

Community Health Worker Training Materials for Cholera Prevention and Control



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

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Cholera Prevention and Control

What is cholera disease?

- Cholera disease causes a lot of watery diarrhea and vomiting.
- Cholera diarrhea can look like cloudy rice water .
- Cholera can cause death from dehydration (the loss of water and salts from the body) within hours if not treated.

How is cholera spread?

- Cholera germs are found in the feces (poop) of infected people.
- Cholera is spread when feces (poop) from an infected person gets into the water people drink or the food people eat.
- Cholera is **not** likely to spread directly from one person to another.

Protect yourself and your family from cholera and other diarrheal diseases:

- 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.
- Wash hands often with soap and safe water.
If no soap is available, scrub hands often with ash or sand and rinse with safe water.
- Use latrines or bury your feces (poop), do **not** defecate in any body of water.
- 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.

What to do if you or your family are ill with diarrhea:

- If you have oral rehydration solution (ORS), start taking it now; it can save your life.
- Go immediately to the nearest health facility, cholera treatment center, or community health worker, if you can. Continue to drink ORS at home and while you travel to get treatment.
- Continue to breastfeed your baby if they have watery diarrhea, even when traveling to get treatment.



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Cholera Prevention Messages

Protect Yourself from Cholera: Key Messages

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.



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<http://www.cdc.gov/haiticholera>

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Module 1: Introduction and Community Engagement

Introduction and purpose

Safe drinking water and food, good hygiene practices, and sanitation are very important in helping to prevent the spread of cholera. The purpose of these training modules is to give community health workers (CHWs) tools to help their communities prevent cholera illnesses and deaths. These simple tools include information on cholera, oral rehydration solution, safe drinking water, handwashing, sanitation, safe water storage, food preparation, and handling a death from cholera that may occur in the home.

Community health workers (CHWs) are trusted persons skilled in promoting health messages and implementing health interventions within their communities. This training, which consists of 11 additional modules, is designed to provide crucial cholera prevention skills to community members. It can be conducted during one-on-one or group sessions. Use these modules in any combination you feel will best help prevent cholera in your community.

How to use these modules

- Arrange a meeting space that includes or is near a functional water source or has safe water nearby.
- Gather any necessary materials and supplies before you start your education session. The table below suggests some possible materials you will need for each module.
- Ask permission to talk with your community.
- Show appreciation for their participation.
- Problem solve with them when needed.

Supplies needed for training

1. Pictures, flipchart, or a list showing places where people can get cholera
2. Handwashing—safe water, a basin or container, soap, clean towel (if available); if no soap is available, ash or sand can be used
3. ORS sachets—safe water, soap (for handwashing), a clean 1 liter (or 1/4 gallon) container filled with safe water, a clean cup for sipping (a clean spoon for sipping if making for a child), a clean utensil for stirring the solution
4. Aquatabs®—a strip of Aquatabs®, a clean container or bucket filled with water (amount of water will depend on the strength of the Aquatabs® tablet you have), a lid for the container, a clean utensil for stirring the solution
5. Dlo Lavi—one bottle of Dlo Lavi, a clean 5 gallon (or 20 liter) container filled with water, a lid for the container, a clean utensil for stirring the solution
6. PuR®—PuR® sachets, water, a clean 2 ½ gallon (or 10 liter) container filled with water, a lid for the container, a clean cloth for filtering, scissors or a knife to open the sachet, a clean utensil for stirring the solution



Module 1: Introduction and Community Engagement

Community engagement

As a CHW, your interactions with the community are critical to the adoption of positive health behaviors to prevent cholera.

- Lecturing and scolding people does not cause them to adopt new behaviors.
- Influencing people to adopt safe water, sanitation, and hygiene behaviors requires a two-way conversation and problem solving discussions.
- When working with the community, start the discussion by asking people what they know or what they are currently doing in their homes to prevent cholera.
- Always remember to show appreciation for their participation and avoid arguing.
- Find out where people are stuck in trying to adopt the new behaviors and engage in an open discussion.
- Problem solve with community members. Community members are adults and need to be treated with respect.

One way to further involve your community in your cholera prevention activities is to host a community meeting and model the behaviors you want them to do. Hosting a community meeting is a way for you as a CHW to educate others about positive behaviors that will prevent cholera illnesses and deaths. You can also promote these messages in your daily contact with community members in their villages and homes. Remember to ask community members to share the education you provide them with their families and others in the community.

Module 2: What You Need to Know about Cholera

I. What is cholera?

Cholera is a disease that causes a lot of watery diarrhea and vomiting. Cholera diarrhea looks like cloudy rice water. When people have cholera, they rapidly lose body fluids, which leads to dehydration. Dehydration is the loss of water and salts from the body. This loss of water and salts can lead to death within hours if **not** treated.

II. Where are cholera germs found?

- Cholera germs are found in the feces (poop) of infected people.
- Cholera germs are usually found in places where people have limited access to safe drinking water, soap and safe water for handwashing, and clean latrines.

III. How is cholera spread?

- Cholera is spread when feces (poop) from an infected person gets into the water people drink or the food people eat.
- Cholera can also be caused by swallowing cholera germs picked up from surfaces or objects that contain fresh feces from an infected person.
- Cholera is **not** likely to spread directly from one person to another. Shaking hands or touching a person with cholera is **not** a risk for becoming ill with cholera.

IV. What should someone do if they think they have cholera?

- Wash hands often with soap and safe water (safe water is water that is bottled with an unbroken seal, has been boiled, or has been treated with a chlorine product). If no soap is available, scrub hands with ash or sand and rinse with safe water.
- If oral rehydration solution (ORS) is available start taking it now.
 - » Prepare ORS in a clean one liter (¼ gallon) container using safe water.
 - » Begin sipping ORS frequently.

Note: If no fuel is available for boiling water or if no chlorine products are available to treat water to make it safe, community members should still make ORS with the water they have because ORS with any water can save lives.

- Go immediately to the nearest health facility, cholera treatment center, or community health worker (CHW), if you can. Continue to drink ORS at home and while traveling to get treatment. Continue to breastfeed your baby if the baby has watery diarrhea, even when traveling to get treatment. **Adults and older children should continue to eat frequently.**

V. Is there a vaccine for cholera?

Yes, there are cholera vaccines, but they have not been shown to be useful during a cholera outbreak. Basic hygiene behaviors and cholera prevention actions are much more effective in preventing cholera. Cholera vaccines are not used during an outbreak like the one in Haiti because:

They do not provide the needed protection in a timely manner.

- People need 2 vaccine doses over several weeks to be protected from cholera.
- It takes several weeks for the body to become protected.
- Current vaccines only protect for a short period of time



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Module 2: What You Need to Know about Cholera

They are difficult to distribute.

- Vaccines must be given to each person twice.
- Refrigeration and safe water are needed for the vaccine.

Cholera vaccine supplies in the world are limited.

The cholera vaccine is not recommended for healthcare workers

- Basic hygiene behaviors and cholera prevention actions are much more effective for preventing cholera.

How can a person protect themselves from getting cholera?

- 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).
- Piped water sources may **not** be safe and should be boiled or treated with a chlorine product or household bleach to make it safe.
- Wash hands often with soap and safe water. If no soap is available, scrub hands often with ash or sand and rinse with safe water.
- Use latrines or bury feces (poop) at least 30 meters away from any body of water.
- 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.

Discussion questions

1. What are common ways that people in your area might get cholera?
2. Do people in your area have latrines in their compounds?
3. How do you make water safe for drinking?
4. What is casual contact?
5. Do people generally have soap and safe water in their homes?
6. Has anyone ever used ORS? If yes, please describe how people usually prepared it and discuss if these are the correct techniques.
7. Why are cholera vaccines not available during this outbreak?

Exercises

- Ask participants to sit in groups of 3–4 people.
- Assign one participant to play the role of a CHW and the other participants will be members of the community. Each community member asks a question to the CHW. They have heard about cholera and want to know more. They can ask questions from the lecture:
 - » What is cholera?
 - » Where are cholera germs found?
 - » How is cholera spread?
 - » What should someone do if they think they have cholera?
 - » How can a person protect themselves from getting cholera?

At the end of the exercise, have the whole group get back together. Ask the participants who played CHWs if they feel they gave adequate answers. Ask participants what else they would have liked to know.

Module 3: Decision Making Guide for Taking Care of People with Watery Diarrhea

I. Assessing cholera

As Community Health Workers (CHWs), you have to make life-saving decisions. It is important for the CHW to identify cholera. This module and decision making guide will provide you with step-by-step instructions for caring for people in your community during a cholera outbreak. Keep a copy of this guide with you at all times in order to assess anyone who comes to you **with** or **without** watery diarrhea during the **day** or **night**. If the person has cholera symptoms the guide provides you with the correct information on how to treat the person and where to send them.

II. How to use the Decision Making Guide

When a person comes to see you begin the assessment by asking one important question:

Have you had watery diarrhea today?

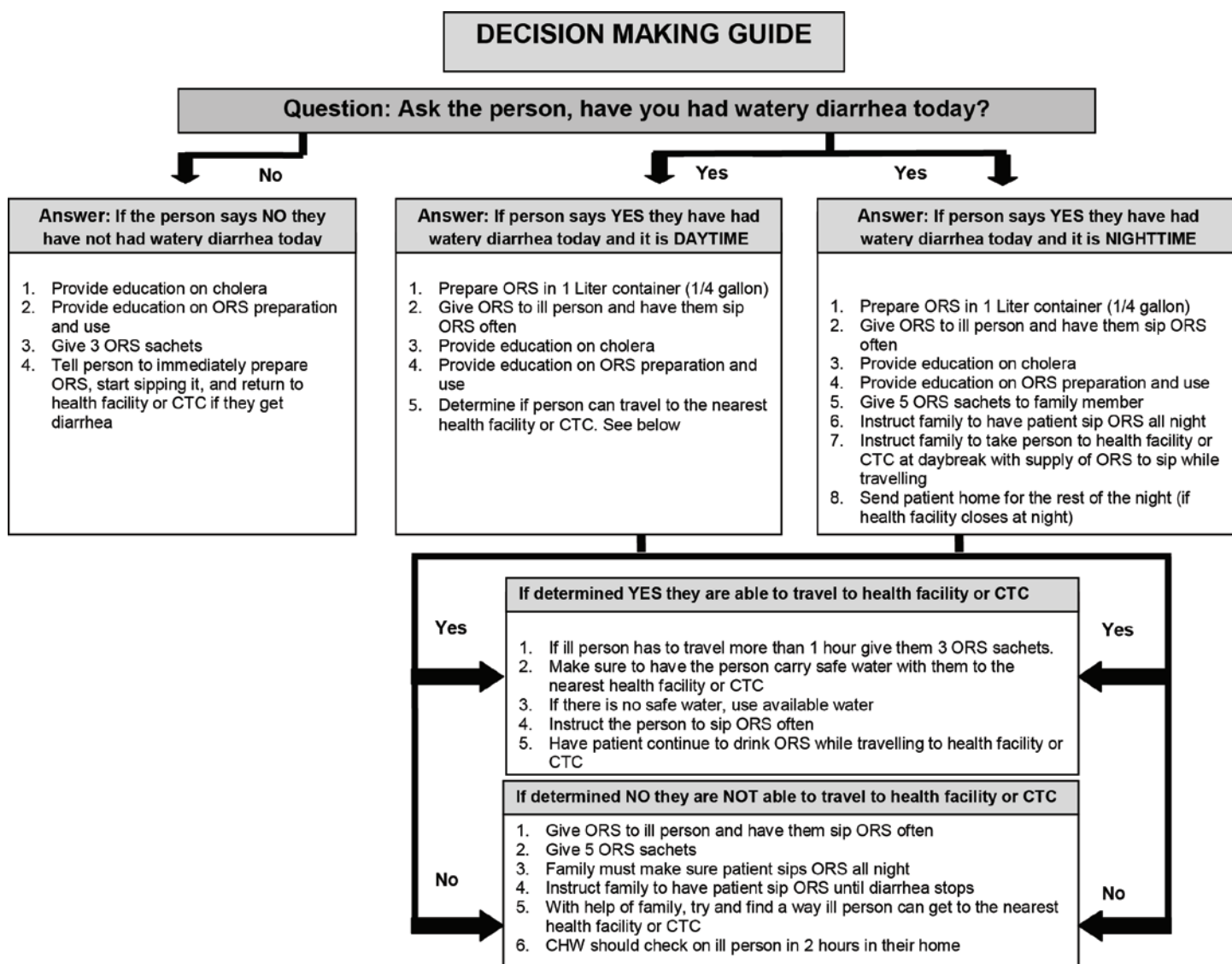
- **If the person says no:** You will educate the person about preventing cholera. You will teach them how to prepare and use Oral Rehydration Solution (ORS). Give them 3 ORS sachets. Tell the person that if they get diarrhea, they should immediately prepare the ORS, start sipping it, and go to a health facility or cholera treatment center (CTC).
- **If the person says yes, and it is during the day:** Give ORS to the ill person and have them sip ORS often. Provide education on cholera. Teach the person how to prepare ORS. Determine if the person can travel to the nearest health facility or CTC. If yes, send them to nearest health facility or CTC with ORS. If they cannot travel, give 5 ORS sachets to the family and instruct them on how to care for the person. ORS should be continued until diarrhea stops. CHW should check on the ill person in their home and provide more ORS, if needed (if they still have watery diarrhea problem solve on how to get the person to a health facility or CTC).
- **If the person says yes, and it is night time:** Give ORS to the ill person and have them sip ORS often. Provide education on cholera. Teach the person how to prepare ORS. Give 5 ORS sachets to family and instruct them on how to care for the person throughout the night. At daybreak determine if the person can travel to the nearest health facility or CTC. If yes, send them to the nearest health facility or CTC with ORS to sip on the way. If they cannot travel, give 5 ORS sachets to the family and instruct them on how to care for the person. ORS should be continued until diarrhea stops. CHW should continue to check on the ill person in their home and provide more ORS if needed (if they still have diarrhea, problem solve on how to get the person to a health facility or CTC).



Module 3: Decision Making Guide for Taking Care of People with Watery Diarrhea

Discussion questions

1. It is 9:30 in the evening and Mary, a 59 year old grandma has come to your home. She tells you she has had lots of watery diarrhea for the past 2 hours. It is the color of cloudy rice water. She is feeling very weak. What do you do? What do you recommend that the grandma does?
2. It is 8:00 am and John, a 69 year old elder from your community has come to your home with his 7 year old grandson. His grandson tells you that John has had very bad watery diarrhea and appears confused. You assess John and decide he is unable to travel to the health facility or CTC because he is too sick. What do you do? What do you recommend they do?



Module 4: Handwashing

Handwashing with soap and safe water (water is only safe if it is bottled with an unbroken seal, has been boiled, or has been treated with a chlorine product) is one of the easiest ways to help prevent the spread of cholera. Soap helps remove dirt and cholera germs from hands. A person can help protect themselves and their family from cholera by washing their hands often. Unwashed (or poorly washed) hands can transfer cholera germs to food, water, and household surfaces.

I. When should I wash my hands?

- You should wash your hands often, especially:
 - » 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

II. 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 with soap, including under nails.
- Rinse hands well with safe water.
- Dry hands completely with a clean towel, if available, or air dry.



Module 4: Handwashing

Discussion questions

1. When do you wash your hands at home? (Hint: Review list on other side of page.)
2. When do you not wash your hands at home? (Hint: Ask group why it is difficult at those times and problem solve to improve handwashing at these times.)
3. What do you use when soap is not available? (Hint: You can scrub your hands with ash and sand, rinse with water, and air dry.)
4. After washing your hands, how do you dry your hands? (Hint: If a clean towel is not available, shake hands and air dry.)
5. How can people with cholera germs on their hands make other people sick?

Exercises

When teaching a new behavior, it is critical to demonstrate the behavior and then have people practice. People learn best by doing the behavior themselves. You will need to have safe water, soap, sand, and a clean towel. (If you do not have a clean towel, it is okay to demonstrate how to let hands air dry.)

Demonstrate proper handwashing techniques, first using soap and then using sand, for the group following the steps below. Once you have completed all of the steps, ask everyone from the group you are training to practice proper handwashing techniques in pairs. You should read each step out loud so the group can listen while they perform the steps. Remember to show appreciation for their participation.

Handwashing instructions

1. Wet your hands with safe water.
2. Lather thoroughly with soap. If there is no soap, scrub your hands with ash or sand.
3. Cover all surfaces with soap, including under nails.
4. Rinse hands well with safe water.
5. Dry hands completely with a clean towel, if available, or air dry.



Wet your hands with safe water.



Lather thoroughly with soap, covering all surfaces, including under nails.



Rinse hands well with safe water.



Dry hands completely with a clean towel, if available, or air dry.

Module 5: Oral Rehydration Solution (ORS)

Dehydration is the loss of water and salts from the body. This often happens when people have watery diarrhea caused by cholera. This loss of water and salts can lead to death. Drinking Oral Rehydration Solution (ORS) can prevent death by replacing the lost water and salts.

I. When do you use ORS?

ORS is a critical life-saving treatment for adults and children with watery diarrhea that can look like cloudy rice water. Dehydration is rapid, so prepare and give ORS immediately to people with watery diarrhea that can look like cloudy rice water.



II. How to prepare Oral Rehydration Solution (ORS)

- Wash hands with soap and safe water (safe water is water that is bottled with an unbroken seal, has been boiled, or has been treated with a chlorine product).
- In a clean container, add 1 liter (¼ gallon) of safe drinking water.
 - » If not sure water is safe to drink, boil it for at least 1 minute or treat it with a chlorine product.
 - » If no fuel is available for boiling water or if no chlorine products are available to treat water to make it safe, community members should still make ORS with the water they have because ORS with any water can save lives.
- Empty ORS sachet into water and stir with a clean utensil.
- Use 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.
- Make sure people do **not** add other liquids (like fruit juice) or other ingredients (like sugar or honey) to improve the taste of the ORS.



Module 5:

Oral Rehydration Solution (ORS)

Discussion questions

1. Have you ever taken care of someone with cholera? If not, have you ever taken care of someone with severe diarrhea? How did the person look? How did they feel? How often did they go to the bathroom? How much diarrhea did they have? What did their diarrhea look like?
2. What did you do to help this person? Did you follow up with them to see how they were doing? If yes, did they get better?
3. Have you heard of oral rehydration solution (ORS)? Have you ever used it with anyone when they had diarrhea? Did you prepare it? If yes, how did you prepare it?

Exercises

During a home visit to see a sick baby, you determine that the baby has at least one of the following symptoms:

- Watery diarrhea in the past hour
- Vomiting
- **Not** urinating
- Crying without tears
- Unresponsive

You conclude that the baby has severe diarrhea with dehydration. The baby should be given ORS and taken to a health care facility immediately.

Preparing ORS: ingredients/supplies

- Soap and safe water (for washing hands)
- A clean container that can hold at least 1 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
- A packet of ORS

Preparing ORS: instructions

- Wash hands with soap and safe water.
- In a clean container, add 1 liter (1/4 gallon) of safe drinking water.
- Empty ORS sachet into water.
- Stir water with a clean utensil until the white powder disappears.
- Use a clean cup or spoon (for child) to drink ORS.

Participants

- Watch trainer demonstrate how to prepare ORS.
- Practice with a partner, demonstrating how to prepare ORS.
- At the end of each demonstration evaluate how well your partner did.

Module 6: Safe Drinking Water—Aquatabs®

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

I. What are Aquatabs®?

Aquatabs® is a water treatment product that can be used to kill the germs that cause cholera and make people sick with diarrhea. Aquatabs® are small tablets of chlorine that come in a foil strip. Aquatabs® come in 5 different strengths and are easy to use. Families must be careful **not** to confuse a strip of Aquatabs® with other medications that may be used in the home. CHWs should make it very clear to community members that Aquatabs® tablets are to be put into water and **not eaten under any circumstances**.

II. How do I use Aquatabs® to make water safe?

Aquatabs® come in several strengths. The table on the next page shows how much water can be made safe with each kind of Aquatabs® tablet.

Instructions for using Aquatabs®:

1. Drop the Aquatabs® tablet into a clean container with water.
2. Clean containers that have a cover and a tap are the best type to use. Containers with covers and taps stop people from dipping their hands, cups, utensils, and other objects into the water. This protects the water from germs.
3. Stir the water with a clean utensil.
4. Cover the container if you have a cover.
5. Wait for 30 minutes before drinking or using the water.
6. Drink and use the safe water in the next 24 hours.

Note: If you are using a container that is **not** covered, you will need to treat the water every 24 hours. If the container is covered and has a tap, you only need to treat it one time.



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Module 6: Safe Drinking Water—Aquatabs®

Discussion questions

1. Has your water ever made you sick? (Discussion)
2. How do you know if your water is safe to drink? (Hint: Water is only safe to drink if it is bottled with an unbroken seal, has been boiled, or has been treated with a chlorine product.)
3. What do you currently do to make your water safe to drink? (Discussion)
4. Have you ever treated your water with a water treatment product? (Discussion)
 - If so, what did you use?
 - If not, why not?
5. What do you think about treating your water with Aquatabs® or any other water treatment product? If you like Aquatabs®, please tell us what you liked about using that product. What did you not like? (Discussion)

Exercises

Demonstrating the proper way to treat drinking water with Aquatabs® is a critical exercise. People learn from doing the behavior. You will need to have a clean container of water, a foil strip of Aquatabs®, and the previous instructions.

Ask a person from the group you are training or the person you are talking with to prepare safe drinking water using Aquatabs®. Read the instructions out loud so the person can perform the tasks. Remember to show appreciation for their participation.

Making Water Safe with Aquatabs®

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 liters	½ gallon
17 mg	Green packet	1	2	5 liters	1 gallon
33 mg	Green packet	1	2	10 liters	2½ gallon
67 mg	Blue packet	1	2	20 liters	5 gallons
167 mg	Red packet	1	2	40 liters	10 gallons

Module 7: Safe Drinking Water—Dlo Lavi

Cholera can be spread by drinking and using water that has cholera germs in it. 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 Dlo Lavi.

I. What is Dlo Lavi?

Dlo Lavi is one water treatment product that can be used to kill the germs that cause cholera and make people sick with diarrhea. Dlo Lavi is liquid chlorine that comes in a small bottle and is made in Haiti.

II. How do I use Dlo Lavi to make water safe?

One capful of Dlo Lavi makes 20 liters (5 gallons) of water safe for drinking. If water is very dirty or cloudy, use 2 capfuls of Dlo Lavi instead of 1.



Instructions for using Dlo Lavi:

1. Pour the Dlo Lavi liquid into the cap from the Dlo Lavi bottle.
2. Pour 1 capful into a clean container with 20 liters (5 gallons) of water. If water is very dirty or cloudy, use 2 capfuls instead of 1.
 - Clean containers that have a cover and a tap are the best type to use. Containers with covers and taps stop people from dipping their hands, cups, utensils, and other objects into the water. This protects the water from germs.
3. Stir the water with a clean utensil.
4. Cover the container if you have a cover.
5. Wait for 30 minutes before drinking or using the water.
6. Drink and use the safe water in the next 24 hours.

Note: If you are using a container that is not covered, you will need to treat the water every 24 hours. If the container is covered and has a tap, you only need to treat it one time.



Module 7: Safe Drinking Water—Dlo Lavi

Discussion questions

1. Has your water ever made you sick? (Discussion)
2. How do you know if your water is safe to drink? (Hint: Water is only safe to drink if it is bottled with an unbroken seal, has been boiled, or has been treated with a chlorine product.)
3. What do you currently do to make your water safe to drink? (Discussion)
4. Have you ever treated your water with a water treatment product? (Discussion)
 - If so, what did you use?
 - If not, why not?
5. What do you think about treating your water with Dlo Lavi or any other water treatment product? If yes, please tell us what you liked about using that product. What did you not like? (Discussion)

Exercises

Demonstrating the proper way to treat drinking water with Dlo Lavi is a critical exercise. People learn from doing the behavior. You will need to have a clean container of water, a bottle of Dlo Lavi, and the previous instructions.

Ask a person from the group you are training or the person you are talking with to prepare the safe drinking water using Dlo Lavi. The CHW should read the instructions out loud so the person can perform the tasks. Remember to show appreciation for their participation.

Module 8: Safe Drinking Water—PuR®

Cholera can be spread by drinking and using water that has cholera germs in it. 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®.

I. What is PuR®?

PuR® is a water treatment product that can be used to kill the germs that cause cholera and make people sick with diarrhea. PuR® is best for water that looks cloudy or dirty. PuR® makes the water look clear. Other water treatment products will kill germs, but the water may still look dirty.

II. How do I use PuR® to make water safe?

PuR® comes in a small packet or sachet. One sachet of PuR® makes 10 liters (2 ½ gallons) of water safe for drinking.

Instructions for using PuR®:

1. Pour powder from one sachet of PuR® into a container with 10 liters (2 ½ gallons) of water.
2. Stir the water well with a clean utensil for 5 minutes.
3. Let the water sit for 5 minutes, so the dirt settles to the bottom of the container.
4. Filter the water by slowly pouring it through a clean cloth (with no holes) into a clean container.
 - Clean containers that have a cover and a tap are the best type to use. Containers with covers and taps stop people from dipping their hands, cups, utensils, and other objects into the water. This protects the water from germs.
5. Cover the container if you have a cover.
6. Wait for 20 minutes before drinking or using the water.
7. Drink and use the safe water in the next 24 hours.

Note: If you are using a container that is not covered, you will need to treat the water every 24 hours. If the container is covered and has a tap, you only need to treat it one time.



Source water



Stir the water.



Let water sit for 5 minutes.



Filter through clean cloth.



Wait 20 min before drinking the water.



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Module 8: Safe Drinking Water—PuR®

Discussion questions

1. Has your water ever made you sick?
2. How do you know if your water is safe to drink? (Hint: Water is only safe to drink if it is bottled with an unbroken seal, has been boiled, or has been treated with a chlorine product.)
3. What do you currently do to make your water safe to drink? (Discussion)
4. Have you ever treated your water with a water treatment product? (Discussion)
 - If so, what did you use?
 - If not, why not?
5. What do you think about treating your water with PuR® or any other water treatment product? If you like PuR®, please tell us what you liked about using that product. What did you not like? (Discussion)

Exercises

Demonstrating the proper way to treat drinking water with PuR® is a critical exercise. People learn from doing the behavior. You will need to have a clean container of water, a sachet of PuR®, scissors or a knife for opening the sachet, a clean cloth, a stick for stirring, and the previous PuR® instructions.

Ask a person from the group you are training or the person you are talking with to prepare the safe drinking water using PuR®. The CHW should read the instructions out loud so the person can perform the tasks. Remember to show appreciation for their participation.



Water treated with PuR® before (right) and after (left)

Module 9: Safe Water Storage

Cholera can be spread by drinking and using water that has cholera germs in it. 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).

Safe water storage means that once water has been made safe to drink, it is stored in a container that stops people from dipping their hands, cups, utensils, and other objects into the water. This protects the water from germs.

I. 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 so that it is protected from cholera germs.

II. What should a safe water storage 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.

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

Before filling with safe water, use these steps to clean the storage container

1. Wash the container with soap and safe water (safe water is water that is bottled with an unbroken seal, has been boiled, or has been treated with a chlorine product) 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.



Module 9: Safe Water Storage

Discussion questions

What if I do not have a safe storage container? (Discussion)

If you have water in a container without a lid and a tap, it is important to keep the water as clean as possible.

- Do **not** dip objects into the water.
- Do **not** dip fingers into the water.
- Only use water that you pour directly out of the container.

How can you respond to someone who asks:

What should I do, I can't afford a safe water storage container? (Discussion)

What if someone sticks their hands in my treated water, do I need to retreat the water? **(Yes)**



Module 10: Safe Food Preparation

Cholera germs get into drinking water and food from the feces (poop) of a person sick with cholera. A person can get cholera by eating food that contains cholera germs. Proper handling, cooking, and safe storage of food can prevent the spread of cholera. There are many ways to make your food safe. Remember to cook food well, keep it covered, and eat it hot. Avoid raw foods other than fruits and vegetables you have peeled yourself.

I. How do I prepare food safely?

- Wash hands often with soap and 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 preparing food.
- 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.

II. Why is safe food preparation important?

- **Wash Hands Often With Soap and Safe Water:** Washing hands prevents cholera germs from getting into food. Wash hands with soap and safe water before preparing food. Wash hands after preparing raw foods, such as fish or vegetables. If you do something else and come back to cooking, wash your hands again.
Note: If no soap is available, scrub hands often with ash or sand and rinse with safe water.
- **Use Safe Water for Food Preparation:** Safe water is water that is bottled with an unbroken seal, boiled, or treated with a chlorine product (Aquatabs®, Dlo Lavi, PuR® or household bleach). Make sure safe water for cooking is kept in a clean, covered container. Always use safe water for food preparation.
- **Cook Food Well:** All food, especially fish, shellfish, and vegetables may have cholera germs. Be sure to cook all food until very hot all the way through. Avoid raw food other than fruits and vegetables you have peeled yourself. Prepare raw food in an area separate from cooked food. Remember to boil it, cook it, peel it, or leave it. *(Continued on back)*



Module 10: Safe Food Preparation

- **Eat Cooked Food HOT:** Heat during cooking helps to kill cholera germs that may be in food. It is best to eat cooked food when it is hot.
- **Store Cooked Food in Covered Containers:** Covering food keeps flies off and protects food from cholera germs. Store cooked food in covered containers. Foods for infants should be eaten after being prepared, and should not be stored at all.
- **Reheat Cooked Food Well:** All cooked food that has been stored must be reheated until hot before eating.
- **Clean Food Preparation Areas and Kitchenware with Soap and Safe Water:** Clean food preparation areas and kitchenware with soap and safe water. Let dry completely before reuse. Cloths used for cleaning and hand drying in the kitchen should be changed every day and washed before reuse.
- **Eat Only Food You Have Cooked Yourself or that Comes from Trusted Sources:** Be careful eating food made outside your home.

Discussion questions

1. Has your food ever made you sick? (Hint: What do you think you did or did not do when cooking that might have made you sick?)
2. Discuss some ways to prevent getting cholera when preparing foods. (Hint: What would you tell your family and neighbors to do to prevent getting cholera?)
3. When are the key times to wash your hands while cooking? (Discussion)
4. What do you do if you have to change your baby during cooking? (Discuss when hands need to be rewashed.)
5. What are the actions you should take with raw foods to prevent cholera? (Hint: Discuss cleaning food preparation areas, peeling fruits and vegetables, and keeping cooked foods away from raw foods.)

Module 11: Safe Sanitation and Cleaning

I. Why is safe sanitation and cleaning important?

Safe sanitation and safe cleaning helps prevent the spread of cholera germs. Cholera is spread when feces (poop) or vomit from an infected person gets into food or water that another person eats or drinks. Feces (poop) or vomit from a person sick with cholera can also get on household items like dishes, furniture, floors, or bedding materials. Healthy people can get cholera if they touch these items and then touch their mouths.

II. Safe sanitation

Safe sanitation can help prevent the spread of cholera. Safe sanitation means that feces (poop) are properly disposed of in toilets or latrines, or buried.

- Wash hands with soap and safe water (safe water is water that is bottled with an unbroken seal, has been boiled, or has been treated with a chlorine product) after defecating or after handling feces (poop) of an infected person.
- Use latrines or other sanitation systems, like chemical toilets or pit latrines, to dispose of feces (poop) and vomit.
- Defecate at least 30 meters away from any body of water and bury your feces.
- Do not defecate in rivers or streams.
- Dig new latrines or temporary pit latrines at least a ½ meter deep and at least 30 meters away from any body of water.
- Clean latrines and surfaces contaminated with feces (poop) or vomit using a solution of 1 part household bleach to 9 parts water.
- Dispose of plastic bags containing feces (poop) and vomit in latrines, at collection points, if available, or bury the bags in the ground at least 30 meters away from any body of water. Do not put the plastic bags in chemical toilets.
- If bags are used inside a bucket, clean the bucket every day using a solution of 1 part household bleach to 9 parts water.

III. Safe cleaning and bathing

Safe cleaning and bathing can help prevent the spread of cholera. Safe cleaning means that household surfaces and other items are cleaned regularly to prevent exposing family members to feces (poop) and vomit. It is also important that people bathe in a way to protect household members.

- 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.

(Continued on back)



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Module 11:

Safe Sanitation and Cleaning

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. Clean with 1 part household bleach to 100 parts water mixture.
- If household bleach is not available, clean bedding and clothing of the infected person by washing with soap and drying in the sun. If possible, stir bedding and clothing in boiling water before washing.
- If household bleach is not available, clean all household surfaces that have been touched by the infected person with soap and water.
- Mattresses can be disinfected by drying well in the sun.

Discussion questions

What if I do not have a latrine or chemical toilet? (Hint: Defecate at least 30 meters from any water source and then bury your feces.)

What should people do when they defecate in plastic bags? (Hint: Dispose of plastic bags containing feces (poop) and vomit in latrines, at collection points, if available, or bury the bags in the ground. Do not put the plastic bags in chemical toilets. If bags are used inside a bucket, clean the bucket every day using a solution of 1 part household bleach to 9 parts water.)

If we want to build a latrine, where should we put it? (Discussion) (Hint: Dig new latrines or temporary pit toilets at least a half-meter deep and at least 20 meters away from any water source.)

Where do people currently bathe? What would you say to people to have them bathe safely? (Discussion)

What is the best way to clean bedding and clothing of a person who has been sick with cholera?

(If available, clean all household clothing, bedding, and surfaces with a 1 part household bleach to 100 parts water mixture.)

Module 12: When a Person with Cholera Dies at Home

I. Preparing a body for burial

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. Local officials or a health care worker should be contacted immediately. If possible, family members should not handle the body. The burial should be supervised by local officials. Funerals should be held within hours of death, if possible.

II. If the body must be prepared at home for burial, follow these simple steps to help prevent the spread of cholera:

- Family members, friends, and neighbors should not kiss, touch, or hold the body.
- Wash hands well with soap and safe water (safe water is water that is bottled with an unbroken seal, has been boiled, or has been treated with a chlorine product) after touching the body.
- Wash the body with a solution that is 1 part bleach to 9 parts water.
- Fill the mouth and bottom (anus) with cotton that has been soaked in a solution that is 1 part bleach to 9 parts water.
- Put the body in a bag to prevent fluids from leaking. These fluids could spread cholera.
- Wash hands well with soap and safe water after preparing the body.
- Clean all of the deceased person's clothing and bedding.
 - » Clean with 1 part household bleach to 100 parts water mixture.
 - » If household bleach is not available, clean bedding and clothing of the deceased person by washing with soap and drying in the sun. If possible, stir bedding and clothing in boiling water before washing.
 - » Mattresses can be disinfected by drying well in the sun.
- Clean any surfaces (for example, table top, vehicle, etc.) the body touched with a solution that is 1 part bleach to 9 parts water.
- Wash hands well with soap and safe water immediately after handling the clothes of the deceased.

III. 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. They should follow the guidelines below.

Note: Those who prepared the body should not prepare food on that day.

To prevent the spread of cholera

- Do not prepare food if you have helped to prepare the body for burial on that day. *(Continued on back)*



Module 12: When a Person with Cholera Dies at Home

- Do not touch the body during the funeral feast. Touching, kissing, or holding the body should be avoided.
- Wash hands often with soap and safe water.
- Drink and use safe water for all household uses.
- Store safe water in a clean, covered container.
- Cook food well (especially seafood), keep it 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, like chemical toilets, to dispose of feces.
- If latrines or chemical toilets are unavailable, defecate at least 30 meters away from any body of water and then bury your feces.

Discussion questions

- What are burial practices for people in your (area/community/village)? Do any of these practices put you at risk for getting cholera?
- Who usually has the responsibility to wash or prepare the body? What should that person do to prevent getting cholera?
- What are mourners expected to do when they come to visit the body and relatives?
- Is food part of the funeral event? Who prepares the food? Is all the food cooked? What can you do to help prevent cholera during a funeral feast?
- Is household bleach generally available in your area? Do you have bleach in your house? What would you need to have on hand to prepare a body for burial?

Exercise

- Ask participants about other acceptable practices they might do to honor the deceased besides touching, kissing, or handling the body.
- Practice making a bleach solution with members of the community. Show that you are using a locally available chlorine product. Using local buckets or containers, prepare a solution that is 1 part bleach to 9 parts water. Also, prepare a solution that is 1 part bleach to 99 parts water. Be sure to do this in an open or well-ventilated area.
- Next, ask the participants to practice making the solution.

What is Cholera?

- Cholera is a disease that causes a lot of watery diarrhea and vomiting.
- Cholera diarrhea looks like cloudy rice water.
- Cholera germs are found in the feces (poop) of infected people.
- Cholera is spread when feces (poop) from an infected person gets into the water people drink or the food people eat.
- Cholera can also be caused by swallowing cholera germs picked up from surfaces or objects that contain fresh feces from an infected person.
- Cholera is not likely to spread directly from one person to another. Shaking hands or touching a person with cholera is not a risk for becoming ill with cholera.
- Wash hands often with soap and safe water. If no soap is available, scrub hands often with ash or sand and rinse with safe water (safe water is water that is bottled with an unbroken seal, has been boiled, or has been treated with a chlorine product).

(Continued on back)



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Preventing Cholera Illness

Doing these things can help protect you from getting cholera:

- Drink and use safe water.
- Wash your hands often with soap and safe water.
- 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.
- Use latrines or bury feces (poop) at least 30 meters away from any body of water.

Safe water is water that:

- Is bottled with an unbroken seal.
- Has been boiled.
- Has been treated with a chlorine product.

Hands should be washed with soap and safe water often, especially:

- 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.

Watery Diarrhea: What to Do

If you have watery diarrhea, you may have cholera. Cholera causes a lot of watery diarrhea that can look like cloudy rice water.

Why watery diarrhea is dangerous

- When people have cholera, they rapidly lose body fluids, which leads to dehydration.
- Dehydration is the loss of water and salts from the body.
This loss of water and salts can lead to death within hours if not treated.
- Drinking Oral Rehydration Solution (ORS) can prevent death by replacing the lost water and salts.

What to do if you or your family is ill with watery diarrhea?

- Wash your hands with soap and safe water.
- Make ORS in a clean one liter (¼ gallon) container.
- Begin sipping ORS frequently.
- Seek care immediately (community health worker, health facility, cholera treatment center).
- Continue to drink ORS at home and while you travel to get treatment.
- Continue to breastfeed your baby if they have watery diarrhea. Adults and older children with watery diarrhea should continue to eat frequently. *(Continued on back)*



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Watery Diarrhea: What to Do

How to protect yourself and your family if someone is sick with watery diarrhea

- Drink and use safe water (water that is bottled with an unbroken seal, has been boiled, or treated with a chlorine product).
- Wash hands often with soap and safe water (if no soap is available, scrub hands with ash or sand and rinse with safe water).
- Use latrines or bury your feces (poop); and do not defecate in any body of water.
- 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.

Handwashing

Handwashing with soap and safe water (water is only safe if it is bottled with an unbroken seal, has been boiled, or has been treated with a chlorine product) is one of the easiest ways to help prevent the spread of cholera. Soap helps remove dirt and cholera germs from hands. A person can help protect themselves and their family from cholera by washing their hands often. Unwashed (or poorly washed) hands can transfer cholera germs to food, water, and household surfaces.

Wash your hands often, especially

- 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.

Every time you wash your hands

- Use safe water.
 - Use soap.
 - If there is no soap, use ash or sand.
 - Follow proper handwashing instructions.
- (Continued on back)*



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How to Wash Your Hands

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



Wet your hands with safe water.



Lather thoroughly with soap, covering all surfaces, including under nails.



Rinse hands.



Dry your hands completely with a clean towel if available, or air dry.

Oral Rehydration Solution (ORS)

If you or someone in your family gets cholera, it can be treated.

- Cholera is a disease that can cause a lot of watery diarrhea and vomiting.
- When people have cholera, they rapidly lose body fluids which leads to dehydration. Dehydration is the loss of water and salts from the body. This loss of water and salts can lead to death within hours if not treated.
- Oral rehydration solution, known as ORS, is a simple way to replace the lost water and salt and save lives.

How to make oral rehydration solution (ORS).

***Only take ORS if you have watery diarrhea.**

- Wash hands with soap and safe water. (safe water is water that is bottled with an unbroken seal, has been boiled, or has been treated with a chlorine product)
- Put 1 liter (1/4 gallon) of safe drinking water in a clean container.
- Empty ORS sachet into safe water. Stir water with a clean utensil until white powder disappears.
- Use a clean cup or spoon (for a child) to sip ORS.
- Sip ORS frequently. *(Continued on back)*

Note: If you are not sure water is safe, boil it for at least 1 minute or treat it with a chlorine product.

**Adults and older children should continue to eat frequently.
Infants and young children should continue breastfeeding frequently.**



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



2. Put 1 liter of safe water in a clean container.



3. Empty content of ORS sachet into safe water while stirring.



4. Sip small amounts frequently.

Be careful to use the right amount (1 liter) of water.

If you use too little water, the drink could make your diarrhea worse. If you use too much water, the drink will not work. **Do not** add liquids such as milk, soup, fruit juice, or soft drinks to the ORS solution.

Content: WHO/UNICEF, Images: Rehydration Project

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 Aquatabs®.
- Aquatabs® kill the germs that spread cholera.

What are Aquatabs®?

- Aquatabs® is a water treatment product that can be used to kill the germs that cause cholera and make people sick with diarrhea.
- Aquatabs® come in several strengths depending on how much water you need to treat. *(Continued on back)*



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How to Use Aquatabs®

- Look on the package to identify the strength (8.5mg, 17mg, etc.) of your Aquatabs® tablet.
- Use the chart below to see how much water can be made safe with your Aquatabs® tablet or tablets, or read instructions on the foil packet.
- Use one Aquatabs® tablet if the water is clear and two tablets if the water is cloudy or dirty.
- Drop the tablet (or tablets) into the water.
- Stir water with a clean utensil.
- Let the water sit for 30 minutes before drinking or using it.
- Drink and use the safe water in the next 24 hours.

Note: If you are using a container that is not covered, you will need to treat the water every 24 hours. If the container is covered and has a tap, you only need to treat it one time.

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 liters	½ gallon
17 mg	Green packet	1	2	5 liters	1 gallon
33 mg	Green packet	1	2	10 liters	2½ gallon
67 mg	Blue packet	1	2	20 liters	5 gallons
167 mg	Red packet	1	2	40 liters	10 gallons

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 Dlo Lavi.

What is Dlo Lavi?

- Dlo Lavi is liquid chlorine that makes dirty water safe for drinking.
- Dlo Lavi is easy to use.
- Dlo Lavi is made in Haiti.
- When it is properly mixed with water, Dlo Lavi kills germs that make people sick with diarrhea. *(Continued on back)*



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How to Use Dlo Lavi

- Pour 1 capful of Dlo Lavi liquid into a clean container with 20 liters (5 gallons) of water. If water is very dirty or cloudy, use 2 capfuls instead of 1.
- Cover the container.
- Mix the Dlo Lavi and water well.

Wait for 30 minutes before drinking the water.



Pour 1 capful of
Dlo Lavi.



Put the Dlo Lavi
into 20 liters
(or 5 gallons) of water.



Cover the container,
shake it, and wait
for 30 minutes.



The water is now
safe to drink.

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 best for water that looks cloudy.
- PuR® makes water look clear. Other products kill germs, but the water may still look cloudy.
- PuR® kills germs in water that make people sick with diarrhea, including cholera.
(Continued on back)



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How to Use PuR®

One sachet of PuR® will treat 10 liters (2 1/2 gallons) of water.

- 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.

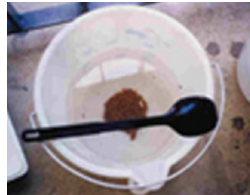
Note: If you are using a container that is not covered, you will need to treat the water every 24 hours. If the container is covered and has a tap, you only need to treat it one time.



10 liters (2 1/2 gallons)
of water.



Pour powder from PuR®
sachet. Stir the water.



Let water sit
for 5 minutes.



Filter through
clean cloth.



Wait 20 min before
drinking the water.

Making Drinking Water Safe with Household Bleach

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 water treatment product (Aquatabs®, Dlo Lavi, PuR®, or regular household bleach).
- Household bleach kills the germs that spread cholera.

What is household bleach?

- Household bleach is liquid chlorine that makes water safe for drinking.
 - Household bleach is easy to use and is inexpensive.
 - Household bleach can be used to make water safe if there is no other water treatment product available.
- When it is properly mixed with water, household bleach kills germs that make people sick with diarrhea.
(Continued on back)



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Making Drinking Water Safe with Household Bleach

How to make water safe with household bleach

- Pour 8 drops of household bleach into a clean container with 1 gallon of water.
*If the water is very dirty, use 16 drops.
- Cover the container.
- Stir the water well.
- Wait for 30 minutes before using the water.
- Drink and use the safe water in the next 24 hours.

Note: If you are using a container that is not covered, you will need to treat the water every 24 hours. If the container is covered and has a tap, you only need to treat it one time.

Safe Water Storage

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 keep water safe after it has been treated is to store it in a safe container.

What is a safe water storage container?

- A lid that tightly covers the container.
- A tap or small opening so you can get water without using your hands, cups, utensils, and other objects.

Note: If you have questions about proper safe water treatment practices or safe water storage, talk to your Community Health Worker (CHW) and they will be able to advise you on what you can do in your home.

What if I do not have a safe water 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.



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- 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. *(Continued on back)*

Safe Water Storage



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 (safe water is water that is bottled with an unbroken seal, has been boiled, or has been treated with a chlorine product) 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.

Food Preparation

Cholera germs get into drinking water and food from the feces (poop) of a person sick with cholera. A person can get cholera by eating food that contains cholera germs. Proper handling, cooking, and safe storage of food can prevent the spread of cholera. There are many ways to make your food safe. Remember to cook food well, keep it covered, and eat it hot. Avoid raw foods other than fruits and vegetables you have peeled yourself.

How to prepare food safely:

- Wash hands often with soap and 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 preparing food.
 - 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.
- (Continued on back)*



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Why is Safe Food Preparation Important?

- **Wash Hands Often With Soap and Safe Water When Preparing Food:** Wash hands before and after preparing food. If no soap is available, scrub hands often with ash or sand and rinse with safe water.
- **Use Safe Water for Food Preparation:** Safe water is water that is bottled with an unbroken seal, boiled, or treated with a chlorine product (Aquatabs®, Dlo Lavi, PuR®, or household bleach).
- **Cook Food Well:** Be sure to cook all food, especially seafood, until it is very hot all the way through. Avoid raw foods other than fruits and vegetables you have peeled yourself.
- **Eat Cooked Food HOT:** Heat during cooking helps to kill cholera germs that may be in food.
- **Store Cooked Food in Covered Containers:** Covering food keeps flies off and protects food from cholera germs.
- **Reheat Cooked Food Well:** All cooked food that has been stored must be reheated until hot before eating.
- **Clean Food Preparation Areas and Kitchenware with Soap and Safe Water:** After cleaning well, let food preparation areas and kitchenware dry completely before reuse.
- **Eat Only Food You Have Cooked Yourself or That Comes from Trusted Sources:** Be careful eating food made outside your home.

Safe Sanitation and Cleaning

To prevent the spread of cholera, keep yourself and anything you touch clean.

- Cholera is spread when feces (poop) from a sick person gets into water or food that a person eats or drinks.
- Feces from a sick person can also get on household items like dishes, furniture, floors, clothing, or bedding materials. Healthy people can get cholera if they touch these items and then touch their mouths.
- One way to prevent the spread of cholera is to keep feces from touching people or surfaces that people touch. Another way to prevent the spread of cholera is to safely dispose of feces. Both are important.

(Continued on back)



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Safe Sanitation and Cleaning Instructions

To prevent cholera germs from getting into drinking water and food or on surfaces and objects, follow these instructions

Safely dispose of feces (poop) and help prevent cholera.

- Use latrines or other sanitation systems, like chemical toilets, to dispose of feces.
- Wash hands with soap and safe water after defecating. Safe water is water that is bottled with an unbroken seal, has been boiled, or has been treated with a chlorine product.
- Wash hands with soap and safe water after cleaning a baby's bottom.
- Clean latrines and surfaces contaminated with feces using a solution of 1 part household bleach to 9 parts water.

What if I do not have a latrine or chemical toilet?

- Defecate at least 30 feet away from any water source and then bury your feces.
- Wash hands with soap and safe water after defecating.
- Dig new latrines or temporary pit latrines at least ½ meter deep and at least 30 meters away from any body of water.

Cleaning household items and surfaces.

- Clean all household clothing and bedding touched or used by a person who has been sick with cholera. Clean with 1 part household bleach to 100 parts water mixture.
 - » If household bleach is not available, clean bedding and clothing of the infected person by washing with soap and water, and drying in the sun. If possible, stir bedding and clothing in boiling water before washing.
 - » If household bleach is not available, clean all household surfaces that have touched by the infected person with soap and water.
 - » Mattresses can be disinfected by drying well in the sun.

Handling a Death: When a Person Dies at Home

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. Local officials or a health care worker should be contacted immediately. If possible, family members should not handle the body. The burial should be supervised by local officials. Funerals should be held within hours of death, if possible.

If the body must be prepared at home for burial, follow these simple steps to help prevent the spread of cholera:

- Family members, friends, and neighbors should not kiss, touch, or hold the body.
- Wash hands well with soap and safe water (safe water is water that is bottled with an unbroken seal, has been boiled, or has been treated with a chlorine product) after touching the body.
- Wash the body with a solution that is 1 part bleach to 9 parts water.
- Fill the mouth and bottom (anus) with cotton that has been soaked in a solution that is 1 part bleach to 9 parts water.
- Put the body in a bag to prevent fluids from leaking. These fluids could spread cholera.
- Wash hands well with soap and safe water after preparing the body.
- Clean all of the deceased person's clothing and bedding.
 - » Clean with 1 part household bleach to 100 parts water mixture.
 - » If household bleach is not available, clean bedding and clothing of the deceased person by washing with soap and drying in the sun. If possible, stir bedding and clothing in boiling water before washing.
 - » Mattresses can be disinfected by drying well in the sun.
- Clean any surfaces (for example, table top, vehicle, etc.) the body touched with a solution that is 1 part bleach to 9 parts water.
- Wash hands well with soap and safe water immediately after handling the clothes of the deceased. *(Continued on back)*



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Handling a Death: Funerals

It is best to have a health care worker or local official help with the burial. The deceased should be buried within hours of their death. 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. They should follow the guidelines below.

To prevent the spread of cholera

- Do not prepare food if you have helped to prepare the body for burial on that day.
- Do not touch the body during the funeral feast. Touching, kissing, or holding the body should be avoided.
- Wash hands often with soap and safe water.
- Drink and use safe water for all household uses.
- Store safe water in a clean, covered container.
- Cook food well (especially seafood), keep it 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, like chemical toilets, to dispose of feces.
- If latrines or chemical toilets are unavailable, defecate at least 30 meters away from any body of water and then bury your feces.

Cleaning Your Home after Flooding

Hurricanes or floods can cause floodwater to enter your home. Floodwater can contain feces (poop), which can contain cholera germs. All surfaces and objects that floodwater has touched should be cleaned.

How to safely clean your home after flooding.

- Clean all mud brought by floodwater from surfaces and objects in your home.
- Clean all household surfaces and objects that may have contacted the floodwater with a bleach mixture of 1 part household bleach to 100 parts water.
- Clean all food preparation areas and kitchenware that may have contacted the floodwater with a bleach mixture of 1 part household bleach to 100 parts water.
- Clean and wash all clothes that may have contacted the floodwater with a bleach mixture of 1 part household bleach to 100 parts water.
- Mattresses and objects that cannot be cleaned well can be disinfected by drying well in the sun.
- If needed, clean tarps and tents with soap and water and dry well in the sun.
- After cleaning your home, wash your hands with soap and safe water.



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Guide for Cholera Training Modules

Introduction

The purpose of this guide is to help trainers instruct Community Health Workers (CHWs) on how to prevent cholera illnesses and deaths in their communities. CHWs are trusted persons skilled in promoting health messages and implementing health interventions within their communities.

This trainer's guide supports a set of slides that go along with 12 Cholera Training Modules for CHWs. The guide provides a brief overview and trainer notes for the slide sets. It also suggests discussion questions and simple exercises that can be used with each set of slides during CHW trainings.

Objectives

The guide will help trainers conduct brief training sessions for CHWs in communities at risk for cholera. At the end of the brief training sessions, CHWs should be able to:

1. Describe what cholera is and how it is spread.
2. Recognize symptoms of cholera.
3. Decide on the correct course of action for cholera treatment and referral of people with diarrhea.
4. Instruct community members—through teaching and demonstration—on what they can do to prevent cholera.
5. Instruct community members on the correct actions to take if they think they have cholera.
6. Problem solve with community members to get people sick with cholera to a health facility or cholera treatment center (CTC).
7. Convey key principles for engaging the community.

Training Materials

- The complete training packet contains
 - 12 sets of slides for trainers to use during CHW training sessions
 - 12 training modules for the 2–3 hour training session of CHWs
 - 13 community education cards for CHWs to distribute to community members
 - 1 key points slide set (15 slides) for a 15–30 minute CHW training session if a 2–3 hour session is not possible

Supplies Needed for Training

Gather the following supplies before the training:

- Pictures, flipchart, or a list showing places where people can get cholera
- Copies of the Decision Making Guide (from Module 3) to give to each participant
- Handwashing—safe water, a basin or container, soap, clean towel (if available); if no soap is available, ash or sand can be used
- ORS sachets—safe water soap (for handwashing), a clean 1 liter (or 1/4 gallon) container filled with safe water, a clean cup for drinking (a clean spoon for drinking if making for a child), a clean utensil for stirring the solution
- Aquatabs®—a strip of Aquatabs®, a clean container or bucket filled with water (amount of water will depend on the strength of the Aquatabs® tablet you have), a lid for the container, a clean utensil for stirring the solution
- Dlo Lavi—one bottle of Dlo Lavi, a clean 20 liter (or 5 gallon) container filled with water, a lid for the container, a clean utensil for stirring the solution
- PuR®—PuR® sachets, water, a clean 10 liter (or 2 ½ gallon) container filled with water, a lid for the container, a clean cloth for filtering, scissors or a knife to open the sachet, a clean utensil for stirring the solution

How to Use the Manual with the Slide Set

This guide is to be used with the 12 sets of slides when conducting CHW training. This manual provides trainer notes, discussion questions, and simple exercises that can be used with each set of slides. A trainer should review and choose discussion questions and exercises they think will work best for their audience depending on the amount of available time. This training guide supports the following 12 slide sets:

Slide 1	An Introduction to the Training and Community Engagement
Slide 2	What You Need to Know about Cholera
Slide 3	Decision Making Guide for Taking Care of People with Watery Diarrhea
Slide 4	Handwashing
Slide 5	Oral Rehydration Solution (ORS)
Slide 6	Safe drinking water— Aquatabs®
Slide 7	Safe drinking water— Dlo Lavi
Slide 8	Safe drinking water— PuR®
Slide 9	Safe Water Storage
Slide 10	Safe Food Preparation
Slide 11	Safe Sanitation and Cleaning
Slide 12	When a Person with Cholera Dies at Home

Slide Set 1: An Introduction to the Training and Community Engagement (Corresponds to Module 1)

I. Introduction

CHWs are often the first line of care for community members. CHWs assist in both the identification and treatment of cholera.

This set of slides is an introduction to the training, describes key principles of community engagement, explains the CHW's role in helping to prevent the spread of cholera, and provides a list of materials the CHWs need when teaching their communities.

II. Community engagement

1. CHWs' interactions with the community are critical to the adoption of positive health behaviors to prevent cholera. CHWs should practice talking with community members rather than lecturing or scolding.
2. The trainer should instruct the CHWs in the key principles of community engagement. The trainer should then follow with the discussion questions found in **Module 1: An Introduction to the Training and Community Engagement**.
3. A key message is that lecturing and scolding people do **not** cause them to adopt new behaviors.

At the end of this training session the CHW should be able to

- Describe goals of the CHW training
- Describe key principles of community engagement
- Engage the community in a respectful two-way conversation

Slide Set 2: What You Need to Know about Cholera (Corresponds to Module 2)

I. Introduction

CHWs are often the first line of care for community members. This set of slides provides information on the definition, symptoms, prevention, and treatment of cholera. It is important for CHWs to feel confident in their knowledge and skills to educate their communities on cholera prevention and control practices and behaviors.

II. Cholera:

1. The trainer should instruct CHWs where cholera germs are found; how cholera is spread; what someone should do if they think they have cholera; and how a person can protect themselves from getting cholera.
2. The trainer should present the discussion questions and exercises found in **Module 2: What You Need to Know about Cholera** and problem solve, as necessary.

At the end of this training session the CHW should be able to

- 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

Slide Set 3: Decision Making for Care of Persons with Diarrhea (Corresponds to Module 3)

I. Introduction

CHWs have to make life-saving decisions when caring for people with watery diarrhea caused by cholera, especially when the nearest health facility is far away. This set of slides describes step-by-step instructions for CHWs caring for people in their community during a cholera outbreak.

II. Decision Making Guide for Taking Care of People with Watery Diarrhea

1. The trainer should instruct CHWs on how to read and follow the decision making guide.
2. The trainer should present the discussion questions and exercises found in **Module 3: Decision Making Guide for Taking Care of People with Watery Diarrhea** and problem solve, as necessary.
3. CHWs should keep a copy of the guide with them at all times to assess anyone who comes to them **with** or **without** watery diarrhea during the **day** or **night**.

At the end of this training session the CHW should be able to

- Describe what to do for a person presenting without watery diarrhea
- Describe what to do for a person presenting with watery diarrhea during the day
- Describe what to do for a person presenting with watery diarrhea during the night
- Describe what to do for a person presenting with watery diarrhea who is too sick, old, or frail to seek care from a health facility

Slide Set 4: Handwashing

(Corresponds to Module 4)

I. Introduction

Handwashing with soap and safe water (water is only safe if it is bottled with an unbroken seal, has been boiled, or has been treated with a chlorine product) is one of the easiest ways to help prevent the spread of cholera. Soap helps remove dirt and cholera germs from hands. This set of slides provides information that CHWs can use to help their community members protect themselves and their families from cholera by instructing them on washing their hands with soap and safe water. Unwashed (or poorly washed) hands can transfer cholera germs to food, water, and household surfaces.

II. Handwashing

1. The trainer should have safe water, soap, and a clean towel for handwashing demonstration. If you do not have a clean towel, demonstrate how to let hands air dry. (Inform CHWs that if no soap is available in their community, ash or sand can be used instead of soap)
2. The trainer should demonstrate proper handwashing techniques for the group following the steps listed on the slide.
3. CHWs should practice proper handwashing techniques in pairs.
4. The trainer should present the discussion questions and exercises found in **Module 4: Handwashing** and problem solve, as necessary.

At the end of this training session the CHW should be able to

- Explain why handwashing is important
- 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
- Instruct people in proper handwashing

Slide Set 5: Oral Rehydration Solution (ORS)

(Corresponds to Module 5)

I. Introduction

ORS is a life-saving treatment that CHWs can give to people with watery diarrhea caused by cholera. Watery diarrhea causes a rapid loss of water and salts from the body (dehydration). This loss of water and salts can lead to death. This set of slides provides information on how to prepare and drink Oral Rehydration Solution (ORS), which can prevent death by replacing lost water and salts.

II. Oral Rehydration Solution (ORS)

1. The trainer should have all supplies necessary to prepare ORS during training
2. The trainer should instruct CHWs to prepare and give ORS immediately to people with watery diarrhea
3. CHWs should keep a copy of the guide with them at all times to assess anyone who comes to them **with** or **without** watery diarrhea during the **day** or **night**
4. The trainer should present the discussion questions and exercises found in **Module 5: Oral Rehydration Solution (ORS)** and problem solve, as necessary

At the end of this training session the CHW should be able to

- Explain what ORS is and what it does to prevent cholera death
- Identify supplies needed for preparing ORS sachets
- Identify supplies needed for preparing homemade rehydration solution made from sugar and salt
- Prepare the ORS sachet
- Prepare the homemade rehydration solution made from sugar and salt
- Instruct persons with cholera and their families on ORS preparation and use
- Instruct cholera patients (adults, children, and infants) in appropriate ongoing feeding and continued breastfeeding

Slide Set 6: Safe Drinking Water – Aquatabs®

(Corresponds to Module 6)

I. Introduction

CHWs are key to getting health information to the community about how to prepare safe drinking water. Cholera can be spread by drinking and using water that has cholera germs in it. Drinking and using safe water (safe water is water that is bottled with an unbroken seal, has been boiled, or has been treated with a chlorine product) prevents the spread of cholera. One way to make water safe is to treat it with a chlorine product like

Aquatabs®. This set of slides provides instructions for using Aquatabs® to make water safe to drink. Aquatabs® kill the germs that spread cholera, come in a strip of tablets, and are easy to use. Aquatabs® are to be put into water and are **NOT** to be eaten under any circumstance.

II. Safe Drinking Water—Aquatabs®

- The trainer should have all supplies to demonstrate how to prepare Aquatabs® during training.
- The trainer should instruct CWHs to prepare safe water with Aquatabs®.
- CHWs should watch the trainer demonstrate how to prepare safe water with Aquatabs® and then prepare safe water with Aquatabs®.
- The trainer should present the discussion questions and exercises found in **Module 6: Safe Drinking Water—Aquatabs®** and problem solve, as necessary.

At the end of this training session the CHW should be able to:

- Describe Aquatabs®.
- Describe how to use Aquatabs® to make water safe.
- Instruct community members on how to prepare safe water using Aquatabs®.

Slide Set 7: Safe Drinking Water—Dlo Lavi (Corresponds to Module 7)

I. Introduction

CHWs are key to getting health information to the community about how to prepare safe drinking water. Cholera can be spread by drinking and using water that has cholera germs in it. Drinking and using safe water (safe water is water that is bottled with an unbroken seal, has been boiled, or has been treated with a chlorine product) prevents the spread of cholera. One way to make water safe is to treat it with a chlorine product like Dlo Lavi. This set of slides provides instructions for using Dlo Lavi to make safe drinking water.

II. Safe Drinking Water—Dlo Lavi

- The trainer should have all supplies to demonstrate how to prepare Dlo Lavi during training.
- The trainer should instruct CWHs to prepare safe water with Dlo Lavi.
- CHWs should watch the trainer demonstrate how to prepare safe water with Aquatabs® and then prepare safe water with Dlo Lavi.
- The trainer should present the discussion questions and exercises found in **Module 7: Safe Drinking Water—Dlo Lavi** and problem solve, as necessary.

At the end of this training session the CHW should be able to

- Describe Dlo Lavi
- Describe how do use 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

Slide Set 8: Safe Drinking Water—PuR®
(Corresponds to Module 8)

I. Introduction

Cholera can be spread by drinking and using water that has cholera germs in it. 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 cloudy water safe is to treat it with a chlorine product like PuR®. This set of slides provides instructions for using PuR® to make water safe to drink.

II. Safe Drinking Water – PuR®

- The trainer should have all supplies to demonstrate how to prepare PuR® during training
- The trainer should instruct CWHs to prepare safe water with PuR®
- CHWs should watch the trainer demonstrate how to prepare safe water with PuR® and then prepare safe water with PuR®
- The trainer should present the discussion questions and exercises found in **Module 8: Safe Drinking Water—PuR®** and problem solve, as necessary

At the end of this training session the CHW should be able to

- 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®

Slide Set 9: Safe Water Storage

(Corresponds to Module 9)

I. Introduction

Cholera can be spread by drinking and using water that has cholera germs in it. To prevent the spread of cholera, make sure that safe water is stored properly. Safe water storage means that once water has been made safe to drink, it is stored in a container that stops people from dipping their hands, cups, utensils, and other objects into the water. This protects the water from cholera germs. This set of slides provides ways to ensure safe storage of water.

II. Safe Water Storage

- The trainer should remind CHWs how to make water safe to drink.
- The trainer should have examples of various local containers and demonstrate why they are or are not safe containers for safe water storage.
- The trainer should instruct CHWs how to store water safely and clean their containers.
- The trainer should present the discussion questions found in **Module 9: Safe Water Storage** and problem solve, as necessary.

At the end of this training session the CHW should be able to

- Describe why safe water storage is important
- Identify a safe water storage container
- Instruct community members 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

Slide Set 10: Safe Food Preparation

(Corresponds to Module 10)

I. Introduction

Cholera germs get into drinking water and food from the feces (poop) of a person sick with cholera. A person can get cholera by eating food that contains cholera germs. This set of slides provides guidance on proper handling, cooking, and safe storage of food to prevent the spread of cholera. There are many ways to make your food safe. Remember to cook food well, keep it covered, and eat it hot. Avoid raw foods other than fruits and vegetables you have peeled yourself.

II. Safe Food Preparation

- The trainer should remind CHWs of the importance of handwashing for all food preparation.
- The trainer should have examples of various types of foods to discuss how they can be prepared safely.
- The trainer should instruct how to prepare food safely.
- The trainer should discuss the needs to cook food well, especially seafood.
- The trainer should present the discussion questions found in **Module 10: Safe Food Preparation** and problem solve, as necessary.

Slide Set 11: Safe Sanitation and Cleaning

(Corresponds to Module 11)

I. Introduction

Safe sanitation and safe cleaning helps prevent the spread of cholera germs. Cholera is spread when feces (poop) or vomit from an infected person gets into food or water that another person eats or drinks. Feces or vomit from a person sick with cholera can also get on household items like dishes, furniture, floors, or bedding materials. Healthy people can get cholera if they touch these items and then touch their mouth. Safe sanitation means that feces (poop) are properly disposed of in toilets or latrines, or buried. This set of slides provides safe sanitation and household cleaning instructions to prevent the spread of cholera.

II. Safe Sanitation and Cleaning

- The trainer should remind CHWs of the importance of handwashing.
- Instruct CHWs in the proper place and way to dispose of feces (poop).
- The trainer should have all supplies to demonstrate how to prepare household cleaning solutions.
- The trainer should demonstrate how to prepare household cleaning solutions.
- CHWs should prepare household cleaning solutions.
- The trainer should present the discussion questions and exercises found in **Module 11: Safe Sanitation and Cleaning** and problem solve, as necessary.

At the end of this training session the CHW should be able to

- 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 the specific household cleaning actions that need to be taken if a family member has been sick with cholera
- Instruct community members in safe sanitation and cleaning practices

Slide Set 12: When a Person with Cholera Dies at Home

(Corresponds to Module 12)

I. Introduction

Local officials or a health care worker should be contacted immediately if a person dies of cholera in the home. When a person with cholera dies, their body releases fluid that can contain cholera germs. Special care needs to 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. The burial should be supervised by local officials. Funerals should be held within hours of death, if possible. This set of slides provides guidelines for safe cleaning and preparation of the body for burial if no health care workers or local officials are available.

II. When a Person with Cholera Dies at Home

- Instruct CHWs that family members, friends, and neighbors should not kiss, touch, or hold the body.
- The trainer should remind CHWs of the importance of handwashing with soap and safe water whenever they touch the body.
- The trainer should instruct CHWs how to prepare a solution that is 1 part bleach to 9 parts water for washing the body, 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.
- Instruct CHWs to instruct community members **not to** prepare food if they have helped to prepare the body for burial on that day.
- The trainer should present the discussion questions and exercises found in **Module 12: When a Person with Cholera Dies at Home** and problem solve, as necessary.

At the end of this training session the CHW should be able to

- 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 sanitation and cleaning processes for preparing a body in the home for burial

Cholera Prevention and Control: Introduction and Community Engagement



Module 1

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

Module 1

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.

Module 1

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.

Module 1

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

Module 1

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

Module 1

Cholera

What You Need to Know About Cholera

Module 2

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.

Module 2

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.

Module 2

How can Cholera be Prevented?

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

Module 2

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.

Module 2

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.

Module 2

Decision Making Guide for Care of a Person with Watery Diarrhea

A Treatment Tool for Assessing
Persons with watery Diarrhea

Module 3

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.

Module 3

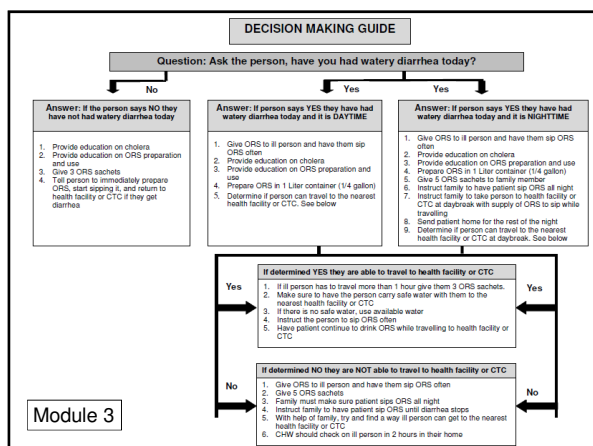
Identifying Cholera

- 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.

Module 3

Please follow along on the
decision making guide handout

Module 3



Handwashing



Module 4

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

Module 4

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

Module 4

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

Module 4

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

Module 4

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



Module 4

Oral Rehydration Solution (ORS)

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

Module 5

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

Module 5

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



Module 5

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

Module 5

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

Module 5

Safe drinking water— Aquatabs®

A chlorine-treatment product for making water safe to drink



Module 6

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®

Module 6

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

Module 6

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

Module 6

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

Module 6

Safe drinking water— Dlo Lavi



A life saving chlorine product to make safe water

Module 7

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.

Module 7

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.

Module 7

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.

Module 7

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.

Module 7

Safe drinking water— PuR ®

A white powder used to make water safe to drink



Module 8

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®.

Module 8

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.

Module 8

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



Module 8

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

Module 8

Safe Water Storage

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

Module 9

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.

Module 9

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.

Module 9

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.

Module 9

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.

Module 9

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.

Module 9

Safe Food Preparation

Module10

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.

Module10

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.

Module10

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.

Module10

Safe Sanitation and Cleaning

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



Module 11

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.

Module 11

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.

Module 11

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.

Module 11

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.

Module 11

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.

Module 11

When a Person with Cholera Dies at Home

Module 12

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.

Module 12

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.

Module 12

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.

Module 12

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.

Module 12

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.

Module 12

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.