What is cholera disease?

• Cholera disease causes a lot of watery diarrhea and vomiting.
• Cholera diarrhea can look like cloudy rice water.
• Cholera can cause death from dehydration (the loss of water and salts from the body) within hours if not treated.

How is cholera spread?

• Cholera germs are found in the feces (poop) of infected people.
• Cholera is spread when feces (poop) from an infected person gets into the water people drink or the food people eat.
• Cholera is not likely to spread directly from one person to another.

Protect yourself and your family from cholera and other diarrheal diseases:

• Drink and use safe water.
  Safe water is water that is bottled with an unbroken seal, has been boiled, or has been treated with a chlorine product.
• Wash hands often with soap and safe water.
  If no soap is available, scrub hands often with ash or sand and rinse with safe water.
• Use latrines or bury your feces (poop), do not defecate in any body of water.
• Cook food well (especially seafood), eat it hot, keep it covered, and peel fruits and vegetables.
• Clean up safely—in the kitchen and in places where your family bathes and washes clothes.

What to do if you or your family are ill with diarrhea:

• If you have oral rehydration solution (ORS), start taking it now; it can save your life.
• Go immediately to the nearest health facility.
  Continue to drink ORS at home and while you travel to get treatment.
• Continue to breastfeed your baby if they have watery diarrhea, even when traveling to get treatment.

http://www.cdc.gov/cholera
Protect Yourself from Cholera:

1) **Drink and use safe water.***
   - Bottled water with unbroken seals and canned/bottled carbonated beverages are safe to drink and use.
   - Use safe water to brush your teeth, wash and prepare food, and to make ice.
   - Clean food preparation areas and kitchenware with soap and safe water and let dry completely before reuse.

   *Piped water sources, drinks sold in cups or bags, or ice may not be safe and should be boiled or treated with chlorine.*

2) **Wash your hands often with soap and safe water.***
   - Before you eat or prepare food.
   - Before feeding your children.
   - After using the latrine or toilet.
   - After cleaning your child’s bottom.
   - After taking care of someone ill with diarrhea.

   *If no soap is available, scrub hands often with ash or sand and rinse with safe water.*

3) **Use latrines or bury your feces (poop); do not defecate in any body of water.**
   - Use latrines or other sanitation systems, like chemical toilets, to dispose of feces.
   - Wash hands with soap and safe water after defecating.
   - Clean latrines and surfaces contaminated with feces using a solution of 1 part household bleach to 9 parts water.

   **What if I don’t have a latrine or chemical toilet?**
   - Defecate at least 30 meters away from any body of water and then bury your feces.
   - Dispose of plastic bags containing feces in latrines, at collection points if available, or bury it in the ground. Do not put plastic bags in chemical toilets.
   - Dig new latrines or temporary pit toilets at least a half-meter deep and at least 30 meters away from any body of water.

4) **Cook food well, keep it covered, eat it hot, and peel fruits and vegetables.***
   - Boil it, Cook it, Peel it, or Leave it.
   - Be sure to cook seafood, especially shellfish, until it is very hot all the way through.

   *Avoid raw foods other than fruits and vegetables you have peeled yourself.*

5) **Clean up safely—in the kitchen and in places where the family bathes and washes clothes.**
   - Wash yourself, your children, diapers, and clothes, 30 meters away from drinking water sources.