



## Prevention Guidelines

### Use safe water for drinking and cooking

Alternative water sources, such as groundwater, spring and urban stream sources are not monitored and controlled by any drinking water standards.

If you use from these sources for drinking purposes make sure you do one of the following:

- Boil the water for at least one minute, allow it to cool down and store it in clean and sanitised containers.
- Use unperfumed household bleach to disinfect water, as recommended by the World Health Organisation. Use 5 millilitres (1 teaspoon) of bleach to 25 litres of water. Let it stand for at least 30 minutes before you use the water.
- Use water disinfection tablets. Follow the instructions prescribed by the respective.
- Make sure your storage container is clean and has been disinfected with unperfumed bleach, before refilling it with clean water.

### Practice good personal hygiene

Remember: Do not waste water when washing your hands.

Open the tap to wet your hands, then close the tap. Rub hands vigorously with soap, wash around the cuticles, beneath your fingernails and in the creases of your hands. Then, turn on the tap, rinse your hands and dry thoroughly.

- Wash hands before handling food and use hand sanitiser often while preparing food.
- Wash/sanitise hands after using the toilet and before eating; teach your children to do the same.
- Wash/sanitise hands after changing baby nappies and washing soiled clothing or linen.
- Sanitise all surfaces and equipment used to prepare food.
- Use a toilet to dispose human waste. If there are no nearby toilet facilities, do not use bushes near rivers or dams as a toilet.

### Ensure good food hygiene

- Separate raw meat, poultry and seafood from other foods.
- Use separate equipment and utensils, such as knives and cutting boards, for handling raw foods.
- Store food in containers to avoid contact between raw and cooked food.
- Cook food thoroughly especially meat and chicken; make sure that juices are clear, not pink.
- Bring foods, including soups and stews, to boiling point to make sure they reach 70 °C.
- Reheat cooked food thoroughly and keep cooked food piping hot (above 60 °C) before serving.
- Do not leave cooked food at room temperature for more than two hours.
- Refrigerate (preferably below 5 °C) all cooked and perishable food immediately.
- Do not thaw frozen food at room temperature – thaw it in the fridge overnight.