

Smart solution to prevent diarrhea

Ms. Yasmin Khalid lives in 84/10R in UC 18, district Khanewal. She belongs to a low-income household and has four children. Her children used to chronically suffer from diarrhea and other related diseases. They could not afford hospital expenses or doctors' fees. She stated that for the medical treatment of her children, they had to visit Khanewal city which is 25 kilometers away from the village as no health facilities are available in the area. This has been the cause of a major financial strain on their family.



Ms. Khalid went on to mention that recently people from RSPN came to their village and formed a Village Health and Hygiene Committee (VHHC). They informed the villagers that they are working for the prevention and control of diarrhea in the district of Khanewal. The RSPN team continued to visit our village and informed us how we can save our children from diseases like diarrhea. They also told us about the basic reasons of these diseases, and that diarrhea usually prevails due to open defecation and contaminated water. We were taught how to purify contaminated water at the household level through boiling and exposure to the sun.



Once the RSPN team left, Ms. Khalid began to strategically think about the root causes behind the illnesses of her children. They have proper latrine facility in their home, but their water is highly contaminated and there is also no water filtration plant in their area.

She then decided to purify drinking water by those methods taught by the RSPN team. She would fill the water bottles early in the morning and put them out in the sun all day and also began to boil the water at home before consuming it.

After the use of purified water for one month, she feels that now they have no stomach problems and her children are free of diarrhea. Her family is now living a healthy and happy life and they are very thankful to the RSPN team for giving them low cost solutions for staying healthy.