MSF-S), Hay'adda ka hortagga gaajada (ACF), Guddiga Caalamiga ah ee Badbaadinta (IRC) iyo GOAL iyaga oo looga mahadnaqayo taageradii iyo iskaashigii ay bixiyeen markii la qaadayey sawirada ka buuxa bidaaqadaha kala duwan ee buugtan.

Waxaa iyana lagamamaarmaan ah in loo mahadnaqo haweenkii soo barakacay ee iyaga oo ku jiro xaaladaha ba'an haddana aan ka maagin in ay soo hor-istaagaan ama ay soo hor-fariistaan makiinadaha wax-sawira. Kuwaas oo dhammaantood ku hawlanaa waxqabadyo caafimaad si kor loogu qaado caafimaadka carruurtooda.

Hay'adda UNICEF -Sudan.



DIARRHOEA MAKES THE BODY LOSE FLUIDS

Hana's mother shocks the visiting health worker by saying: "my daughter does not eat, she soils her clothes with watery stool up to four times each day, she does not play, does not sit, and she is always crying".

The visiting health worker: "it is serious diarrhoea; she needs rehydration, it is easy to treat once we know the cause".

SHUBANKA WAXA UU DHEECAANKA-KA-BIXIYAA JIRKA

Hana Hooyadeed waxa ay kaga nixineysaa gabadhabii shaqaalaha caafimaadka ahayd ee soo booqatey iyada oo ku leh gabadheydu waxba ma cunto, shuban-biyood ayaa ay dharkeedii ka buuxisaa wax ka badan afar jeer maalintii, mana cayaarto, mana fariisato, mar walba waa ay ooyeysaa.

Gabadhii shaqaalaha caafimaadka ahayd ee soo booqatey: waa shuban daran, fuuq-celin ayaa aad loogu baahan yahay, daaweyntiisuna waa fududdahay haddii aan oggaano waxasababay!!



*The first step in preparing the rehydration salt
is washing of hands.*

*Tallaabada u horeysa ee diyaarinta milanka cusbada ee
fuuq-celinta (shifo) waa in saabuun lagu faraxasho.*



*Rehydration salts in the packet is diluted in one litre of
pure water / boiled water.
(One litre is equivalent to five tea cups)*

*Cusbada fuuq-celinta (shifo) ee weelka ku jirta waxaa lagu qasayaa
hal litir oo biyo nadiif ah/la karkariyey.
(Halkii litir waxa uu la mid yahay shan koob oo kuwa shaaha ah).*



*The mother is taking part in mixing the pure water and
the rehydration salt*

*Hooyada waxa ay ka qayb qaadaneysa isku qasidda biyaha nadiifta ah
iyo cusbada fuuq-celinta.*



Koob

Malgacad



We give children the prepared solution with a spoon or from a cup, slowly sipping it every time they pass watery stool.

Give extra liquid, because her body needs it.

*Milanka la diyaariyey ayaan ilmaha ku siineynaa qaaddo ama koob. Iyada oo marba
aan u kabinayno si tartiib ah mar kasta oo ay shubmaan ka dib.*

*Si cabitaan badan oo nadifah, sababte oo ah jirkooda ayaa
u baahan biyo.*

*Using a cup
Using a spoon*

*Koob lagu siinayo.
Qaaddo lagu siinayo inta aan la cunin.*



Continue breast-feeding as you give extra meals.

*Iyada oo naas-nuujinta loo sii wado, iyada oo la siiyo
cunto dheeli tiran.*



Prevention is better than cure, thus the visiting health worker has given these messages to prevent and manage diarrhoea.

We fetch the clean water in the pot while avoiding dipping our hand in the container.

Maaddaama uu ka hortaggu ka wanaagsan yahay daweynta, gabadhii shaqaalaha caafimaadka ahayd ee soo booqatey waxa ay u gudbisey farriimahan looga hortagayo shubanka:

Waxa aan soo darsaneynaa biyaha nadiifta ah ee ku jira ashuunka annaga oo iska ilaalineyna in aan gacmaha gelinno, ka dibna waanu dabooleyanaa ashuunka / weelka biyaha.



We wash fruits and vegetables very well before eating.

Waxaanu si wanaagsan isaga dhaqeynaa miraha iyo khudaarta.



We keep food covered to protect it from dust and flies.

Waxaana daboolaynaa cuntada si aan uga ilaalino boodhka iyo duqsiga.



We use the toilet, and wash our hands well after every use.

*Suuliga ayaan isticmaaleynaa marka aan xaajo-gudaneyno, waxaana
aan markaa ka dib si fiican isaga dhageynaa gacmaha.*



*We fight flies through hygiene and by gathering and disposing of all the house
garbage in the correct manner.*

*Nadaafadda ayaanu kula dagaalameynaa duqsiga / qashinka waan
ururineynaa waxaana aan u qubeynaa habka saxda ah.*



ENCOURAGING RESULTS

The health worker has visited Hana's mother again, and has seen that the little girl has improved a lot. She says to the mother:

"She has improved... the little girl has started to play and sing again"

They proceeded in mixing the rehydration salt in order to cure the dehydration.

The packet of the rehydration salt can be mixed well with one litre of water. And it is the easiest and best way to cure diarrhoea; you give one cup of rehydration salt after every watery stool.

The packet of the rehydration salt can be mixed well with one litre of water.

NATIIJOOYIN LAGU FARXO

Shaqaalihii caafimaadka waxa ay mar kale soo booqatey Hana hooyadeed waxaana ay aragtey in ay gabadhii yareyd aad u soo wanaagsanaatey waxaana ay hooyadii ku tiri:

(waa ay soo wanaagsanaatey... gabadhii waxa ay dib u bilowday in ay ciyaarto oo ay heesto).

Waxaana ay gudagaleen qasidda cusbada fuuq-celinta (shifo) si ay ugu adeegsadaan fuuq-celinta.

Weelka yar ee cusbada fuuq-celinta (shifo) waxaa si habboon loogu qasi karaa hal litir oo biyo ah. Waana habka lagu daweeyo shubanka ee ugu fudud uguna wanaagsan, waxaana aan siineynaa hal koob halkii mar ee uu shubmaba.

Weelka yar ee cusbada fuuq-celinta waxaa si habboon loogu qasi karaa hal litir oo biyo ah.