

Treatment Flowchart for Cholera Cases Using Standard Case Definition

Any patient ≥ 2 years presenting with acute watery or rice watery diarrhoea with or without vomiting and with signs of dehydration should be suspected as a case of cholera during an outbreak (*children < 2 years can also be affected during an outbreak*). Acute watery diarrhea – passage of watery or liquid stools ≥ 3 times in last 24 hours

Management of patients presenting with acute watery diarrhoea

Patient with acute watery diarrhoea

Look for other associated symptoms e.g., swelling of legs, respiratory difficulty, anemia etc.

↓
Urgently Inform Doctor

Assessment of the patient for dehydration

Assess	Condition	Normal	Irritable/Less active*	Lethargic / Comatose*
Eyes	Normal	Sunken		
Tongue	Normal	Dry		
Thirst	Normal	Thirsty (drinks eagerly)*	Unable to drink*	
Skin pinch	Normal	Goes back slowly*	Goes back very slowly*	
Radial pulse	Normal	Reduced	Uncountable or absent*	
Diagnosis		No sign of dehydration	If at least 2 signs including 1 (*) sign is present, diagnose Moderate Dehydration	If moderate dehydration plus 1 of the (*) signs are present, diagnose Severe Dehydration
Management		A	B	C

A. No sign of dehydration – ORS

- 50 ml ORS per kg body weight over 6 hours *plus* ongoing losses
- Send patient to home with 4 packets of ORS
- Feeding should be continued
- Return if condition does not improve or deteriorates
- Maintain hydration, replace continuing fluid losses until diarrhoea stops

B. Moderate dehydration – ORS

- 80 ml ORS per kg body weight over 4–6 hours *plus* ongoing losses
- Patient should be kept under observation for 6–12 hours
- Feeding should be continued
- Reassess the dehydration status frequently - hourly
- In case of frequent vomiting (> 3 times in 1 hour): Treat with IV fluid
- Maintain hydration, replace continuing fluid losses until diarrhoea stops

C. Severe dehydration – IV Sodium, potassium, bicarbonate solution (Ringer's lactate)

- Start IV fluid immediately (100 ml/kg)

Children < 1 year: give 100ml/kg IV in 6 hours, as follows
30 ml / kg in the first 1 hour then
70 ml / kg in the next 5 hours

Adults and Children ≥ 1 year: give 100 ml/kg IV in 3 hours, as follows
30 ml / kg as rapidly as possible within 30min and then
70 ml / kg in the next $2\frac{1}{2}$ hours

- Monitor regularly and reassess rehydration status
- Encourage the patient to take ORS solution (5ml/kg per hour) as soon as he/she is able to drink
- Start antibiotic after initial rehydration (4–6 hours)
- Maintain hydration, replace continuing fluid losses until diarrhoea stops

Antibiotics in cholera outbreak for South Sudan

- Antibiotics should be given ONLY to cases with SEVERE DEHYDRATION. This should be done under supervision of a MEDICAL DOCTOR in a HEALTH FACILITY
- Choice of antibiotics depends on local sensitivity pattern

First line drug (except in pregnancy)

- For adults: Ciprofloxacin, 1g (500 mg x 2) – single dose after correction of severe dehydration
- For children: Ciprofloxacin susp. 20 mg /kg – single dose after cessation of vomiting (if any)

Second line drug

- For adults: Azithromycin, 1g (500 mg x 2) – single dose after correction of severe dehydration
- For children: Azithromycin susp. 20 mg /kg – single dose after cessation of vomiting (if any)

Alternative drugs

- Doxycycline, 300 mg (100 mg x 3) – single dose after food (*adults only, except in pregnancy*)



HOW CAN YOU CONTROL CHOLERA?



What causes CHOLERA ?

- By consuming contaminated food or water
- Eating food contaminated by flies and dust when left uncovered and by dirty hands.
- Fish/seasfood taken from contaminated water, eaten raw or insufficiently cooked.
- Consuming ice made from contaminated water.
- Drinking water polluted by seepage from toilets, open defecation, cut and damaged pipes.
- Drinking water at home polluted by dirty hands, collection and storage in dirty containers.
- Eating unwashed fruits and vegetables.
- Eating fruits and vegetables washed with polluted water.
- Fruit and vegetables grown at or near ground level irrigated with water containing human waste, or "freshened" with contaminated water, and eaten raw.

What are the signs and symptoms of CHOLERA?

Passing of frequent watery stool 3 or more times a day



Sometimes with vomiting



Seek medical care immediately

- Cholera can kill. If you pass watery stool 3 or more times and with or without vomiting, you could have Cholera. Immediately seek treatment from the nearest health facility. There is treatment for cholera at Health Facilities. This will save your life if you seek timely medical treatment.
- Do not self-medicate from a drug store or a pharmacy.



- Use of local medicine/herbs can worsen the condition of a patient with Cholera. Cholera should only be managed at the health facility.
- Do not touch the dead body of any suspected Cholera or any other diarrhoeal case.



CHOLERA can be treated. Do not panic, but do not wait
Seek EARLY and FREE treatment at the nearest health facility



HOW CAN YOU PREVENT CHOLERA?



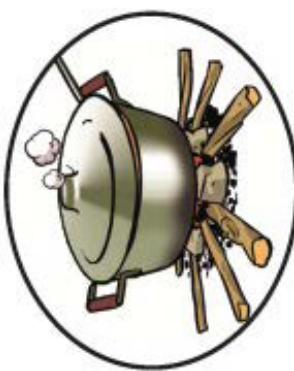
Always wash your hands with soap or ash

- Before and after handling food.
- Before preparation, serving, or eating food. This prevents you from contaminating the food that you consume with germs containing cholera.
- After using the toilet.
- After cleaning your child's bottom.
- After disposing of a child's faeces.
- Before and after eating.
- Before breast-feeding and feeding your child.

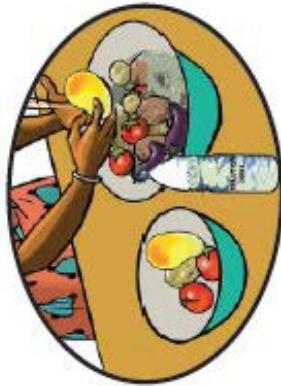


Always handle your food safely

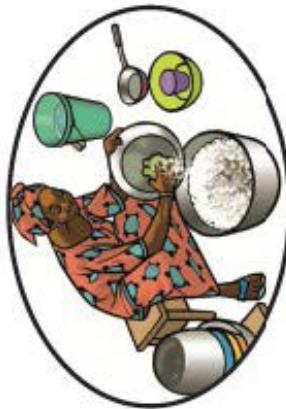
- Cook food properly.
- Food should be eaten while still hot because the cholera germ cannot survive in very hot and properly cooked food.



- Wash all fruits and vegetables thoroughly with chlorine treated water.



- All food handling utensils should be kept clean at all times. Air dry all utensils and avoid using towels or pieces of cloth to dry your utensils.



- Make sure to separate raw meat and vegetables from cooked food during preparation.
- Keep food in a clear environment and covered at all times. This prevents the contamination of food with the cholera germ and all other germs.
- Avoid drinking, fresh juice and ice. The local brews juice and ice are cold and may be prepared in an unhygienic way and is most likely to have cholera germs.



- Wash in between the fingers and under the nails as germs/bacteria can easily hide there.
- Communal washing of hands is extremely dangerous and it should not be done. Pour water for each person separately while washing hands

- Keep your restaurant or kitchen surroundings clean by disposal of left over foods, keep changing your dish washing water.



5 Steps to protect yourself against **CHOLERA**

1 Wash your hands with clean water and soap.



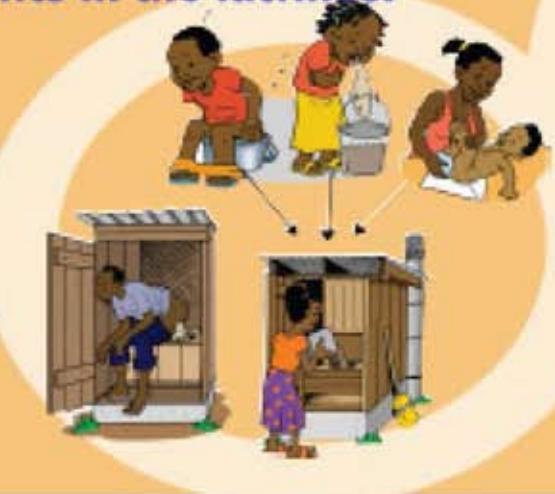
2 Drink purified water.



3 Wash fruits and vegetables with clean water.



4 Cook food properly



5 Dispose faeces and vomits in the latrines.



World Health Organization

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