

make the change

Use the toilet, keep it clean and wash
your hands after using it.



If you get sick with diarrhoea (runny tummy) or start vomiting, make the following
mixture and drink it.

Diarrhoea Mixture: Take one litre of safe water. Add eight teaspoons of sugar.
Add half a teaspoon of salt. Mix well and drink a glass of it every hour.

Then go to your clinic for help.

national | 21-27
water week | march

water for life



water & forestry

Department:
Water Affairs & Forestry
REPUBLIC OF SOUTH AFRICA