

# CHOLERA

Cholera is an acute infectious disease caused by infection of the intestine with **Vibrio cholerae** bacteria when contaminated water or food is consumed. The disease is likely to break out into a large epidemic in areas with poor hygiene awareness, especially in the summer in coastal provinces where there is a habit of eating raw seafood and fermented foods.



## ! Symptoms

- Symptoms of acute gastrointestinal infection begin with abdominal cramps, bloating and diarrhea several times.
- After that, the patient have continuous diarrhea, many times with large volumes, sometimes tens of liters of feces a day. The stool characteristics in typical cholera are only water, opaque white like rice water, no blood mucus is visible.
- Accompanied by vomiting, vomiting food at first, then water.
- Usually no fever, rarely abdominal pain, fatigue, may have cramps.
- Dehydration and electrolyte loss can be manifested by thirst; dry, wrinkling skin; emaciation; sunken eyes; rapid pulse, low blood pressure, sometimes unmeasurable; little or no urination; cold limbs; etc. If not treated promptly the condition will lead to death.

## 🛡️ Prevention



Clean water supply and sanitation.



Do not eat raw seafood or raw shrimp paste.



Wash your hands with soap often before eating and after using the toilet.



Use oral cholera vaccine as directed by preventive health authorities.



Eat cooked, drink boiled, check food, ice and beverage hygiene and safety.

