



# Cholera Outbreak

**Beware of UNCLEAN Water !**



## Common Symptoms



**Watery diarrhea**



**Nausea / vomiting**



**Dehydration**

## Severe Symptoms



**Low blood pressure**



**Rapid heart rate**



**Vomiting**



**Muscle cramps**

## How to protect yourself ?



**Wash hands thoroughly with clean water, especially before eating and after going to the bathroom.**



**Avoid drinking liquids from used water bottles.**



**Use treated water for cooking or baking : boil or add chlorine. Avoid spring and well water.**



**Cook food adequately and eat it while it is still hot. Avoid cold food.**



**Wash fruits and vegetables thoroughly with clean or treated water.**



**For more info, call 0800 029 999**

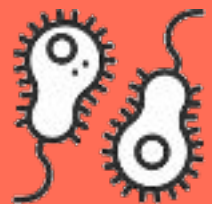
# Monkey Pox Outbreak



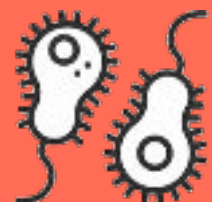
## Symptoms



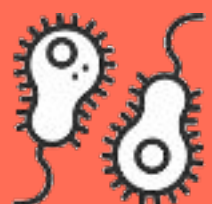
**Fever**



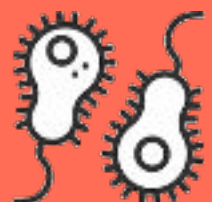
**Muscle aches**



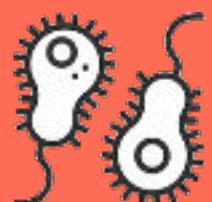
**Sore throat**



**Skin rash**



**Chills**



**Tiredness**

## How to protect yourself ?

- Wash hands thoroughly with clean water, especially before eating and after going to the bathroom.
- Avoid close contact with people who have a rash that looks like mpox.
- Avoid handling clothes, sheets, blankets or other materials that have been in contact with an infected animal or person.
- Isolate people who have mpox from healthy people.
- Avoid animals that may carry the virus.