

CHOLERA PREVENTION!!!!

How it's spread:

Cholera is spread by the germs found in feces of those who are infected. The feces gets in to a water source that people drink, or the water comes in contact with foods that people eat. It's not likely to spread from person to person. Symptoms will present as large amounts of watery diarrhea, vomiting and leg cramps.

Protecting yourself:

As a member of the health care team, it's critical that you protect yourself against contracting this disease. First, let's look at the everyday things you can do.

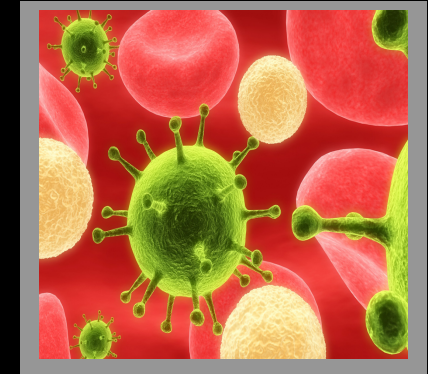
- Wash your hands with soap and water
- Use safe water for drinking and cleaning
- Use latrines or bury feces, away from water sources
- Cook food well, eat it hot, and clean and peel your own produce

In addition there are resources available to you as a health care team member, such as alcohol based hand cleaners (at least 60% alcohol content), and chlorine tablets or household bleach with 5-6% chlorine, to purify water.

Protecting patients:

It's important to teach our patients about the sources of cholera, so they know what to avoid. Educating people is the key to decreasing the spread.

Once our patients are showing signs and symptoms of cholera, rehydration is the most important thing that we can do for them. Oral rehydration solution (ORS), similar to Pedialyte™, should be given as soon as symptoms present, since it's considered the basis of cholera treatment. Even if our patient is vomiting, it is best to give small sips of ORS, as this will help decrease the risk of dehydration. For those patients experiencing severe dehydration, IV fluids are necessary. Once our patient is on the road to recovery, bringing in the education piece can greatly decrease the spread of the disease.



For questions or to report possible infection, contact LCDR S. Clean at squeaky.clean@movingon.biz

Simple reminders to maintain your health:

- Handwashing with soap & water
- Use safe water (for handwashing & drinking, including ice)
- Use latrines or bury feces
- Cook food well
- Only eat produce you clean and peel yourself

HELP KEEP US ALL HEALTHY!!

References

Centers for Disease Control and Prevention. Cholera prevention and control. Retrieved on July 28, 2014 from <http://www.cdc.gov/cholera/pdf/Five-Basic-Cholera-Prevention-Messages.pdf>

Centers for Disease Control and Prevention. Haiti cholera outbreak. Retrieved on July 28, 2014 from http://www.cdc.gov/haiticholera/hcp_goingtohaiti.htm