ALL YOU NEED TO KNOW ABOUT

CHOLERA

WHAT IS CHOLERA?

- Cholera is a diarrhoeal disease caused by a bacteria resulting in acute watery diarrhoea (runny tummy).
- Cholera can cause rapid dehydration (loss of fluids) and death, if not treated.

SYMPTOMS OF CHOLERA

- Symptoms may occur within a few hours to 5 days.
- Sudden occurrence of severe, painless watery diarrhoea – in some cases 'rice-water' appearance (specs of mucus in the stool).
- Vomiting may occur early in the illness.
- Dehydration occurs rapidly and can lead to death if not treated.
- In severe cases: muscle cramps, cold sweaty skin, rapid breathing.

WHO IS AT RISK?

- People exposed to:

- unsafe drinking water
- contaminated rivers, streams, boreholes, dams and wells
- poor sanitation
- inadequate hygiene

HOW IS CHOLERA SPREAD?

- By drinking water or eating food that is contaminated with cholera bacteria.
- Contamination happens when a person with cholera handles food without washing their hands or defecate (poo) into a water source.

TREATMENT OF CHOLERA

1. Make this rehydration mixture for the person to drink on the way to the clinic. Use safe water and a clean bottle or container.

- 1L of safe water
- 8 teaspoons of sugar
- Half a teaspoon of salt
- Mix well and drink small amounts often.
- Store in clean container with lid.

2. Take the person to the clinic immediately for further treatment.

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PREVENTION OF CHOLERA

WASH HANDS

- Wash hands with soap and clean running water.
- Wash hands for 20 seconds.
- Wash before and after eating, handling food, using the toilet or changing a baby's nappy.

WAYS TO MAKE WATER SAFE

1. Pour (filter) water through a clean cloth if the water is visibly dirty.
2. Bleach or boil your water.
   - Pour 1 teaspoon (5ml) of bleach into 20 litres of water, mix well and wait for 30 minutes before use.
   - Boil water in a clean container. Water must boil for at least 1 minute to make it clean and safe.
3. Store safe water in clean, closed containers.
4. Use within 24-48 hours.

PREPARE SAFE FOOD (5 keys to safer food)
Wash it, Peel it, Cook it, or Leave it.

1. Keep your hands, utensils and surfaces clean.
2. Separate raw and cooked food.
3. Cook food thoroughly.
4. Keep food at safe temperatures.
5. Use safe water and ingredients.

TOILET USE

- Use a toilet or latrine to defecate (poo).
- If a toilet or latrine is not available, defecate (poo) 30m away from a water source and then bury the poo.

KEEP IT CLEAN

- Always disinfect and clean your surfaces.
- Food preparation areas and kitchenware.
- Frequently touched areas and food surfaces.
- Toilets and latrines.

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