

## Family visitation following a typhoid epidemic

Report by Bumbura Maliba, September 2017

Over a period of 5 days members of Bumbura Maliba visited 102 family households. Of these families, 21 had typhoid cases in their homes, others had family members in hospital, others had been discharged from hospital and some had died.

We shared what typhoid is and how it is spread:

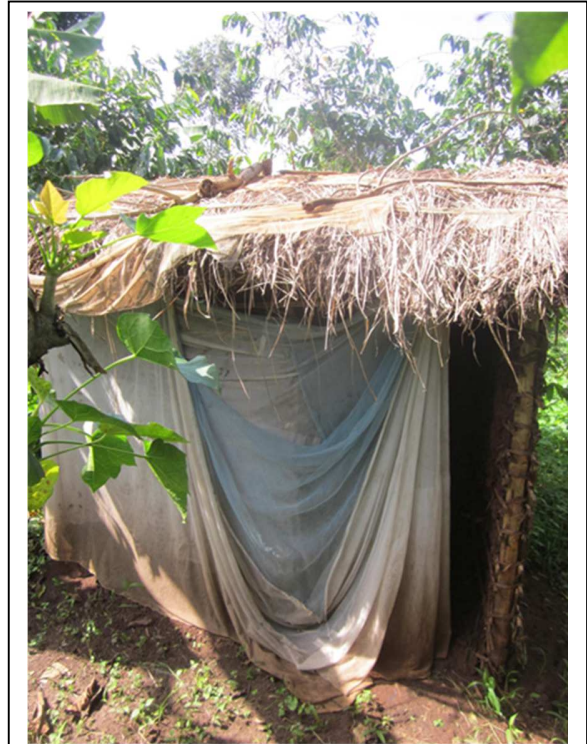
Typhoid is a bacterial infection characterized by fever and spread through contaminated food and water. It is caused by *Salmonella typhi* and *Salmonella paratyphi*.

Symptoms:

1. Gradual onset of chills and malaise, headache, anorexia, epistaxis, backache and sometimes constipation.
2. Abdominal pains and tenderness are prominent features
3. Temperature rises in steps
4. Perforation of the gut and many others.

What we during on each visit

1. Made a household assessment and shared the findings.
2. Gave health education, including the causes of this disease.
3. Gave the following advice
  - a) to be examined at an early stage, and if necessary 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 defecation.
  - e) always to wash the hands with soap after using the toilet.
  - f) always to cover the toilet hole and ensure a draught of air.
  - g) to empty the toilet when full, or to close it and dig a new one.
  - h) To clean the toilet regularly.



Toilet No.1. The toilet door consists simply of a mosquito net. The flies are moving freely from the toilet to kitchen. No hand-washing facilities. Two family members were admitted in Kilembe Mine Hospital with typhoid.

- i) to dispose of children's faeces properly.
- j) to ensure that the surrounding area is clean.
- k) to cover food at all the times.
- l) to drink only clean, boiled water.
- m) to ensure that all storage containers are thoroughly washed.

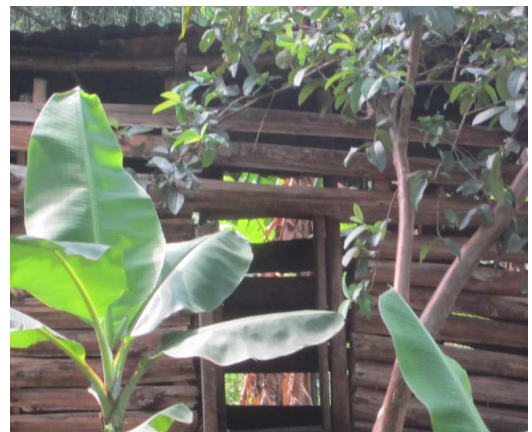
It was very apparent that cases of typhoid occurred in families with poor faeces disposal, substandard toilets and no hand washing facilities.



Toilet No. 2. A clean, well-built toilet, well placed, but needing a permanent door.



Toilet No.3 is in good condition and always used by the family. Nobody in this home has suffered even diarrhoea during the past two years.

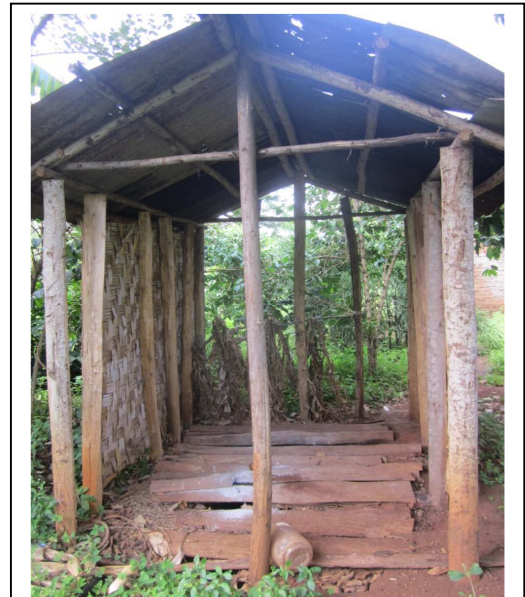


Toilet No. 4. Here we spoke with 3 people who had been discharged from hospital. They all had typhoid fever, and two of them had had a perforated gut. The toilet is just made of open timbers with openings in the walls and door. The floor was awful. The family even took banana leaves from here, which had been covered with flies from the toilet, to use to cover their food in the home.

We did not take photographs of people because they would be suspicious regarding what we might do with them.

In our Bumbura Maliba meeting on Saturday September 23 2017, we all agreed that typhoid is clearly caused by contaminated food and water, and the source of that contamination is poor hygiene.

We are now planning a comprehensive training in the village that will the entire village together, including the village leaders and Health Workers in our community. We will share our findings with them and spell out what must be done to prevent future outbreaks of typhoid with the associated loss of lives. This will include an emphasis on hand-washing and the construction and use of tippy-taps.



Toilet No. 5. Here nobody was at home. The entire family of 8 were in hospital with abdominal pains being tested for typhoid.