

PREVENTION  
OF ACUTE WATERY  
DIARRHEA,  
INCLUDING  
**CHOLERA**



REPUBLIC OF LEBANON  
MINISTRY OF PUBLIC HEALTH

unicef   
for every child



World Health  
Organization  
Lebanon

## Definition of cholera

Cholera is an acute intestinal infection caused by ingestion of food or water contaminated with the bacterium *Vibrio Cholerae*



## Incubation period

From two to five days  
(can be a few hours)

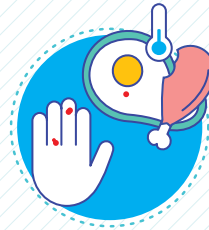


## Modes of transmission

The fecal-oral route through:



Consumption of contaminated  
water and food



Contaminated hands, raw  
or undercooked food



**Immunocompromised individuals, children and the elderly** are at greater risk of complications if they become infected



The causative bacteria remain in the stool of an infected person for a period of 7 to 14 days. **They reappear in the environment with the potential to infect many other individuals**



The disease can lead to **death as a result of severe dehydration**

## Diagnosis

Stool sampling or rectal swab  
(Cary Blair)



## Symptoms

Severe, acute watery diarrhea  
(stools similar to rice water),  
often without fever, may lead to  
dehydration



## Symptoms of dehydration



Thirst



Decreased  
skin elasticity



Sunken eyes



Weakness  
or fatigue

## Preventive methods



**Drink or use safe water.**  
It is recommended to drink water from sealed bottles from a guaranteed source



**Avoid drinking from the same vessel as others**



**Wash hands with soap and water for at least 20 seconds** regularly, before preparing or eating foods and after using the toilet.



**Maintain personal and food hygiene**



**Cook food very well** and eat it immediately after cooking



**Wash fruits and vegetables well** by leaving them in a container with chlorine added in specific proportions



**Avoid eating food exposed to insects and flies**



**Avoid eating raw meat**



**Maintaining cleanliness of the house, especially toilets and garbage places** (use of chlorine)



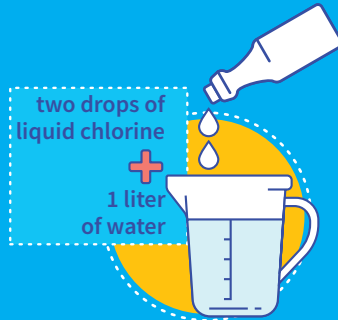
**Sterilization of water** used for drinking, washing and cooking by:

- boiling for ten minutes
- chlorine treatment

# How to sterilize water, vegetables and fruit using chlorine



Use unscented household chlorine liquid (which contains 5.25% chlorine)



Add two drops of liquid chlorine for every 1 liter of water



Add 40 drops or 2 ml or 1/4 teaspoon of liquid chlorine for every 20 liters of water



Wait half an hour (30 minutes) before using or drinking the water



Vegetables and fruits can be sterilized leaving them in chlorinated water for half an hour before eating them

## How to wash hands



Wet your hands with clean water



Put enough soap in your palm



Rub your hands for at least 20 seconds, between the fingers, including thumbs, under the fingernails, and the wrist



Wash your hands properly again with water



Dry your hands with a clean napkin or tissue



Use a clean napkin or tissue to close off the water tap

## When infected with cholera



Isolate the patient and get rid of the feces by hygienic methods



Sterilize all contaminated materials such as clothes and bedding by using chlorine and water



Clean and sterilize hands that come into contact with a cholera patient or their clothes, sheets, etc., with chlorinated water or other effective antibacterial agents



Isolate the patient and get rid of the feces by hygienic methods



Sterilization by chlorine (free of scent and contains 5.25% chlorine)

## Treatment



Use of oral rehydration salts (ORS) or intravenous fluids according to the severity of the cases

Oral rehydration salts can be prepared at home in the following way, provided that safe bottled water is used:



Half a teaspoon of table salt



1 liter of clean water



Six full teaspoons of sugar



Drink enough water and fluids



Appropriate antibiotic treatment after consulting a physician



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