



If left untreated,
cholera can turn
fatal rapidly.

***Source:**

World Health Organization, Fact sheet January 2019

DISCLAIMER:

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Many cholera cases and deaths are **PREVENTABLE**



People travelling or living in places with **POOR SANITATION AND HYGIENE** are at risk.

Use safe water
(bottled, boiled, treated) for:



Drinking



Cooking



Cleaning your
teeth



Wash hands frequently
with soap and safe water,
or use hand sanitiser.



Eat safe food —
thoroughly cooked and
served hot, avoid raw.



Consider vaccination
if available and if you
are likely to encounter
unsanitary conditions or
will have limited access
to safe water.

CHOLERA AWARENESS

**INTERNATIONAL
SOS**

WORLDWIDE REACH. HUMAN TOUCH.

WHAT IS CHOLERA?



CHOLERA IS A SERIOUS DISEASE which causes diarrhoea.

Cholera is spread by **contaminated food or water.**



Every year, there are between

1.3 and 4 MILLION cholera cases*



And between

21,000 and 143,000 deaths*

SYMPTOMS

Some people may show no or only mild symptoms.

Others may have:



Painless watery diarrhoea



Vomiting



Dehydration



Muscle cramps



Treatment: Early replacement of fluids is life saving

Fluids can be replaced easily by drinking **“oral rehydration solutions” (ORS)** sachets mixed with safe water. Other homemade alternatives can be used, if ORS is not available.

Antibiotics and intravenous fluids are used in severe cases.

