

CHOLERA PREVENTION



USE AND DRINK SAFE WATER

Treat or sterilize the water before drinking or cooking

HOW TO TREAT OR STERILIZE WATER

- BOIL:**
- Bring water to boiling point for at least 1 minute.
 - Boiling water is an effective way of making water safe.
- TREAT:**
- Put 1 teaspoon of household bleach into 25 litres of water.
 - Put 2 drops of household bleach in 1 litre of water.
 - Wait for 30 minutes before use.
 - Always store your treated water in a clean, covered container.

WASH YOUR HANDS WITH SOAP AND WATER

Ensure proper hand hygiene

- Before, during, and after preparing food
- Before and after eating food or feeding your children
- After using the toilet
- After cleaning your child's bottom
- After taking care of someone who is sick with diarrhoea



ALWAYS BOIL, COOK, AND PEEL WHAT YOU EAT

Cook food well and keep it covered

- Eat foods that have been thoroughly cooked and are still hot
- Peel fruits and vegetables
- Be sure to cook seafood, especially shellfish, until it is very hot all the way through.
- Avoid raw vegetables and fruits that cannot be peeled.



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CHOLERA PREVENTION



TOILET USE

Cholera bacteria spreads from contaminated water.

1. Use toilets or sanitation facilities that are safely managed to get rid of faeces (poop).
2. Wash hands with soap and safe water after going to the bathroom.
3. If you don't have access to a toilet:
 - Poop at least 30 meters (98 feet) away from any body of water (including wells) and then bury your poop.
4. Do not put plastic bags in chemical toilets



KEEP IT CLEAN

Always disinfect and clean your surfaces

- Areas for food preparation and kitchenware to be cleaned with soap and treated water.
- Clean and disinfect toilets and surfaces contaminated with poop with soap and treated water
- When finished cleaning, safely dispose of soapy water and dirty rags
- Wash hands again with soap and safe water after cleaning and disinfecting.

NB: If you don't have access to soap and water, use alcohol-based hand rub with at least 60% alcohol.



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KOLERA BASIESE VOORKOMINGSMAATREËLS



GEBRUIK EN DRINK VEILIGE WATER

HOE OM WATER TE BEHANDEL OF TE STERILISEER

KOOK:

- Bring water tot by kookpunt vir ten minste een minuut.
- Waterkook is 'n doeltreffende manier om water veilig te maak vir inname.

BEHANDEL:

- Voeg 1 teelepel huishoudelike bleikmiddel ("bleach") by 25 liter water.
- Voeg 2 druppels huishoudelike bleikmiddel by 1 liter water.
- Wag 30 minute voor gebruik.
- Stoor altyd jou skoon, behandelde water in 'n skoon houër met 'n deksel.

WAS JOU HANDE MET SEEP EN WATER

- Voor, tydens en nadat u met kos gewerk het.
- Voor en na u geëet het of u kinders gevoer het.
- Nadat u die badkamer gebruik het.
- Nadat u u kind se boude skoongemaak het.
- Nadat u iemand versorg het wat diarree het.



KOOK EN SKIL JOU KOS ALTYD

- Kook kos deeglik en hou dit bedek.
- Eet slegs kos wat deeglik gekook is en nog warm is.
- Skil vrugte en groente.
- Maak seker dat u seekos, veral skulpvisse, kook dat dit regdeur warm is.
- Vermoedlik rou groente en vrugte wat nie geskil kan word nie.



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KOLERA BASIESE VOORKOMINGSMAATREËLS



TOILETGEBRUIK

- Gebruik toilette of sanitasiegeriewe wat jou toerus om veilig van feses (poef) ontslae te raak.
- Was hande met seep en veilige water nadat u die badkamergeriewe gebruik het.
- Indien u nie toegang het tot 'n toilet het nie:
 - Poef ten minste 30 meter weg van enige watermassa (asook waterputte) af en begrawe dan die poef.
- Plastiese sakke met poef daarin kan in 'n badkamer se toilet weggespoel word of by 'n versamelingspunt indien beskikbaar, óf dit kan soos bo aangedui, begrawe word. Dit behels ook die veilige verwydering van kinders se poef.
- Moenie van plastiese sakke ontslae raak deur dit in chemiese toilette te probeer wegspoel nie.



HOU DIT SKOON

- Areas vir voedselvoorbereiding en kombuisware moet gewas word met seep behandelde water.
- Was en ontsmet toilette en oppervlaktes wat met poef besmet kan word, met seep en behandelde water.
- Nadat u skoongemaak het, raak van die vuil seepwater en lappe op 'n veilige wyse ontslae.
- Was hande woord met seep en veilige water nadat u areas skoongemaak en ontsmet het.

NB: As u nie toegang tot seep en water het nie, gebruik dan 'n alkohol-gebaseerde handesaniteringsmiddel met ten minste 60% alkohol-inhoud.



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MEKGWA YA MANTLHA YA THIBELO YA KHOLERA



SEBEDISA LE HO NWA METSI A BOLOKEHILENG

HORE NA O SEBETSANA LE HO HLWEKISA METSI JWANG

BEDISA: - Bedisa metsi bakeng sa bonyane motsotso o le 1.
- Ho bedisa metsi ke mokgwa o sebetsang wa ho etsa hore metsi a bolokehe.

SEBETSANA LE METSI:

- Tshela kgaba e nyane e le 1 ya khemikhale e hlwekisang e sebediswang ntlong ka hara dilithara tse 25 tsa metsi.
- Tshela marothodi a 2 a khemikhale e hlwekisang e sebe diswang ntlong ka hara lithara e le nngwe ya metsi.
- Ema metsotso e 30 pele ho tshebediso.
- Boloka metsi a hao a hlwekisitsweng kamehla ka setshelong se hlwekileng, se kwahetsweng.

HLAPA MATSOHO KA SESEPA LE METSI

- Pele, nakong, le kamora ho sebetsana le dijo.
- Pele le kamora ho ja dijo kapa ho fepa bana ba hao.
- Kamora ho sebedisa ntlwana.
- Kamora ho tutula ngwana wa hao.
- Kamora ho hlokomela motho ya nang le letshollo.



BEDISA, PHEHA, MME O EBOLE SEO O SE JANG KAMEHLA

- Pheha dijo hantle mme o di boloke di kwahetswe.
- Ja dijo tse phehilweng hantle mme o di je di ntse di tjhesa.
- Ebola ditholwana le meroho.
- Etsa bonnete ba hore o pheha dijo tsa lewatlang, haholo-holo tlhapi e nang le kgaketlana, ho fihlela e tjhesa hohle.
- Qoba meroho e tala le ditholwana tse sa ebolweng.



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TSHEBEDISO YA NTLWANA

- Sebedisa matlwana kapa ditshebeletso tsa dikgwerekgwere tse laolwang ka mokgwa o sireletsehileng ho tlosa makaka (mantle).
- Hlapa matsoho ka sesepa le metsi a bolokehileng kamora ho ya ntlwaneng.
- Haeba o sena mokgwa wa ho sebedisa ntlwana:
 - Kakela bonyane dimithara tse 30 hole le moo metsi a le teng (ho kenyeletswa le didiba) ebe o epela makaka a hao.
- Lahla mekotla ya polasetiki e nang le mantle ka matlwaneng kapa dibakeng tsa pokello haeba di le teng kapa o e pele fatshe.
- Se ke wa kenya mekotla ya polasetiki ka matlwaneng a dikhemikhale.



BOLOKA BOHLWEKI

- Dibaka tseo dijo di lokisetwang ho tsona le disebediswa tsa kitjhini di lokela ho hlwekiswa ka sesepa le metsi a hlwekileng.
- Hlwekisa mme o bolaye dikokwana-hloko bokahodimong bo silafaditsweng ke makaka ka sesepa le metsi a hlwekileng.
- Ha o qetile ho hlwekisa, qhala metsi a sesepa le masela a ditshila ka tsela e bolokehileng.
- Hlatswa matsoho hape ka sesepa le metsi a bolokehileng kamora ho hlwekisa le ho bolaya dikokwana-hloko.

TLHOKOMEDISO: Haeba ho se na sesepa le metsi, sebedisa khemikhale e nang le tahi ya ho hlwekisa matsoho e nang le bonyane 60% ya tahi.



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MEKGWA YA MOTHEO YA GO THIBELA CHOLERA



TIRHISA U THLELA U N'WA MATI LAWA YA TENGEKE

O KA BOLAYA DITWATSİ JANG MO METSİNG?

A BEDISE: - Bedisa metsi sebaka sa bonnye motsotso o le 1.
- Go bedisa metsi ke tsela e e bokgoni ya go dira gore metsi a babalesege.

BOLAYA DITWATSİ:

- Tsenya leswana la tee (teaspoon) le le 1 la bleach mo dilireng tse 25 tsa metsi.
- Tshela marothodi a le 2 a bleach mo litareng e le 1 ya metsi.
- Ema metsotso e le 30 pele ga o a dirisa.
- Ka gale o boloke metsi a a bolailweng ditwatsi mo setshoding se se phepa, se se khurumetsweng.

TLHAPA DIATLA TSA GAGO KA METSİ LE SESEPA

- Pele ga go apaya, ka nako ya go apaya le morago ga go apaya
- Pele le morago ga go ja gongwe go jesa bana ba gago
- Morago ga go dirisa ntlwana
- Morago ga go phimola/tihakola ngwana wa gago
- Morago ga go tlhokomela motho yo o tshwerweng ke letshololo



KA GALE BEDISA, APAYA, LE GO OBOLA SE O SE JANG

- Apaya dijo gore di butswa mme o nne o di khurumeditse.
- Jaya dijo tse di apeilweng gore di butswa mme di sa ntse di le bolelo.
- Obola maungo le merogo.
- Netefatsa gore fa o apaya tse di tswang mo lewatlang, bogolo segolo tse di nang le legapa, o di apee go fitlha di gotela gothelele.
- O se ke wa ja merogo e e sa apawang le maungo a a sa obolweng.



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MEKGWA YA MOTHEO YA GO THIBELA CHOLERA



TIRISO YA NTLWANA

- Dirisa matlwana a a babalesegileng go ka tsamaisa mantle ka pabalesego.
- Tlhapa diatla ka sesepa le metsi a a babalesegileng morago ga go ya kwa ntlwaneng.
- Fa o sa kgone go fithelela ntlwana:
 - Kakela bonnye bokgakala jwa dimitara di le 30 go tswa kwa metsing (go akarediwa kwa didibeng) mme o epele mantle a gago.
- Latlhela dipolasetiki tse di nang le mantle mo matlwaneng a mesima gongwe kwa mafelong a di tsewang kwa go ona gongwe o di epele mme o di katele. Seno se akaretsa go latlha mantle a bana ka tsela e e babalesegileng.
- O se ke wa tsenya dipolasetiki mo teng ga matlwana a dikhemikhale.



NETEFATSA BOPHEPA

- Phepafatsa mafelo a go baakanyediwang dijo mo go ona le didiriswa tsa phaposiboapeelo ka sesepa le metsi a a bolailweng ditwatsi.
- Phepafatsa le go bolaya ditwatsi mo matlwaneng le mo mafelong a a kgotlhetsweng ke mantle ka sesepa le metsi a a bolailweng ditwatsi.
- Fa o feditse go phepafatsa, tsholola le go latlha dikhai tse di kgotlhelegileng ka tsela e e babalesegileng.
- Tlhapa diatla gape ka sesepa le metsi a a babalesegileng morago ga go phepafatsa le go bolaya ditwatsi.

ET: Fa o se na sesepa le metsi, dirisa setshasi sa diatla se se nang le alekholo ya bonnye 60%.



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TINDLELA TO OLOVA TO PAPALATA KHOLERA



TIRHISA U THLELA U N'WA MATI LAWYA YA TENGEKE

TINDLELA TO TENGISA MATI

- VIRISA:**
- Virisa mati kufikela eka 1 minete.
 - Kuvirisa mati i ndlela yo tengisa kumbe kubasisa mati.

- MAENDLELE:**
- Chela xilepulana xinwe xa bleack ya kwala kaya eka 25 wa tilitara ta mati.
 - Chela mathonsi mambirhi ya bleack ya kwala kaya eka litara yinwe ya mati.
 - Rindza kufikela 30 wa timinete loko u nga si tirhisa.
 - Hlayisa mati ya wena lawa ya tengisiweke eka xibye lexi xi nga basa naswona lexi xi pfarwaka hi minkarhi hinkwayo.

HLAMBA MAVOKO YA WENA HI XISIBI NI MATI

- Loko u nga si, loko u ri karhi, nile ndzhaku ko heta kulunghisa swakudya
- Loko u nga si dya ni loko u hetile kudya swakudya kumbe ku dyisa vana
- E ndzhaku ko tirhisa xiyindlwani
- Endzhaku ko sula nwana.
- Endzhaku ko thlogomela kumbe kuhlayisa munhu loyi a vabyaka nchuluko



VIRISA, SWEKA U THLELA U VANDLA LESWI U SWI DYAKA HIMINKARHI HINKWAYO

- Sweka swakudya kuringanela uthlela u swikhubumeta.
- Dyana swakudya leswi swi nga swekiwa kuringanela naswona leswi swa ha hisaka.
- Vandla mihandzu ni matsavu
- Tiyisisa leswaku u sweka swakudya leswi swi kumekaka endzeni ka mati, ngopfu ngopfu yona shellfish, kufikela laha yihisaka swinene kukondza ufika emakumu.
- Papalata matsavu ni mihandzu leswi swi nga vandlekiki.



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TINDLELA TO OLOVA TO PAPALATA KHOLERA



KUTIRHISA XIYINDLWANI

- Tirhisa switirhisiwa swa swiyindlwani leswi swi nga kona loko u ri karhi u tipfuna.
- Hlamba mavoko hi xisibi ni mati lawa ya tengeke loko u huma exiyindlwani.
- Loko u ri hava xiyindlwani:
 - Tipfuneli eka ndzhawu leyi yi nga ekulenyana ni tiva ra mati(kukatsa swihlovo), kuringanela 30 wa timitara naswona u thlela u seletela thyaka ra wena.
- Cukumeta tichekasi leti ti nga ni thyaka eka tindzhawu leti kukukumetiwaka eka tona thyaka kumbe u ri celela ehansi. Leswi swi katsa tindlela to cukumeta thyaka ra vana hi ndlela leyi yi hlayisekeke.
- U nga vekhi tichekasi ta wena leti ti nga ni thyaka eka swiyindlwana leswi swi nga ni tikhemikhali.



HINKWASWO A SWI TSHAMI SWI BASILE

- Tindzhawu leti ku lumiseriwaka eka tona swakudya ni switirhisiwa swale khixini swi fanele ku hlantswiwa hi xisibi ni mati lawa ya tengisiweke.
- Basisa u thlela u fafazela xiyindlwana xa wena ni tindzhawu leti ti khumbheke hi thyaka eka mbita ya xiyindlwana hi xisibi ni mati lawa ya tengisiweke.
- Loko u hetile kubasisa, halata mati ya wena ya xisibi hi ndlela leynene, u thlela u cukumeta magume lawa ya thyaheke.
- Hlamba mavoko nakambe hi xisibi ni mati lawa ya tengeke endzhaku ko basisa no fafazela.

Xa nkoka: Loko u ri hava xisibi ni mati, tirhisa switola tolani swale swandleni leswi swi nga ni xihoko xo ringanela kwalomu ka 60 wa tiphesente.



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IINDLELA EZILULA ZOKUTHINTELA IKHOLERA



SEBENZISA USELE AMANZI AKHUSELEKILEYO

ZIBULAWA NJANI IINTSHOLONGWANE EMANZINI

WABILISE:

- Wabilise amanzi isithuba somzuzu omnye ubuncinane.
- Ukubilisa amanzi yindlela esebenzayo yokuwenza abengakhu selekileyo.

BULALA IINTSHOLONGWANE:

- Galela itisipuni enye ye-household bleach emanzini angangeelitha eziyi-25.
- Galela amathosi amabini e-household bleach kwilitha enye yamanzi.
- Lindi ixesha elingangemizuzu eyi-30 ngaphambi kokuwasebenzisa.
- Amanzi mawahlale esesityeni esicocekileyo, esogqunyiweyo.

HLAMBA IZANDLA NGESEPHA NAMANZI

- Ngaphambi kokupheka, ngexesha lokupheka nasemva kokupheka.
- Ngaphambi kokutya nokupha abantwana bakho ukutya
- Emva kokusebenzisa indlu yangasese
- Emva kokuphipha umntwana wakho
- Emva kokonga umntu ogula sisifo sorhudo



KUBILISE, KUPHEKE UKUXOBULE KONKE OKUTYAYO - NJALO

- Kuphekisise ukutya ukugcine kogqunyiwe.
- Yitya ukutya okuphekisisiweyo nokusatshisayo.
- Zixobule iziqhamo nemifino
- Qinisekisa xa upheka ukutya kwaselwandle (i-seafood) ngakumbi oonokrwece, ukuba kude kutshise nangaphakathi.
- Ungayityi iimifino eluhlaza neziqhamo ezingaxobulekiyo.



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MEKGWA YA MANTLHA YA THIBELO YA KHOLERA



UKUSEBENZISA INDLU YANGASESE

- Sebenzisa izindlu zangasese ezilalwulwa ngokukhuselekileyo xa ulahla ituwa.
- Hlamba izandla zakho ngesepa namanzi akhuselekileyo emva kokuya endlwini yangasese.
- Ukuba ayifikeleleki kuwe indlu yangasese:
 - Xa uzithuma, yiba kubude obungangemitha eziyi-30 kude namazi (oku kuquka namaqula), ugqhibe uyombele ituwa yelo.
- Lahlela iiplastiki ezinetuwa emingxunyeni yangasese okanye, xa zikhona, kwiindawo apho iqokelelwa khona, okanye uzombele ngaphantsi komhlaba. Neyabantwana ituwa mayilahlwe ngokukhuselekileyo.
- Ungazifaki iiplastiki kwi-chemical toilet.



GCINA KUCCOCEKILE

- Lindawo zokulungisa ukutya nezitya mazicocwe ngesepa namanzi acocekileyo.
- Zicoce ngesepa namanzi acociweyo uzifake isibulali-ntsholongwane iindawo ezingcoliswe yituwa.
- Se ugqibile ukucoca, wachithe ngokukhuselekileyo loomanzi namalaphu angcolileyo.
- Zihlambe kwakhona ngesepa namanzi akhuselekileyo izandla emva kokucoca nokufaka isibulali-ntsholongwane.

GAPHELA: Ukuba awunasepha namanzi, sebenzisa ichiza lokucoca izandla elinotwala obungangomyinge we-60% ubuncinane.



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IZINDLELA EZIYISISEKELO ZOKUVIKELA ISIFO SOHUDO



SEBENZISA FUTHI UPHUZE AMANZI AHLANZEKILE

INDLELA YOKUHLANZISISA NOMA UKUBULALA AMAGCIWANE EMANZINI

ABILISE: - Bilisa amanzi okungenani umzuzu owo-1.
- Ukubilisa amanzi kuyindlela enhle yokwenza amanzi abe ngaphephile.

AHLANZISISE:
- Faka ithisipuni eli-1 likajikhi emanzini angamalitha angama-25.
- Faka amaconsi ama-2 kajikhi elitheni eli-1 lamanzi.
- Linda imizuzu engama-30 ngaphambi kokuthi uwasebenzise lawo manzi.
- Gcina amanzi akho ahlanzisiwe esiqukathini esihlanzekile nesivalekile ngaso sonke isikhathi

GEZA IZANDLA ZAKHO NGAMANZI ANENSIPHO

- Ngaphambi kokuthinta ukudla, ngesikhathi sokudla nangemuva kokudla.
- Ngaphambi nasemuva kokudla noma ukufunza izingane zakho
- Ngemuva kokusebenzisa indlu yangasese
- Ngemuva kokushidabisa umntanakho
- Ngemuva kokunakekela umuntu oguliswa yisifo sohudo



NGASO SONKE ISIKHATHI KUMELE UVILISE, UPHEKE, FUTHI UHLUBE LOKHO OKUDLAYO

- Phekisa ukudla bese ukugcina kwemboziwe.
- Yidla ukudla okuphekisiwe kanjalo nokusashisa.
- Hluba amakhasi ezithelo namaveji.
- Qiniseka ukuthi upheka ukudla okuphuma olwandle, ikhukulakazi ishelifishi, kuze kube wukuthi sekushisa kakhulu konke.
- Gwema amaveji nezithelo ezingeke zihlutshwe.



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IZINDLELA EZIYISISEKELO ZOKUVIKELA ISIFO SOHUDO



UKUSEBENZISA INDLU YANGASESE

- Sebenzisa izindlu zangasese eziphethwe ngokuphepha ukuze ususe indle (amakaka).
- Geza izandla ngamanzi ahlanzekile anensipho ngemuva kokusebenzisa indlu yokugezela.
- Uma ungenayo indlu yangasese:
 - Lahla itshe lentaba amamitha okungenani angama-30 (amagxathu angama-98) ukusuka kunoma yimaphi amanzi (kubalwa nemithombo) bese uyayigqiba indle yakho.
- Lahla izikhwama zamapulastiki aqukethe indle emigidini ejulile noma ezindaweni zokuqoqa uma zikhona noma uzigqibe ngaphansi kwenhlabathi. Lokhu kubandakanya nokulahla indle yezingane ngendlela ephephile.
- Ungazifaki izikhwama zamapulastiki ezindlini zangasese ezinamakhemikhali.



GCINA IZINTO ZIHLANZEKILE

- Izindawo zokulungisela ukudla kanye nezisetshenziwa zasekhishini kumele zihlanzwe ngamanzi ahlanzisiwe nensipho.
- Hlanza ubuye ubulale amagciwane ezindlini zangasese nasezindaweni ezichaphazelwe yindle ngamanzi ahlanzisiwe nensipho.
- Ngesikhathi usuqedile ukuhlansisa, chitha ngokucophelela amansi anensipho kanye nezindwangwana ezingcolile
- Phinda ugeze izandla ngamanzi aphephile nensipho ngemuva kokuhlansa kanye nokusebenzisa izihlanzisi.

OKUBALULEKILE: Uma ungakwazi ukuthola amanzi nensipho, sebenzisa okokuhlikhla okusekelwe esithakweni sotshwa esiyizinga okungenani elingama-60%.



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NDIĀ DZA U THIVHEĀ VHULWADZE HA KHOĀERA



KHA VHA SHUMISE MAĀI O TSIRELEDZEAHO (MAĀI O KUNAHO) KHA UNWA NA KHA MINWE MISHUMO

U vhilisa

- Kha vha tendele maĀi a vhole lwa tshifhinga tshi linganaho minete muthihi.
- U vhilisa maĀi ndi ndiĀa yavhudi ya u ita uri maĀi a vhe o tsireledzeaho.

U kunakisa

- Kha vha shele lebulu tshukhu nthihi ya tshihalulusi (bleach) kha lithara dza 25 dza maĀi.
- Kha vha shele zwi shotha zwivhili zwa tshihalulusi (bleach) kha lithara nthihi ya maĀi vha rithelele.
- Kha vha lindele minete ya 30 i fhele vha sa athu a shumisa ayo maĀi.
- MaĀi avho o kunakisiwaho a tea u sheliwa kha khontheina kana bakete jo kunaho tshifhinga tshoĥhe.

KHA VHA ŐAMBE ZWANDA NGA TSHISIBE NA MAĀI KHA NYIMELE DZI TEVHELAHO

- Vha sa athu u bika zwiĵiwa, na musu vha tshi khou bika, na musu vho no fhedza u bika zwiĵiwa.
- Vha sa athu u thoma u ĵa zwiĵiwa, na musu vha tshi fhedza u ĵa kana u ĵisa vhana.
- Nga murahu ha u shumisa bunga (toilet).
- Nga murahu ha u fhuluta űwana musu vha tshi khou tshintsha maĵeiri.
- Nga murahu ha u thogomela muthu ane a khou shulula (muthu o farwaho nga mala).



VHA DZULELE U VHILISA KANA U BIKA ZWIĴIWA NA U SWOTOLA MAKANDA KHA ZWIĴIWA TSHIFHINGA TSHOĥHE MUSI VHA TSHI ĴA

- Kha vha lugise zwiĵiwa zwavhuĵi vha zwi tibedze tshifhinga tshoĥhe.
- Kha vha ĵe zwiĵiwa zwo bikiwaho zwa vhibva nahone vha zwi ĵe zwi tshi kha ĵi fhisa.
- Kha vha swotole makanda kha mitshelo na miroho.
- Kha vha zwi ite mafhungo uri vha bika zwiĵiwa zwa lwanzheni zwavhuĵi, nga maanda-maanda zwiĵiwa zwi nonga madambatshekwa (shellfish). Vha zwi ite mafhungo uri zwo bikiwa u swikela zwi tshi swelela zwavhuĵi.
- Vha songo ĵa miroho na mitshelo zwine makanda ahone ha swotoleli.



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NDILA DZA U THIVHELA VHULWADZE HA KHOLEA



KU SHUMISELE KWA MABUNGA (TOILETS)

- Kha vha shumise mabunga ane a languliwa nga ndila yo tsireledzeaho kha u pfukisa malaṭwa.
- Kha vha ṭambe zwanḡa nga maḡi o tsireledzeaho kana o kunaho vha tshi bva bungani.
- Arali hu sina bunga hune vha vha hone:
 - Kha vha tumbe fhethu hune ha vha kule na zwiko zwa maḡi (ro katela milambo na zwisima) nga mithara dza 30, vha fukedze nga mavu musi vho no fhedza.
 - Matshekasi o faraho malaṭwa a bunga vha a laṭele kha mabunga a dindi kana fhethu ho tiwaho arali hu hone, kana vha a gwele mavuni vha fukedze. Hezwi zwi katela na majeiri a vhana.
 - Vha songo laṭa matshekasi mabungani a u gwedzha.



KHA HU DZULE HO KUNA

- Fhethu hune ha dzula zwithu zwa u ḡela na hune zwilwiwa zwa dzudzanyiwa hone hu tea u ṭanzwiwa nga tshisibe na maḡi o kunakisiwaho.
- Fhethu ho tshikafhadzwaho nga malaṭwa sa mabunga, hu tea u ṭanzwiwa nga tshisibe na maḡi o kunakisiwaho hu u itela u vhulaya zwitshili.
- Musi vha tshi fhedza u kulumaga vha ṭhogomele uri maḡi are na tshisibe e vha a shumisa o shululiwa nga ndila yo tsireledzeaho zwo katela na malabi a tshika.
- Nga murahu ha u kulumaga kha vha dovhe hafhu vha ṭambe zwanḡa nga tshisibe na maḡi o tsireledzeaho kana o kunakisiwaho.

KHA VHA DZHIELE NZHELE IZWI: Arali vha sina tshisibe na maḡi hune vha vha hone, kha vha shumise sani-thaiza i re na alikhoholo yo no swika 60%.



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