

# LEARN HOW TO PROTECT YOURSELF AGAINST ILLNESSES CAUSED BY SEWAGE

ALABAMA  
PUBLIC  
HEALTH

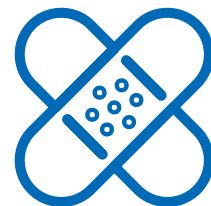
## PROTECT YOURSELF



Protect yourself by washing your hands with clean water and soap before you eat or smoke, after using the toilet, and after working.



Do NOT touch your nose, mouth, eyes, or ears with your hands, unless you just washed them.



Do NOT let sewage get into open cuts, sores, or wounds.

## LEARN ABOUT SEWAGE



Sewage is poop (feces), pee (urine), and other things you flush down the toilet. Poop may contain germs, intestinal worms, and parasites that can make you very sick.



You can be exposed to sewage if you walk barefoot through a yard with sewage on the ground or if you eat, drink, smoke, or touch your face with dirty hands.



If you are exposed to sewage that contains bacteria, viruses, parasites, or worms you may have diarrhea, fever, cramps, nausea, vomiting, headache, weakness, or loss of appetite.

## LEARN ABOUT SYMPTOMS FOR ILLNESSES CAUSED BY SEWAGE



Roundworms can cause coughing, trouble breathing or pain in your belly and blocked intestines.



Hookworms can cause a rash, stomach pain, diarrhea, loss of appetite, tiredness, and anemia.



Hepatitis A can cause liver disease; symptoms may include feeling tired, having pale poop, and having yellow eyes and skin.

Talk to your doctor or nurse about any symptoms of being sick from sewage.

Seek appropriate treatment from your doctor or nurse if diagnosed with a bacterial or viral illness, parasite, or worm.

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