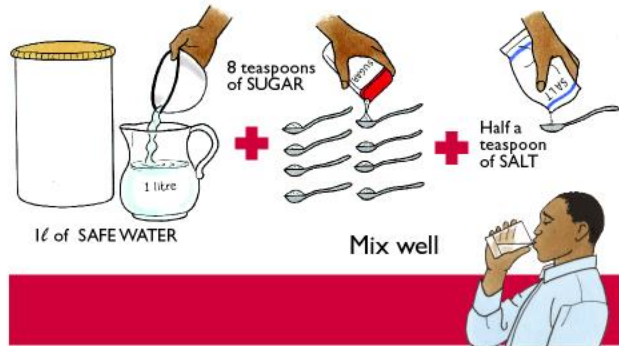


TREATMENT OF CHOLERA

- 1 Does the person have diarrhoea (running tummy) and vomiting?



- 2 Make this mixture for the person to drink on the way to the clinic.



- 3 Take the person to the clinic IMMEDIATELY.



For more information contact your local clinic or hospital.

DEPARTMENT OF HEALTH

www.doh.gov.za

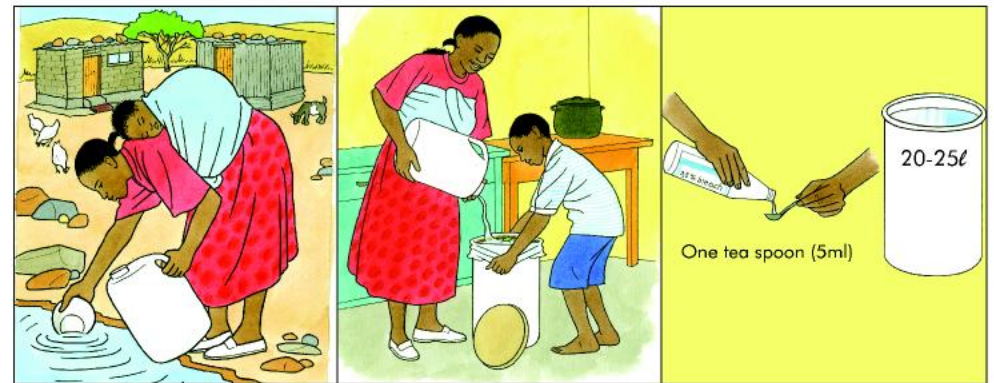


the dwaf
THE DEPARTMENT OF WATER AFFAIRS AND FORESTRY
www.dwaf.gov.za



Stop cholera

With clean water and good hygiene practices



DEPARTMENT OF HEALTH

www.doh.gov.za



the dwaf
THE DEPARTMENT OF WATER AFFAIRS AND FORESTRY
www.dwaf.gov.za



Make water safe



1 Collect fresh water every day.



2 Pour (filter) the water through a clean cloth.



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

or



Boil the water. Let the water bubble for one minute, to make it clean and safe.



4 Safe water can easily get dirty. Store safe water in a clean closed container.



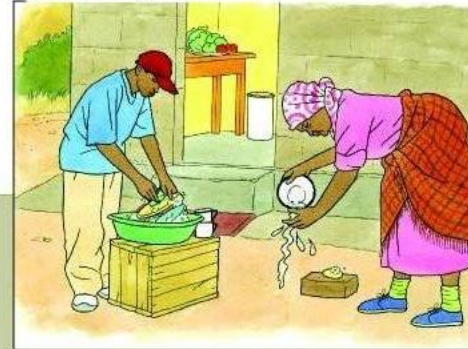
5 Use a clean cup each time to scoop water from container.

or



Pour water from container when you need it.

Prepare safe food



Wash your hands with soap (or ash) and safe water before you eat or prepare food. Keep all food utensils clean.



Wash fruit and vegetables with safe water before you eat them. Cook all meat, fish and vegetables well. Keep food covered in a clean, cool place. Store raw and cooked food separately.

Wash your hands



Wash your hands with soap (or ash) and safe water, after using the toilet or changing a baby's nappy, and after throwing away rubbish.



Keep toilets clean

Use the toilet and keep the toilet clean. Keep the toilet seat and the door closed, to stop the spread of germs from flies.

