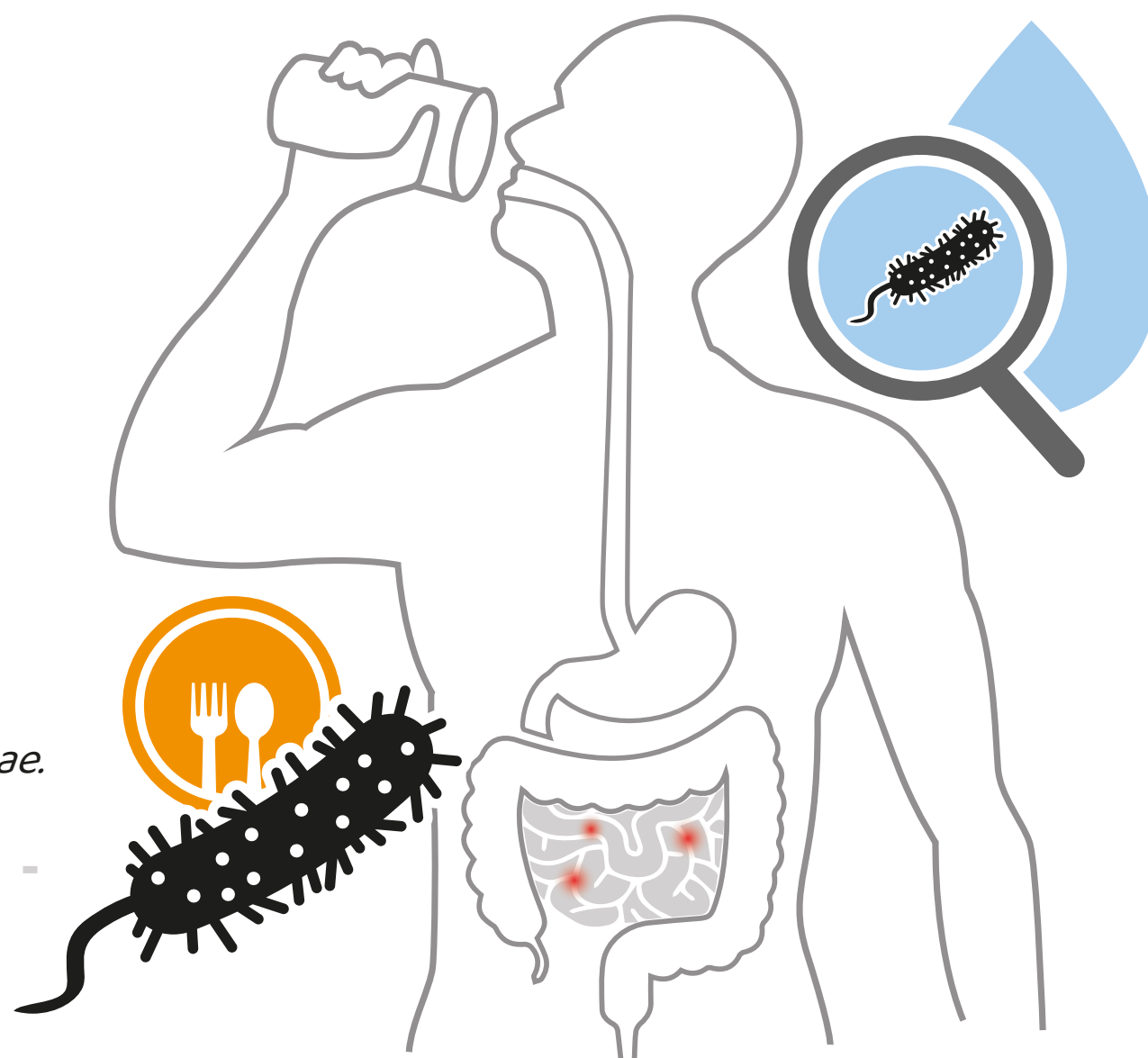


Cholera

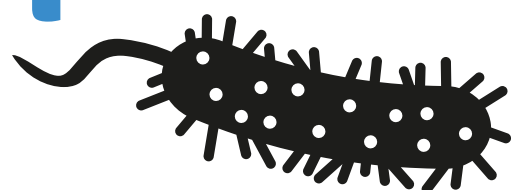
Information for health workers

Sources of infection

Foodborne and waterborne, transmitted by consumption of contaminated food and drink contaminated with the bacterium *Vibrio cholerae*.



Types of exposure & prevention



Direct contact with bacterium in water. It can spread very quickly, especially in conditions created by emergencies. Cholera can be fatal.

Staff at health facilities should assess levels of dehydration and diarrhoea.

Signs of mild and severe dehydration include:

- o Restlessness
- o Sunken eyes
- o Lethargy
- o Ill-temperedness
- o Loss of skin elasticity
- o Unconsciousness

Instructions for treating patients



It is recommended that mothers continue to breastfeed regularly even if they have been diagnosed with cholera



Antibiotics are for severe cases only. For mild cases, give oral rehydration salts



Practise hand hygiene and only drink clear water



Use intravascular fluids to hydrate patients



Give zinc to children

Actions to take in case of symptoms:



If you are a health care worker and are experiencing symptoms of cholera, seek medical advice immediately. Inform your supervisor, take rest and continue your course of treatment until fully recovered.