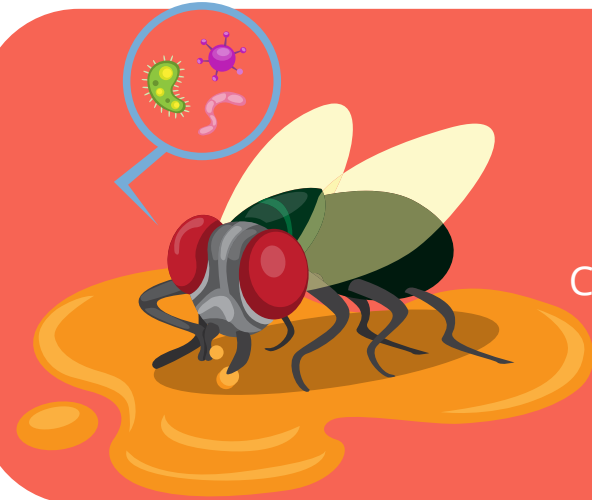




WHAT YOU NEED TO KNOW ABOUT CHOLERA



What is Cholera?

Cholera is an acute diarrhoeal infection caused by ingestion of food or water contaminated with a bacteria called *Vibrio cholerae*.

What are the symptoms?



1. Profuse watery diarrhea, sometimes described as "rice-water stools"
2. Vomiting
3. Increased thirst
4. Leg cramps
5. Restlessness or irritability



People who are seriously ill with Cholera can develop severe dehydration leading to kidney failure and death.

Prevention and control

1. Oral Cholera vaccines
2. Access to safe drinking water and adequate sanitation.
3. Prompt administration of Oral Rehydration Solution (ORS) -

ORS

CHILDREN



Six (6) level teaspoons of sugar and half (1/2) level teaspoon of salt dissolved in 1 litre of clean drinking or boiled water and then cooled

ADULTS

Six (6) level teaspoons of Sugar. Half (1/2) level teaspoon of Salt. One litre or 5 x 200 ml cupfuls of clean drinking or boiled water and then cooled .



Treatment & remedies

Cholera patients should be evaluated and treated quickly with Rehydration therapy, Antibiotic treatment, and Zinc treatment at a local clinic.

