



Press Release, Sunday, 05 September 2010
Protect yourselves against cholera: Wananchi

Citizens should be on high alert and guard against cholera following an outbreak of the obnoxious disease claimed four in Tarime recently.

According to media reports, doctors coordinating an anti-cholera campaign in the district revealed that the number of cholera patients in hospitals around the district had increased from 20 to over 100 as of 25 August 2010.

Sikika advises citizens to keep their environment clean and observe high level of hygiene as this will go a long way in protecting them against cholera. The general public should also adopt other preventive measures such as boiling water before drinking or treat it with chlorine or iodine. They can also resort to other safer beverages such as tea and coffee and carbonated bottled beverages with no ice.

They should also make sure that all vegetables are cooked, and avoid salads. Eat only foods that have been thoroughly cooked and are still hot, or fruit that you have peeled yourself. Avoid undercooked or raw fish or shellfish, including ceviche (seafood marinated in lime or lemon juice) not to mention foods and beverages from street vendors. According to experts, a simple rule of thumb is: "Boil it, cook it, peel it, or forget it."

Sikika is reminding the general public that cholera is a perennial problem in this country and has been wreaking havoc over the past years, hence they should take into consideration that 'prevention is better than cure'.

Sikika feels that the disease can be contained if citizens become proactive by making sure that their families and neighborhood are rid of activities and environment that fuel the spread of cholera.

On the other hand, Sikika urges the government to take preventive measures against the disease throughout the country to stop it from spreading like veld fire. This can be done through finding permanent solutions to the problems of shortage of water, filthiness and banning vendors from selling food in unhygienic areas.

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