



OKUMELE UKWAZI NGE...

CHOLERA

ISIFO SOHUDO

SIYINI ISIFO SOHUDO

Isifo sohudo siwukutheleleka emathunjini okubangelwa yigciwane eliba semanzini elibizwa ngokuthi yi-Vibrio cholerae. Libangela ukuhlambuluka kwesisu okubi kanye nokuphelelwa ngamanzi emzimbeni. Lesi sifo singabangela ukuthi udlule emhlabeni uma singelashwa ngokushesha nangempumelelo.

INDLELA YOKUSABALALA KWESIFO SOHUDO

Ngokuphuza amanzi noma ukudla ukudla okunegciwane lalesi sifo. Lokhu kwenzeka uma umuntu othelekile ethinta ukudla ngaphandle kokugeza izandla, noma ezikhululela emthonjeni wamanzi. Imiphakathi esebenzisa amanzi angahlazekile ukuze iphuze noma igeze izitsha nezinkezo, isengozini yokutheleleka.

NGUBANI OSENGOZINI

Abantu abasebenzisa amanzi angahlazekile aphuma eziphethwini zamanzi, imihosha, amanzi agujwe phansi, amadamu, kanye nalabo abangakwazi ukuthuthelwa ngendlela efanele indle.

IZIMPAWU ZESIFO SOHUDO

Izimpawu zingenzeka kusuka emahoreni ambalwa kuya ezinsukwini ezinhlanu (5) ngemuva kokutheleleka (ngokuvamile izinsuku ezi-2-3).

- Ukushesha uqalwe wukugula.
- Ukuphelelwa amanzi emzimbeni
- Isisu esihambisayo/uhudo
- Ukuhlanza
- Imfiva noma ukuzwela amakhaza

YINI OKUFANELE UYENZE UMA WENA NOMA ILUNGU LOMNDENI WAKHO LINESIFO SOHUDO?

Ukuphuza amanzi amaningi ahlazekile kuyingxenye enkulu yokwelapha futhi kungagwema ukulahleka komphumulo. Abantu abanezimpawu ze-Cholera kumele baye emtholampilo noma esibhedlela ukuze bafakelwe amanzi emzimbeni.

YINI OKUFANELE UYENZE UMA WENA NOMA ILUNGU LOMNDENI WAKHO LIHANJISWA YISISU NOMA LIHUDA?

Bilisa amanzi ayi-Litre elilodwa, faka amathisipuni ayisi-8 kashukela kanye nohafu wethisipuni kasawoti bese uyalinda imizuzu embalwa.

Vakashela umtholampilo/isibhedlela esiseduze ngokushesha.

INDLELA YOKUHLANZA AMANZI:

Faka ithisipuni elilodwa lika Jiki ebhakedeni elingu 20 litre kuya ku 25 litre bese uyalinda isikhathi esingamahora amabili. (kukhuthazwa ukuthi lawo manzi ahlale ubusuku bonke) Noma uwabilise njalo amanzi ngaphambi kokuthi uwaphuze. Gina amanzi endaweni ehlanzekile.

QINISEKISA INHLANZEKO YEZANDLA EFANELEKILE

Geza izandla zakho njalo ngamanzi nensipho, ngemuva kokusebenzisa indlu encane nangaphambi kokuthinta ukudla.



UMA SINGALASHWANGA, SINGAHOLELA EZINKINGENI EZINKULU, ISIBONELO, UKUNGASEBENZI KWEZINSO

Gcina izandla zakho zihlanzekile ngaphambi kokuthi uthinte ukudla



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