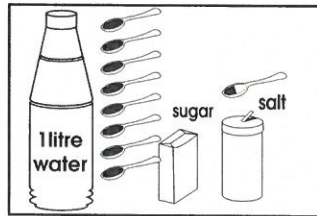


## Ungamsiza kanjani umuntu ophethwe yisifo sohudo (kholera)

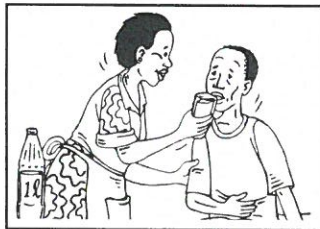
Mphuzise inhlanguanisela yamanzi axutshwe noshukela nosawoti

### Lokhu ungakuxuba kanje:

Ilitha eyodwa yamanzi abilisiwe noma alashiwe, faka amathisipuni angu-8 kashukela kanye nohafu wethispuni



likasawoti bese ukuhlanguanisa ndawonye ugovuze.



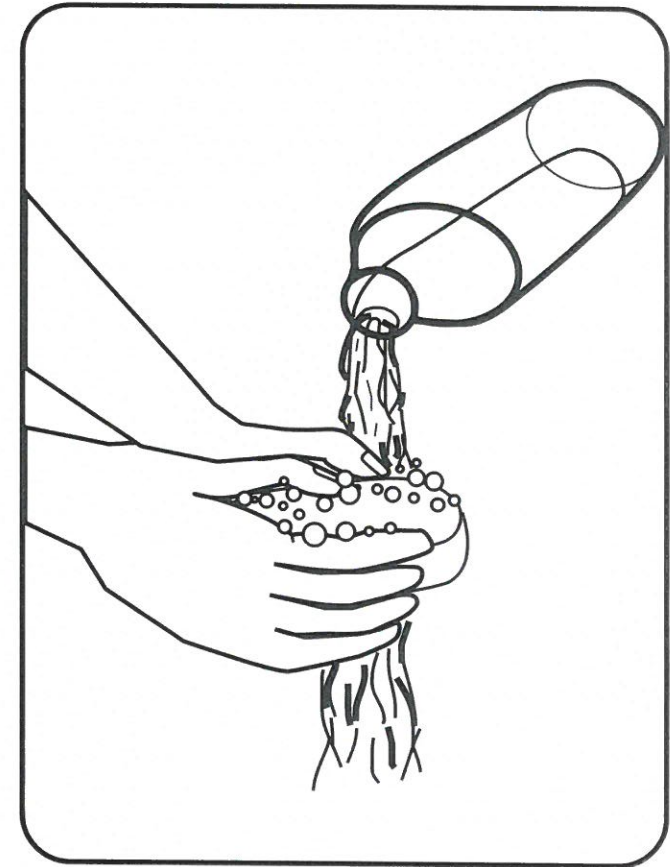
Lokhu-ke kunikeze njalo nakaningi kangangoba kungenzeka ukuthi umuntu aphuze imithanyana.

### OKUBALULEKILE

Khumbula, qhubeka ukumphuzisa inhlanguanisela leyo umuntu okhishwa yisisu ngisho noma senisendleleni eya emtholampilo.

Uma ufuna eminye imininingwane, noma uma usola sengathi unesifo sohudo, vakashela umtholampilo, isibhedlela, udokotela noma osebenza ngezempilo.

## YILWA NESIFO SOHUDO



## INDLELA ELULA YOKUGWEMA ISIFO SOHUDO



IMINYANGO:  
EZAMANZI NAMAHLATHI • EZEMPILO • UHULUMEMI WEZIFUNDAZWE NASEKHAYA •  
UKUXHUMANA KWAHULUMENI NOHLELO LOKWAZIS

## Siyini isifo sohudo?

Isifo sohudo siyigciwane olithola ngokuphuza amanzi angahlanzekile. Uyasithola futhi isifo sohudo uma udle ukudla obekungavikelekile ezimpukaneni nangezandla ezingcolile. Kufanele ngaso sonke isikhathi ukwemboze ukudla kwakho.

Hlamba izandla zakho njalo emva kokusebenzisa indlu yangasese uzihlambe futhi ngaphambi kokuthinta ukudla ngoba izandla ezingcolile zinamagciwane.

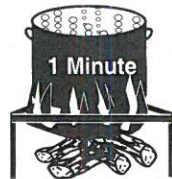
Amagciwane adala isifo sohudo atholakala kwindle yabantu.

## Umbona kanjani umuntu onesifo sohudo?

- Uma ehlaselwa ukukhishwa yisisu okumphuthumayo
- Uma ephalaza
- Uma ephelelwa amanzi emzimbeni

## Ungasigwema kanjani isifo sohudo?

1 Yenza isiqiniseko sokuthi amanzi owasebenzisayo abilisiwe noma elashiwe.



2 Wafudumeze aze abile bese uwagxahisa umzuzu owodwa.

3 Ukuwelapha amanzi. Faka ithisipuni elilodwa le-bhlishi (bleach), njengejikhi, javel emanzini angamalitha angu-25.



Ungasheshi ukuwaphuza la manzi. Wayeke isikhathi esingamahora amabili nangaphezulu. Ibhlishi izowabulala wonke amagciwane adala isifo sohudo.

4 Ngaphambi kokukusebenzisa ukudla, kuhlanze ngamanzi abilisiwe noma alashiwe

5 Washa amabhodwe nezitsha zakho ngamanzi abilisiwe noma alashiwe

6 Khumbula njalo ukukwemboza ukudla ukuze kungahlalwa yizimpukane



7 Yenza isiqiniseko sokuthi indlu yakho yangasese ihlanzekile, hlanza izandla zakho ngensipho nangamanzi abilisiwe noma alashiwe emva kokuya endlini encane.

8 Sonke isikhathi indle yifake endlini encane

9 Indlu encane yakhe kude nalapho kutholakala khona amanzi

10 Ungabavumeli abantwana badlale emanzini angcolile

11 Ungayingcolisi imifula ngokuyisebenzisa njengendlu encane. Kungenzeka kube khona umuntu owaphuzayo lawo manzi angcolile

