

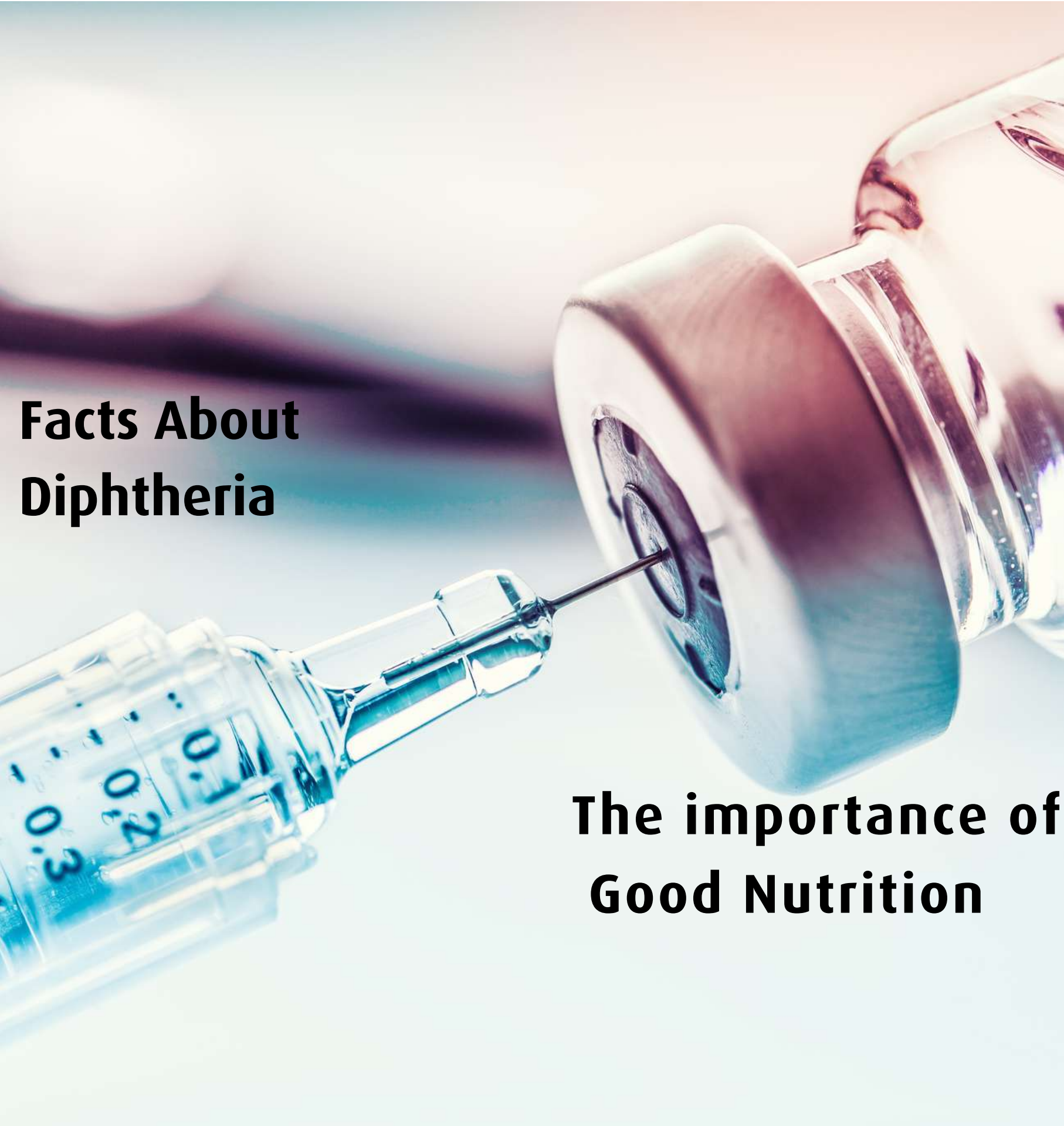
**HEALTH &
WELLNESS**

FIRST MUTUAL

HEALTH

**Facts About
Diphtheria**

**The importance of
Good Nutrition**



Facts About Diphtheria

Fact sheet on diphtheria as a matter of public health interest.

What is Diphtheria?

Diphtheria is a highly contagious infectious disease caused by a bacterium called *Corynebacterium diphtheriae* which makes a toxin. It is the toxin that can cause people to get very sick. Infection can lead to difficulty breathing, heart failure, kidney failure, paralysis and even death.

Who is at risk?

People who are at an increased risk of contracting diphtheria are children and adults who have not received any or a single dose of the pentavalent vaccine (a diphtheria toxoid containing vaccine). Others at risk are people who live in a crowded environment, people who live in areas with poor sanitation, healthcare workers and others who are exposed to suspected or confirmed cases of diphtheria.

Transmission

Diphtheria bacteria spread from person to person, usually through respiratory droplets like from coughing or sneezing.

People can also get sick from touching infected clothes, objects, open sores, or ulcers.

Symptoms of Diphtheria

Once an individual is infected, symptoms begin after about 2 – 10 days and may include:

- Sore throat
- Hoarseness of voice
- Fever
- Swelling in the neck
- Difficulty in breathing
- Difficulty in swallowing
- Body weakness
- Thick gray covering seen in the throat

Prevention of Diphtheria

Diphtheria is prevented by vaccination according to the national program of immunization. The vaccine is taken at 6 weeks, 10 weeks, and 14 weeks after birth alongside vaccines that prevent pertussis and tetanus in the pentavalent vaccine.

Is Diphtheria curable?

Yes.

When treated immediately, diphtheria is managed successfully with antitoxins and antibiotics. Vaccination can prevent diphtheria altogether. **THE KEY MESSAGE IN THIS WRITE UP IS TO VACCINATE, VACCINATE, VACCINATE.** All babies should be vaccinated from birth. See below the Zimbabwe vaccination schedule.



Zimbabwe's Vaccination Schedule

VACCINATION SCHEDULE		
	AGE	VACCINATIONS
PRIMARY COURSE	Birth	BCG, Hep B
	6 weeks	DTP-Hib-HepB 1, OPV 1, PNEUMOCOCCAL 1, ROTAVIRUS 1
	10 weeks	DTP-Hib-HepB2, OPV 2, PNEUMOCOCCAL 2, ROTAVIRUS 2
	14 weeks	DTP-Hib-Hep B 3, PNEUMOCOCCAL 3, IPV 1
	9 months	MEASLES RUBELLA 1, TYPHOID VACCINE, IPV 2
BOOSTERS	18 months	DTP, OPV, MEASLES RUBELLA 2
	5 years	Td 1
	10 years	Td 2
GIRLS	Grade 5 (10 years)	HPV 1
	Grade 6 (11 years)	HPV2

Where to find our facilities

FACILITY	ADDRESS	CONTACT NUMBER	OPERATING TIMES
Harare Clinic	9 George Silundika Avenue, Ground Floor, Harare	+263 242 779137	Monday to Friday 8:00am to 4:30pm
Gweru Clinic	1 Lobengula Avenue, opposite Aviation Museum, Gweru	+263 8688003142	Saturday 8am to 1pm
Harare Pharmacy	3 Corner Building, Corner 2nd Street & Robert Mugabe Street, Harare	+263 242 704913 +263 242 703453 +263 8688003131	Monday to Friday 8:00am to 6:00pm
Gweru Pharmacy	7 Bahadur Centre, Main Street between R.Mugabe & Lobengula Avenue, Gweru	+263 713 256 824	Saturday 9:00am to 4:30pm
Bulawayo Pharmacy	93 JM Nkomo Street, First Mutual Centre, between 9th & 10th Avenue, Bulawayo	+263 8688003138	

WE ACCEPT OTHER MEDICAL AID SOCIETIES

With you, for you

FIRST MUTUAL HEALTH SERVICES

First Floor, First Mutual Park, 100 Borrowdale Road, Borrowdale, Harare, Zimbabwe.

P O Box 1083, Harare | Tel: +263 (242) 886018-36

E-mail: info@firstmutualhealth.co.zw | Website: www.firstmutual.co.zw

WhatsApp: +263 778 917 309



The importance of Good Nutrition

- Your daily food choices make a big difference in your health. Most people know good nutrition and physical activity can help maintain a healthy weight. But the benefits of good nutrition go beyond weight. Good nutrition can help:
- Reduce the risk of some diseases, including heart disease, diabetes, stroke, some cancers, and osteoporosis
- Reduce high blood pressure
- Lower high cholesterol
- Improve your well-being
- Improve your ability to fight off illness
- Improve your ability to recover from illness or injury
- Increase your energy level

What is good nutrition?

Good nutrition means your body gets all the nutrients, vitamins, and minerals it needs to work its best. Plan your meals and snacks to include nutrient-dense foods that are also low in calories and snacks to include nutrient-dense foods that are also low in calories.

Tips for eating well:

Eat plenty of fruit

- To get the benefit of the natural fiber in fruits, you should eat fruit whole rather than as juices.
- Eat plenty of vegetables
- Eat a variety of colors and types of vegetables every day.

Eat plenty of whole grains

At least half of the cereals, breads, crackers, and pastas you eat should be made from whole grains.

Choose low fat or fat free milk

These provide calcium and vitamin D to help keep your bones strong.

Choose lean meats

Lean cuts of meat and poultry have less fat and fewer calories but are still good sources of protein.

Try other sources of protein

Try replacing meats and poultry with fish and beans.



How to fix 5 common eating problems

As you age, you may lose interest in eating and cooking. Small changes can help you overcome some of the challenges to eating well.

1. Food no longer tastes good

Try new recipes or adding different herbs and spices. Some medicines can affect your appetite or sense of taste - talk to your doctor.

2. Chewing difficulty.

Try softer foods like cooked vegetables, beans, eggs, applesauce, and canned fruit. Talk to your doctor or dentist if there is a problem with your teeth or gums.

3. Poor digestion.

Talk to your doctor or registered dietician to figure out which foods to avoid while still maintaining a balanced diet.

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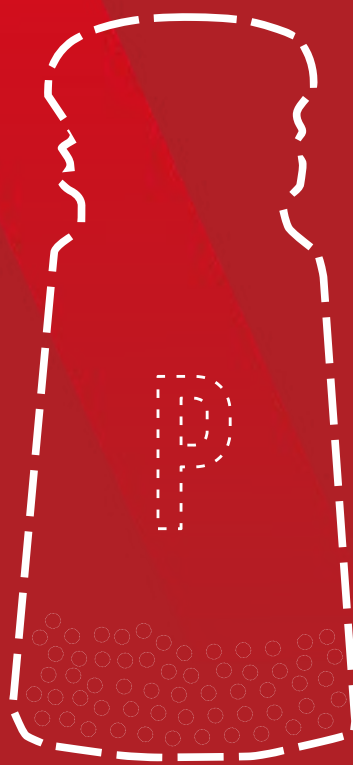
HEALTH SERVICES

Go Beyond

**Some things
just go together**

That's you and us for so many years,
and more to come.

With You, For You



With you, for you

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