



TIKUMBUTSANE ZA KOLERA

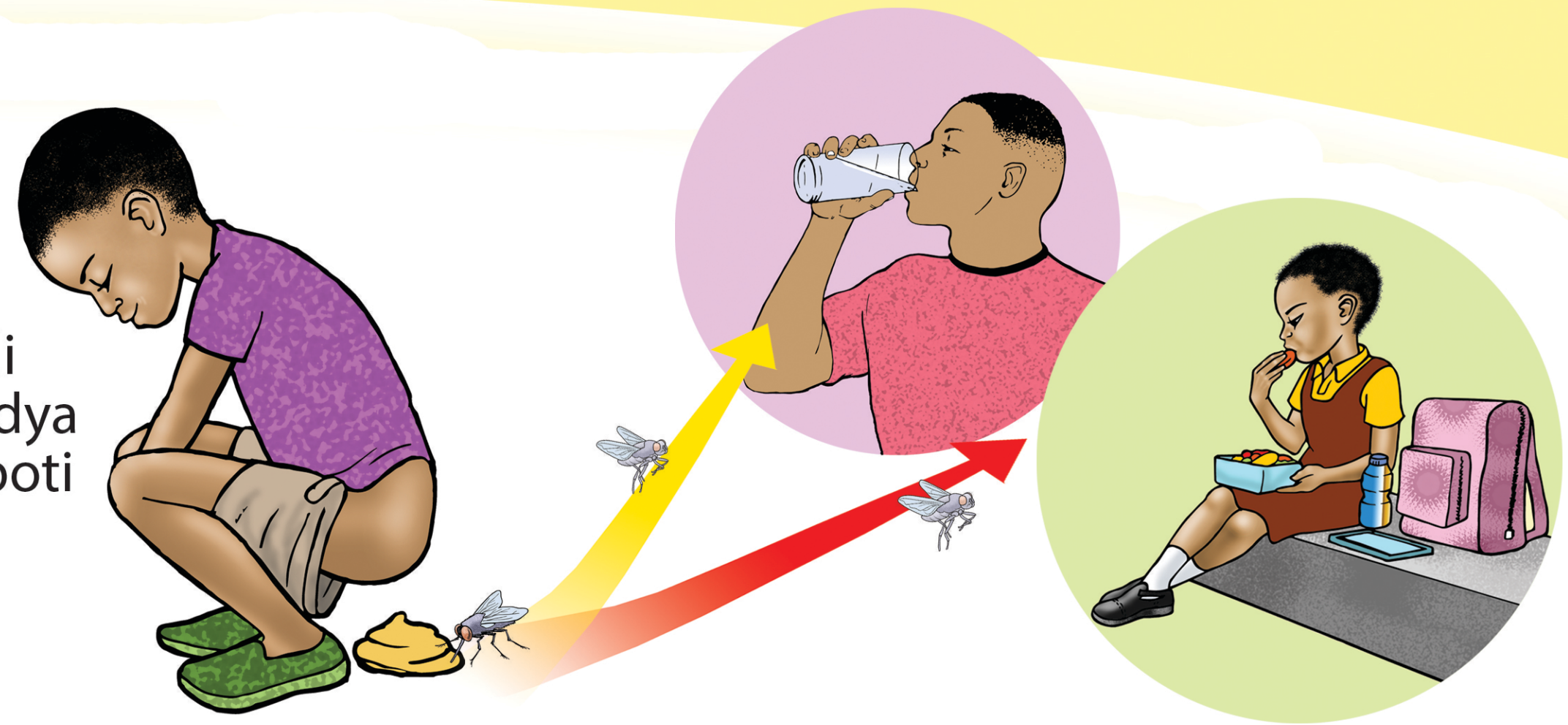


KOLERA ndi matenda otsekula m'mimba.

Matendawa amadza tizirombo tomwe timapezeka m'madzi, muzakudya komanso m'malo ena osowa ukhondo tikalowa mthupi. Tizilomboti timafala kuchokera kwa wodwala kupita kwa wina kudzera m'zakudya kapena zakumwa zomwe zaipitsidwa ndi chimbudzi cha munthu wodwala matendawa. Pamene munthu adya kapena kumwa zinthu zomwe zaipitsidwa ndi chimbudzi tiziromboti timamezedwa pamodzi ndi zakudyazi.

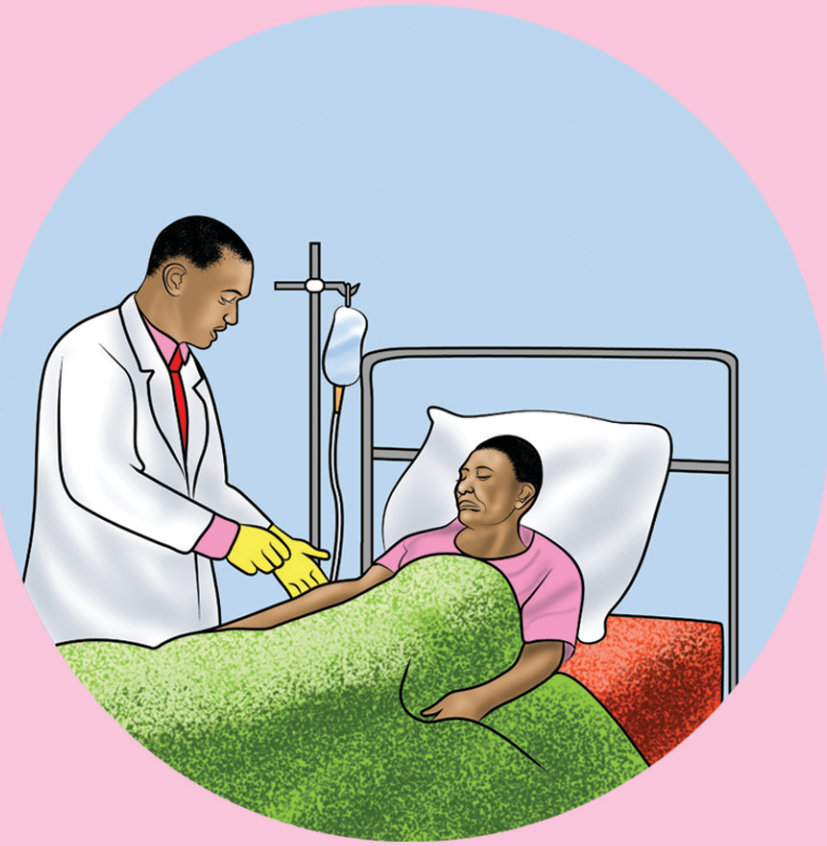
Kodi ali pa chiopyezo chodwala KOLERA ndani

- Aliyense ali pa chiopyezo chodwala kolera kusatengera kuti ndi mwana, kapena wamkulu, kapena kuti amakhala kumudzi, kapena mtauni, mkazi kapena mwamuna.



Kudya kapena kumwa zinthu zomwe zaipitsidwa ndi tizirombo toyambitsa KOLERA.

ZIZINDIKIRO ZA KOLERA



- Munthu amatsekula m'mimba ndipo chimbudzi chake chimakhala chotuwa ngati madzi ampunga.
- Wodwala amasanza kwambiri ndiponso pafupipafupi.
- Maso amalowa mkati, thupi limaphwa ndipo khungu limakwinyika chifukwa chosowa madzi.

ZOCHITA MUKAONA ZIZINDIKIRO



Thirani 1 ORS sacheti m'madzi okwana 1 lita

- Wodwala mpatseni ORS kapena za kumwa zamadzimidzi monga tiyi wamasamba ochepa, phala la madzimadzi (la ufa kapena la mpunga).
- Mpatseni madzi pafupipafupi.
- Pitani naye ku chipatala msanga uku akumwa zamadzimidzi.
- Madzi osungunulira ORS akhale aukhondo ndiponso otetezeka.

NJIRA ZOPEWERA KOLERA

1



Sambani m'manja ndi sopo pa nthawi izi

- Mukachoka ku chimbudzi kapena kusintha thewera la mwana.
- Musanadye kapena kudyetsa mwana.
- Musanakonze kapena kuphika chakudya.
- Mukamaliza kuwola ndi kutaya zinyalala.

2



Wiritsani kapena thirani kolorini mu madzi musanamwe. Katengeni kolorini wosungunula kale kwa alangizi anu mu botolo lotsekeka bwino. Thirani ka sipuni kamodzi ka kolorini mu ndowa ya madzi ya 20 litres. Dikirani mphindi 30 musanamwe madziwo. **Kumbukirani kuti kumwa madzi othira kolorini kumateteza miyoyo ku matenda a kolera.**

3

Idyani chakudya chikadali chotentha komanso vindikirani chakudya kuti musatere ntchentche zimene zingafalitse kolera.



4

Gwiritsani ntchito chimbudzi moyenera nthawi zonse.



KUSAMALA MADZI PA KHOMO

- Wiritsani madzi kapena athireni kolorini (Chlorine) kapena Wotagadi (Waterguard).
- Vindikirani madzi anu ndi kuwasunga pa malo owuma bwino.
- Gwiritsani ntchito makapu otsuka bwino, imodzi yotungira madzi mundowa, ina yomwera.



KUSAMALA PA KHOMO

- Mangani chimbudzi chanu patali ndi nyumba ndipo chigwiritseni ntchito moyenera nthawi zonse.
- Kumbani dzala lotayamo zinyalala ndi ngalande yoyendamo madzi amene mwagwiritsa ntchito kale.
- Tchetchani udzu ndi kusesa pa khomo nthawi zonse ndipo kwirirani mayenje a zithapwi.