

Kuzuia Magonjwa Wakati wa Dharura

Preventing Illness During an Emergency

Germs such as bacteria, viruses, fungi and parasites cause infections that can lead to serious illness.

There are things you can do to stay healthy during an emergency:

- **Wash your hands often.**

Wash the front and back of your hands and wrists, between your fingers and around your nails with soap and water for 15 seconds. Wash your hands:



- › After using the toilet
 - › Before and after eating or handling food
 - › After coughing, sneezing or blowing your nose
 - › Before and after you have contact with someone who is sick
 - › Before and after changing a baby's diaper
 - › After touching another person
 - › After handling dirty dishes or garbage
 - › After touching animals or handling animal waste
- **Use alcohol-based hand sanitizer** when soap and water are not available.
 - **Avoid touching your eyes, nose and mouth.** Germs often spread when you touch something that has germs on it and then touch your face.
 - **Cover your mouth and nose** with a tissue when you cough or sneeze to prevent spreading germs to those around you. Throw away the tissue and wash your hands. If you do not have a tissue, cough or sneeze into your shoulder or arm.

Viini kama vile bakteria, virusi, kuvu na vimelea husababisha maambukizi ambayo yanaweza kusababisha magonjwa hatari.

Kuna mambo ambayo unaweza kufanya ili udumishe afya yako wakati wa dharura:

- **Osha mikono yako mara kwa mara.**

Osha sehemu ya mbele na nyuma ya mikono yako na viganja, katikati ya vidole vyako na katika sehemu za kucha ukitumia sabuni na maji kwa sekunde 15. Osha mikono yako:

- › Baada ya kutumia choo
 - › Kabla na baada ya kula au kugusa chakula
 - › Baada ya kukohoa, kupiga chafya au kupyenga kamasi
 - › Kabla na baada ya kugusa mtu ambaye ni mgonjwa
 - › Kabla na baada ya kubadilisha nepi ya mtoto
 - › Baada ya kugusa mtu mwingine
 - › Baada ya kugusa vyombo vichafu au taka
 - › Baada ya kugusa wanyama au uchafu wa wanyama
- **Tumia kishafishaji cha mikono kilichotengenezwa kwa pombe** wakati sabuni na maji havipatikani.
 - **Usiguse macho, pua na mdomo wako.** Mara nyingi viini husambaa unapogusa kitu kilicho na viini na kisha uguse uso wako.
 - **Funika pua na mdomo wako** ukitumia karatasi shashi unapokohoa au kupiga chafya ili uzuie kusambaa kwa viini kwa watu walio karibu nawe. Tupa karatasi shashi na uoshe mikono yako. Iwapo huna karatasi shashi, kohoa au piga chafya kwenye bega au mikono yako.

- **Clean surfaces** such as countertops, sinks, doorknobs, telephones and light switches with a disinfectant cleaner or cleaner with bleach. You can also mix your own water and bleach solution. Mix ten parts water to one part bleach.
- **Limit your contact with those who are ill.**
- **Avoid shaking hands** if you are ill and with others who are ill.
- **Stay away from others when you are sick.** Stay home from work, school or running errands if you can.
- **Get a full night's rest, eat a healthy diet and drink at least eight glasses of liquids each day.**



- **Safisha maeneo** kama vile sehemu za juu za kuuzia, sinki, vishikio vya milango, swichi za simu na taa ukitumia kisafishaji cha kuua viini au kisafishaji kilicho na kemikali ya kubadilisha rangi. Unaweza pia kuchanganya maji yako mwenyewe na maji yenye kemikali ya kubadilisha rangi. Changanya vipimo kumi vya maji na kipimo kimoja cha kemikali ya kubadilisha rangi.
- **Usitangamane na watu ambao ni wagonjwa.**
- **Usisalimiane kwa mkono** iwapo wewe ni mgonjwa na watu wengine ambao ni wagonjwa.
- **Kaa mbali na watu wengine iwapo wewe ni mgonjwa.** Usiende kazini, shuleni au kutumwa hapa na pale iwapo unaweza.
- **Pata usingizi kamili usiku, kula lishe bora na unywe angalau glasi nane za viowevu kila siku.**