

Preventing cholera transmission through food

Cholera can be transmitted through consuming contaminated raw food, inadequately washed and cooked food, and food that has become contaminated during storage or preparation.

1

Use safe water (disinfected, boiled or bottled) for drinking, washing hands, utensils and tools, fruit and vegetables, and for cooking. To disinfect your water, boil it for at least 1 minute. After boiling, let it cool at room temperature and store it in a clean, tightly sealed container to avoid contamination.



2

Wash your hands with soap and clean water for 20 seconds before food preparation, after touching raw food, using the toilet, changing diapers and before eating.



3

Separate raw meat, poultry and seafood from other foods during storage and preparation. Cook food until the temperature in all parts reaches at least 70 °C, especially meat, poultry, eggs and seafood. Reheat cooked meals thoroughly. Keep food below 5 °C or above 60 °C until consumption.



4

Clean and sanitise utensils and surfaces regularly. Make a sanitising solution by mixing 5 ml of household bleach in 750 ml water. Alternatively, boil water to sanitise utensils.



5

Purchase your food from trusted stores or markets. Check fruit and vegetables for signs of spoilage (bruises, moulds). Check food packaging is intact. Check food labels for expiry dates, ingredients and storage conditions. When you buy street food, check hygiene conditions are acceptable and ensure it is cooked well and served hot.

