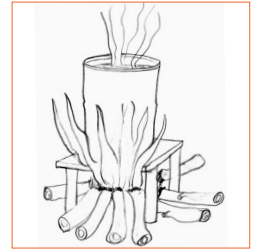


BEWARE OF CHOLERA

Prevent Cholera

- * Drink water from a safe source or disinfected water (boiled or chlorinated) only.



- * Avoid eating uncooked food unless it can be peeled or shelled.



- * Cook food or reheat it thoroughly, and eat it while still hot.

- * Wash your hands thoroughly with soap or ash under safe running water after using the toilet and before handling, preparing or eating food.



- * Dispose of human excreta in a recommended toilet.

- * Prevent fly breeding by disposing refuse in a refuse pit and covering it well with soil.



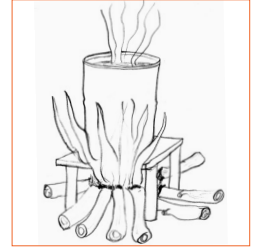
- * Wash fruits and vegetables using safe water before eating

Let's work together in preventing cholera

YAMBIRO NEZVE KORERA

ZVAMUNGAITA KUDZIVIRIRA KORERA

* Inwai mvura yakachengetedzeka, yavidzwa kana yakaiswa mushonga.



* Bikai zvekudya zvoibva zvakanaka modya zvichiri kupisa.



* Gezai maoko muchiita zvokuchururidza kana mapedza kubatsira murwere, kana mabva kuchimbuzi uye musati mabata zvekudya.

* Munhu wese ngaashandise chimbuzi zvakanaka uye chichengetedzwe chakachena.



* Rasirai tsvina yavana muchimbuzi.

* Gezai michero nemiriwo muchiita zvokuchingidzira muchishandisa mvura yakachena (safe water).

* Rasai marara ose mugomba remarara .

* Kana mauchfungidzira korera munzvimbo yamugere zivisai vezveutano varipedyo nemi inokuchimbida.

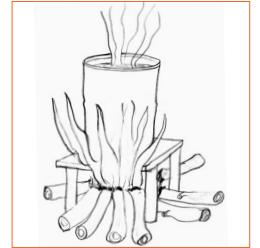


Ngatishandei pamwe chete kudzivirira korera

IZIXWAYISO PHEZU KOMKHUHLANE WE KHOLERA

ELINGAKWENZA UKUZE LIZIVIKELE KU MKHUHLANE WESIHUDO

* Nathani amanzi avela endaweni ezigcinakeleyo kumbe ahlanziweyo ngomuthi kumbe ukubuliswa



* Qaphela ukudla ukudla okungaphekwayo ngaphandle kokuba kuhlubeka loba kucacadeka

* Phekani ukudla kuvuthwe sibili, likudle kusatshisa loba likukhudumeze uba kuke kwaqanda



* Gezani izandla ngobunono lisebenzisa isepa loba umlotha ngamanzi agelezayo emva kokuya esambuzi njalo lingaka bambi, lipheke loba lidle ukudla



* Ingcekeza yabantu ayilahlelwe esambuzi ngokufaneleyo

* Vikelani ukwanda kwezibungu lempukane ngokulahlela izibi emagodini beseligqibela lawo magodi ngenhlabathi

* Gezani izithelo lezilimo zesivandeni ngamanzi ahlanzekileyo anduba likudle



Asisebenzeleni ndawonye ekuvikeleni ikholera