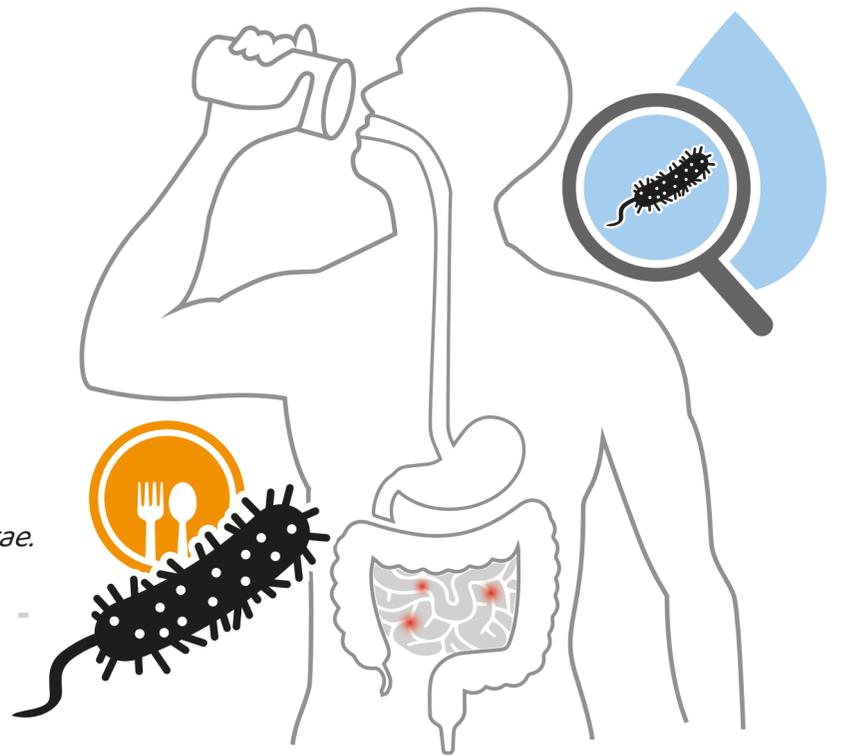


# Cholera

Information for health workers

## Sources of infection

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



## Types of exposure & prevention



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

**Staff at health facilities should assess levels of dehydration and diarrhoea.**

Signs of mild and severe dehydration include:

- o Restlessness
- o Sunken eyes
- o Lethargy
- o Ill-temperedness
- o Loss of skin elasticity
- o Unconsciousness

## Instructions for treating patients



**It is recommended that mothers continue to breastfeed regularly even if they have been diagnosed with cholera**



**Antibiotics are for severe cases only. For mild cases, give oral rehydration salts**



**Practise hand hygiene and only drink clear water**



**Use intravascular fluids to hydrate patients**



**Give zinc to children**

## Actions to take in case of symptoms:



If you are a health worker and are experiencing symptoms of cholera, seek medical advice immediately. Inform your supervisor, take rest and continue your course of treatment until fully recovered.