

2 Cholera

Transmission

- Water contaminated with human waste (stools)
- Dirty food and unwashed hands

Symptoms

- Starts with watery diarrhoea that looks like “rice water”, with or without vomiting
- Turns into severe dehydration with vomiting
- May be accompanied by rapid breathing and dizziness

Prevention

- ➔ Clean water (good water sources, clean water container in household)
- ➔ Good sanitation facilities (good latrines or defecation facilities)
- ➔ Proper hygiene (handwashing with soap)

- ➔ Clean food
- ➔ Good shelter
- ➔ Continuing breastfeeding
- ➔ Health promotion

Vulnerable people

- Almost everyone is vulnerable, but especially:
 - Children under 5
 - Pregnant and lactating women
 - Elderly people

In case of epidemic

- ➔ Early detection and referral of patients with cholera to health facilities
- ➔ Provision of clean or treated water
- ➔ Provision of good sanitation facilities
- ➔ Rapid burial of people who die from cholera

- ➔ Washing of dead bodies should be followed by hygienic measures and handwashing with soap
- ➔ Oral rehydration
- ➔ Health promotion
- ➔ Encouraging breastfeeding

Volunteer actions

See the following **action tools** for more information on what actions to take against cholera:

31	29	32	1	2	3	7	8	9	10	11	12	16	5	6	30	33
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Community-based assessment questions

Make a map of the community and mark the information you gather on the map.

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| <ul style="list-style-type: none">• When did the epidemic start?
How many people live in the affected community?• How many children under 5 years of age live in the affected community?• Who and where are the vulnerable people?• How many people have died from cholera and where?• How many people have fallen sick with cholera and where?• Are there any health services and where? | <ul style="list-style-type: none">• What water sources are available and where?• Is the drinking water clean?• What sanitation facilities and communal latrines are available?• Do people have enough food?• What is the children's nutritional situation?• How common is breastfeeding?• Is there a health promotion programme in place?• What are the habits, practices and beliefs about hygiene in the community? |
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