CHOLERA

Five Basic Prevention Steps

To prevent cholera, you should wash your hands often and take steps to ensure your food and water are safe for use. Following these simple steps greatly reduces your risk of getting cholera in areas where cholera is spreading:

1. **Be sure you drink and use safe water.**
   - Use bottled water to brush your teeth, wash and prepare food, and make ice or beverages.
   - If bottled water is not available, use water that has been properly boiled, chlorinated, or filtered using a filter that can remove bacteria.
   - Use bottled water with unbroken seals.

2. **Wash your hands often with soap and safe water.**
   - Before, during, and after preparing food.
   - Before and after eating food or feeding your children.
   - After using the toilet.
   - After cleaning your child’s bottom.
   - After taking care of someone who is sick with diarrhea.

3. **Use toilets.**
   - Use toilets or safely managed sanitation facilities to get rid of feces (poop). This includes disposal of children’s poop.
   - Wash hands with soap and safe water after going to the bathroom.

4. **Boil it, cook it, peel it, or leave it.**
   - Cook food well, keep it covered, eat it hot, and peel fruits and vegetables.
   - Eat foods that have been thoroughly cooked and are still hot and steaming. Be sure to cook seafood, especially shellfish, until it is very hot all the way through.
   - Avoid raw vegetables and fruits that cannot be peeled.

5. **Clean up safely.**
   - Clean food preparation areas and kitchenware with soap and treated water and let dry completely before reuse.
   - Bathe and wash clothes or diapers 30 meters (100 feet) away from drinking water sources.
   - Clean and disinfect toilets and surfaces contaminated with poop: clean the surface with a soap solution to remove solids; then disinfect using a solution of 1 part household bleach to 9 parts water.
   - When finished cleaning, safely dispose of soapy water and dirty rags. Wash hands again with soap and safe water after cleaning and disinfecting.

If you don’t have access to soap and water, use an alcohol-based hand rub with at least 60% alcohol.