



# WHAT IS CHOLERA?

Cholera is an acute diarrhoeal infection caused by infection of the intestine (part of your stomach) with *Vibrio cholerae* bacteria.

People can get sick when they swallow food or water contaminated with cholera bacteria.





# CHOLERA PREVENTION TIPS



**1.** Drink and use water from a reliable source.



**2.** If you think your water source might be unsafe, bring your water to a rolling boil for at least 1 minute.



**3.** Wash your hands with soap and safe water or use an alcohol-based sanitiser (60% alcohol or higher).



**4.** Keep your food safe by cooking it well, keeping it covered, eating it hot and peeling your fruit and vegetables.



**5.** Use soap and safe water to clean areas where you prepare food and kitchenware. Let it dry before reuse.