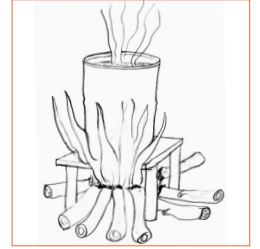


# YAMBIRO NEZVE KORERA

## 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.

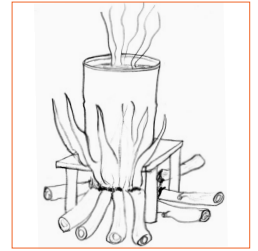


***Ngatishandei pamwe chete kudzivirira korera***

# 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.



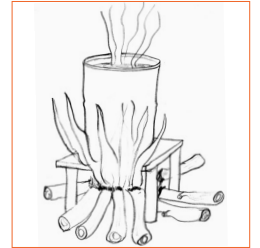
\* Wash fruits and vegetables using safe water before eating

***Let's work together in preventing cholera***

# 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***