

CHOLERA PREVENTION



USE AND DRINK SAFE WATER

Treat or sterilize the water before drinking or cooking

HOW TO TREAT OR STERILIZE WATER

BOIL: Bring water to boiling point for at least 1 minute.
Boiling water is an effective way of making water safe.

TREAT: Put 1 teaspoon of household bleach into 25 litres of water.
Put 2 drops of household bleach in 1 litre of water.
Wait for 30 minutes before use.
Always store your treated water in a clean, covered container.

WASH YOUR HANDS WITH SOAP AND WATER

Ensure proper hand hygiene.

1. Before, during, and after preparing food
2. Before and after eating food or feeding your children
3. After using the toilet
4. After cleaning your child's bottom
5. After taking care of someone who is sick with diarrhoea



TOILET USE

Cholera bacteria spreads from contaminated water.

1. Use toilets or sanitation facilities that are safely managed to get rid of faeces (poop).
2. Wash hands with soap and safe water after going to the bathroom.
3. If you don't have access to a toilet:
 - Poop at least 30 meters (98 feet) away from any body of water (including wells) and then bury your poop.
 - Dispose of plastic bags containing poop in latrines or at collection points if available or bury them in the ground. This includes disposing of children's poop safely.
4. Do not put plastic bags in chemical toilets

ALWAYS BOIL, COOK, AND PEEL WHAT YOU EAT

Cook food well and keep it covered

- Eat foods that have been thoroughly cooked and are still hot
- Peel fruits and vegetables
- Be sure to cook seafood, especially shellfish, until it is very hot all the way through.
- Avoid raw vegetables and fruits that cannot be peeled.



KEEP IT CLEAN

Always disinfect and clean your surfaces

- Areas for food preparation and kitchenware to be cleaned with soap and treated water.
- Clean and disinfect toilets and surfaces contaminated with poop with soap and treated water
- When finished cleaning, safely dispose of soapy water and dirty rags
- Wash hands again with soap and safe water after cleaning and disinfecting.

NB: If you don't have access to soap and water, use alcohol-based hand rub with at least 60% alcohol.



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FACTS ABOUT CHOLERA



WHAT SHOULD YOU DO IF YOU OR A FAMILY MEMBER HAS DIARRHOEA?

Prepare a mixture of oral rehydration fluid for the person to drink. Boil 1 litre of water, add 8 teaspoons of sugar and half a teaspoon of salt and mix well.

Follow hand hygiene and food safety practices.



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HOW IS CHOLERA SPREAD:

By drinking water or eating food that is infected with cholera bacteria.

This happens when an infected person handles food without washing their hands, or relieves themselves into a water source. Communities using unclean water for drinking or washing of eating utensils are at risk.

Follow hand hygiene and food safety practices.



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FACTS ABOUT **CHOLERA**



ENSURE PROPER HAND-HYGIENE

Always wash your hands with soap and water, after using the toilet and before handling food.

Follow hand hygiene and food safety practices.



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SYMPTOMS OF CHOLERA:

Symptoms may occur from a few hours to 5 days after being infected (usually 2-3 days).

- Sudden onset of illness
- Diarrhea
- Vomiting
- Fever
- Dehydration
- If not treated, serious complications may occur, e.g. kidney failure.

Follow hand hygiene and food safety practices.



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