Many cholera cases and deaths are **PREVENTABLE**

People travelling or living in places with **POOR SANITATION AND HYGIENE** are at risk.

**Use safe water** (bottled, boiled, treated) for:

- **Drinking**
- **Cooking**
- **Cleaning your teeth**

- **Wash hands** frequently with soap and safe water, or use hand sanitiser.
- **Eat safe food** — thoroughly cooked and served hot, avoid raw.
- **Consider vaccination** if available and if you are likely to encounter unsanitary conditions or will have limited access to safe water.

*Source: World Health Organization, Fact sheet January 2019*

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WHAT IS CHOLERA?

CHOLERA IS A SERIOUS DISEASE which causes diarrhoea.

1.3 and 4 MILLION cholera cases*

And between 21,000 and 143,000 deaths*

Cholera is spread by contaminated food or water.

SYMPTOMS

Some people may show no or only mild symptoms.

Others may have:

Painless watery diarrhoea
Vomiting
Dehydration
Muscle cramps

Treatment: Early replacement of fluids is life saving.

Fluids can be replaced easily by drinking “oral rehydration solutions” (ORS) sachets mixed with safe water. Other homemade alternatives can be used, if ORS is not available.

Antibiotics and intravenous fluids are used in severe cases.