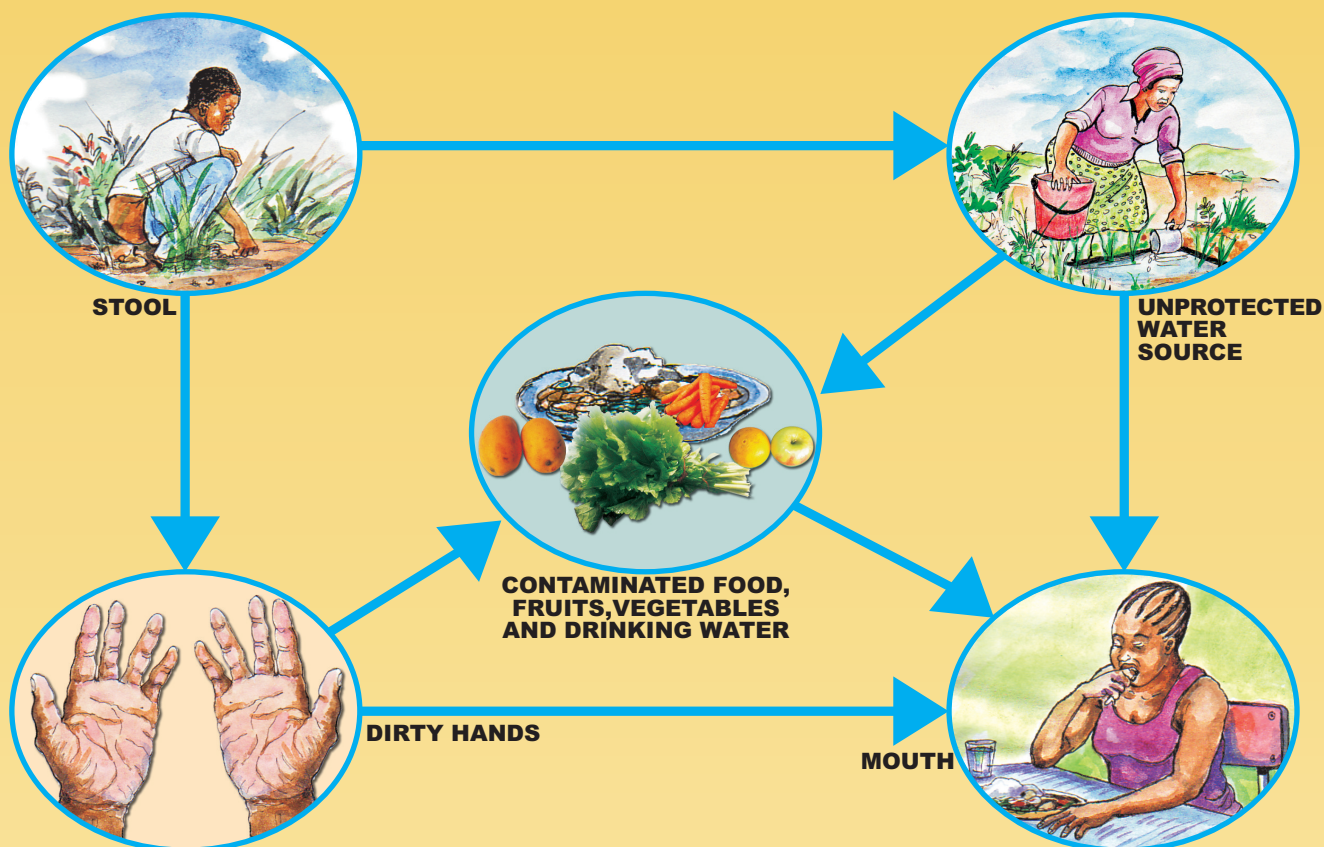


CHOLERA ALERT!

Cholera is a diarrhoeal disease caused by a germ called *vibrio cholerae*. It is characterised by severe watery diarrhoea and vomiting.

HOW CHOLERA IS SPREAD:



HOW CHOLERA IS PREVENTED:

- By washing your hands thoroughly with soap or ash after taking care of a person suffering from cholera, after using the toilet and before handling, preparing and eating food.
- By only drinking water from safe sources i.e tap, borehole or protected well or spring.
- By disinfecting all water through either boiling or use of water purifying tablets or solutions.
- By cooking food thoroughly and eating it whilst hot.
- By storing all water in clean containers and keeping them covered.
- By washing fruits and vegetables under safe running water before eating them.
- By always using a recommended toilet and keeping it clean.
- By disposing of all refuse in a properly constructed refuse pit.
- By avoiding shaking hands at public gatherings, particularly funerals, during a cholera outbreak.

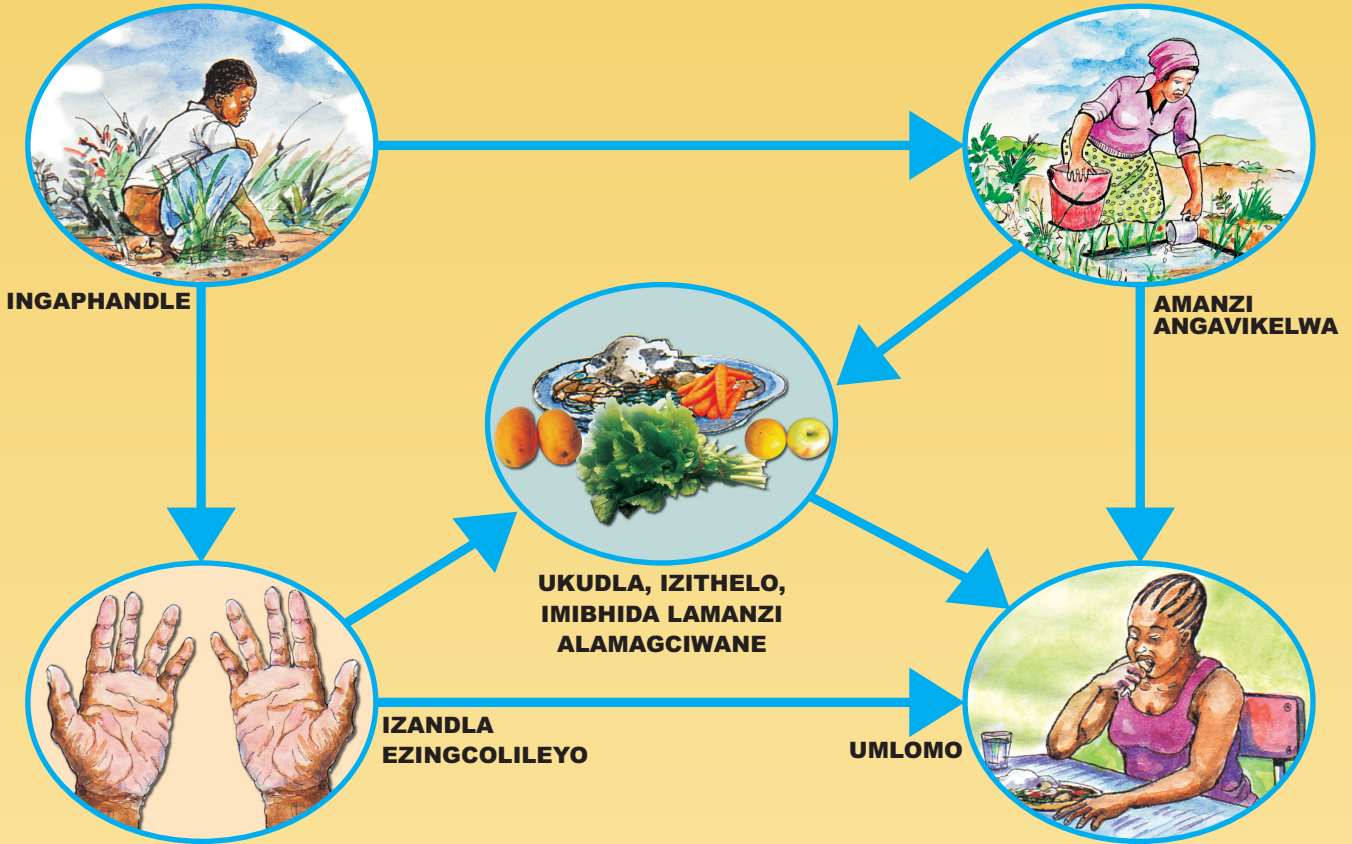
If you suspect Cholera in your area advise health workers at your nearest health facility immediately.

LET'S WORK TOGETHER IN PREVENTING CHOLERA!

ISIXWAYISO NGOMKHUHLANE WECHOLERA!

ICholera ngumkhuhlane wesihudo ohlasela abantu abalemnyaka engaphezu kwemihlanu. Isihudo lesi singamanzi kakhulu njalo sizangamandla.

UKUMEMETHEKA KWECHOLERA:



UKUVIKELWA KWESIHUDO SECHOLERA:

- Geza izandla ngesepa loba umlotha usebenzisa amanzi okuthelwana ngemva kokonga ogulayo, ukusebenzisa isambuzi, ungakabambi ukudla, ukupheka loba ukudla.
- Natha amanzi ahlanzekiyelo ngesikhathi sonke avela empompini, isibhorane loba emthonjeni ovikelweyo.
- Ngokubilisa kumbe ukusebenzisa amapilisi afakwa emanzini, ukuze wonke amanzi asetshenziswayo ahlale ehlanzekile.
- Pheka ukudla kuvuthwe ukudle kusatshisa.
- Gcina amanzi enkonxeni ezihlanzekileyo zihlale zivaliwe.
- Gezisa izithelo lemibhida ngamanzi ahlanzekileyo awokuthelwana.
- Sebenzisa isambuzi ngezikhathi zonke usigcine sihlanzekile.
- Lahlela izibi zonke egodini lezibi.
- Ngokuvikela ukuxhawulana lapha okulemihlangano yabantu, ikakhuku ezililweni, nxa ku lokudabuka kwe Cholera.

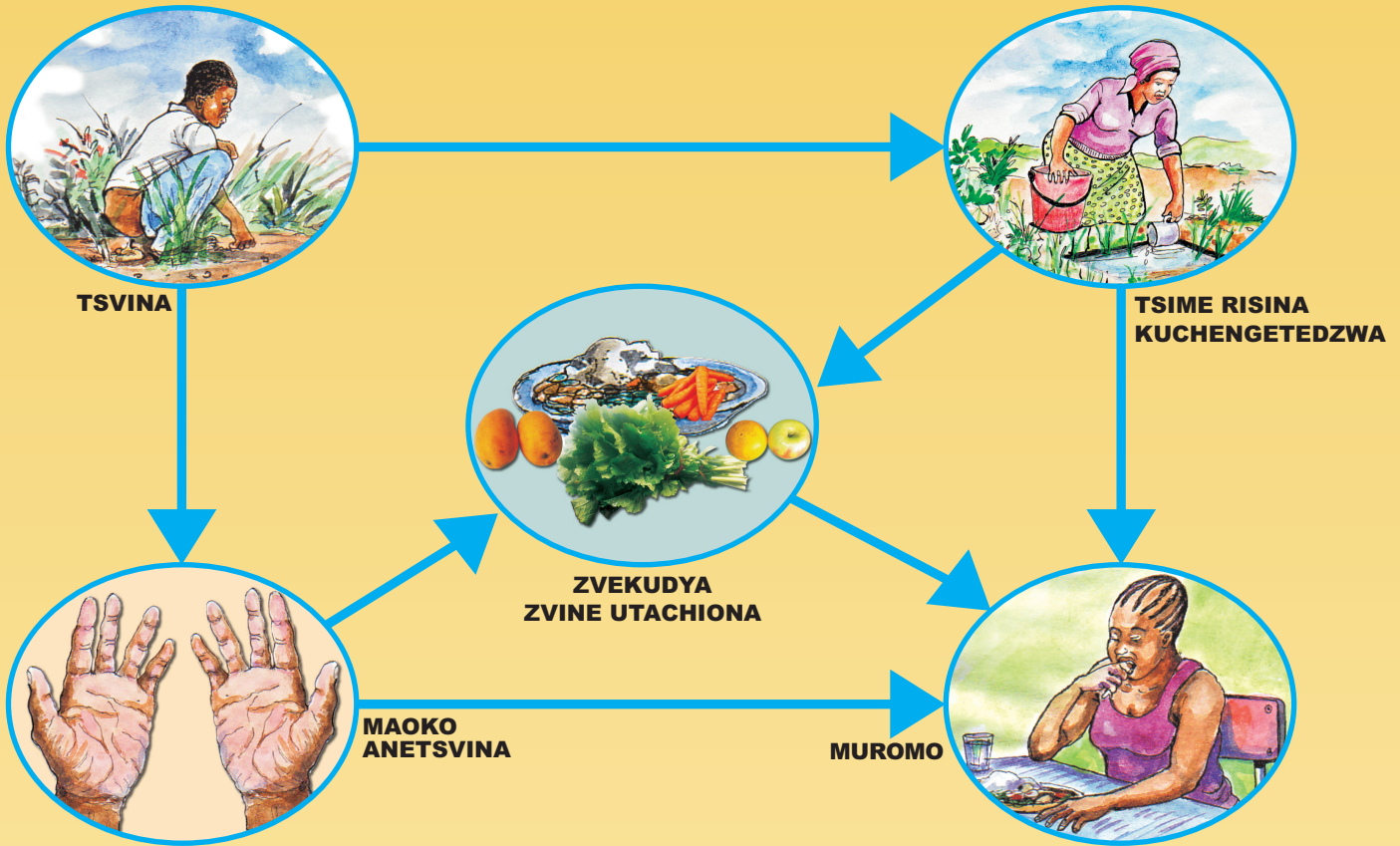
Uma ucabangela ukuthi kulesihudo seCholera yazisa abazempilakahle abaseduze lawe ngokophangisa.

ASISEBENZENI NDAWONYE EKUVIKELENI ISIHUDO SECHOLERA!

CHENJERERA KORERA!

Korera chirwere chemanyoka chinokonzerwa nehutachiona hunonzi *vibrio cholerae*. Chirwere ichi chinoonekwa nekuita tsvina yakaita mvura-mvura.

MAPARARIRE ANOITA KORERA:



ZVATINGAITE KUDZIVIRIRA KORERA:

- Gezai maoko muchiita zvokuchururudza kana mapedza kubatsira murwere, kana mabva kuchimbuzi uye musati mabata zvekudya.
- Kunwa mvura inobva muzvibhorani kana matsime akachengedzwa.
- Inwai mvura yakachengedzeka, yavidzwa kana yakaiswa mushonga.
- Bikai zvekudya zvoibva zvakanaka modya zvichiri kupisa.
- Chengetedzai mvura mumatini akachena uye anemuvharo.
- Gezai michero nemiriwo muchiita zvokuchururudza muchishandisa mvura yakachena. (*Safe water*).
- Munhu wese ngaashandise chimbuzi zvakanaka uye chichengetedzwe chakachena.
- Rasirai marara ose mugomba remarara. (*Recommended refuse pit*).
- Regedzai kukwazisana kana kubatana maoko pandufu dzeKorera kana munzvimbo ineKorera.

Kana muchifungidzira Korera munzvimbo yamugere zivisai vezveutano varipedyo nemi nokuchimbida.

NGATISHANDEI PAMWE CHETE KUDZIVIRIRA KORERA!