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| **AWD/Cholera - PREVENTION** | | | | | |
|  | KEY MESSAGES | KEY ACTIVITIES or BEHAVIOURS | |  | |
| 1 | Only drink safe water | Use only treated water (Aquatabs, Water Guard) for drinking, making juices and ice  Store treated water safely in a jerrycan with a tap; to prevent contamination, do not introduce hands or objects into the stored water | | Logo Clean Water.jpg | |
| 2 | Prepare food safely | Wash hands with soap and water before preparing food  Always serve cooked food whilst it is hot – including food that is reheated  Wash all fruit and vegetables that are eaten raw before eating: use safe treated water to do this  Cover all food to protect it from flies and other insects  Clean all utensils with hot water and soap and dry and store in a safe place | | Logo_Clean Food.jpg | |
| 3 | Protect your children by feeding them safely | Exclusively breastfeed babies under 6 months old  Continue breastfeeding older infants as well as providing complementary food prepared hygienically  Wash hands with soap and water before feeding your children | |  | |
| 4 | Dispose of all faeces safely (in a latrine or by burying it) | Always use a latrine or toilet  If you don’t have a latrine, bury all faeces including babies’ and children’s  Provide hand washing facilities next to the latrine and always use them after using the latrine | | Logo Clean latrine.jpgBuriing poop.jpg | |
| 5 | Wash hands with soap and water | Wash your hands with soap and water at the critical times:   * After going to the toilet * After wiping a child’s bottom * Before eating * Before feeding a child * Before preparing food * Before handling water * After looking after a sick person or a dead body   Dry your hands in the air (not using a towel or cloth) | | Logo Clean Hand.jpg | |
| **AWD/Cholera - RESPONSE** | | | | | |
|  | **KEY MESSAGES** | |  | | **KEY ACTIVITIES or BEHAVIOURS** |
| 1 | It is critical to stay hydrated. The lost body fluids must be recovered | | If you have frequent watery diarrhoea, you may have cholera. Do not panic. Cholera can be cured.  Go to a doctor or clinic immediately.  Drink as much as you can on the way.  Give ORS using safe water to anyone who has diarrhoea or vomiting  If you don’t have ORS then use house made ORS or just treated water (which is not a treatment but will help the person to not dehydrate as quickly) | |  |
| 2 | ORS can help to prevent dehydration and death | | Packets of ORS can be found in most shops, markets, and pharmacies  If you have a packet of ORS, do the following:   1. Wash your hands with soap before preparing the mixture 2. Put the contents of the ORS packet in a clean covered container. Add one litre of clean water and stir. Too little water could make the diarrhoea worse 3. Add water only. Do not add ORS to milk, soup, fruit juice or soft drinks. Do not add sugar 4. Stir well, and drink it/feed it to the child from a clean cup. Do not use a bottle. Give one glass after each episode of diarrhoea 5. Store prepared ORS safely and you can use this mixture for up to 24 hours after you have made it. After this any unused mixture must be thrown away   Homemade ORS can be made with 1 litre of treated water, 6 teaspoons of sugar and ½ teaspoon of salt | | How to prepare ORS  How to prepare homemade ORS |
| 3 | Cholera is nothing to be ashamed of | | Don't be scared or ashamed of cholera. It can be treated easily if you get medical help quickly. | |  |
| 4 | Disinfect areas and materials soiled with vomit and faeces | | Disinfect areas of the floor or furniture soiled with vomit or faeces with water and chlorine or with soap and water  Wash clothes and bed linen of people who have had diarrhoea and vomiting in water with added chlorine or boil them and dry them in the sun  Do not wash soiled clothes or bed linen in open water sources or near to improved water sources  If the transport taking a sick person to a health facility becomes soiled, wash it with water and chlorine | |  |
| 5 | Keep people safe at funerals | | Where possible, do not provide food at funerals  If food is provided, the people who prepare the body must not also prepare the food  Everyone at a funeral during a cholera outbreak must wash their hands with soap:   * After going to the latrine * After touching the body if it is an important custom * Before eating food or drinking   Hand-washing facilities with soap are provided and everyone is encouraged to use them | |  |
| 6 | Use the NFIs/supplies as intended | | Use the supplies / NFIs provided to improve hygiene. If HHWT products are included, provide information and ensure population knows how to use it  Use the ORS sachets when someone has diarrhoea and vomiting making it with safe water | |  |