



AN ARTICLE REGARDING WATER BORNE DISEASES AFFECTION CHILDREN IN INDIA AND ITS PREVENTIVE MEASURES

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Introduction

Water is an essential resource for life, and access to safe drinking water is a fundamental human right. Unfortunately, millions of people in India, particularly children, suffer from waterborne diseases due to a lack of clean and safe drinking water. According to a World Health Organisation (WHO) report, waterborne diseases account for 21% of India's total disease burden. This article will go over waterborne diseases that affect children in India and how to prevent them.

Waterborne Diseases in Indian Children

Waterborne diseases are caused by drinking contaminated water and are especially dangerous to children. Because their immune systems are not fully developed, children are more vulnerable to waterborne diseases, and they are more likely to be exposed to contaminated water. The following are the most common waterborne diseases affecting Indian children.

Diarrhea

In India, diarrhoea is one of the most common waterborne diseases affecting children. It is caused by consuming water or food tainted with bacteria, viruses, or parasites. Children suffering from diarrhoea may experience stomach cramps, dehydration, and loss of appetite.

Cholera

Cholera is a serious and potentially fatal waterborne disease caused by the *Vibrio cholerae* bacterium. It is most prevalent in areas with inadequate sanitation and contaminated water. Children suffering from cholera may experience diarrhoea, vomiting, and dehydration.

Typhoid is a type of fever.

Typhoid fever is an infection caused by the *Salmonella typhi* bacterium. It is spread by contaminated water or food. Children with typhoid fever may have symptoms such as fever, stomach pain, and loss of appetite.

Acute Hepatitis

Hepatitis A is a virus infection spread through contaminated food or water. It can cause liver damage and, in severe cases, can be fatal. Hepatitis A in children can cause symptoms such as fever, fatigue, and stomach pain.

Waterborne Disease Prevention Measures for Children in India

The following are some preventive measures that can aid in the protection of children in India from waterborne diseases.

Water that is safe to drink

In India, access to safe drinking water is critical for preventing waterborne diseases in children. The Indian government has launched several initiatives, such as the Swachh Bharat Abhiyan and the Jal Jeevan Mission, to increase access to clean and safe drinking water. In addition, parents should ensure that the water their children drink is safe by boiling it or using water purification methods such as filters or chlorine tablets.

Hygiene and sanitation

In India, sanitation and hygiene are critical in preventing waterborne diseases in children. Handwashing before and after meals, as well as after using the toilet, should be taught to children by their parents. They should also make certain that their homes have adequate sanitation facilities, such as toilets and handwashing stations.

Vaccinations

Waterborne diseases such as hepatitis A and typhoid fever can be prevented with vaccinations. To help prevent these diseases, parents should ensure that their children receive all recommended vaccinations.

Food Safety Procedures

In India, safe food practises can also help prevent waterborne diseases in children. Parents should make certain that the food their children consume is properly cooked and stored at the proper temperature. They should also avoid eating from street vendors or other unsanitary sources.

Education and Public Awareness

In India, education and awareness are critical in preventing waterborne diseases in children. Parents should teach their children the value of safe drinking water, sanitation, and hygiene. They should also be aware of the symptoms of waterborne diseases and seek medical attention if their child exhibits any of these symptoms.

Conclusion

Finally, waterborne diseases continue to be a major health concern for children in India, with millions falling victim to these preventable illnesses each year. The most common waterborne diseases affecting children in India are diarrhoea, cholera, typhoid fever, and hepatitis A. Access to safe drinking water, sanitation and hygiene practises, vaccinations, safe food practises, and education and awareness, on the other hand, can help reduce the incidence of these diseases.

Parents and carers can help protect their children from waterborne diseases by providing them with safe drinking water, teaching them proper hygiene practises, and seeking medical attention if necessary. The Indian government is also responsible for increasing access to clean and safe drinking water, improving sanitation facilities, and promoting waterborne disease education and awareness.

Finally, waterborne diseases in children in India can be avoided by a multifaceted approach involving the government, healthcare professionals, parents, and carers. We can help ensure that every child in India has access to clean and safe drinking water, as well as a healthy future, by working together.

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