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| ORT Training - Level 01 (Community ORT Volunteers) |
| Session #01 – General understanding of cholera and cholera prevention |

Timing □ 60’

**Objective**

To discuss general knowledge & understanding of cholera / cholera prevention and make sure the key messages are known and well understood.

**Material**

* PowerPoint presentation
* Movie “ The story of cholera”

**Key elements to remember**

**On cholera**

> Cholera disease is caused by a (small) intestinal bacteria (called Vibrio cholerae)

> Main symptom = **acute watery diarrhea** (AWD) – with or without vomiting

Acute: sudden onset - appears “out of nowhere”

Watery: Liquid and it looks like “rice water”.

AWD: 3 or more loose stools in a day (definition can vary)

> Cholera diarrhea leads to dehydration, and sometimes to severe dehydration and **can lead to death in a matter of hours**

**> with or without nausea/vomiting**

> Affects both children and adults (but children <5 and pregnant women more severely affected)

**On cholera treatment**

> Sick people die **because they are dehydrated**

> If they have **access early to some sort of rehydration**, they will not die

> **Rehydration solutions can be easily prepared** at home or at community level

> Oral rehydration solutions are **CLEAN, treated water + Sugar + Salt**

> **Early access at community level to oral rehydration solutions can save lives** – especially when health centers are far away.

**On cholera prevention**

> Cholera can be present in your general environment and you will get infected **if you ingest it** – through your **dirty hands, dirty water or dirty food**.

> For general protection, it is advised to **drink treated water, wash hands with clean water & soap regularly and at key moments; and increase the level of food hygiene**

> During cholera outbreaks, it is also **not advised to touch the body of a deceased person, or to assist / eat at a mass gathering (avoid gatherings in general)**

> Transmission is also more likely to occur **in the home of sick patients** and requires specific actions to limit the spread of the disease, such as disinfection of vomit, toilets, cloths, bedding, etc.