

WHAT IS HEPATITIS E?

Hepatitis E is a liver disease which can be serious, especially for pregnant women and can sometimes lead to death. It is spread mainly through water which has been contaminated by human faeces.

GO TO A HEALTH CLINIC:

If you have:

- Yellow eyes
- Fever
- Fatigue
- Loss of appetite
- Nausea
- Vomiting
- Abdominal pain
- Dark urine
- Joint pain



**PREVENTION IS THE MOST EFFECTIVE APPROACH
AGAINST HEPATITIS E INFECTION!**

PLEASE CALL 0817840710 IF YOU SUSPECT A CASE

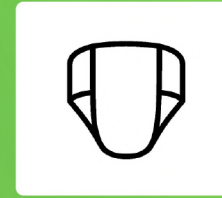


WASH YOUR HANDS.

Wash your hands with soap and water:



after using the toilet



after
changing nappies



before preparing
food



before eating food

STAY HEALTHY!

1. Wash your hands
2. Drink clean safe water
3. Use toilets and dispose of faeces properly
4. Keep toilets and basins clean
5. Peel or cook vegetables and fruit
6. Cook food and boil water thoroughly before consumption
7. Use clean cooking pots, plates and utensils



GET SAFE WATER:

- Get and use water from safe water points
- Boil or treat all water before drinking
- Carry and store water in clean, covered containers