

Discover News-sheet for colleagues in Africa

October 2017



Typhoid – a story from Kasese, Uganda

Dear Friends

A few weeks ago, there was a typhoid epidemic in Maliba, near Kasese in Uganda. Over a period of 5 days members of the local Discover group led by Robert Bwambale visited 102 family households. Of these families, 21 had typhoid cases in their homes, some had family members in hospital. Some of these had been discharged from hospital, but some had died.

They found a close connection between the condition of the toilet and the number of family members who had been ill.

During each visit the group:

1. made a household assessment and shared the findings.
2. gave health education, including explaining the causes of typhoid.
3. gave the following advice:
 - a) to be examined at an early stage, and if necessary to receive treatment.
 - b) how to improve the diet in the family.
 - c) to construct a good latrine some distance from home with a door.
 - d) always to use the toilet for urinating and defecating.
 - e) after use, sprinkle a little wood ash into the hole to reduce the smell, flies and cockroaches.
 - f) always to cover the toilet hole and ensure a draught of air.
 - g) always to wash the hands with soap after using the toilet.
 - h) to empty the toilet when full, or to close it and dig a new one.
 - i) to clean the toilet regularly.
 - j) to dispose of children's faeces properly in the toilet.
 - k) to ensure that the surrounding area is clean.



The toilet door consists simply of a mosquito net. The flies move freely from the toilet to kitchen. No hand-washing facilities. Two family members were admitted in hospital with typhoid.

- l) to cover food at all the times.
- m) to drink only clean, boiled water.
- n) to ensure that all storage containers are thoroughly washed.

The Discover group will now conduct comprehensive training for everyone in the village, including the village leaders and health workers in our community. They will share their findings with them and spell out what must be done to prevent future outbreaks of typhoid with the associated loss of lives. They will emphasise the importance of hand-washing and ensure that everyone knows how to make and use a tippy-tap.

I wish them success!

Do you want more information about tippy-taps?

See <http://tinyurl.com/ycrce4zo>

Do you want more information about the natural treatment for typhoid, based on the experience of Discover friends? See <https://tinyurl.com/y8k2ezvz>

Best wishes, Keith



This toilet is in good condition and is always used by the family. Nobody in this home has suffered even diarrhoea during the past two years.