

# P R E V E N T I O N



Drink boiled water



Eat newly cooked food



Use clean water to wash vegetables, fruits and cooking utensils



Cover all food from flies, other insects and rodents



Wash hands with soap and clean water after using toilet, before eating and preparing food



Clean your house surroundings and dispose rubbish properly



Choose clean food premises when eating out



Use proper toilet

**SEEK EARLY TREATMENT IF YOU HAVE SIGNS AND SYMPTOMS OF CHOLERA**



# BEWARE! DANGER OF CHOLERA





## WHAT IS CHOLERA?



Cholera is an easily transmitted, dangerous, diarrheal disease caused by bacteria known as *Vibrio cholerae*. Cholera germs can be found in feces and vomitus of cholera patients and carriers.

Cholera carrier is a person infected by the cholera germs but does not show signs or symptoms of cholera disease. A carrier is difficult to be traced and always transmits cholera germs through their feces that infects others.

## SIGNS AND SYMPTOMS

- Acute and prolonged diarrhoea
- Stiff muscle and cramps
- Dry skin , feeling thirsty, dry tongue and sunken eyes due to dehydration
- Continuous vomiting
- Low blood pressure , low heart rate, cold and flabby skin
- Patient may not urinate due to dehydration

## HOW IS CHOLERA TRANSMITTED?

- Cholera disease is spread by eating/drinking contaminated food or water from fecal / vomitus of cholera patients / carriers. Cholera germs can contaminate water supply if improper toilets are used
- Flies transmit cholera germs from cholera carriers' excretion to exposed or uncovered food
- Cholera can be transmitted through contaminated hands by feces of cholera patients/carriers if not washed before eating or preparing food

## IF DELAYED IN TREATMENT

Seeking late treatment can cause death within hours because of rapid loss of body fluid due to continuous and uncontrolled diarrhoea and vomiting.

## SEEK IMMEDIATE TREATMENT

*Drink water as much as possible  
to avoid dehydration*

