



CHOLERA

Signs and Symptoms

Any person with rice watery diarrhoea, vomiting and sunken eye with dehydration should be considered as a suspected cholera case.

Treatment

Any such person should be given oral rehydration solution (ORS) and urgently referred to nearest health facility.

Contacts/family members

Burials and Social Gatherings:

- Burial should be left to trained staff and should occur without delay after disinfection of the body, beddings and all personal belonging of the deceased.
- Burial ritual and ceremonies should be kept minimal.

Water and Sanitation:

- One should drink only water treated by boiling, chlorination or filtration.
- After treatment, drinking water should be stored in appropriate containers and protected from contamination.
- Human waste should be disposed off properly, e.g. in latrines.
- Solid and liquid waste should be disposed off properly, e.g. incineration or burial.
- Pest control measures should be applied against flies, cockroaches and rodents.

Health Education

- Community members including students, mothers, workers, and patients with other diseases should be informed of cholera.
- All possible media should be used, e.g, radio, TV, churches, rallies, public gatherings, posters, booklets, etc.
- Information for the community include water treatment, handwashing with soap and preparation of ORS [8 teaspoon of sugar, half teaspoon of salt in a one litre of treated water].
- Hands should be washed frequently with soap and water, e.g. before eating or handling food and drinks, after defecation and after handling sick persons, or their belongings.
- Hands should be thoroughly washed with water and soap before handling food.
- Food should be cooked and eaten warm.
- Raw food, non-cooked food and pre-cooked food items exposed for long time should be avoided. Peeling raw food is also advised.