

Stop cholera

With clean water and good hygiene practices

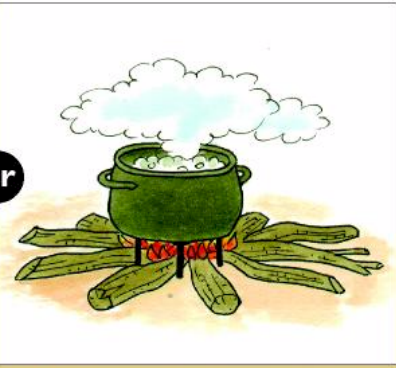
Make water safe



1 Pour (filter) water through a clean cloth.



2 Pour 1 teaspoon (5ml) of bleach into 20-25 litres of water, mix well and wait for at least 30 minutes (half hour).

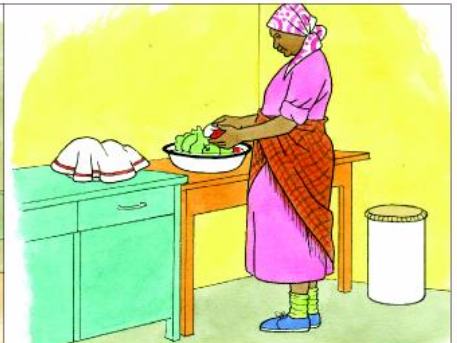


Boil the water. Let the water bubble for one minute, to make it clean and safe. Store safe water in a closed container.

Prepare safe food

Wash it, peel it or cook it

- Wash or peel fruit and vegetables
- Cook food well
- Store food in a clean and cool place



Wash your hands

Wash your hands with soap (or ash) and safe water...

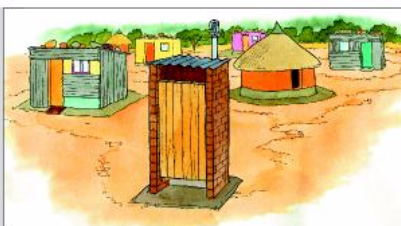
- after using the toilet
- after changing a baby's nappy
- after throwing away rubbish



Keep toilets clean

Use the toilet and keep the toilet clean.

Keep the toilet seat closed and keep the door closed to stop the spread of germs by flies.



TREATMENT OF CHOLERA

1l of SAFE WATER



8 teaspoons of SUGAR



half a teaspoon of SALT



Mix well and drink small amounts often. Go to the nearest clinic immediately.

