

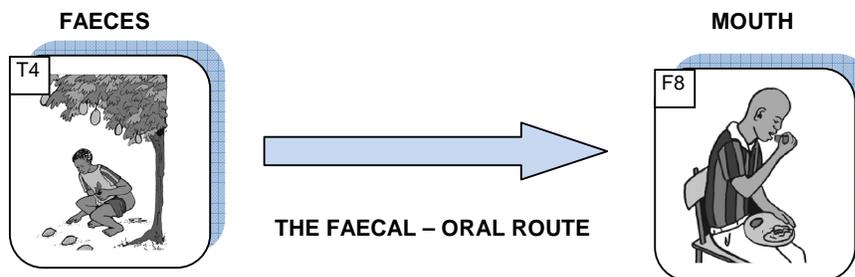
## 4. DIARRHOEA TRANSMISSION

ACTIVITY 4:

THE 5 'F'S

TIME: 1 Hour

1. Select two participants to hold up these two pictures (T4 and F8):



2. Explain that the transmission of faeces to the mouth is called the 'faecal-oral route'.
3. Discuss how diarrhoea is transmitted into the stomach through 5 main routes (5 'F's): Fingers, Flies, Fluid, Food, Fruit.



4. Show the logo at the back of each of the 5 card sets above. Ask for suggestions as to how each picture shows a way that germs can spread from faeces into our mouths.

Some answers are:

- **FINGERS** can carry faeces, as we may touch our own excreta, (or a baby's dirty nappies) and then touch food so passing on tiny particles that cause diarrhoea.
- **FLIES** walk on faeces, if there are uncovered faeces lying around. They then fly onto our food, so transporting tiny particles of faeces, which we then eat.
- **FLUIDS** can also have tiny amounts of faeces from ground water which may be polluted by being too close to pit latrines. Water stored at home may be contaminated if dirty hands are used to take drinking water. Wind can also blow small particles of dried faeces onto food or water if it is not covered. Dirty water which is not boiled often is contaminated with bacteria.
- **FOOD** is the main transporter of germs which cause diarrhoea. There may be faecal matter in the food which will cause diarrhoea if food is not cooked to kill the germs. Alternatively if the food has gone rotten, it may cause upset stomach and vomiting through food poisoning.
- **FRUIT** which is handled by people with dirty hands, can carry small pieces of faeces on the skin. If fruit is picked from the ground there is human or animal faeces, gets carried into our mouth because the fruit is contaminated.

We are going to address each one of the routes, one at a time, taking one card set every session, starting with the topic of transmission of diarrhoea by fingers.