

# Cholera

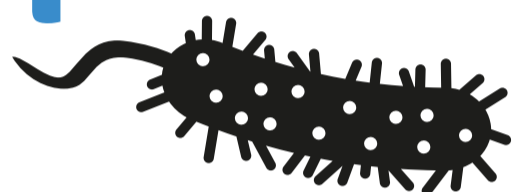
Information for the general public  
on oral rehydration solution



## Sources of infection

Foodborne and waterborne, transmitted by consumption of food and drink contaminated with the bacterium *Vibrio cholerae*.

## Types of exposure & prevention



**Direct contact with bacterium in water or food. It can spread very quickly, especially in conditions created by emergencies. Cholera can be fatal. Prevent it by:**

- ▶ Only drinking boiled and clean water
- ▶ Using clean water for washing and preparing food, and making ice
- ▶ Washing your hands often with soap and safe water
- ▶ Cooking food completely, keeping it covered, and eating it hot
- ▶ Washing yourself and your children, and diapers and clothes away from drinking-water sources.



## Symptoms



Diarrhoea that looks like  
"rice water"  
in large amounts



Vomiting



Leg cramps



Weakness



Dehydration

## Actions to take in case of symptoms:

Cholera can make a healthy person weak quickly and can cause death within 24 hours. Oral rehydration solution (ORS) can successfully treat 80% of patients. You can continue to breastfeed infants and young children even if you have been diagnosed with cholera.



## What is ORS?

ORS is sodium and glucose solution prepared by diluting 1 sachet of readily available ORS in 1 litre of clean and safe water. You can also make it at home by mixing the following:

1. Half a teaspoon of salt
2. Six teaspoons of sugar
3. One litre of clean and safe drinking-water or lightly salted rice water