

Cholera Prevention and Control: Introduction and Community Engagement



Introduction

This guide instructs how to prevent cholera illnesses and deaths in your communities. These slides and modules include information on:

- Introduction and community engagement
- What you need to know about Cholera
- Care of persons with diarrhea during a cholera outbreak
- Handwashing
- Oral rehydration solution (ORS)
- Safe drinking water—Aquatabs®
- Safe drinking water—Dlo Lavi
- Safe drinking water—PuR®
- Safe water storage
- Safe food preparation
- Safe sanitation and cleaning
- When a cholera death occurs at home

Community Health Worker Learning Objectives

At the end of this training you will be able to:

- Convey key principles for engaging the community.
- Describe cholera and how it is spread.
- Decide on the correct course of action for treatment and referral of people with watery diarrhea.
- Teach cholera prevention practices.
- Instruct people on correct actions to take if they think they have cholera.
- Determine how to get persons sick with cholera to a health facility or cholera treatment center.

Training Packet

- The complete training packet contains
 - guide for cholera training modules
 - 12 training modules
 - 13 community education cards
 - 1 key points slide set (15 slides) for 15–30 minute CHW training session
- You can use every module or pick and choose which modules best meet the needs of your community.
 - All modules can be used together for a longer training session.
 - Modules can be used during one-on-one or group sessions.

Community Engagement

- Community members should be treated with respect
- Lecturing and scolding people does not work
- Help problem-solve when people are stuck
- Behavior change requires a two-way conversation
- Always show appreciation for people's efforts
- When working with the community start discussions by asking
 - What they know about cholera prevention and control
 - What they are doing to prevent cholera in their homes

Involve Your Community

- Host community meetings about cholera.
- Practice safe water drinking and storage behaviors that you teach to others.
- Advise people to share cholera prevention and treatment practices with families, friends and neighbors.
- Conduct door-to-door education in your community...
 - Safe water, sanitation, ORS, cholera prevention

Cholera

What You Need to Know About Cholera

Community Health Worker Learning Objectives

- Describe what cholera is and where cholera germs are found.
- Describe how cholera is spread.
- Describe symptoms of cholera.
- Describe actions people need to take to prevent cholera.
- Describe actions people need to take if sick with cholera.

Cholera

- Swallowing cholera germs picked up from surfaces or objects that contain feces from an person sick with cholera
- Cholera is a disease that causes watery diarrhea that can look like cloudy rice water.
- Watery diarrhea causes rapid loss of water and salts from the body (dehydration).
- Loss of water and salts can lead to death within hours if **not** treated.

How can Cholera be Prevented?

- Drink and use safe water: Bottled water with unbroken seal, boiled, treated with chlorine product
- Treat piped water as it may not be safe: Treat with chlorine bleach product or household bleach
- Wash hands often with soap and safe water: If no soap: scrub hands with ash or sand and rinse with safe water
- Cook food well (especially seafood): Eat it hot, keep it covered, and peel fruits and vegetables
- Clean up safely: Kitchen and in places where your family bathes and washes clothes
- Use latrines: If no latrine, bury feces 30 meters from any body of water

What to tell people who think they have cholera

- Prepare and give ORS immediately to people with watery diarrhea.
- Prepare ORS for person sick with cholera to sip while traveling to nearest health facility.
- Go Immediately to nearest health facility, cholera treatment center or community health worker.

What to tell people who ask about cholera vaccine

- Cholera vaccines have not been shown to be useful **during a cholera outbreak** like the one currently in Haiti.
- Cholera vaccines do not provide the necessary protection in a timely manner
 - A person needs 2 doses of vaccine to be protected from cholera.
 - It can take several weeks to be protected even after the vaccine is given.
 - Current vaccines only protect for a short period of time.
- Many vehicles and staff are needed to transport and give the vaccine.
- The current supply of cholera vaccine is limited.
- Basic hygiene behaviors and cholera prevention actions are more effective to prevent cholera during a cholera outbreak.
- The cholera vaccine is not recommended for health care workers.

Decision Making Guide for Care of a Person with Watery Diarrhea

A Treatment Tool for Assessing
Persons with watery Diarrhea

Community Health Worker Learning Objectives

- Describe what to do for a person presenting with no diarrhea.
- Describe what to do for a person with watery diarrhea during the day.
- Describe what to do for a person with watery diarrhea during the night.
- Describe what to do for a person who can not travel to seek care from a health facility.

Identifying Cholera

- It is important for the CHW to identify cholera.
- The decision-making guide will provide information on how to treat a person with diarrhea and where to send them.
- Keep a copy of this guide with you in order to assess anyone who comes to you **with** or **without** watery diarrhea.

Please follow along on the
decision making guide handout

DECISION MAKING GUIDE

Question: Ask the person, have you had watery diarrhea today?

No

Yes

Yes

Answer: If the person says NO they have not had watery diarrhea today

1. Provide education on cholera
2. Provide education on ORS preparation and use
3. Give 3 ORS sachets
4. Tell person to immediately prepare ORS, start sipping it, and return to health facility or CTC if they get diarrhea

Answer: If person says YES they have had watery diarrhea today and it is DAYTIME

1. Give ORS to ill person and have them sip ORS often
2. Provide education on cholera
3. Provide education on ORS preparation and use
4. Prepare ORS in 1 Liter container (1/4 gallon)
5. Determine if person can travel to the nearest health facility or CTC. See below

Answer: If person says YES they have had watery diarrhea today and it is NIGHTTIME

1. Give ORS to ill person and have them sip ORS often
2. Provide education on cholera
3. Provide education on ORS preparation and use
4. Prepare ORS in 1 Liter container (1/4 gallon)
5. Give 5 ORS sachets to family member
6. Instruct family to have patient sip ORS all night
7. Instruct family to take person to health facility or CTC at daybreak with supply of ORS to sip while travelling
8. Send patient home for the rest of the night
9. Determine if person can travel to the nearest health facility or CTC at daybreak. See below

If determined YES they are able to travel to health facility or CTC

Yes

1. If ill person has to travel more than 1 hour give them 3 ORS sachets.
2. Make sure to have the person carry safe water with them to the nearest health facility or CTC
3. If there is no safe water, use available water
4. Instruct the person to sip ORS often
5. Have patient continue to drink ORS while travelling to health facility or CTC

Yes

If determined NO they are NOT able to travel to health facility or CTC

No

1. Give ORS to ill person and have them sip ORS often
2. Give 5 ORS sachets
3. Family must make sure patient sips ORS all night
4. Instruct family to have patient sip ORS until diarrhea stops
5. With help of family, try and find a way ill person can get to the nearest health facility or CTC
6. CHW should check on ill person in 2 hours in their home

No

Handwashing



Community Health Worker Learning Objectives

- Describe when people should wash their hands
- Describe how people should wash their hands
- Describe what people should use to wash their hands when soap is not available

Handwashing



- Handwashing with soap and safe water is *one* way to help prevent the spread of cholera
- Soap helps remove dirt and cholera germs from hands
- People can help protect themselves and their family from getting sick with cholera by washing their hands often
- Unwashed (or poorly washed) hands can transfer cholera germs to food, water, and household surfaces

What is safe water?

- Safe water is water that is bottled with an unbroken seal, has been boiled, or has been treated with a chlorine product

When should I wash my hands?

- You should wash your hands often
 - Before you eat or prepare food
 - Before feeding your children
 - After using the latrine or toilet
 - After cleaning your child's bottom
 - After taking care of someone ill with diarrhea

How should I wash my hands?

- Wet your hands with safe water
- Lather thoroughly with soap
 - If there is no soap, scrub your hands with ash or sand
- Cover all surfaces, including under nails
- Rinse hands well with safe water
- Dry hands completely with a clean towel or air dry



Oral Rehydration Solution (ORS)

A life saving treatment for people with watery diarrhea caused by cholera

Community Health Worker Learning Objectives

- Explain what ORS is and what it does to prevent cholera death
- Identify supplies needed for preparing ORS sachets and homemade ORS
- Prepare ORS sachet and homemade ORS
- Instruct cholera patients in appropriate ongoing feeding and continued breastfeeding

Oral Rehydration Solution (ORS)

What is ORS?

- ORS is a life saving drink for people with watery diarrhea caused by cholera
 - Watery diarrhea causes a rapid loss of water and salts from your body (dehydration)
 - This loss of water and salts can lead to death
- Drinking ORS can prevent death by replacing the lost water and salts
- Prepare and give ORS immediately to people with watery diarrhea



Supplies Needed for Preparing ORS Sachet

- Soap and safe water (for washing hands)
- Safe water is water that is bottled with an unbroken seal, has been boiled, or has been treated with a chlorine product
- A clean container that can hold at least 1 (one) liter (1/4 gallon) of water
- A clean utensil to stir solution
- A clean cup for drinking or a clean spoon for feeding ORS to child
- One liter (1/4 gallon) of safe water
 - »» *If not sure water is safe to drink, boil it for at least 1 minute or treat it with a chlorine product. If boiled or treated water is not available use any available water . ORS mixed with any water can still save lives.*
- A sachet of oral rehydration solution

How to Prepare ORS



1. Wash hands with soap and safe water before making solution



2. In a clean container, add 1 liter (1/4 gallon) of safe water



3. Empty ORS sachet into safe water and stir with a clean utensil until the white powder disappears



4. Use a clean cup or spoon (for child) to drink ORS. Sip ORS frequently. Adults and older children should continue to eat frequently. Infants and young children should continue breastfeeding frequently

Safe drinking water— Aquatabs®

A chlorine-treatment
product for making
water safe to drink



Community Health Worker Learning Objectives

- Describe Aquatabs[®]
- Describe how to use Aquatabs[®] to make water safe for drinking
- Identify supplies needed for preparing safe drinking water with Aquatabs[®]
- Instruct community members on how to prepare safe water using Aquatabs[®]

What are Aquatabs®?

- Cholera can be spread by drinking and using water that has cholera germs in it.
- Aquatabs® are small tablets of chlorine that can make water safe for drinking: Aquatabs® kill the germs that spread cholera
- Aquatabs® come in a strip of tablets and are easy to use: Be careful not to confuse a strip of Aquatabs® with medications
- Aquatabs® tablets are to be put into water and are **NOT** to be eaten under any circumstances

How do I use Aquatabs®?

Aquatabs® come in different strengths (8.5mg, 17mg, 33 mg, 67 mg & 167mg) for different amounts of water

1. Check package to see the strength of your Aquatabs®
2. Use the chart provided to see how much water you can treat with the strength of tablet you have
3. Remove tablet(s) from the strip of Aquatabs® & drop into a clean container with the correct amount of water
4. Stir the water with a clean utensil
5. Cover the container
6. Wait for **30 minutes** before drinking or using the water
7. Drink and use the safe water in the next 24 hours

What strength of Aquatabs® do I use to make my water safe to drink?

Aquatabs® Tablets		Number of tablets to use		To make this much water safe	
Strength	Color of Packet	Clear Water	Cloudy Water	Liter	Gallon
8.5 mg	Yellow packet	1	2	2.5 liter	½ gallon
17 mg	Green packet	1	2	5 liters	1 gallon
33 mg	Green packet	1	2	10 liters	2½ gallons
67 mg	Blue packet	1	2	20 liters	5 gallons
167 mg	Red packet	1	2	40 liters	10 gallons

Safe drinking water— Dlo Lavi



A life saving chlorine product
to make safe water

Community Health Worker Learning Objectives

- Describe Dlo Lavi.
- Describe how to prepare Dlo Lavi to make water safe.
- Identify supplies needed for preparing safe drinking water with Dlo Lavi.
- Instruct community members on how to prepare safe water using Dlo Lavi.

Safe Drinking Water – Dlo Lavi

- Cholera can be spread by drinking and using water that has cholera germs in it.
- Drinking and using safe water prevents the spread of cholera.
- Safe water is water that is bottled with an unbroken seal, has been boiled, or has been treated with a chlorine product.
- One way to make water safe is to treat it with a chlorine product like Dlo Lavi.

What is Dlo Lavi?

- Dlo Lavi is a liquid chlorine that makes dirty water safe to drink.
- Dlo Lavi comes in a small bottle made in Haiti that is easy to use.
- When properly mixed with water, Dlo Lavi kills cholera germs that make people sick.

How to Use Dlo Lavi



- Pour the Dlo Lavi liquid into the cap from the Dlo Lavi bottle.
- If water is clear → pour 1 capful into a clean container with 20 liters (5 gallons) of water
- If water is very dirty or cloudy → pour 2 capfuls into a clean container with 20 liters (5 gallons) of water
- Stir water with a clean utensil.
- Cover the container if you have a cover.
- Wait for 30 minutes before drinking or using the water.
- Drink and use the safe water in the next 24 hours.

Safe drinking water— PuR ®

A white powder used to make water
safe to drink



Community Health Worker Learning Objectives

- Describe PuR[®].
- Describe how to use PuR[®] to make water safe.
- Identify supplies needed for preparing safe drinking water with PuR[®].
- Prepare safe drinking water with PuR[®].
- Instruct community members how to prepare safe water using PuR[®].

Making Water Safe

- To prevent the spread of cholera, make sure that you drink and use safe water.
 - Safe water is water that is bottled with an unbroken seal, has been boiled, or has been treated with a chlorine product.
- One way to make water safe is to treat it with a chlorine product like PuR[®].
- PuR[®] kills the germs that spread cholera.

What is PuR ®?

- PuR® is a water treatment product that kills cholera germs in water that make people sick
- PuR® is best for water that looks cloudy
- PuR® makes the water look clear. Other water treatment products will kill germs, but the water may still look cloudy
- PuR® comes as small sachet of white powder to be poured into cloudy water



How to use PuR®

- Pour powder from PuR® sachet into 10 liters (2 1/2 gallons) of water.
- Stir the water well for 5 minutes.
- Let the water sit for 5 minutes.
- Filter the water by pouring it through a clean cloth (with **no** holes) into a clean container.
- Wait for 20 minutes before drinking the water.
- Drink and use the safe water in the next 24 hours.

Note: If you are storing the water in an open container, treat the water with PuR® again after 24 hours

Safe Water Storage

Clean, covered containers with a tap prevent safe water from getting dirty.

Community Health Worker Learning Objectives

- Describe why safe water storage is important.
- Identify a safe water storage container.
- Instruct community members on how to determine if a container is safe for storing safe water.
- Instruct community members on why a safe water container is important to prevent cholera.

Why is safe water storage important?

- Drinking and using safe water is one of the most important ways to prevent the spread of cholera.
- After water is made safe to drink and use, it is important to make sure that the water is stored safely.
- A clean, covered storage container protects the water and keeps the water safe to drink.

What should a safe container have?

- A lid that tightly covers the container.
- A tap or small opening that stops people from dipping their hands, cups, utensils, and other objects into the water.

What if I do **not** have a safe storage container?

- **If you have water in a container without a lid and a tap, it is still important to keep the water as clean as possible.**
 - Clean container before using it to store water.
 - Do **not** dip objects into the water.
 - Do **not** dip fingers or hands into the water.
 - Only use water that you pour directly out of the container.

How to clean a container for safe water storage (if you have household bleach)

Use these steps to clean the storage container

- 1) Wash the container with soap and safe water and rinse completely with safe water.
- 2) Clean the container with 1 part household bleach to 100 parts water mixture.
- 3) Cover the container and shake it well so that all inside surfaces of the container are touched.
- 4) Wait at least 30 seconds and then pour the water mixture out of the container.
- 5) Let the container air dry before use.

Note: If household bleach is not available, clean container with soap and safe water and let air dry.

Safe Food Preparation

Community Health Worker Learning Objectives

- Describe why safe food preparation is important.
- Describe how to prepare food safely.
- Instruct community members how to prepare food safely.

Why is safe food preparation important?

- To prevent the spread of cholera
 - Wash hands often with soap and safe water to prevent cholera from getting into food.
 - Safe water is water that is bottled with an unbroken seal, has been boiled, or has been treated with a chlorine product.
 - Cook food well. All food, especially fish, shellfish, and vegetables may have cholera germs.
 - Store cooked food in covered containers to keep flies off and protect food from cholera germs.

How Do I Prepare Food Safely?

- Wash hands often with soap and safe water.
- Use safe water for food preparation.
- Cook food well (especially seafood).
- Eat cooked food HOT.
- Store cooked food in covered containers.
- Reheat cooked food well.
- Clean food preparation areas and kitchenware with soap and safe water.
- Eat only food you have cooked yourself or that comes from trusted sources.

Safe Sanitation and Cleaning

Safe sanitation means that feces (poop) are properly disposed of



Community Health Worker Learning Objectives

- Define safe sanitation.
- Describe the proper way and place to dispose of feces (poop).
- Describe how to prepare household cleaning solutions to use for the prevention and spread of cholera.
- Describe how to clean household surfaces and other items to prevent the spread of cholera.
- Explain how to bathe in a way to protect household members from cholera.
- Describe household cleaning actions that need to be taken if a family member has been sick with cholera.
- Instruct on safe sanitation and cleaning practices.

What is safe sanitation?

- Safe sanitation means that feces (poop) are properly disposed of in toilets or latrines, or buried.
- Safe sanitation and safe cleaning help to prevent the spread of cholera germs.

Why are safe sanitation and cleaning important?

- Cholera is spread when feces (poop) or vomit from a sick person gets into food or water that a person eats or drinks.
- Feces or vomit from a sick person can get on household items such as dishes, furniture, floors, clothing, or bedding materials. People can get cholera if they touch these items and then touch their mouth.
 - Do not let feces touch humans or surfaces.
 - Safely dispose of feces.
- To prevent the spread of cholera, keep yourself and anything you touch clean.

Safe Sanitation and Cleaning Instructions

To prevent cholera germs from getting into drinking water and food or onto surfaces or objects:

- Safely dispose of feces (poop).
- Use latrines or other sanitation systems, like chemical toilets, to dispose of feces.
- Wash hands with soap and safe water after
 - visiting the latrine or toilet.
 - cleaning a baby's bottom.
- Clean latrines and surfaces contaminated with feces or vomit using a solution of 1 part household bleach to 9 parts water.

Safe Bathing and Cleaning

- Wash bedding, clothing, and diapers with soap at least 30 meters away from all bodies of water.
- Bathe yourself and your children with soap and water at least 30 meters away from all bodies of water.
- Cloths used for household cleaning should be washed daily with soap and air dried before reuse.
- **Special care should be taken if a family member has been sick with cholera.**
 - Clean **all** household clothing and bedding touched or used by the person who has been sick with cholera with 1 part household bleach to 100 parts water mixture.
 - Mattresses can be disinfected by drying well in the sun.

When a Person with Cholera Dies at Home

Community Health Worker Learning Objectives

- Instruct community members how to respond when there is a death in the home.
- Understand how to prevent the spread of cholera when preparing the body.
- Describe guidelines and safe practices for funeral feasts if they cannot be cancelled.
- Instruct community members in safe cleaning while preparing a body in the home for burial.

When a Person with Cholera Dies at Home

- Local officials or a health care worker should be contacted immediately.
- When a person with cholera dies, their body releases fluid that can contain cholera germs.
- Special care should be taken to prepare the body for burial so others do **not** get ill with cholera.
- If possible, family members should **not** handle the body.
- Funerals should be held within hours of death, if possible.

Steps on How to Prepare the body at home for burial

1. People should **not** kiss, touch, or hold the body.
2. Wash hands well with soap and safe water after touching body.
3. Wash the body with a solution that is 1 part bleach to 9 parts water., and fill the mouth and bottom (anus) with cotton that has been soaked in a solution that is 1 part bleach to 9 parts water.
4. Put the body in a bag to prevent fluids from leaking. These fluids could spread cholera.
5. Clean all of the deceased person's clothing and bedding.
6. If household bleach is **not** available, clean bedding and clothing by washing with soap and drying in the sun.
7. Mattresses can be disinfected by drying well in the sun.
8. Clean any surfaces the body touched with a solution that is 1 part bleach to 9 parts water.
9. Wash hands well with soap and safe water immediately after handling clothes of the deceased.

Funeral Feasts

- The burial of the body should be supervised by local authorities or a health care worker.
- Funeral feasts should be cancelled.
- If there is a feast, special care should be taken by all guests and family members to prevent the spread of cholera.
- To prevent the spread of cholera during a funeral, guests and family members should follow funeral guidelines.

Funeral Feasts

- Do **not** prepare food if you prepared the body for burial.
- Do **not** touch the body during the funeral feast.
- Wash hands often with soap and safe water.
- Drink and use safe water for all household uses.
- Cook food well (especially seafood).
- Keep food covered, eat it hot, and peel fruits and vegetables.
- Clean food preparation areas and kitchenware with soap and safe water and let dry completely before reuse.
- Use latrines or other sanitation systems to dispose of feces.
- If latrines or chemical toilets are unavailable, defecate 30 meters away from any body of water, then bury your feces.

Key Training Points: Brief Overview

Cholera

- Cholera is a disease that causes a lot of watery diarrhea.
- Cholera is spread when feces (poop) from an infected person gets into the water people drink or food people eat.

Oral Rehydration Solution (ORS)

- ORS is a simple way to replace lost water and salt from watery diarrhea caused by cholera.
- ORS can save your life if you have watery diarrhea.
- Prepare ORS sachet with safe drinking water and sip small amounts frequently.

Care of Person with Watery Diarrhea

- Immediately prepare and provide ORS.
- Assess ability to travel to nearest health facility.
- Send to nearest health facility if able. If not able, problem solve on how to best provide care until diarrhea stops.

Aquatabs®

- Aquatabs® is a chlorine product that can be used in water to make it safe to drink.
- Aquatabs® kills cholera germs in water that can make people sick with diarrhea.
- Put one Aquatabs® tablet in clear water and two tablets in cloudy water.

Dlo Lavi

- Dlo Lavi is a chlorine product that can be used in water to make it safe to drink.
- Dlo Lavi kills cholera germs in water that can make people sick with diarrhea.
- Pour one capful of Dlo Lavi into a clean container with 5 gallons (20 liters) of water.
 - Wait for 30 minutes before drinking

Household Bleach

- Household bleach is a chlorine product that can be used in water to make it safe to drink.
- Household bleach kills cholera germs in water that can make people sick with diarrhea.
- Pour 8 drops of household bleach into a clean container with 1 gallons (4 liters) of water.
 - Wait for 30 minutes before drinking

PuR®

- PuR® is a chlorine product that can be used in water to make it safe to drink.
- PuR® kills cholera germs in water that can make people sick with diarrhea.
- Pour one PuR® sachet into 2 ½ gallons (10 liters) of water.
 - Shake, filter, and wait for 20 minutes before drinking

Handwashing

- Handwashing with soap and safe water is one of the easiest ways to help prevent the spread of cholera.

Safe Water Storage

- Always store safe water in a clean container with a lid and tap or small opening to prevent cholera germs from getting in the water

Safe Food Preparation

- Proper handling, cooking, and safe storage of food can prevent the spread of cholera.
- Boil it, cook it, peel it, or leave it!

Safe Sanitation and Cleaning

- Safe sanitation and safe cleaning helps prevent the spread of cholera germs.
- Safe sanitation means that feces (poop) are properly disposed of in toilets, latrines, or buried.
- Cleaning with soap and water or household bleach solution can kill cholera germs on household items.

When a Person with Cholera Dies at Home

- Contact local officials immediately if a person dies of cholera in the home.
- Upon death, a body releases fluid that can contain cholera germs.
- Special care should be taken to prepare a body for burial to avoid getting sick with cholera.

Cleaning your Home after Flooding

- Floodwater can contain feces (poop) which can contain cholera germs.
- All surfaces and objects that floodwaters touch must be cleaned.
- Cleaning with a bleach mixture of 1 part bleach to 100 parts water can kill cholera germs on flooded items.

Watery Diarrhea

- Cholera causes a lot of watery diarrhea that can look like cloudy rice water.
- If you have watery diarrhea, you may have cholera.
- If you have watery diarrhea, immediately prepare ORS, sip it often, and go to the nearest health facility.