

GEOG 371 Rural Water Supply and Sanitation

Name -----

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Final exam Q(3)

Write an essay about water-borne diseases in the developing countries. Give 4 examples from articles published in peer reviewed journals.

- Water-borne diseases mean transmission of diseases as a result of drinking water that contains the pathogens.
- Drinking this water can make people sick. With the exception of Guinea worm, all of the diseases that can be water borne are 'Faeco-oral'.
- Faecal material can enter a person's mouth through contaminated fingers, food or utensils.
- This group of disease includes **Diarrhea, Dysentery, Cholera, Giardiasis and Typhoid**. Typhoid fever is a life threatening illness caused by bacterial infection of the intestinal track and blood stream.
- People can get typhoid fever if they eat or drink beverages that have been handled by sick people, if they do not wash their hands after going to the washrooms or drink water contaminated with sewage.
- The best way to prevent typhoid is to avoid risky food and drinks or simply by washing fruits and vegetables.
- 75% of water borne cases each year occur in tropical countries where both climatic conditions and the poor state of water supply and sanitation help spread the diseases.
- Diarrhea is responsible for the death of half a million infants in Africa each year. They also contribute in various ways to malnutrition.
- Dysentery developed from diarrhea and stool is mixed with blood because it causes the infection of small and large intestines.
- Typhoid fever and cholera were the first diseases identified as waterborne.
- Today, cholera remains endemic in Asia, Africa.
- In 1991 it arrived in Peru for the first time in the western hemisphere in the last century. In the 19th century it spread in America's from South America.
- Water borne diseases can be controlled directly through improved water quality, by preventing casual use of polluted sources and educating people about the causes and effects of these diseases.
- In the early part of the 19th century, Europe and North America made dramatic improvements in public health through protection and treatment of water supplies that brought both cholera and typhoid under control.