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PREVENTION OF CHOLERA AND DIARRHOEA



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You have diarrhoea if your stools are watery or have blood and mucus in them.

Cholera is a sickness that makes you have diarrhoea. It also makes you suddenly start vomiting. You do not want to eat or drink, and your body gets very dry. Vaccination will not stop cholera.

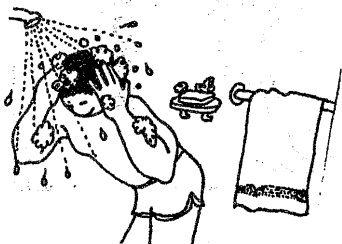
You can catch cholera or diarrhoea in the following ways:

- by drinking unsafe water that has been spoiled by faeces;
- by eating food that has been touched by dirty water, dirty hands, faeces, or flies.

The small germs that make you have diarrhoea and cholera are carried by faeces.

Make sure you and your family do not get cholera or diarrhoea

1. Keep your body and your house clean all the time.



2. Wash your hands with soap before preparing or eating food and after going to the toilet.



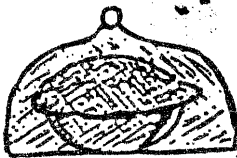
3. Keep your kitchen and your dishes and saucepans very clean.



4. Make sure you prepare your food safely and cook it long enough to kill any germs.



5. Keep flies off food.



6. Use only clean, safe water for drinking.
Boil water to make it safe to drink.



7. Breastfeed your baby.



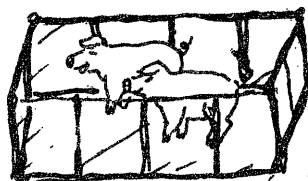
8. Build and use a toilet.



9. Keep the area round your house clean. Pick up all rubbish.



10. Keep pigs, cattle and chickens inside fences.



DON'T LET YOUR CHILD GET DIARRHOEA

Breastfeed your child.



**Give your child clean
or boiled water to drink.**



**Give your child a variety
of fresh, clean foods.**



Wash hands before eating, before cooking and after going to the toilet.



Make sure your child is immunised against typhoid.



Collect and drink water from a protected spring. Collect the water in a clean bucket and store it in a clean container.

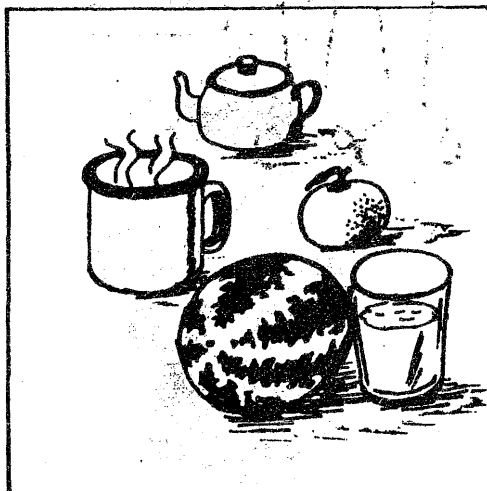
TREATMENT OF CHILDREN WITH DIARRHOEA



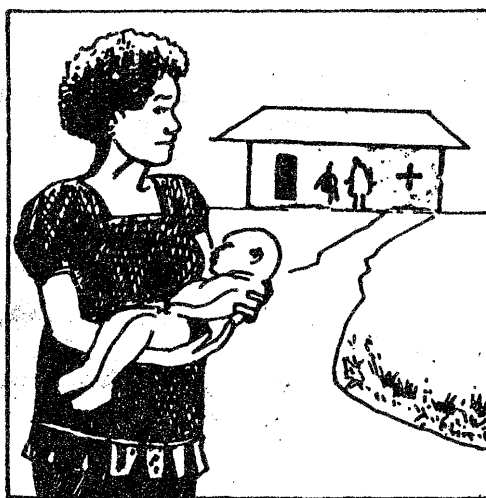
Continue breast-feeding your child when he has diarrhoea.



Give your child plenty of food, such as bananas, sweet potato with beans or sweet potato with fish or meat. Also give fruit and soups.



**Give your child more drinks more often.
Weak tea and fruit juice are good.**



**If the child does not get better take
him to a Health Centre.**