CHOLERA
WHAT YOU NEED TO KNOW

HOW IT SPREADS
- Drinking contaminated water
- Eating contaminated food
- Contact with faeces, vomit or things that have been contaminated with the faeces or vomit of someone who has cholera
- Contact with someone who has died from cholera

SYMPTOMS
- Severe diarrhoea
- Vomiting
- Leg cramps
- Feeling weak

Severe diarrhoea can cause dehydration, which can lead to weakness and even death if not treated rapidly.

TREATMENT
Oral Rehydration Solution (ORS)
Get ORS from a health worker or make it at home.