**1. Diarrheal Diseases**

* **Symptoms:**
  + Frequent loose or watery stools
  + Abdominal cramps
  + Nausea and vomiting
  + Dehydration (thirst, dry mouth, reduced urine output)
* **Precautions:**
  + Practice good hand hygiene (wash hands with soap).
  + Drink clean or boiled water.
  + Cook food thoroughly and avoid raw foods in high-risk areas.

**2. Intestinal Worm Infections**

* **Symptoms:**
  + Abdominal pain or discomfort
  + Diarrhea
  + Fatigue and weakness
  + Weight loss or stunted growth in children
* **Precautions:**
  + Use clean water and properly wash fruits and vegetables.
  + Avoid walking barefoot in contaminated soil.
  + Regular deworming treatments in at-risk populations.

**3. Typhoid Fever**

* **Symptoms:**
  + Prolonged fever
  + Weakness and fatigue
  + Abdominal pain
  + Diarrhea or constipation
* **Precautions:**
  + Drink clean water and avoid street food in high-risk areas.
  + Vaccination is available in some regions.
  + Practice good sanitation and hygiene.

**4. Hepatitis A**

* **Symptoms:**
  + Fatigue
  + Nausea and vomiting
  + Jaundice (yellowing of the skin and eyes)
  + Dark urine
* **Precautions:**
  + Vaccination can prevent infection.
  + Wash hands regularly, especially after using the bathroom and before eating.
  + Avoid raw or undercooked food in areas with poor sanitation.

**5. Leptospirosis**

* **Symptoms:**
  + Fever and chills
  + Muscle aches
  + Vomiting
  + Jaundice and red eyes
* **Precautions:**
  + Avoid wading through potentially contaminated water.
  + Wear protective clothing and footwear in at-risk areas.
  + Ensure proper sanitation in areas with rodent infestations.
  + bles rich in vitamin C (e.g., citrus fruits, bell peppers).
  + Consider supplementation if dietary intake is low.