

Cholera Prevention Messages

Protect Yourself from Cholera:

1) Drink and use safe water.*

- Bottled water with unbroken seals and canned/bottled carbonated beverages are safe to drink and use.
- Use safe water to brush your teeth, wash and prepare food, and to make ice.
- Clean food preparation areas and kitchenware with soap and safe water and let dry completely before reuse.

***Piped water sources, drinks sold in cups or bags, or ice may not be safe and should be boiled or treated with chlorine.**

To be sure water is safe to drink and use:

- Boil it or treat it with a chlorine product or household bleach.
- If boiling, bring your water to a complete boil for at least 1 minute.
- To treat your water with chlorine, use one of the locally available treatment products such as Aquatabs®, Dlo Lavi, or PuR® and follow the instructions.
- If a chlorine treatment product is not available, you can treat your water with household bleach. Add 8 drops of household bleach for every 1 gallon of water (or 2 drops of household bleach for every 1 liter of water) and wait 30 minutes before drinking.
- Always store your treated water in a clean, covered container.

2) Wash your hands often with soap and safe water.*

- 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.

***If no soap is available, scrub hands often with ash or sand and rinse with safe water.**

3) Use latrines or bury your feces (poop); do not defecate in any body of water.

- Use latrines or other sanitation systems, like chemical toilets, to dispose of feces.
- Wash hands with soap and safe water after defecating.
- Clean latrines and surfaces contaminated with feces using a solution of 1 part household bleach to 9 parts water.

What if I don't have a latrine or chemical toilet?

- Defecate at least 30 meters away from any body of water and then bury your feces.
- Dispose of plastic bags containing feces in latrines, at collection points if available, or bury it in the ground. Do **not** put plastic bags in chemical toilets.
- Dig new latrines or temporary pit toilets at least a half-meter deep and at least 30 meters away from any body of water.

4) Cook food well, keep it covered, eat it hot, and peel fruits and vegetables.*

- Boil it, Cook it, Peel it, or Leave it.
- Be sure to cook seafood, especially shellfish, until it is very hot all the way through.

***Avoid raw foods other than fruits and vegetables you have peeled yourself.**

5) Clean up safely—in the kitchen and in places where the family bathes and washes clothes.

- Wash yourself, your children, diapers, and clothes, 30 meters away from drinking water sources.

