There is a Typhoid outbreak in Kampala and neighbouring districts. Typhoid is a life-threatening disease that can kill if left untreated. One can get Typhoid through:

- Drinking contaminated, untreated or unboiled water
- Consuming food and drinks stored in dirty containers
- Not washing hands with soap and water before preparing, serving or eating food
- Eating cold food or unwashed fruits and vegetables
- Not washing hands with soap and water after using the latrine or after cleaning a baby’s bottom

PROTECT YOURSELF FROM TYPHOID BY DOING THE FOLLOWING:

1. Always wash your hands with soap and water:
   - After using the latrine
   - After cleaning a baby’s bottom
   - Before preparing, serving or eating food
   - After taking care of a person suffering from Typhoid

2. Always boil all drinking water or treat it with Chlorine

3. Always cook food thoroughly and eat it while it is still hot
   - Avoid eating cold food or food and fruits prepared and sold by the road side

4. Always keep food and drinks in a safe place and covered all the time
   - Always wash fruits and vegetables thoroughly with clean water before eating
   - Always use clean containers for storing food and drinks

5. Always use a latrine when urinating or defecating
   - Dispose of baby’s/children’s faeces in a latrine
   - Always keep your latrine clean and covered
   - Do not discharge latrine contents into drainage channels

6. Keep your home and surrounding environment clean

For more information, contact your District Health Officer or your nearest health facility or send a FREE SMS to 8500