

## PROTECTION FROM CHOLERA

FNHS  
CARES

Cholera is a bacterial infection caused by ingesting water or food contaminated with *Vibrio cholerae*. Its most common symptoms are watery diarrhea and vomiting, which lead to dehydration. Some signs of dehydration include rapid heart rate, low blood pressure, and loss of skin elasticity. If you are infected with cholera, you should keep yourself hydrated using oral rehydration drinks or intravenous fluids (if needed), as severe dehydration can be life-threatening.

### HOW IS CHOLERA DIAGNOSED?

The only way to confirm a cholera infection is by detecting *Vibrio cholerae* in a stool sample. Like SARS-CoV-2, the virus that causes COVID-19, *Vibrio cholerae* can be detected using rapid diagnostic testing or PCR analysis.

### HOW IS CHOLERA TRANSMITTED?

Cholera is mainly transmitted through the fecal-oral route, where an infected person's feces, which contain *Vibrio cholerae*, contaminate the water or food that are later ingested by another person.

## PROTECT YOURSELF FROM CHOLERA AT SCHOOL AND UNIVERSITY

### DRINK CLEAN, UNCONTAMINATED WATER

- > Sealed water bottle from a trusted source
- > Properly sterilized water (see Practical Tips)

### AVOID DRINKING FROM FOUNTAINS

- > Some water fountains may contain contaminated water

### WASH YOUR HANDS

- > Make sure you wash your hands thoroughly with soap and clean water, especially before eating and after using the bathroom
- > If soap and clean water are unavailable, or if you are unsure of the cleanliness of the water, use 70% alcohol to clean your hands

### EAT UNCONTAMINATED FOOD

- > Avoid raw food and eat well-cooked food
- > Peel fruits and vegetables, especially those that are not sanitized. To sanitize fruits and vegetables, soak them in chlorinated water (see Practical Tips)

### AVOID SHARING FOOD

- > Do not drink or eat with the same kitchenware (e.g. cups, spoons, forks, knives, plates, etc.)

## PRACTICAL TIPS

### HOW TO DISINFECT YOUR FRUITS AND VEGETABLES

- > Add 2 drops of chlorine (odorless 5.25% sodium hypochlorite/bleach) to 1 liter of water
- > Soak your fruits and vegetables for 30 minutes
- > Rinse them with potable water
- > Fun fact: Although salt is often used to kill many microorganisms, cholera can survive and grow in salt water, so do not use salt to disinfect your produce

### HOW TO STERILIZE YOUR WATER (IF NEEDED)

- > Option 1: Boil the water for 1 minute
- > Option 2: Add 2 milliliters or 1/4 teaspoon of chlorine (odorless 5.25% sodium hypochlorite/bleach) to 20 liters of drinking water, or add 2 drops of chlorine to 1 liter of water. Wait 30 minutes before drinking the water
- > Note: Make sure your bleach contains 5.25% sodium hypochlorite. Common household bleaches used for cleaning may contain higher concentrations of sodium hypochlorite and are, therefore, not safe for cleaning fruits and vegetables

## THE GOOD NEWS

Most infected people will have no or mild symptoms and can be effectively treated with oral rehydration drinks! Only severe cases will require treatment with intravenous fluids and antibiotics.

THROUGH NDU'S COMMITMENT TO  
HEALTH COMMUNICATION,  
STAY TUNED FOR MORE INITIATIVES IN THIS FIELD