

WHAT IS *HUS*? (D+ OR TYPICAL)

HUS D+, o **Hemolytic Uremic Syndrome D+** is a disease that **attacks mainly children less than 5 years old** and starts with a mild watery diarrhea that progresses to bloody in most cases. Children can also have paleness, irritability, vomits, convulsions and urinate less.

In our country it is an endemic disease **transmitted mainly by food contaminated with a bacteria named Enterohemorrhagic *Escherichia coli***. It is present during the whole year, specially in summer.

This disease is the first cause of acute renal failure in children younger than 5 years of age. **It can cause death or leave life-lasting sequelae** like chronic renal insufficiency, high blood pressure and neurological alterations.

In Argentina lies the highest incidence of HUS in the world, an approximate of 400 new cases per year. Mortality in the acute stage is 2 to 4%. Since year 2000 (Res. 346/00) its report is mandatory.

WHO ARE WE?

We are a **civil non-profit association** formed by patients' parents, health professionals, researchers and other members of the community worried because our country has the largest number of cases of HUS in the world. **Our purpose is to decrease the incidence of HUS in Argentina.**

The executive committee is integrated by:

- *President: Carlos Seijo*
- *Secretary: Cristina Ibarra*
- *Treasurer: Gabriel Lores Arnaiz*
- *Corresponding members: Elsa Mercado, Marcelo da Rocha, Adriana Bentancor & Marcela Pedroche*
- *Account reviewers: Isaac Solocovsky & Marina Palermo*

WHICH ARE OUR GOALS?

- Develop different activities to inform and educate the community about the danger of this disease.
- Maintain permanent communication with both public and private institutions in our country and abroad to spread the word about the problems generated by HUS.
- Cooperate with national and international organisms to develop research, education and extension initiatives to decrease the incidence of HUS.
- Promote actions to make the prevention of HUS a State Policy through the creation of a governmental sanitary educational and information program, aiming at the eradication of HUS D+ in Argentina.
- Develop actions together with the state organisms responsible for food control in order to provide the consumer with food without pathogenic contamination.
- Generate the necessary actions to guarantee the support and help of persons who suffered HUS and their families.

WE NEED YOUR HELP
TO ACHIEVE THESE GOALS

PROTECT THEM from HUS

SOURCES OF INFECTION

1 Undercooked meat.

2 Meat juice.


3 Unpasteurized processed milk and/or fruit juices.


4 Contaminated water (from pools and rivers).


5 Direct contact with field animals.


6 Poorly cleaned hands, kitchen tools and/or surfaces.

HOW TO PREVENT HUS

1  Wash your hands with soap and water before eating or processing foods, touching raw meat or going to the bathroom. Teach your children to always do the same too.


2  **Watch for the thorough cooking of hamburgers, since they are the main cause of contamination in children.**


3  Cook meat well –specially chopped meat–, until it loses its pink colour.


4  Do not use the same kitchen tools or surfaces where you processed meat for other foods (fruits and/or vegetables) without cleaning them with water and detergent first.


5  **Avoid contact of raw meat with any other kind of food.**

6  Wash carefully fruits and vegetables.

7  **Water intended for drinking and/or used for cooking must be potabilized.** If you are not sure whether it is or not, add 2 drops of leach or boil it for 5 minutes.

8  Always consume pasteurized milk products and fruit juices. Keep them in the refrigerator.

9  Keep both fresh and cooked meals in the refrigerator.

10  Don't let children bath in contaminated waters. Check for adequate chlorination of the pools they attend.

**IF YOU HAVE ANY DOUBTS
PLEASE CONSULT A DOCTOR**



ASSOCIATION FOR FIGHTING AGAINST HUS

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