

The purpose of Gastro-Pak is to enhance pathogen surveillance in Pakistan. This survey aims to look at environmental, animal, and community pathogens using a wide range of samples. To better understand how gastroenteritis spreads, this project takes an interdisciplinary approach. Among the factors that will be examined thoroughly are those pertaining to agriculture, sanitation, water, food, and interpersonal contact.

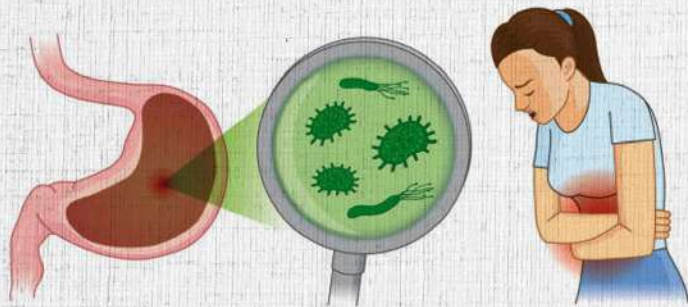
What are gastroenteritis symptoms?

Common symptoms of gastroenteritis are;

- ▶ Pain or cramping in the abdomen
- ▶ Nausea and vomiting
- ▶ Bloating
- ▶ Fever
- ▶ Loss of appetite
- ▶ Weight loss
- ▶ Watery diarrhea

What causes Gastroenteritis?

- ▶ Close contact with someone with gastroenteritis as they may breathe out small particles of vomit
- ▶ Contaminated food or water
- ▶ Unwashed hands after going to the bathroom or changing a diaper
- ▶ By contracting gastroenteritis causing bacteria



How bacterial gastroenteritis is contracted through food?

Many bacteria can cause gastroenteritis, which are usually contracted by consuming the following diet:

- ▶ Shigella is contracted through water and often swimming pools
- ▶ Salmonella is contracted through found in meat, dairy products and eggs
- ▶ Campylobacter is present in meat and poultry.
- ▶ E. coli, found in ground beef and salads

How gastroenteritis can be prevented and treated?

- 01 It has been demonstrated that washing your hand with soap can cut your risk of gastroenteritis significantly
- 02 Wash your hands thoroughly while handling or preparing food
- 03 When serving food, don't keep it out too long
- 04 If you become aware of a food or beverage outbreak through a news article, stay away from such products
- 05 Refrain from interacting with those who are experiencing symptoms like vomiting or diarrhea
- 06 Do not consume undercooked food
- 07 Keep cooking utensils clean
- 08 Your bacterial gastroenteritis is straightforward to treat after a medical professional has made the diagnosis
- 09 Some types of bacterial gastroenteritis can be treated with antibiotics within a few days
- 10 In order to replenish the fluids and electrolytes in your body, you might require extra treatment
- 11 It could require IV fluid replenishment in some circumstances

QUANTIFYING THE TRANSMISSION ROUTES OF GASTROENTERITIS IN PAKISTAN & DEVELOPING TARGETED INTERVENTIONS

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CAUSES



Dirty Hands

Interactions with Animals



Drinking Dirty Water

Dirty Food



Dirty Lantrine



SYMPTOMS



Nausea

Abdominal Cramps



Fever



Diarrhea



PREVENTIONS



Keep Hands Clean

Cook Thoroughly



Drink Clean Water

Wash Fruits & Vegetables



Keep Lantrine Clean

