





# CHOLERA AWARENESS!





## INFOGRAPHIC

### WHAT ARE THE SIGNS AND SYMPTOMS?

	ENGLISH	BEMBA	NYANJA
	<b>Sudden onset and large amount of watery diarrhoea</b>	<b>Ukupolomya kwamukupumikisha ubusali ubwamenshi ayengi</b>	<b>Kuyamba kwa kuthulula chimbudzi cha madzi chokha- chokha</b>
	<b>Stool that has a characteristic “rice-water” appearance</b>	<b>Ubusali ubwabutulukila ngamenshi umuli umupunga</b>	<b>Kuthulula tuvi towoneka ngati madzi a mpunga</b>
	<b>Vomiting</b>	<b>Ukuluka</b>	<b>Kusanza</b>
	<b>Weakness</b>	<b>Ukulayumfwa uwanaka</b>	<b>Kufooka kwa thupi</b>

Anyone with the **above symptoms** must be rushed to the nearest health centre.  
 Ngachakutira mwaumfwa ngefitantikwe kabiyeni mukundapwa mukwangufyanya.  
 Munthu aliyense amene wapezeka ndi zizindikiro izi ayenera kupelekedwa ku chipatala mwa m'sanga.

### PREVENTION

	ENGLISH	BEMBA	NYANJA
	<b>Drink and use safe water</b>	<b>Nweni nokubomfya amenshi ayashakowela</b>	<b>Onani kuti mukumwa ndi kugwritsa nchito m'madzi aukhondo</b>
	<b>Wash your hands often with soap and safe water</b>	<b>Sambeni kuminwe nasopo namenshi ayashakowela</b>	<b>Sambani m'manja nthawi zonse kugwritsa nchito sopo ndi madzi aukhondo</b>
	<b>Use a latrine or toilet</b>	<b>Bomfyeni ichibusu</b>	<b>Gwiritsani nchito zimbudzi nthawi zonse</b>
	<b>Avoid raw foods and vegetables other than fruits you have peeled yourself</b>	<b>Mwilalya ifyakulya ifishaipikwa komafye ngafisabo muyubile mwebene</b>	<b>Pewani kudya zakudya zanu ku nchenche, bwindikilani pa zakudya zanu</b>

### FOOD SAFETY

			
<b>Do not use unauthorized chemicals to preserve your food</b>	<b>Do not store raw and cooked food in the same container</b>	<b>Do not use sewage water for gardening</b>	<b>Do not buy food from undesignated areas or places</b>

If you have diarrhoea or vomiting seek help at any nearest health facility or call **909** free or 0963930883, 0976904261/73, 0956513193/79 between 08:00hrs & 1700hrs