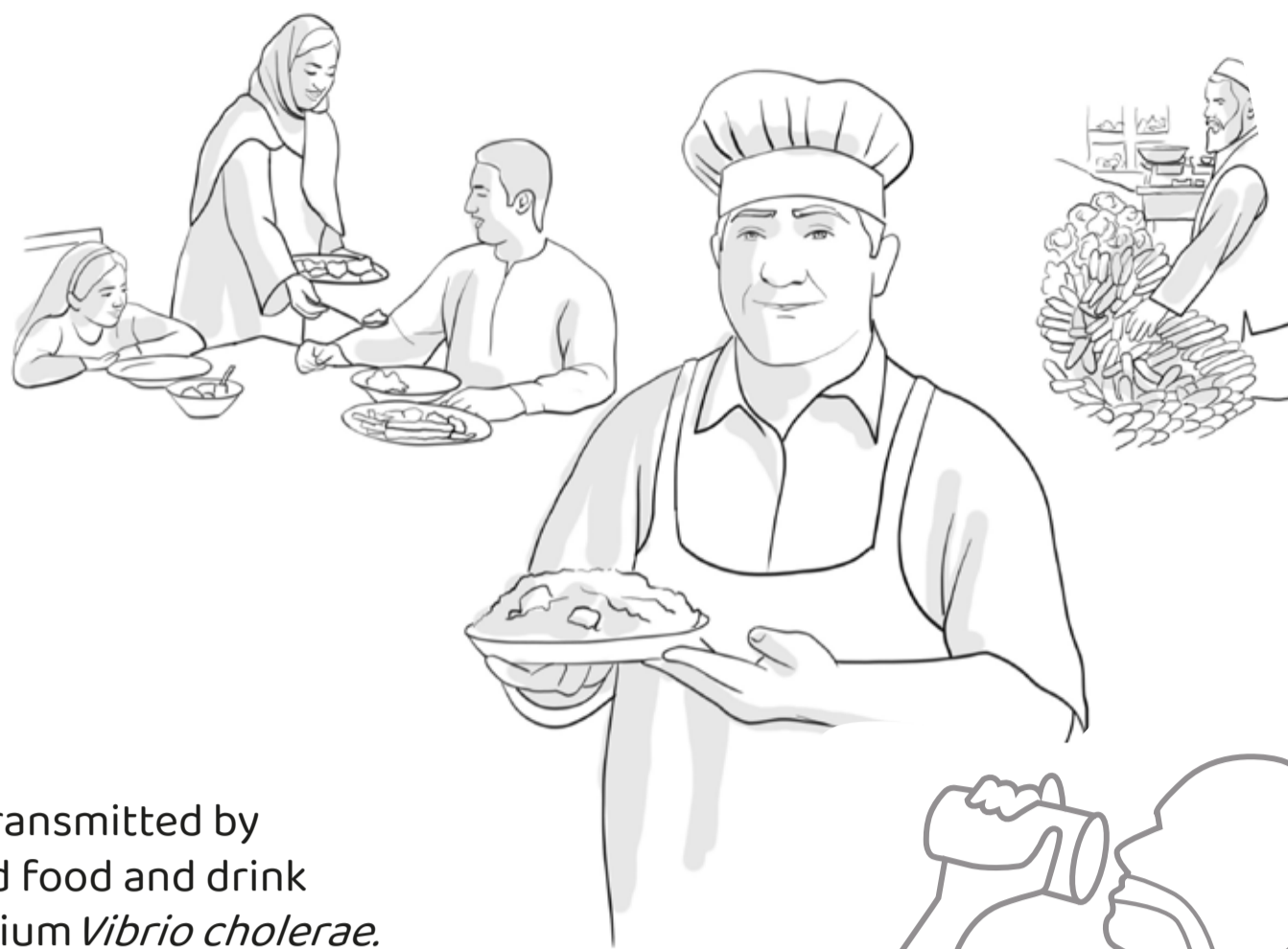


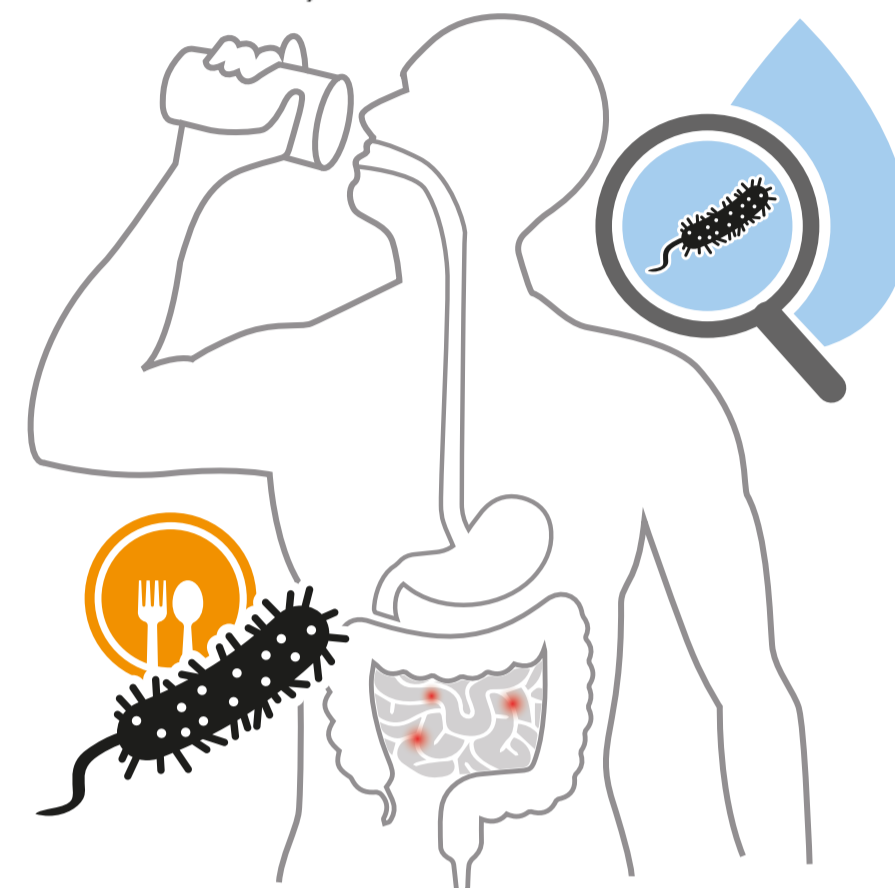
Cholera

Information for food handlers

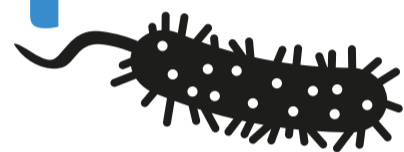


Sources of infection

Foodborne and waterborne, transmitted by consumption of contaminated food and drink contaminated with the bacterium *Vibrio cholerae*.



Types of exposure & prevention



Direct contact with bacterium in water or food. It can spread very quickly, especially in conditions created by emergencies. Cholera can be fatal.

If you are buying or selling food, prevent cholera by:

- ▶ Washing hands before touching food and after using the toilet
- ▶ Washing utensils, food ingredients and cutlery with soap and clean water
- ▶ Cooking food well and keeping it at a safe temperature
- ▶ Not allowing sick people to prepare or handle food
- ▶ Using latrines or burying your faeces
- ▶ Sanitizing shared washrooms of restaurants or warehouses.



Symptoms



Diarrhoea that looks like "rice water" in large amounts



Vomiting



Leg cramps



Weakness



Dehydration

Actions to take in case of symptoms:



If you are experiencing symptoms of cholera, seek medical advice immediately. Avoid cooking and serving food to others, as doing so will lead to more infections.