

# 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

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



## 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.

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## 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.
4. Do not put plastic bags in chemical toilets.



## 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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