1. **How is CHOLERA caused?**

- By consuming contaminated food or water.
- Eating food contaminated by flies and dust when left uncovered and by dirty hands.
- Fish/seafood taken from contaminated water, eaten raw or insufficiently cooked.
- Consuming ice made from contaminated water.
- Drinking water polluted by seepage from toilets, open defecation, cut and damaged pipes.
- Drinking water at home polluted by dirty hands, collection and storage in dirty containers.
- Eating unwashed fruits and vegetables.
- Eating fruits and vegetables washed with polluted water.
- Fruit and vegetables grown at or near ground level, irrigated with water containing human waste, or “freshened” with contaminated water, and eaten raw.

2. **What are the signs and symptoms of CHOLERA?**

- **Passing of frequent watery stools (rice water colour and with no smell) more than 3 times a day.**
- Sometimes with vomiting.

3. **WHAT is the TREATMENT for CHOLERA?**

- A person who has cholera must be given oral rehydration fluids (*wata meresin*) after every stool and/or vomit.
- Lost fluids can be replaced ORALLY (in mild and moderate cases) with:
  - Oral Rehydration Salt (ORS),
  - Sugar Salt Solution (SSS),
  - home based fluids (coconut water, boiled rice water, weak tea, plain soup)
- Babies should be breastfed at frequent intervals; breastfed babies who have cholera should be given **MORE** breast milk.
- Or, intravenously in a health facility (Severe cases).

4. **How are Sugar Salt Solution (SSS) and ORS prepared?**

- SSS can be prepared by mixing eight level teaspoon of sugar, 1 level teaspoon of salt and three pints (one litre) of water.
- Mix the content of one ORS packet in three pints (one litre) of water.
- Encourage people with cholera to eat.
- If diarrhoea continues or patient vomits the ORS, then refer to the nearest health facility.

**CHOLERA can be treated. Do not panic, but do not wait**

Seek EARLY and FREE treatment at the nearest health facility
Always wash hands with soap after using the toilet, after cleaning a baby’s bottom, before handling or eating food, and before feeding a child.

Only drink water collected from a safe source.
Boil all drinking water collected from unsafe sources.
Always store drinking water in a clean and covered container.
Always use a clean cup to collect drinking water from the container and do not dip your fingers in the water.

Always cover food to protect from flies and dust; store food in covered containers.

Eat hot food. Cooked food should be eaten as soon as possible after cooking.

Wash all fruits and vegetables well with clean water before eating.

Always use a latrine for defecation, keep latrine clean and covered to avoid flies.
Always keep your compound and surroundings clean.

When someone dies from cholera, bury the corpse as soon as possible without wasting time.

If in contact with the corpse or its excretions, wash your hands thoroughly with water and soap.