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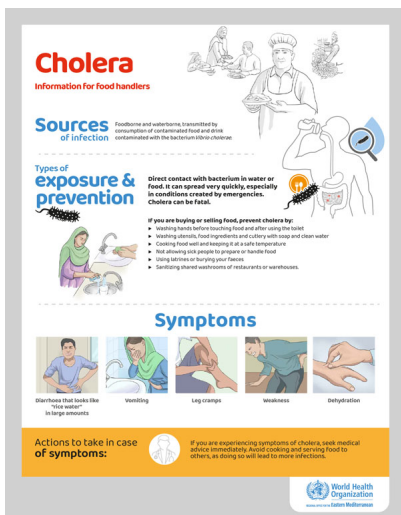
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Cholera

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 to severe dehydration include:
• Restlessness • Itchiness
• Sunken eyes • Loss of alertness
• Lethargy • Unconsciousness

Instructions for treating patients


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

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

Practice hand hygiene and use gloves when using ORS packets.

Give ORS 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.



[Information for health workers](#)

Cholera

Information for the general public on oral rehydration solution

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

Types of exposure & prevention
Direct contact with bacterium in water or food: it can spread very quickly, especially in conditions created by emergencies. Cholera can be fatal. Prevent it by:
• Only drinking boiled and clean water
• Using clean water for washing and preparing food, and making ice
• Washing your hands often with soap and safe water
• Covering food completely, keeping it covered, and eating hot
• Washing yourself and your children, and diapers and clothes away from drinking water sources.

Symptoms

Diarrhoea that looks like "rice water"
Vomiting
Leg cramps
Weakness
Dehydration

Cholera can make a healthy person weak quickly and can cause death within 24 hours. Our oral rehydration salts (ORS) can successfully treat 80% of patients. You can continue to breastfeed infants and young children even if you have been diagnosed with cholera.

What is ORS?
ORS is sodium and glucose solution prepared by diluting 1 sachet of ready available ORS in 1 litre of clean and safe water. You can also make it at home by mixing the following:
1. Half a teaspoon of salt
2. Six teaspoons of sugar
3. One litre of clean and safe drinking water or lightly salted rice water.



[Information for the general public on oral rehydration solution](#)

Cholera

Information for the general public on oral cholera vaccine

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 or food: it can spread very quickly, especially in conditions created by emergencies. Cholera can be fatal. Prevent it by:
• Only drinking boiled and clean water
• Using clean water for washing and preparing food, and making ice
• Washing your hands often with soap and safe water
• Covering food completely, keeping it covered, and eating hot
• Washing yourself and your children, and diapers and clothes away from drinking water sources.


Symptoms

Diarrhoea that looks like "rice water"
Vomiting
Leg cramps
Weakness
Dehydration

Oral cholera vaccine
Oral cholera vaccine (OCV) provides 66–67% protection for at least 2 years against clinically significant cholera in countries or areas reporting outbreaks.

Important instructions for vaccine administration

For infants	For children (2+ years)	For children aged 6+ and adults
Do not use on infants as OCV is not licensed for infants.	2 oral doses. Each given 1-4 weeks apart.	2 oral doses to be given 1-6 weeks apart.
		• Intake of food and drinks should be avoided for one hour before and after vaccination. • If you do not receive your second dose within 6 weeks you will have to restart vaccination.



[Information for the general public on oral cholera vaccine](#)

Videos

[Cholera – you can fight it too](#) | [Arabic](#)

Cholera - questions and answers

Resources

[Revised cholera kits](#)

[Resources on advocacy, case management, oral cholera vaccine, surveillance, and WASH](#)

Courses

[openWHO: Introduction to cholera](#)

[openWHO: Revised cholera kits and calculation tool](#)

Meeting reports

[Subregional meeting on scaling up acute watery diarrhoea/cholera preparedness and response - Beirut, Lebanon 8–9 July 2017](#)

[Consultative meeting on a strategic approach for cholera preparedness and response in the Eastern Mediterranean Region - Amman, Jordan 17–19 November 2015](#)

[Consultative meeting on developing a strategic framework for cholera prevention and control in the Eastern Mediterranean Region - Sharm El Sheikh, Egypt 29–31 October 2013](#)

Related links

[Global Task Force on Cholera Control \(GTFCC\)](#)

[WHO's work on cholera](#)

[Pandemic- and epidemic-prone diseases](#)

[International Health Regulations](#)

[Health emergencies](#)

[Interactive applications and databases](#)

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