

# How to stop runny tummy in the home

Thanks for letting the Environmental Health Practitioner into your home to help you find ways to stop sickness in your home. This information will help and keep your family healthy and safe.

Germs are present on people and surfaces. Some of these can make you and children sick including having runny tummy. Runny tummy is very bad diarrhoea.

## You can get runny tummy from:

- Food poisoning
- Being close to other people
- Not washing hands after going to the toilet

It can also be caused by germs in your water.

## If you have runny tummy, you might have:

- Watery poo
- Vomiting or tummy cramps
- A fever

Runny tummy can be very dangerous for babies, young children and older people, because it dehydrates them.

## Ways to stop runny tummy

To stop runny tummy, you need to stop the germs that cause it from being in your home. To do this, you can follow these tips:



### 1 The importance of good hygiene

Whenever you wash your hands, wash your face as well with soap and clean water. Dry with your own towel. Hang your towel on a towel hook or towel rail.



### 2 Cover your coughs and sneezes

Always cough or sneeze into your elbow or a tissue. Remember to throw the tissue in the bin.



### 3 Wash your clothes and bedding often

Germs can live on clothes, sheets and blankets. Wash these once a week. If your washing machine does not work, ask a family member or friend if you can use their washing machine.



### 4 Make sure your taps and shower are working and you have hot water

If they are not working, call your Housing Provider or your Aboriginal Environmental Health Practitioner.



### 5 Clean benches and floors

Wipe and clean benches and floors in the house often to stop germs living there.



### 6 Make sure your fridge is working

Make sure your fridge is working so you can store food at the right temperature

### 7 Wash dishes

Wash up plates, cups and cutlery after you use them.



### 8 Keep animals out of the kitchen

Keep animals out of the kitchen so they don't spread germs.



### 9 Wash toys often

Washing toys often will help to stop germs and reduce the chance of spreading germs.



**If your tummy does not feel better, visit the clinic.**