

CHOLERA ALERT

Cholera has been occurring in various parts of the country. People who visit these affected areas and do not take preventive measures against the disease are likely to suffer from cholera and spread the disease to other areas where there is no cholera. This is to remind you of the need to practice personal and environmental hygiene at all times.

Cholera

Cholera is caused by bacteria called *vibrio cholerae*.

People contract cholera through drinking water or eating food that is contaminated with *vibrio cholerae*. Flies can contribute to the spread of cholera. In outbreak situations cholera occurs in people above the age of 2 years old.

Common signs and symptoms of Cholera

Common signs and symptoms of cholera are severe watery diarrhoea, sometimes with vomiting, that leads to loss of large amounts of body fluids that, in turn, causes severe dehydration, body weakness and death.

Preventing Cholera

- * Drink water from safe sources i.e boreholes, protected wells, chlorinated or boiled water.
- * Wash hands with soap or ash under running water after taking care of the patient, after visiting the toilet and before handling food.
- * Cook food thoroughly and eat it whilst hot.
- * Fruits and vegetables should be washed with clean water from safe sources using the run to waste method.
- * Dispose of refuse in a properly constructed refuse pit.
- * Always use a recommended toilet and keep it clean.
- * Avoid shaking hands at public gatherings, particularly funerals, during a cholera outbreak.

What to do when Cholera occurs

- * If you suspect cholera immediately advise health workers at your nearest clinic or health facility.
- * Give the patient sugar and salt solution to replace the lost fluids. Continue giving the solution until the health worker takes over.
- * Talk to your local health worker about how to deal with patient's discharges and soiled clothes because they are a potential source of infection and further spread of the disease.

Let's work together in preventing Cholera!



YAMBIRO NEZVE CHIRWERE CHEKORERA

- * Munzvimbo dzakasiyana dzeZimbabwe mune chirwere chekorera. Vanhu vanofamba munzvimbo idzi vanogona kuunza chirwere kunzvimbo dzisina chirwere. Saka muri kuyambirwa kuchengetedza utsanana panguva dzose.
- * Korera chirwere chemanyoka, chinouraya nekuchimbidza. Chinokonzerwa nekunwa mvura kana kudya kune utachiona hunokonzerwa korera.
- * Murwere anoita manyoka nekurutsa orasikirwa nemvura yakawanda mumuviri wake. Idzi mvura dzemuviri dzikasakasika kudzororwa, murwerwa anorasikirwa nemvura dzomuviri zhinji, anoshaya simba opedzisira afa.

Kudzivirira Korera

- * Kudzivirira korera inwai chete mvura yakachengetedzeka (mvura yemuzvibhorani, mvura yemumatsime akavakirwa) kana mvura yakaiswa mushonga (*chlorine*) kana yakavhaidzwa (*boiled*).
- * Gezai maoko nemvura isina utachiona muchiita zvekuchingidzirana muchishandisa sipo kana dota musati mabata zvekudya kanawo mabva kuchimbuzi.
- * Idyai kudya kwakabikwa zvakakwana uye kuchipisa.
- * Michero nemiriwo zvinofanira kugezwa nemvura yakachena (*safe water*) yatorwa pakachengetedzeka uyekuchishandiswa mvura inofamba.
- * Rasirai marara ose mugomba remarara.
- * Shandisai chimbuzi zvakanaka uye chichengetedzwe chakachena.
- * Regedzai kukwazisana kana kubatana maoko pandufu dzeKorera kana munzvimbo ine Korera.

Zvamungaite kana Korera yavepo

- * Chimbidzai kuudza vepakiriniki iri pedyo nemi kana pane fungidziro yechirwere ichi mumusha kana mudunhu renyu.
- * Ipayi murwere mvura inemunyu netsvigiri sezvamakaudzwa nevezveutano. Rambai muchipa mvura iyi kusvikira maenda nemurwere kuchipatara.
- * Onai vezveutano maererano nemabatirwo emurwere nembatya, uye nezvimwe zvose zvaanoshandisa kuitira kuti chirwere chisapararire.

Ngatishande pamwe chete kudzivirira Korera!



ISAZISO MAYELANA LEKHOLERA

IKholera isiqamuke ezindaweni ezinengi kulelizwe. Uma abantu abavakatshela lezindawo bengasathanga amanyathelo okuzivikela balakho ukubulawa yilumkhuhlane lokuwuthwalela kwezinye indawo. Lesi yisikhumbuzo sokuthi kuqakathekile ukuba abantu bahlanzeke kumikhuba yabo yonke.

IKholera

IKholera ngumkhuhlane obangelwa ngamagcikwana (*germs*) okuthiwa yivibrio cholerae.

Abantu bangathola lumkhuhlane ngokunatha amanzi loba ukudla okule vibrio cholerae. Impukane zilakho ukuthwala lumkhuhlane. Lapho eqamuke khona; iKholera ihlasela abantu abaleminyaka ephezu kwemibili yokuzalwa.

Izibonakaliso zeKholera ezejwayelekileyo

Izibonakaliso ezejwayelekileyo zalumkhuhlane ngezithi, isihudo esingamanzi esingapheliyo, lokuhlanza ngezikhathi ezitshiyeneyo, okuyikho okwenza ukuba amanzi omzimba alahleke. Isiphetho, isigulane siyoma emzimbeni (*dehydration*), siphelelwe ngamandla anduba sife.

Ukwenqabela iKholera

- * Natha amanzi avela ezindaweni ezigcinakeleyo ezinjengezibholane lemithombo, loba amanzi abilisiweyo kumbe alatshiweyo (*chlorinated*).
- * Geza izandla ngamanzi ahlanzekileyo usebenzisa isepa loba umlotha emva kokuphatha isigulane seKholera, emva kokusebenzisa isambuzi lalapho ungaka phathi ukudla.
- * Pheka ukudla kuvuthwe sibili, ukudle kusatshisa.
- * Izithelo lezilimo zesivandeni kumele kugeziswe ngamanzi ahlanzekileyo.
- * Sebenzisa isambuzi ngezikhathi zonke usigcine sihlanzekile.
- * Lahlela izibi zonke egodini lezibi.
- * Ngokuvikela ukuxhawulana lapha okulembuthano yabantu, ikakhulu ezililweni, nxa ku lokudabuka kwe Kholera.

Okungenziwa emva kokuqamuka kweKholera

- * Uma ucabangela ukuthi sokuqamuke iKholera lapho ohlezi khona, yazisa abezempilakahle esibhedlela kumbe ekilnika eseduze lawe.
- * Iphani isigulane amanzi aletshukela lesawudo (*salt and sugar solution*) ukuze amanzi alahlekayo ngokuhlanza lokuhuda abuyiselwe. Isigulane asiqhubeke siphiwa lamanzi abezempilakahle baze baqale ukuselepha.
- * Dingani ulwazi kwabezempilakahle phezu kwendlela zokuphatha ngazo isigulane, ikakhulu uma sithe sazingcolisa, ngoba lumkhuhlane uthelwana lula.

Asisebenzeleni ndawonye ekuvikeleni iKholera!

