

What causes Cholera?

- ▶ Cholera is an infectious disease that causes diarrhoea and vomiting.
- ▶ You can catch cholera by eating or drinking contaminated food or water, having contact with contaminated poo or vomit or having unprotected contact with the body of someone who has died of cholera.



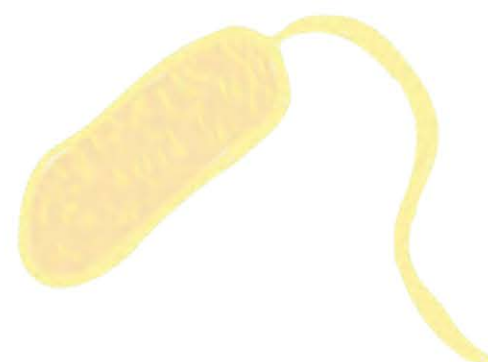
World Health
Organization

Myanmar

#cholera

If someone has cholera ...

- Stay calm. With fast care, most people recover fully.
 - Firstly, keep them hydrated with oral rehydration solution.
(sachets or a mix of 1 litre safe water, 6 teaspoons sugar and half a teaspoon of salt)
 - Secondly, seek medical care.
- Emergency care are confusion or
 - drowsiness; muscle cramps; weakness
 - (unable to sit up by themselves);
 - dizziness.



If cholera is circulating in your community, protect yourself and your loved ones by:



Drinking safe water



Using safe water for washing and preparing food and for cooking



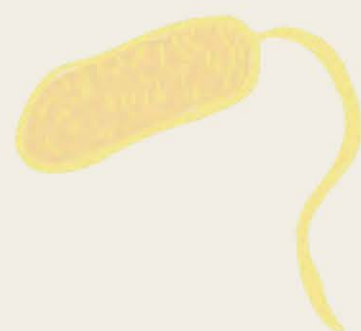
Cleaning your hands regularly using soap and safe water *(or an alcohol-based hand rub if there is no visible dirt)*, especially before eating, cooking, after using the toilet/latrine or changing your child's diaper.



Cooking food thoroughly, keep it covered, and eat immediately after cooking



Not going to the toilet, or washing yourself, hands or clothes where you get your drinking water



Ways to ensure water is safe to drink at home:

Filtering:



If your water looks dirty or cloudy, physically remove pathogens by filtering your water using a water filter, clean cloth, paper towel or coffee filter. After filtering, you should still boil or disinfect your water (see below).



Boiling:



After filtering, boil your water for at least one minute before drinking.



After boiling, store drinking water safely in a clean, tightly sealed container to avoid recontamination.

Using oral rehydration solution (ORS):

Oral rehydration salts can successfully treat **80%** of patients.



If someone is dehydrated, drinking water alone is not enough to help them recover. This is why using oral rehydration salts is important.

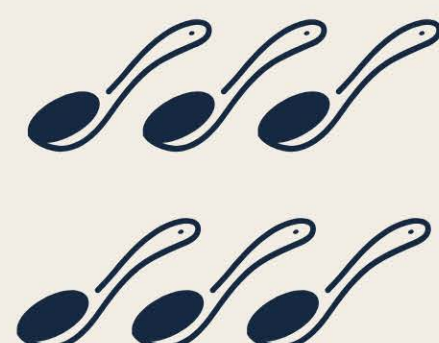
ORS is solution prepared by mixing 1 sachet of oral rehydration salts in 1 litre of safe water.



If you don't have oral rehydration salt sachets, you can make the same solution by mixing:



Half
a teaspoon
of salt



Six
teaspoons
of sugar



One litre of safe
drinking-water