PREVENT DIARRHOEA

With clean water and good hygiene practices

Water collected from sources other than municipal taps (like rivers/dams) may be unsafe. If you think your water may be unsafe, use the below strategies to make it safe.

1. Pour (filter) water through a clean cloth if the water is visibly dirty.
2. Bleach or boil your water.
   - Pour 1 teaspoon (5ml) of bleach into 20 litres of water, mix well and wait for 30 minutes before use.
   - Boil water in a clean container. Water must boil for at least 1 minute to make it clean and safe.
3. Store safe water in clean, closed containers.
4. Use within 24-48 hours.

USE THE 5 KEYS TO SAFER FOOD

Wash it, Peel it, Cook it, or Leave it.

1. Keep your hands, utensils and surfaces clean.
2. Separate raw and cooked food.
3. Cook food thoroughly.
4. Keep food at safe temperatures.
5. Use safe water and ingredients.

WASH HANDS

- Wash hands with soap and clean running water.
- Wash hands for 20 seconds.
- Wash before and after eating, handling food, using the toilet or changing a baby's nappy.

TOILET USE

- Use a toilet or latrine to defecate (poo).
- If a toilet or latrine is not available, defecate (poo) 30m away from a water source and then bury the poo.

KEEP IT CLEAN

- Always disinfect and clean your surfaces.
- Food preparation areas and kitchenware.
- Frequently touched areas and food surfaces.
- Toilets and latrines.

TREATMENT OF DIARRHOEA

1. Make this rehydration mixture for the person to drink on the way to the clinic.
   - 1L of safe water
   - 8 teaspoons of sugar
   - Half a teaspoon of salt
   - Mix well and drink small amounts often.
   - Store in clean container with lid.

2. Go to the nearest clinic for further treatment.

Western Cape Government
FOR YOU
Health and Wellness

CITY OF CAPE TOWN
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