



HEALTH AND HYGIENE AND COLLECTION OF WATER

Household waste water should be disposed or reused for watering plants; it should not be allowed to create breeding places for flies, mosquitoes or other disease spreading insects

Provision of clean drinking water alone is insufficient to ensure health. Please follow the following easy tips to ensure good health:

- Water should be collected in clean vessels and transported in closed containers
- Drinking water should be stored in containers specifically assigned for drinking water
- Drinking water should be taken from its container in such a way that nothing can contaminate it
- Wash hands with soap after using toilet before eating, handling food and cooking
- Ensure that equipment and utensils for food are properly cleaned and kept in clean places
- Household waste water should be disposed or reused properly; it should not be allowed to create breeding places for flies, mosquitoes or other disease vectors.
- In places where an urban council provides refuse collection services, store refuse in a container with a tight fitting lid
- Vegetable wastes should be composted with straw and grass
- Plastic bags, tins, glass, containers, newspapers and magazines should be disposed in pits with covers
- Refuse pits should be a safe distance from sources of drinking water



BOHLOEKI LE POKELLO EA METSI A HLOEKILENG KA MOKHOA O BOLOKEHILENG HO SIRELE TSA BOPHELO

Metsi a litsila a tšoanetse ho qhaloa kapa ho sebelisoa hape ka mokhoa o bolokehileng, a se ke a fetoloa setsiketsi sa litšintši, monoang le likokonyana tse ling tse tsamaisang mafu. WASCO e lumela hore phano ea metsi a hloekileng ka boeona ha e ea lekana ho etsa hore bophelo bo bolokehe. Ke ka hoo e khothaletsang bohloeki malapeng le tikolohong hore Basotho ba phele hantle ba sa hahameloe ke mafu a bakoang ke tikoloho e sa hloekang. Tse ling tsa litloaelo tsa bohloeki malapeng, tse ka thusang ho qoba mafu ke tse latelang:

- Metsi a tšoanetse ho khuoa ka linkho tse hloekileng tse koahetsoeng 'me a lule ka har'a linkho tse koahetsoeng hantle
- Metsi a nooang a bolokoe linkhong tse makhethe tse etselitsong feela metsi a nooang e seng tse etsang mesebetsi e meng e fapaneng
- Mokhoa oa ho kha metsi a noang e be o satlo a silafatsa
- Sebelisa sesepa ho hlapa matsoho ha u qeta ho sebelisa ntloana qoba ho ts'oara lijo, lijana le ho pheha o sa hlapa
- Lijana le lisebelisoa tse ling tsa ho pheha li tšoanetse ho hlatsuoa le ho beoa sebakeng se sireletsehileng kamor'a ho sebelisoa
- Qhalla metsi a litsila moo a so tlo baka bohlasoa le ho nkhisa sebaka hobane tseo litla ama bophelo ba batho, le liphoofolo
- Libakeng tseo Lekhotla la Toropo le phuthang lithole; lithole tse joalo li tšoanetse ho ts'eloa hantle moqomong o koaheloang
- Meroho e lahloang e ka tšeloa sekoting kapa serapeng 'me ea sebelisoa e le manyolo
- Mekotla ea polasitiki, makotikoti, khalase, maselinyana le lipampiri li ka tseteloa sekoting se koaheloang
- Likoti tsa lithole li tšoanetse ho ba hole le mehloli ea metsi a nooang