



## FACTS ABOUT

# CHOLERA

### WHAT IS CHOLERA

Cholera is an infection of the intestine caused by water-borne bacteria *Vibrio cholera*. It causes severe diarrhea and dehydration. It can lead to death if not treated quickly and successfully.

### HOW IS CHOLERA SPREAD?

By drinking water or eating food that is infected with cholera bacteria. This happens when an infected person handles food without washing their hands, or relieves themselves into a water source. Communities using unclean water for drinking or washing of eating utensils are at risk.

### WHO IS AT RISK?

People using unclean water from environmental sources such as rivers, streams, bore-holes, dams, wells and those who do not have access to adequate and proper sanitation

### SYMPTOMS OF CHOLERA:

Symptoms may occur from a few hours to 5 days after being infected (usually 2-3 days)

- Sudden onset of illness
- Diarrhea
- Vomiting
- Fever
- Dehydration

### WHAT SHOULD YOU DO IF YOU OR A FAMILY MEMBER HAS DIARRHOEA?

Drinking plenty of clean water is the main component of treatment and saves lives. However, people with moderate to severe illness must be admitted at a clinic or hospital for rehydration.

### WHAT SHOULD YOU DO IF YOU OR A FAMILY MEMBER HAS DIARRHOEA?

Prepare a mixture of oral rehydration fluid for the person to drink. Boil 1 litre of water, add 8 teaspoons of sugar and half a teaspoon of salt and mix well.

### HOW TO CLEAN WATER?:

Mix 1 teaspoon or capful of household bleach with 20-25 litres of water and let it stand for at least 2 hours (preferably overnight) or allow water to boil (bubble) for at least 1 full minute. Always store purified water in a clean, covered container.

### ENSURE PROPER HAND-HYGIENE

Always wash your hands with soap and water, after using the toilet and before handling food.



**IF NOT TREATED, SERIOUS COMPLICATIONS MAY OCCUR, E.G. KIDNEY FAILURE**

*Follow hand hygiene and food safety practices*

