

Cholera

Cholera is an acute, diarrheal illness caused by infection of the intestine and is spread by the ingestion of contaminated food or water that has been contaminated with human feces containing the bacteria.

SYMPTOMS

- Watery diarrhea (can look like cloudy rice water)
- Vomiting of clear fluid
- Dehydration/Thirst
- Rapid heart rate
- Loss of skin elasticity
- Dry mucous membranes
- Low blood pressure
- Muscle cramps
- Blood pressure drops due to dehydration
- Seizures

Persons with severe cholera can develop acute renal failure, severe electrolyte imbalances and coma. If untreated, severe dehydration can rapidly lead to shock and death in hours.

PREVENTION/TREATMENT

- Drink and use safe water - boiling or chlorination
 - Sari filtration - a folded sari to filter drinking water: fold sari four to eight times. Between uses the cloth should be rinsed in clean water and dried in the sun to kill any bacteria on it.
- Handwashing with soap and/or ash is also recommended after visiting toilets and before handling food or eating
- Use latrines or bury your feces, do not defecate in any body of water
- Proper disposal and treatment of infected fecal waste water produced by cholera victims and all contaminated materials (e.g. clothing, bedding, etc.)
- Cook food well (especially seafood), eat it hot, keep it covered, and peel fruits and vegetables
- Clean up safely—in the kitchen and in places where your family bathes and washes clothes
- Vaccine
- Fluids
- Electrolytes
- Antibiotics
- Zinc supplementation

This free patient information from mdCurrent-India is not intended to be a substitute for professional medical advice. Always see your doctor if you are ill or have questions about your health.

Your doctors contact information is available in the box below.



mdCurrent
GLOBAL MEDICINE. LOCAL FOCUS.

<http://mdcurrent.in/patients/patient-education-home/>



© mdCurrent LLC. Doctors in India are permitted to make unlimited printouts or photocopies for distribution to patients.
Rev 2016-02-15