How to protect yourself from Cholera

CHOLERA
USE SAFE WATER SOURCES

Always boil all drinking water or treat it with chlorine purification tablets

Always store your drinking water in a clean container (e.g. jerrycan/bucket) with a cover
If necessary, use chlorine purification tablets (e.g. Aquatab) to clean/purify the water for use at home.

Follow the instructions on the chlorine purification tablet packets to purify your water.
All members of the family, including the children, should wash their hands with soap or ash and clean water at critical times:

a. Before eating
b. Before preparing and serving food
c. Before feeding children
d. After using the latrine/toilet
e. After cleaning the baby’s bottom or diaper/nappy
HOW TO USE AND MAINTAIN A LATRINE

Dispose of all faeces including children’s into a latrine

The best way of nesting this is to make sure that all member of the family use a latrine or a potty for babies and young children

Ensure that you clean your latrine/toilet regularly
When you do not have access to a latrine/toilet, bury your stool/faeces at a safe distance from your home and any water points/sources.

Remember to wash your hands thoroughly with soap or ash and clean water after burying the stool/faeces.
If a child or adult is suffering from diarrhoea, take him/her to the nearest health facility immediately. While on the way to the nearest health facility, continue giving fluids (Oral Rehydration Salts – ORS). Remember, any delay can lead to death.
When a child is suffering from diarrhoea, give him/her ORS plus zinc dissolved in clean drinking water.

Ensure that you mix the ORS properly and give it to the child to drink using a clean cup/glass.
CONTINUE TO BREASTFEED A BABY WHO HAS DIARRHOEA

A child with diarrhoea needs to continue eating and drinking regularly

To avoid dehydration, continue breastfeeding a baby suffering from diarrhoea as often as possible
CONTINUE FEEDING A CHILD WHO HAS DIARRHOEA

A child with diarrhoea needs to continue eating and drinking regularly

During recovery, the child needs additional food to regain his/her energy and the nutrients lost during sickness
Raw foods or leftovers can be dangerous. They must be washed and/or cooked. Cooked food must be eaten while hot or reheated.

Food, cooking utensils and surfaces used to prepare food must always be clean and animals must be kept away from them. Food must be stored in a clean container with a cover.
It is important to properly dispose of household waste/rubbish to keep the household environment clean and ensure that family members stay healthy.
When a person dies from Cholera the body should not be kept at home and he/she should be buried immediately.

All persons who have been in contact with the bodily fluids or the body of the person who has died from Cholera must wash their hands thoroughly with soap and clean water.
What is a job aide?

A job aide is a visual support for community mobilisers, health workers and all persons that conduct interpersonal communication (IPC) interventions in response to a Cholera outbreak/epidemic.

How to use this job aide?

This job aide is to be used for group discussions on life saving practices/behaviours. It is also used to ensure that communities are engaged to respond effectively to an outbreak/epidemic. The images should be used to share information and stimulate discussion, and not to just pass on messages.

An integrated communication approach is key

This job aide should not be used in isolation. An effective communication strategy requires the use of several communication channels and audiences. It is crucial to integrate interpersonal communication with other communication channels such as local radios, schools, mosques, churches etc. and to target the various audiences such as technical experts, community leaders and opinion leaders etc. In an emergency context, it is necessary to stimulate discussion but also to create mechanisms/space to allow communities and health service providers to interact periodically by participating in radio talk shows or through visits by community leaders to the health facility. These mechanisms must be properly planned and budgeted for.