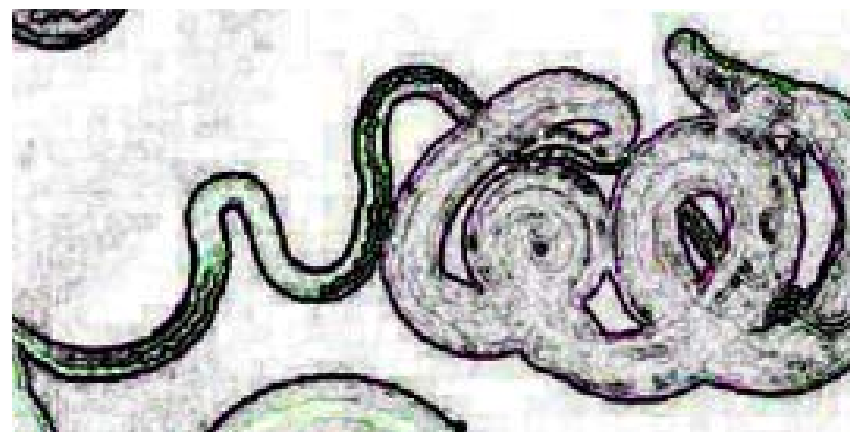


### Prevention

- ◆ Never urinate in the water or near to the water. Always use latrines
- ◆ Always boil drinking water
- ◆ The small water snail, which is the carrier of Bilharzia worms is mostly found in stagnant water. Therefore you must NEVER wash or swim in stagnant water or in any water where you are not sure whether it has Bilharzia worms
- ◆ Leave water for washing and bathing in the sun for two days before use. It can kill the Bilharzia worms
- ◆ Pick and kill the water snails, whenever you see them
- ◆ Use protective clothes, when irrigating or fishing in infected water

## BILHARZIA

### What you should know about Bilharzia



*Male parasites (the largest) and female of the species Schistosoma mansoni, which cause bilharzia*

### What is Bilharzia

Bilharzia is caused by a kind of worm that gets into the blood stream of human beings. It is very important to seek medical help.

Organs like kidneys and liver can be destroyed and cause death, if Bilharzia is not treated.



This manual was elaborated by:  
Development Aid from People to People (DAPP),  
Child Aid & Environment ,  
Southern Province, Zambia.

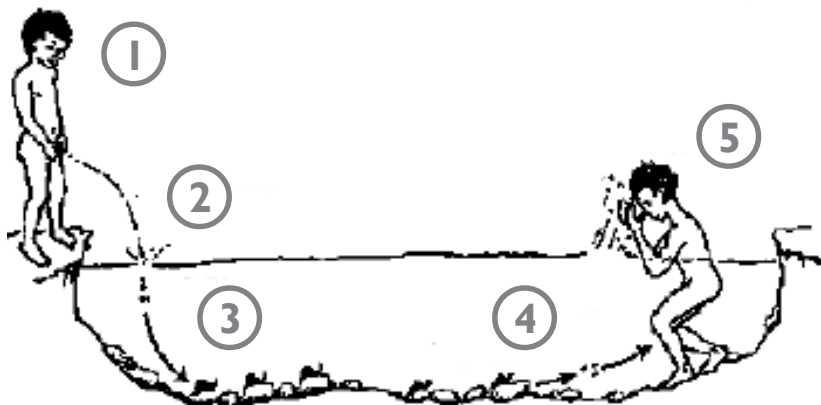
THE   
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TRUST  
LIVING EARTH   
GREEN WORLD ACTION

## The Life Cycle of Bilharzia

1. Infected person urinates in the water (river, dam etc.)
2. Urine (or the feces) has worm eggs in it
3. Worm eggs hatch and enter water snails
4. Young worms leave the snail and go into another person, who is washing or swimming in the water
5. In this way somebody who washes or swims in water where an infected person has urinated also becomes infected



### MAN-WATER-SNAIL-MAN



## Signs of Bilharzia

- ◆ The most common sign of Bilharzia is blood in the urine, especially when passing the last drops.
- ◆ Pain in lower belly and between the legs can also occur - mostly at the end of urinating.
- ◆ Low body temperature and itching can occur.

## Treatment of Bilharzia

- ◆ You should always go to the clinic or hospital, if you have any signs of Bilharzia, because Bilharzia can be treated with medicine.
- ◆ It is also important to eat well and maintain a healthy diet, when you recover from Bilharzia.