

WHAT YOU SHOULD KNOW ABOUT CHOLERA

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The threat of Cholera has been around for many decades. While Cholera infection can be treated, for some cases it can be fatal. Hence, when early signs of Cholera infection are noticed, it is important that the person infected with Cholera gets proper treatment immediately.

Cholera is described by the World Health Organization (WHO) as an acute diarrhoeal infection caused by eating or drinking food or water contaminated with the bacterium *Vibrio cholerae*. It has a brief incubation time that can range from two hours to five days.

The Department of Health (DOH) reported drastic 288% increase in Cholera cases in the country as of December 3, 2022 covering the period since January of the same year as against the same period in 2021.

The most common signs and symptoms are frequent painless watery diarrhea, vomiting, and fast dehydration which can be noticed with sunken eyeballs, and wrinkled and dry skin.

Cholera can be treated by replacing the lost body fluid as soon as possible using an oral rehydration solution. At home, it can be done by mixing 1 teaspoon of salt and 4 teaspoons of sugar to 1 liter of clean water.

In severe situations, intravenous fluid replacement is often required. Hence, if the patient's diarrhea does not improve, contact your healthcare providers or transport them to the nearest hospital.

To avoid Cholera infection, ensure that the source of drinking water is safe. Properly wash fruits and vegetables with clean water and peel them before eating. Always wash your hand with soap before cooking and eating. Cover your food to keep insects and rats out. For instance, flies can be carrier of cholera. Use the toilet correctly and clean it every day. Wash your hand properly after using the toilet.

Indeed, Cholera can be prevented if we maintain our environment clean.

References:

<https://doh.gov.ph/Health-Advisory/Cholera>

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