

# Community Health Worker Training Materials for Cholera Prevention and Control



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# Community Health Worker Training Materials for Cholera Prevention and Control

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# Cholera Prevention and Control Training Materials

This manual is intended as a tool for community health workers (CHWs) to use to help their communities prevent cholera illnesses and deaths. The manual consists of 13 modules with information about community mobilization, cholera, oral rehydration solution, safe drinking water preparation and storage, handwashing, sanitation, food preparation, handling a death that occurs at home, and stigma associated with cholera. The modules can be used in any combination that you feel will best help prevent cholera in your community, and the training can be given in one-on-one or in group sessions.

*More detailed training instructions for these modules can be found in the Guide for Cholera Training Modules*

## How to prepare for training:

- Ask permission to talk with your community.
- Arrange a meeting space that includes or is near a functional water source or that has safe water nearby.
- Gather any necessary materials and supplies before you start your education session. (A list of supplies can be found at the beginning of each module and below.)
- Show appreciation for participation of community members.
- Problem solve with community members when needed.

## Supplies needed for training:

- Pictures, flipchart, or a list of places where people can get cholera.
- Handwashing— Safe water, a basin or container, soap (or sand or ash, if no soap is available), clean towel (if available).
- ORS sachets— Safe water, soap (for handwashing), ORS sachets, clean 1-liter (or ¼-gallon) container filled with safe water for mixing of ORS, clean utensil for stirring, clean cup.
- Aquatabs®— Strip of Aquatabs®, clean container or bucket filled with water (amount of water depends on strength of tablets you have), lid for container, clean utensil for stirring solution.
- WaterGuard™— 1 bottle of WaterGuard™, clean 20-liter (or 5 gallon) container filled with water, lid for container, clean utensil for stirring solution.
- PuR— PuR® sachets, water, clean 10-liter (or 2½- gallon) container, clean cloth for filtering, scissors or knife to open sachet, clean utensil for stirring solution.

One way to 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 community health worker to educate others about positive behaviors that will prevent the spread of cholera. You can also share these messages with community members in their homes and villages. Remember to ask community members to share the education you provide them with their families and others in the community.



# 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?

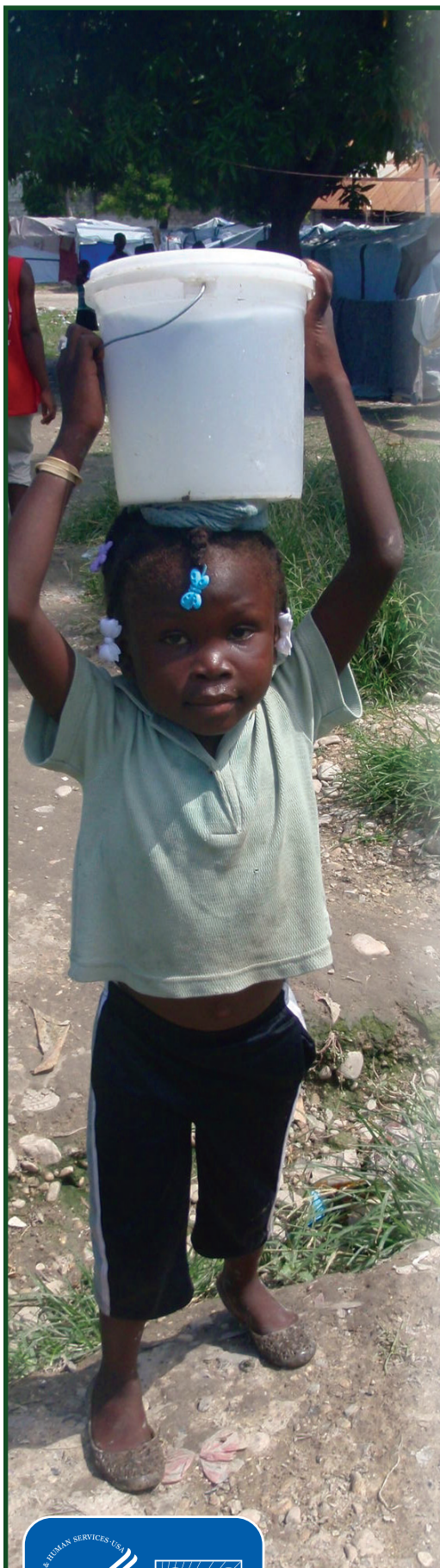
- Cholera germs are found in the feces (poop) of infected people.
- Cholera is spread when feces (poop) from an infected person gets into the water people drink or the food people eat.
- Cholera is **not** likely to spread directly from one person to another.

## 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.



# 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®, WaterGuard™, 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.



# Module 1: Community Mobilization

## Training Objectives

- Understand how to engage the community in a respectful two-way conversation.
- Understand the process of community mobilization.
- Be able to choose the best methods to mobilize your community.
  - » Develop a list of trusted community partners who can help you promote cholera prevention and treatment messages.
  - » Develop a list of places where you can talk to people in your community about cholera prevention and treatment.
  - » Develop a list of teaching strategies based on what you know about how people in your community learn.

## Supplies Needed

- Module 1 slides (optional).



# Module 1: Community Mobilization

## Introduction and purpose

Community Health Workers (CHWs) are trusted persons for promoting health messages. CHWs are also key when mobilizing the community against cholera. CHWs are skilled in one-on-one and group sessions in the community. Engaging the community through one-on-one and group sessions requires strong interpersonal communication skills. The following module provides guidelines for effective interpersonal communication and community mobilization activities.

## Community mobilization

Community mobilization is a process for community members to come together and take action on a social problem. The goal of community mobilization during a cholera outbreak is to have community members take action and adopt new behaviors to prevent cholera illness and deaths. Community mobilization is about building relationships, sharing information, and problem solving with community members to stop cholera.

## The role of the CHW in community mobilization

CHWs are key people in the community mobilization process because they can help create settings in which people are empowered to address their health needs and those of other community members. The role of the CHW is to 1) provide correct information; 2) motivate the adoption of new protective behaviors; 3) provide supplies when available; and 4) encourage life-saving health-seeking behaviors. It is important for the CHW to:

- Develop an ongoing dialogue among community members about cholera.
- Bring people together to decide on the actions they need to take in their community.
- Promote cholera prevention, control, and health-seeking behaviors.
- Work with people to practice new skills for cholera prevention.
- Link community members to health services.
- Be positive and supportive of cholera sufferers and their families.
- Facilitate discussion and decision-making on how to help others.

## Interpersonal communication

Motivating the community to adopt positive behaviors requires the CHW to have one-on-one and small group education sessions. CHW interactions with the community are critical to the adoption of positive health behaviors to prevent cholera. CHWs can help calm the fear that understandable accompanies cholera by providing factual information and supporting prevention strategies and health seeking behaviors to community members.



# Module 1: Community Mobilization

## **How you talk with the community is as important what you have to share with them.**

Here are some general tips to consider when talking with your community:

- When working with the community, start the discussion by asking people what they know or what they are currently doing in their homes to protect their families and prevent cholera.
- Influencing people to adopt safe water, sanitation, and hygiene behaviors requires a two-way conversation and problem solving discussions.
- Lecturing and scolding people does not cause them to adopt new behaviors.
- Praise knowledge and positive new behaviors people have adopted.
- After praising positive changes, focus discussions on what people don't know. Correct misinformation and myths.
- Find out where people are facing barriers in trying to adopt the new behaviors and engage in an open discussion.
- Problem solve with community members. Community members need to be treated with respect.
- Always remember to show gratitude for their participation and to avoid arguing.

## **CHW community mobilization activities**

Working through social networks is important for community mobilization. Community members trust messages delivered through people they know. CHWs should work with trusted teachers, informal leaders, parents, traditional healers and other community partners to deliver messages and organize activities. Conversations can occur in small group settings or one-on-one and should include activities along with information. Information alone does not change behavior. People need to see demonstrations and practice new behaviors. Giving people a chance to practice a behavior during an educational session supports their confidence to do it at home. Ask people to share what they learn with their friends and families. CHW encounters with the community are good for:

- Providing information.
- Delivering flyers, posters, leaflets and other items that can be given to the community.
- Prompting people to take action to prevent cholera illness and cholera deaths.
- Increasing peoples' confidence and skills in performing new behaviors.
- Overcoming barriers to protective behaviors.
- Supporting positive behavior changes that people have already taken.
- Encouraging community members to become distributors of cholera prevention information.

The chart below provides examples of settings, important topics to cover, and strategies for CHWs to use when mobilizing community members to prevent cholera illness and death. It is important for CHWs to work across settings to have a broad reach in the community. CHWs should be positive and listen to community concerns, problem solve, and avoid simply lecturing. CHWs should use different strategies to support behavior change. You should be sure to share positive, true stories about people using ORS, using water treatment products, overcoming barriers to sanitation problems, and seeking treatment.



# Module 1: Community Mobilization

CHW Community Mobilization Settings	CHW Community Mobilization Topics	CHW Community Mobilization Strategies
<ul style="list-style-type: none"> <li>• Homes of community members</li> <li>• Community meetings</li> <li>• Group meetings</li> <li>• Clinic waiting rooms</li> <li>• Churches</li> <li>• Faith-based groups</li> <li>• Prayer meetings</li> <li>• School classes and clubs</li> <li>• Funerals and large gatherings</li> <li>• Formal training sessions</li> <li>• Informal training sessions</li> </ul>	<ul style="list-style-type: none"> <li>• Talking with others about cholera prevention behaviors</li> <li>• Everyone can treat their water with water treatment products</li> <li>• Everyone can prepare ORS</li> <li>• Positive impact of seeking early treatment for cholera</li> <li>• Positive impact of treating water, using latrines, and washing hands</li> <li>• Barriers to enacting cholera prevention behaviors and how to overcome them</li> <li>• Infection control techniques</li> <li>• Preventing stigmatization of those who have had cholera</li> </ul>	<ul style="list-style-type: none"> <li>• Safe water demonstrations</li> <li>• ORS demonstrations</li> <li>• Interactive practice sessions</li> <li>• Question/answer sessions</li> <li>• Sharing positive stories about people who have used ORS</li> <li>• Sharing positive stories about people who have used water treatment products</li> <li>• Sharing positive stories about people who have gone for cholera treatment</li> <li>• Storytelling</li> <li>• Drama shows</li> <li>• Role play sessions</li> <li>• Formal training activities</li> <li>• Informal training activities</li> <li>• Sermons</li> </ul>

## Discussion questions

1. Where are all the places you can go to talk with people in your community about cholera prevention and treatment? (Hint: Make a list of all the places and discuss.)
2. Who do people trust in your community to give them important information? Who do they not trust? (Hint: Make a list of all the people and discuss.)
3. Who do you know in your community that you can partner with and promote your cholera prevention and health seeking messages and activities? (Hint: Make a list of all the people and discuss.)
4. What are some successful strategies you have used in the past to teach people about disease prevention and treatment? (Hint: Discuss demonstrations and skill building versus just lecturing to people.)
5. How do people in your community learn? What are the most successful strategies for behavior changes based on how community members learn? (Hint: Discuss the best strategies for how people actually learn.)

# Module 2: What You Need to Know about Cholera

## Training Objectives

- Understand what cholera is and where cholera germs are found.
- Understand how cholera is spread.
- Be able to identify the symptoms of cholera.
- Be able to describe actions people need to take to prevent cholera.
- Be able to describe actions people need to take if they are sick with cholera.

## Supplies Needed

- Module 2 slides (optional).
- Pictures or a list of places where people can get cholera.
- *Cholera Community Education Card (for review).*



# 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?

Cholera vaccines have not been shown to be able to halt a cholera outbreak.

**There is a time lag between when a person is vaccinated to when protection is achieved**

- Each person needs 2 doses of vaccine given at least 1 week apart (children 2–5 years need 3 doses).
- After the second dose it takes 1 or more weeks for the vaccine to provide protection



# Module 2: What You Need to Know about Cholera

## **Not everyone who is vaccinated will be protected from cholera.**

- Cholera vaccination does not replace the standard food, water and hygiene precautions
- Cholera vaccines only protect for a short time from 1 to 2 years.
- Cholera vaccines are not licensed for use in very young children.

The current supply of cholera vaccine is limited.

Many vehicles and staff are needed to transport and give the vaccine.

## **Basic hygiene behaviors and cholera prevention actions can be taken by every person immediately to prevent cholera during a cholera outbreak.**

### **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

## Training Objectives

- Understand what actions to take for a person presenting with no watery diarrhea.
- Understand what actions to take for a person with watery diarrhea during the day.
- Understand what actions to take for a person with watery diarrhea during the night.
- Understand actions to take for a person who is too sick, old, or frail to seek care from a health facility.

## Supplies Needed

- Module 3 slides (optional).
- Decision Making Guide Chart.
- *Watery Diarrhea Community Education Card (for review).*



# 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?**

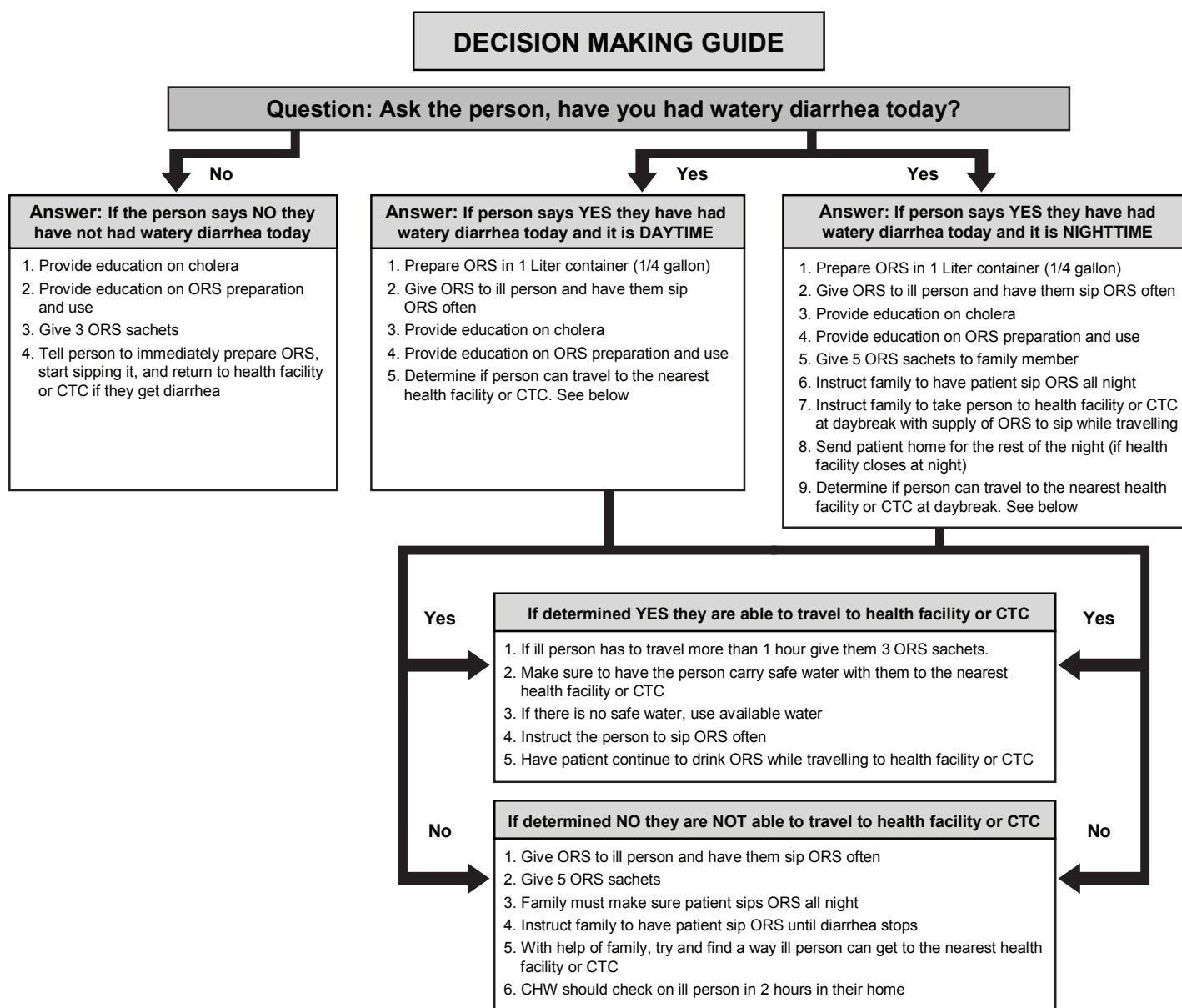
- **If the person says no:** You will educate the person about preventing cholera. You will teach them how to prepare and use Oral Rehydration Solution (ORS). Give them 3 ORS sachets. Tell the person that if they get diarrhea, they should immediately prepare the ORS, start sipping it, and go to a health 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

## Training Objectives

- Understand why handwashing is important in preventing the spread of cholera.
- Understand when people should wash their hands.
- Learn how people should wash their hands.
- Learn what people should use to wash their hands when soap is not available.
- Understand how to instruct community members in proper handwashing techniques.

## Supplies Needed

- Module 4 slides (optional).
- Safe water, basin or container, soap (or sand or ash, if no soap is available), clean towel, if available.
- *Handwashing Community Education Card (for review).*





# 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



**Note:** If there is no soap, rub your hands with ash or sand and rinse with clean water. Scrubbing your hands together with ash or sand will help remove germs from the skin.

## 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.

## 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?



# Module 4: Handwashing

## 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.



# Module 5: Oral Rehydration Solution (ORS)

## Training Objectives

- Understand what ORS is, how it impacts diarrhea, and what it does to prevent cholera death.
- Identify supplies needed for preparing ORS sachets.
- Understand how to prepare ORS sachets.
- Be able to instruct persons with cholera and their families on proper ORS preparation and use.
- Instruct cholera patients in appropriate ongoing feeding and continued breastfeeding.

## Supplies Needed

- Module 5 slides (optional).
- Safe water for handwashing, ORS sachets, clean 1-liter (or ¼-gallon) container filled with safe water for mixing of ORS, clean utensil for stirring solution, clean cup or spoon (for child) to drink ORS.
- *ORS Community Education Card (for review).*



# 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. It is the loss of water and salts that can lead to death. Drink oral rehydration solution (ORS) when you have diarrhea to replace lost water and salts. It's important to know:

- Drinking ORS will not prevent diarrhea
- Drinking ORS will not immediately stop your diarrhea
- Drinking ORS when you have diarrhea can save your life



## 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®

## Training Objectives

- Understand what safe water is.
- Understand why safe water is important in preventing the spread of cholera.
- Understand what Aquatabs® are.
- Understand how to make water safe using Aquatabs®.
- Be able to instruct community members on how to make water safe using Aquatabs®.

## Supplies Needed

- Module 6 slide set (optional).
- Strip of Aquatabs®, clean container or bucket filled with water (amount of water depends on strength of tablets you have), lid for container, clean utensil for stirring solution.
- *Aquatabs® Community Education Card (for review).*



# 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 below and the dosing instructions on the next page show how much water can be made safe with each kind of Aquatabs® tablet.

### Instructions for using Aquatabs®:

1. Drop the Aquatabs® tablet(s) 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.

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 6: Safe Drinking Water—Aquatabs®

## Discussion questions

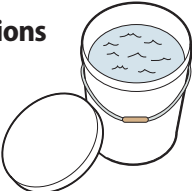
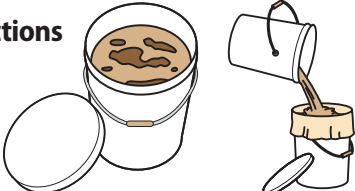
1. Has your water ever made you sick? (Discussion)
2. How do you know if your water is safe to drink? (Hint: Water is only safe to drink if it is bottled with an unbroken seal, has been boiled, or has been treated with a chlorine product.)
3. What do you currently do to make your water safe to drink? (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

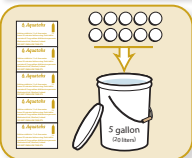
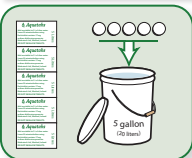
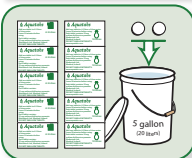
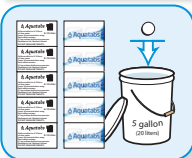
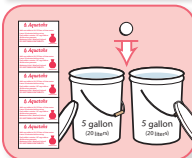
Demonstrating the proper way to treat drinking water with Aquatabs® is a critical exercise. People learn from doing the behavior. You will need to have a clean container of water, a foil strip of Aquatabs®, and the previous instructions.

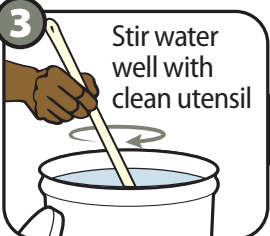
Ask a person from the group you are training or the person you are talking with to prepare safe drinking water using Aquatabs®. Read the instructions out loud so the person can perform the tasks. Remember to show appreciation for their participation.

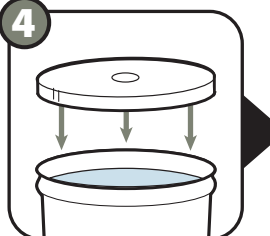
**1**

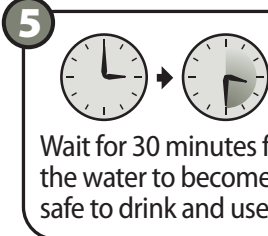
**Clear water instructions**  **OR** **Cloudy water instructions** 


**2** The pictures show how many Aquatabs® tablets should be used to make 5 gallons (20 liters) of **clear water** safe. Use **double** the number of Aquatabs® tablets pictured to make 5 gallons (20 liters) of **cloudy water** safe.

8.5 mg yellow packet	17 mg green packet	33 mg green packet	67 mg blue or black packet	167 mg red packet
				

**3**  Stir water well with clean utensil

**4** 

**5**  Wait for 30 minutes for the water to become safe to drink and use.

**6** 



# Module 7: Safe Drinking Water— WaterGuard™

## Training Objectives

- Understand what safe water is.
- Understand why safe water is important in preventing the spread of cholera.
- Understand what WaterGuard™ is.
- Understand how to make water safe using WaterGuard™.
- Be able to instruct community members on how to make water safe using WaterGuard™.

## Supplies Needed

- Module 7 slide set (optional)
- 1 bottle of WaterGuard™, clean 20-liter (or 5 gallon) container filled with water, lid for container, clean utensil for stirring solution.
- *WaterGuard™ Community Education Card (for review).*



# Module 7: Safe Drinking Water—WaterGuard™

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 WaterGuard™.

## I. What is WaterGuard™ ?

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

## II. How do I use WaterGuard™ to make water safe?

One capful of WaterGuard™ makes 20 liters (5 gallons) of water safe for drinking.

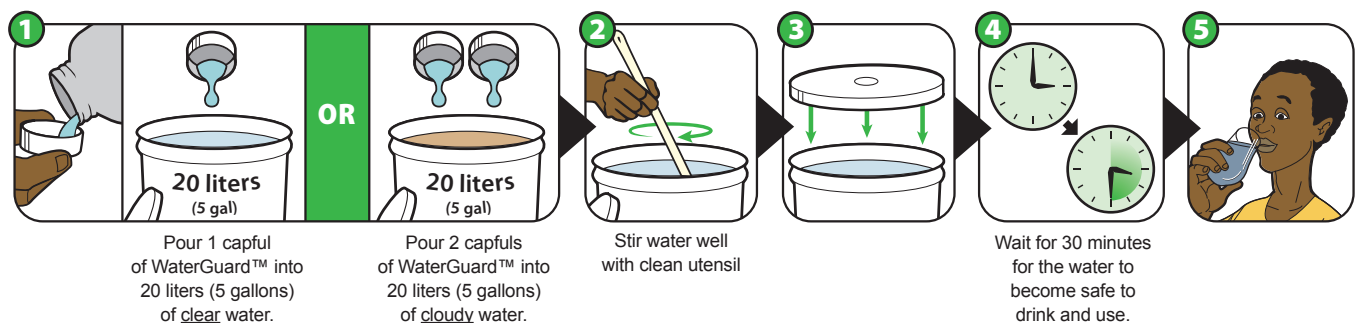
If water is cloudy, use 2 capfuls of WaterGuard™ instead of 1.

### Instructions for using WaterGuard™ :

1. Pour the WaterGuard™ liquid into the cap from the WaterGuard™ bottle.
2. Pour 1 capful into a clean container with 20 liters (5 gallons) of water.  
If water is 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— WaterGuard™

## 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 WaterGuard™ 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 WaterGuard™ is a critical exercise. People learn from doing the behavior. You will need to have a clean container of water, a bottle of WaterGuard™, 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 WaterGuard™. 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®

## Training Objectives

- Understand what safe water is.
- Understand why safe water is important in preventing the spread of cholera.
- Understand what PuR® is.
- Understand how to make water safe using PuR®,
- Be able to instruct community members on how to make water safe using PuR®.

## Supplies Needed

- Module 8 slide set (optional).
- PuR® sachets, water, clean 10-liter (or 2½- gallon) container, clean cloth for filtering, scissors or knife to open sachet, clean utensil for stirring solution.
- *PuR® Community Education Card (for review).*



# 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.

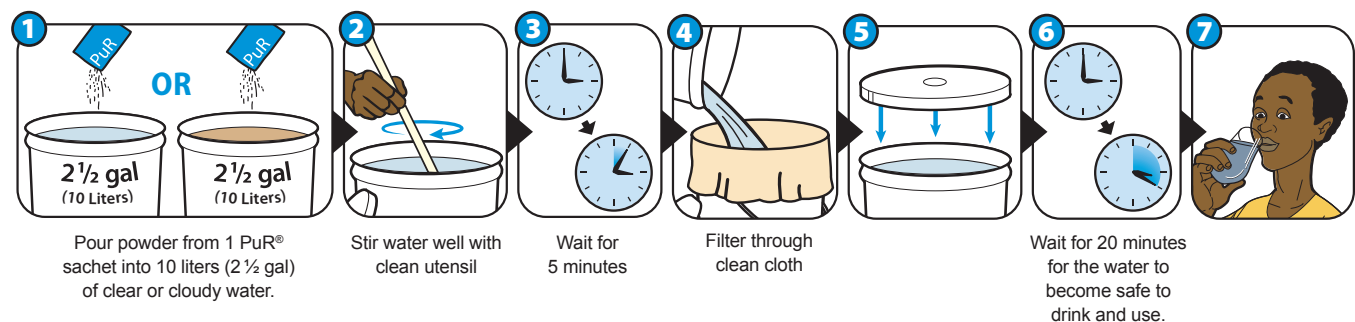
## II. How do I use PuR® to make water safe?

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.



# 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

## Training Objectives

- Understand why safe water storage is important in preventing the spread of cholera.
- Understand how to identify a safe water storage container.
- Be able to instruct community members how to determine if a container is safe for storing safe water.
- Be able to explain the importance of safe water storage to community members.

## Supplies Needed

- Module 9 slide set (optional).
- Examples of local containers that are safe AND those that are not safe.
- *Safe Water Storage Community Education Card (for review).*



# 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.

1. Do **not** dip objects into the water.
2. Do **not** dip fingers into the water.
3. 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

## Training Objectives

- Understand why safe food preparation is important in preventing the spread of cholera.
- Understand how to prepare food safely.
- Be able to instruct community members how to prepare food safely.

## Supplies Needed

- Module 10 slide set (optional).
- Examples of various types of foods that need to be prepared safely.
- Covered containers.
- *Safe Food Preparation (for review).*



# 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®, WaterGuard™, 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

## Training Objectives

- Understand why safe sanitation and cleaning are important in preventing the spread of cholera.
- Understand what “safe sanitation” and “safe cleaning” mean.
- 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.
- Describe the specific household cleaning actions that need to be taken if a family member has been sick with cholera.
- Explain how to bathe in a way to protect household members from cholera.

## Supplies Needed

- Module 11 slide set (optional).
- Household bleach and water, container for mixing household bleach and water.
- *Safe Sanitation and Cleaning Community Education Card (for review).*



# 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)*



# 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**

1. **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.)
2. **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.)
3. **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.)
4. **Where do people currently bathe?** What would you say to people to have them bathe safely? (Discussion)
5. **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

## Training Objectives

- Be able to instruct community members on how to prevent the spread of cholera when there has been a cholera death in the home.
- Be able to instruct community members in safe sanitation and cleaning processes for preparing a body in the home for burial.
- Understand the guidelines and safe practices for funeral feasts if they cannot be cancelled.

## Supplies Needed

- Module 12 slide set (optional).
- Household bleach and water, container for mixing.
- *Handling a Death Community Education Card (for review).*





# 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.



# Module 12: When a Person with Cholera Dies at Home

## 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.

## Discussion questions

1. What are burial practices for people in your (area/community/village)? Do any of these practices put you at risk for getting cholera?
2. Who usually has the responsibility to wash or prepare the body? What should that person do to prevent getting cholera?
3. What are mourners expected to do when they come to visit the body and relatives?
4. 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?
5. 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.

# Module 13: Preventing Cholera Stigma

## Training Objectives

- Understand what cholera stigma is.
- Be able to recognize the signs of cholera stigma.
- Develop plans for preventing cholera stigma in the community.
- Develop methods for dealing with cholera stigma in the community.

## Supplies Needed

- Module 13 slide set (optional).
- *Preventing Cholera Stigma Community Education Card (for review).*



# Module 13: Preventing Cholera Stigma

## I. What is cholera stigma?

Cholera stigma refers to the shaming, name-calling, shunning, teasing, rejecting, and abuse of cholera sufferers and their families. Cholera stigma comes from the need to blame someone during a disease outbreak. This blame is often based on a poor understanding of health risk. Pre-existing prejudice can also add to stigma. People, rather than the cholera germ, are singled out as the source of the problem. This promotes rumors, myths, and fears.

### Stigma is a process that:

- Labels people as different: 'He is different from us because he has cholera diarrhea.'
- Implies that differences are due to bad behavior: 'He has cholera because he is dirty.'
- Separates 'us' and 'them': People are shunned, isolated, rejected, abused.
- Results in unfair treatment and loss of status and respect.

## II. What causes cholera stigma?

The main causes of cholera stigma include:

- Rumors, myths, fears, and lack of knowledge about how cholera is spread.
- Lack of awareness by people that they are engaging in stigma practices.
- Moral judgments about people with cholera.
- Fears about death and disease related to cholera.

## III. What does cholera stigma look like?

Stigma shows up in many ways. Some people don't even know they are engaging in stigma practices against cholera sufferers. The main forms of cholera-related stigma include:

- People with cholera are blamed for engaging in dirty behaviors or being dirty people.
- People avoid communities where cholera has been identified.
- People with cholera are physically and socially isolated from family, friends and community.
- People with cholera are victims of gossip, name-calling, violence, and blame.
- People with cholera and their families may fail to seek care which may result in the further spread of cholera and death.

### Other forms of stigma include:

- **Self-stigma:** when people with cholera blame themselves and fail to seek care.
- **Stigma by association:** a whole family is labeled dirty and rejected because someone in their family has cholera.
- **Stigma by looks or occupation:** People in specific jobs such as latrine cleaners or street vendors are singled out as potential spreaders of cholera.
- **Enacted stigma:** Actual discrimination where negative attitudes or thoughts are put into harmful action.



# Module 13: Preventing Cholera Stigma

## IV. How do you prevent cholera stigma?

Cholera stigma can be prevented through community education. CHWs can help prevent stigma in many ways:

- Focus on the cholera germ and how it is spread, prevented, and treated rather than specific groups of people.
- Provide testimonials from people who had cholera, were treated and are healthy.
- Have local formal and informal leaders talk about cholera prevention practices for everyone rather than focusing on a group of people.
- Model the behavior you would like to see in the community when working with cholera sufferers. As a CHW, be confident, respectful, and maintain a sense of calm when working with cholera sufferers and their families.
- Deliver public messages that address peoples' concerns during the cholera outbreak. Provide clear facts and appeal to their compassionate nature.
- Partner with community, church, school, and local leaders in planning community stigma prevention measures and in monitoring discrimination.
- Increase people's understanding about how cholera is spread and prevented.
- Remind people that cholera sufferers are human beings: someone's son/daughter, mother/father, and brother/sister. They and their families all need support.

## Discussion questions

1. What is cholera related stigma?
2. What have you heard people say about cholera sufferers that might be considered stigma?
3. What have you seen people do to people/families/communities they think may have cholera?
4. What are people afraid of? How would you address their fears?
5. What are your fears? What do you need to know to better work with the community during the cholera outbreak and prevent stigma?

# How you can help your community fight cholera

## Helping your family and friends prevent cholera through community mobilization.

- Community mobilization is a process for community members to come together and take action on a social problem.
- The goal of community mobilization during a cholera outbreak is to have family and friends adopt cholera prevention and health-seeking behaviors so they stay healthy.

## How you can help mobilize your family and friends against cholera.

### Here are some way you can help your family and friends:

- Talking with family and friends about cholera.
- Bringing people together to decide on key cholera prevention actions.
- Promoting cholera prevention, control, and health seeking behaviors.
- Working with people to practice new skills for cholera prevention.
- Linking family and friends to health services.
- Being positive and supportive of people sick with cholera and their families.

## How you talk with your family and friends about cholera is important.

### Here are some tips for talking with your family and friends:

- Use two-way talk and problem solving.
- Focus on what people don't know. Correct misinformation and myths.
- Praise knowledge and positive behaviors.
- Remember that lecturing and scolding does not cause behavior change.



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# How you can help your community fight cholera

## Sharing correct information with family and friends is important.

- Cholera is caused by a germ, and doesn't happen because people are dirty or bad
- People with cholera and their families are human beings and need support

### To prevent cholera illness the key message are:

- Store all treated or boiled water in a clean and covered container
- Wash hands with soap or ash under running water:
  1. After using the latrine or toilet;
  2. After cleaning your child's bottom;
  3. Before preparing food;
  4. Before eating;
  5. Before feeding your children;
  6. After taking care of someone ill with diarrhea
- Cook food well, keep it covered, eat it hot, and peel fruits and vegetables yourself
- Use latrines or bury your feces (poop). Defecate at least 30 meters away from any body of water

### To prevent cholera deaths the key messages are:

- At the first sign of diarrhea, prepare and drink ORS using treated or boiled water
- Once ORS has started, seek health care immediately
- Continue to drink ORS while you travel to get treatment

## 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).

*(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.

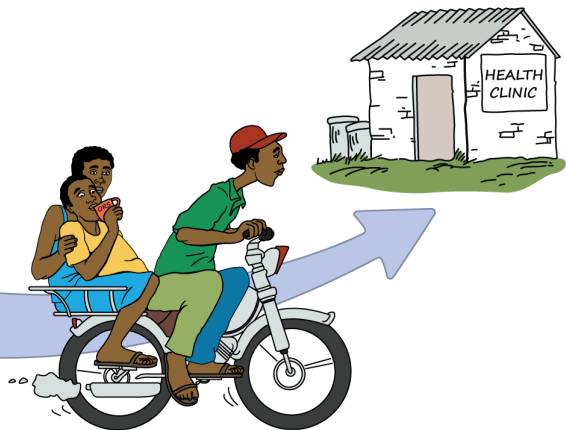
## **How to protect yourself and your family if someone is sick with watery diarrhea**

- 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.



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# Watery Diarrhea: What to Do



- Use a latrine. Wash your hands after using the latrine. Use soap and clean water.
- Make oral rehydration solution (ORS) right away.
- Drink a lot of oral rehydration solution (ORS).
- Go to the clinic as soon as you can. Drink more oral rehydration (ORS) on the way.

**Note:** Infants and young children should continue breastfeeding frequently.

# 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 treated water.



Lather thoroughly with soap. Cover all the skin on your hands. Clean under your nails.



Rinse your hands.



Dry your hands completely. Use a clean towel. If there is no towel, rub your hands together and let them air dry.



Wash your hands before you eat or prepare food.



Wash your hands before feeding other people.



Wash your hands after cleaning your child's bottom.



Wash your hands after going to the toilet.



Wash your hands after taking care of someone ill with diarrhea.



# Oral Rehydration Solution (ORS)

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

Cholera can cause 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 salts. Remember that:

- Drinking ORS will not prevent diarrhea.
- Drinking ORS will not immediately stop your diarrhea.
- Drinking ORS when you have diarrhea can save your life.

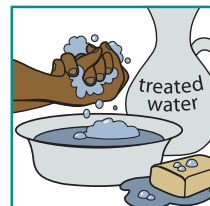
## How to make oral rehydration solution (ORS).

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

- Wash hands with soap and safe water.
- Empty ORS sachet into safe water. Stir water with a clean utensil until white powder disappears.
- Put 1 liter (1/4 gallon) of safe drinking water in a clean container.
- 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.**



1. Wash your hands with soap and treated water.



2. Wash container and stirring utensil with soap and treated water.



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.



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# How to use oral rehydration solution

Give ½ liter of ORS each day to babies and toddlers who have diarrhea.



Give 1 liter of ORS each day to children who have vomiting or diarrhea.



Go to the clinic as soon as you can. Give your child more oral rehydration solution (ORS) or breast milk on the way.



Give 3 liters of ORS each day to adults who have vomiting or diarrhea.



Go to the clinic as soon as you can. Drink more oral rehydration (ORS) on the way.



## 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).

## 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.
- Use the chart to see how much water can be made safe with your Aquatabs® tablet or tablets, or read instructions on the foil packet.

Aquatabs® Tablets		Number of tablets to use		To make this much water safe	
Strength	Color of Packet	Clear Water	Cloudy Water	Liter	Gallon
<b>8.5 mg</b>	<b>Yellow packet</b>	1	2	2.5 liters	½ gallon
<b>17 mg</b>	<b>Green packet</b>	1	2	5 liters	1 gallon
<b>33 mg</b>	<b>Green packet</b>	1	2	10 liters	2½ gallon
<b>67 mg</b>	<b>Blue packet</b>	1	2	20 liters	5 gallons
<b>167 mg</b>	<b>Red packet</b>	1	2	40 liters	10 gallons



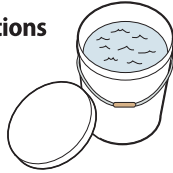
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# How to Use Aquatabs®

1

Clear water instructions



OR

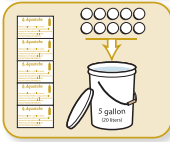
Cloudy water instructions



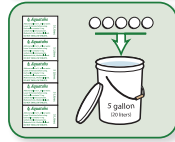
2

The pictures show how many Aquatabs® tablets should be used to make 5 gallons (20 liters) of **clear water** safe. Use **double** the number of Aquatabs® tablets pictured to make 5 gallons (20 liters) of **cloudy water** safe.

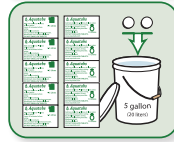
8.5 mg yellow packet



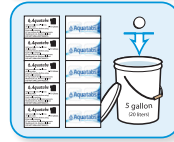
17 mg green packet



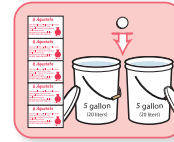
33 mg green packet



67 mg blue or black packet



167 mg red packet

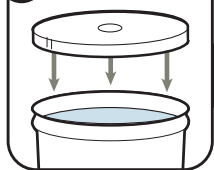


3

Stir water well with clean utensil

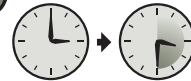


4



5

Wait for 30 minutes for the water to become safe to drink and use.



6



**Do not eat Aquatab tablets**

**No covered container?** Drink and use water on the same day it was treated

## 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 WaterGuard™.

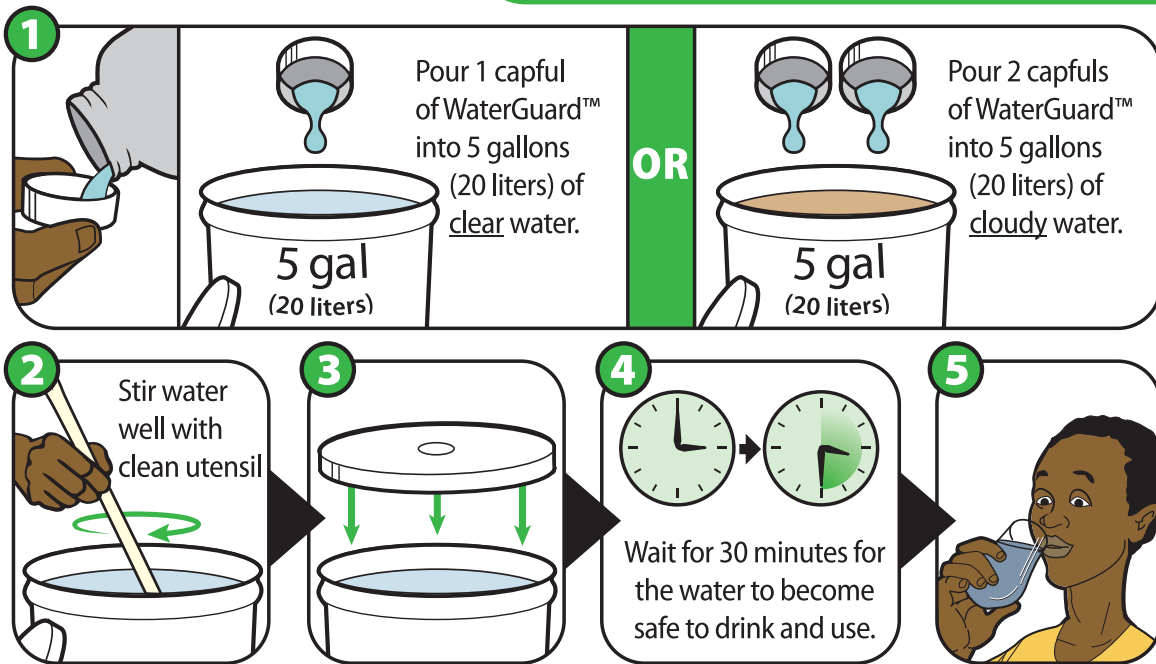
## What is WaterGuard™?

- WaterGuard™ is liquid chlorine product that can be used to kill the germs that cause cholera and make people sick with diarrhea.
- WaterGuard™ is easy to use.
- When it is properly mixed with water, WaterGuard™ kills germs that make people sick with diarrhea. *(Continued on back)*



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# How to Use WaterGuard™



## Warnings

**No covered container? Drink and use water on the same day it was treated.**

Do not use your hands, a cup, or other object to take water out of the container.

No spigot on the container? Pour water from the container into a clean cup.

Do not drink water that has not been treated.

## 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.

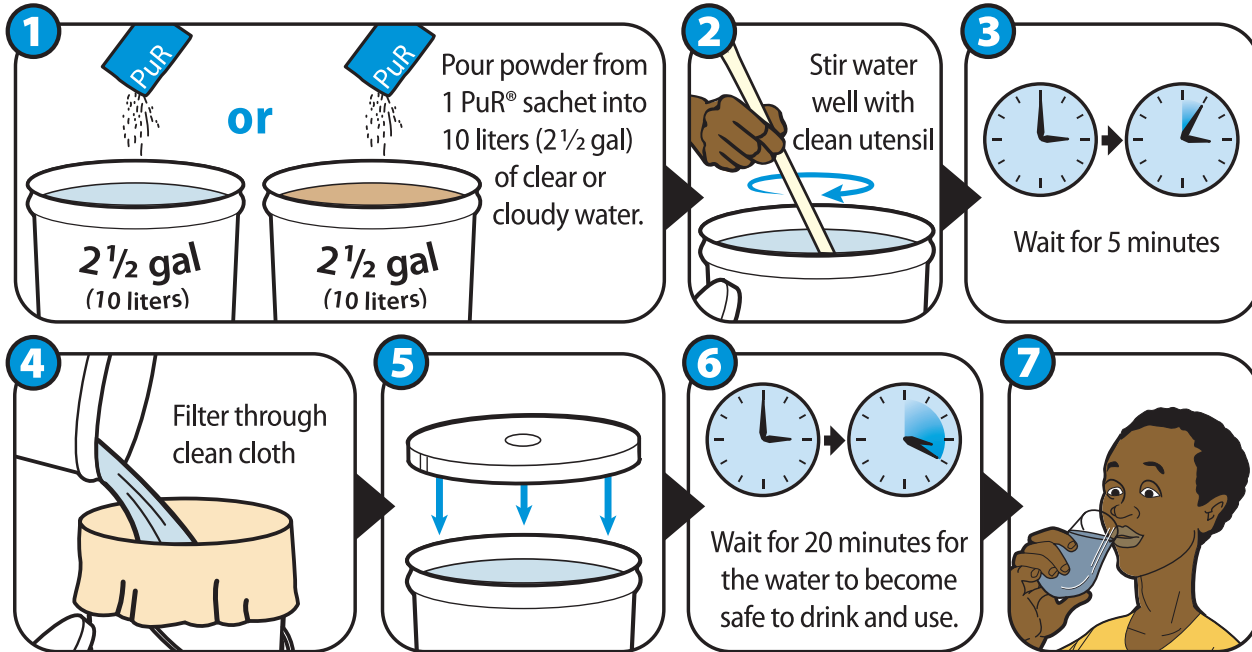
## What is PuR®?

- 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®



## Warnings

**No covered container? Drink and use water on the same day it was treated.**

Do not use your hands, a cup, or other object to take water out of the container.

No spigot on the container? Pour water from the container into a clean cup.

Do not drink water that has not been treated.

# 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®, WaterGuard™, 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

**1**

 Bleach

Pour 8 drops of bleach into 1 gallon (4 liters) of clear water.

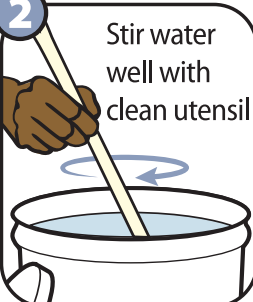
**OR**

 1 gal (4 liters)

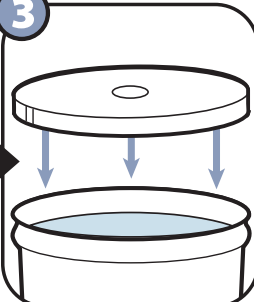
Pour 16 drops of bleach into 1 gallon (4 liters) of cloudy water.

**2**

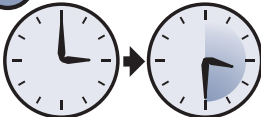
Stir water well with clean utensil



**3**



**4**



Wait for 30 minutes for the water to become safe to drink and use.

**5**



## Warnings

**No covered container? Drink and use water on the same day it was treated.**

Do not use your hands, a cup, or other object to take water out of the container.

No spigot on the container? Pour water from the container into a clean cup.

Do not drink water that has not been treated.

# 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.**

- 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)*



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# 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.
- Peel fruits and vegetables
- 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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# How to prepare food safely

Wash your hands with treated water before you eat or cook.



Use treated water for cooking.



Cook food well, especially seafood.



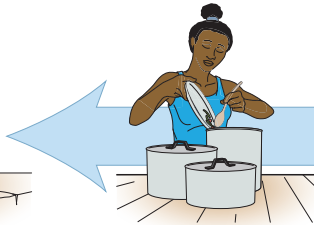
Eat cooked food hot!



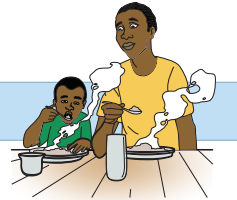
Clean kitchen surfaces, pans, and utensils with soap and treated water.



Cover cooked food before storing. Reheat well before eating.



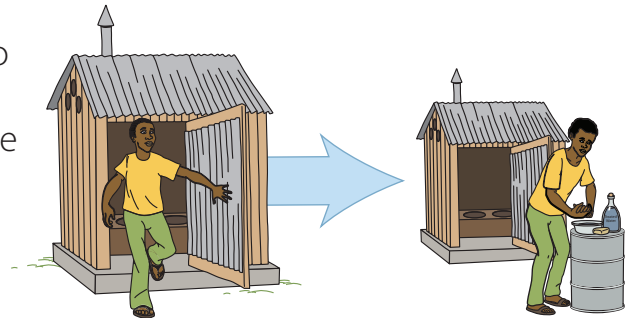
Only eat food you or someone you trust cooks.



# 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)*



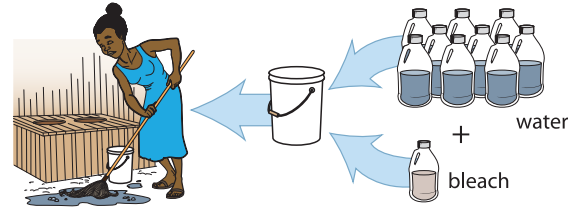
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# Safe Sanitation and Cleaning Instructions

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.

# 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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# 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)*



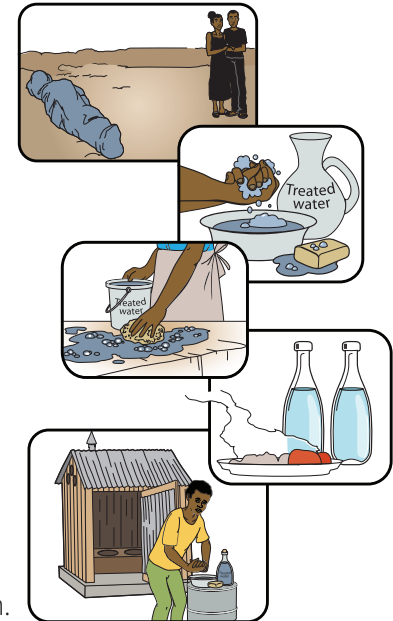
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# Handling a Death: Funerals

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 touch the body or body bag.
- Mourners should wash their hands often with soap and **treated** water. They should clean under their nails when they wash.
- Clean all food preparation areas and kitchenware with soap and **treated** water.
- Use only **treated** water for drinking, cooking and washing.
- Store **treated** water in a clean, covered container.
- Eat only food that has been boiled, cooked or peeled.
- Use latrines or other sanitation systems, like chemical toilets, to dispose of poop (feces). No latrines? Go to the toilet at least 30 meters away from any water source and bury your poop (feces). Wash your hands with soap and **treated** water after using the latrine. Clean under your nails when you wash.





# Preventing Cholera Stigma

## What is cholera stigma?

Cholera stigma refers to the unfair treatment of a person with cholera and their families.

## What are signs of cholera stigma?

- Refusing to take care of a relative sick with cholera.
- Refusing to take a person sick with cholera to a health facility.
- Avoiding families who have a person sick with cholera.
- Name-calling and shaming a person with cholera and their families.
- Refusing to treat a person sick with cholera.
- Shutting down roads to prevent people with cholera from seeking care.
- Stoning people carrying a deceased person to cemetery.

*(Continued on back)*



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# Preventing Cholera Stigma

## What causes cholera stigma?

- Lack of knowledge about how cholera is spread.
- A need to blame someone for cholera.
- Gossip that spread rumors, myths, and fears about cholera
- Judgments about people with cholera and their families.
- Fear about disease and death.

## How does one prevent and reduce cholera stigma?

### You can help prevent cholera stigma!

#### Talk to others and tell them:

- That cholera is caused by a germ not a person. Cholera can be prevented by treating all drinking water, washing hands, and disposing of feces properly.
- People with cholera can be treated and return to good health.
- People with cholera and their families are human beings and need your help and support.
- Be the person who people with cholera and their families.

# *Trainer's Guide* Teaching Community Health Workers About Cholera Prevention and Control

## Introduction

The purpose of this guide is to help you teach Community Health Workers how to prevent cholera illnesses and deaths in communities. Community Health Workers are trusted people who are skilled in promoting health messages and conducting interventions in their communities. They are essential to efforts to prevent and control cholera illnesses and deaths.

## How to Use this Guide

You can use this guide to train individuals or groups of Community Health Workers. Depending on how much time you have and the Community Health Workers' needs, you can complete all the training sessions, or conduct a brief overview of all the sessions or choose to review only some of the modules.

## Training Materials

- The complete training packet contains
  - » 13 training modules
  - » 15 community education cards for CHWs to distribute to community members
  - » 1 set of slides for trainers to use during CHW training sessions
- You can use every module or pick and choose which modules best meet the needs of your community.
  - » Modules can be put together for a longer training session.
  - » Modules can be used during one-on-one or group sessions.



# Materials Needed to Train Community Health Workers

	Objectives	Supplies You Will Need
<b>Module 1</b> Community Mobilization	<ul style="list-style-type: none"> <li>• Be able to engage the community in a respectful, two-way conversation.</li> <li>• Understand the process of community mobilization.</li> <li>• Choose the best methods to mobilize your community.               <ul style="list-style-type: none"> <li>» Develop a list of trusted community partners who can help you promote cholera prevention and treatment messages.</li> <li>» Develop a list of places where you can talk to people in your community about cholera prevention and treatment.</li> <li>» Develop a list of teaching strategies based on what you know about how people in your community learn.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Module 1 slides (optional).</li> <li>• <i>Community Mobilization Education Card (for review).</i></li> </ul>
<b>Module 2</b> What You Need to Know about Cholera	<ul style="list-style-type: none"> <li>• Describe what cholera is and where cholera germs are found.</li> <li>• Describe how cholera is spread.</li> <li>• Describe symptoms of cholera.</li> <li>• Describe actions people need to take to prevent cholera.</li> <li>• Describe actions people need to take if sick with cholera.</li> </ul>	<ul style="list-style-type: none"> <li>• Module 2 slides (optional).</li> <li>• Pictures or a list of places where people can get cholera.</li> <li>• <i>Cholera Community Education Card (for review).</i></li> </ul>
<b>Module 3</b> Decision Making Guide for Taking Care of People with Watery Diarrhea	<ul style="list-style-type: none"> <li>• Describe what to do for a person presenting with no diarrhea.</li> <li>• Describe what to do for a person with diarrhea during the day.</li> <li>• Describe what to do for a person with diarrhea during the night.</li> <li>• Describe what to do for a person who is too sick, old, or frail to seek care from a health facility.</li> </ul>	<ul style="list-style-type: none"> <li>• Module 3 slides (optional).</li> <li>• Decision Making Guide (chart).</li> <li>• <i>Watery Diarrhea Community Education Card (for review).</i></li> </ul>
<b>Module 4</b> Handwashing	<ul style="list-style-type: none"> <li>• Explain why handwashing is important.</li> <li>• Describe when people should wash their hands.</li> <li>• Describe how people should wash their hands.</li> <li>• Describe what people should use to wash their hands when soap is not available.</li> <li>• Instruct people in proper handwashing.</li> </ul>	<ul style="list-style-type: none"> <li>• Module 4 slides (optional).</li> <li>• Safe water, basin or container, soap (or sand or ash, if no soap is available), clean towel, if available.</li> <li>• <i>Handwashing Community Education Card (for review).</i></li> </ul>

	Objectives	Supplies You Will Need
<b>Module 5</b>  Oral Rehydration Solution	<ul style="list-style-type: none"> <li>• Explain what ORS is and what it does to prevent cholera death.</li> <li>• Identify supplies needed for preparing ORS sachets.</li> <li>• Understand how to prepare the ORS sachet.</li> <li>• Instruct persons with cholera and their families on ORS preparation and use.</li> <li>• Instruct cholera patients (adults, children, and infants) in appropriate ongoing feeding and continued breastfeeding.</li> </ul>	<ul style="list-style-type: none"> <li>• Module 5 slides (optional).</li> <li>• Safe water, soap for handwashing, ORS sachets, clean 1-liter (or ¼-gallon) container filled with safe water for mixing of ORS, clean utensil for stirring, clean cup.</li> <li>• <i>ORS Community Education Card (for review).</i></li> </ul>
<b>Module 6</b>  Safe Drinking Water– Aquatabs®	<ul style="list-style-type: none"> <li>• Understand what safe drinking water is.</li> <li>• Understand why safe drinking water is important in preventing cholera.</li> <li>• Describe Aquatabs®.</li> <li>• Describe how do use Aquatabs® to make water safe.</li> <li>• Instruct community members on how to prepare safe water using Aquatabs®.</li> </ul>	<ul style="list-style-type: none"> <li>• Module 6 slide set (optional).</li> <li>• Strip of Aquatabs®, clean container or bucket filled with water (amount of water depends on strength of tablets you have), lid for container, clean utensil for stirring solution.</li> <li>• <i>Aquatabs® Community Education Card (for review).</i></li> </ul>
<b>Module 7</b>  Safe Drinking Water– WaterGuard™	<ul style="list-style-type: none"> <li>• Understand what safe drinking water is.</li> <li>• Understand why safe drinking water is important in preventing cholera.</li> <li>• Understand what WaterGuard™ is.</li> <li>• Describe how do use WaterGuard™ to make water safe.</li> <li>• Identify supplies needed for preparing safe drinking water with WaterGuard™.</li> <li>• Instruct community members on how to prepare safe water using WaterGuard™.</li> </ul>	<ul style="list-style-type: none"> <li>• Module 7 slide set (optional).</li> <li>• 1 bottle of WaterGuard™, clean 20-liter (or 5-gallon) container filled with water, lid for container, clean utensil for stirring solution.</li> <li>• <i>WaterGuard™ Community Education Card (for review).</i></li> </ul>
<b>Module 8</b>  Safe Drinking Water– PuR®	<ul style="list-style-type: none"> <li>• Understand what safe drinking water is.</li> <li>• Understand why safe drinking water is important in preventing cholera.</li> <li>• Understand what PuR® is.</li> <li>• Describe how to use PuR® to make water safe.</li> <li>• Identify supplies needed for preparing safe drinking water with PuR®.</li> <li>• Prepare safe drinking water with PuR®.</li> <li>• Instruct community members how to prepare safe water using PuR®.</li> </ul>	<ul style="list-style-type: none"> <li>• Module 8 slide set (optional).</li> <li>• PuR® sachets, water, clean 10-liter (or 2½-gallon) container, clean cloth for filtering, scissors or knife to open sachet, clean utensil for stirring solution.</li> <li>• <i>PuR® Community Education Card (for review).</i></li> </ul>

	Objectives	Supplies You Will Need
<b>Module 9</b> Safe Water Storage	<ul style="list-style-type: none"> <li>• Describe why safe water storage is important.</li> <li>• Identify a safe water storage container.</li> <li>• Instruct community members how to determine if a container is safe for storing safe water.</li> <li>• Instruct community members on why a safe water container is important to prevent cholera.</li> </ul>	<ul style="list-style-type: none"> <li>• Module 9 slide set (optional).</li> <li>• Examples of local containers that are safe AND those that are not safe.</li> <li>• <i>Safe Water Storage Community Education Card (for review)</i>.</li> </ul>
<b>Module 10</b> Safe Food Preparation	<ul style="list-style-type: none"> <li>• Describe why safe food preparation is important.</li> <li>• Describe how to prepare food safely.</li> <li>• Instruct community members how to prepare food safely.</li> </ul>	<ul style="list-style-type: none"> <li>• Module 10 slide set (optional).</li> <li>• Examples of various types of foods that need to be prepared safely.</li> <li>• Covered containers.</li> <li>• <i>Safe Food Preparation (for review)</i>.</li> </ul>
<b>Module 11</b> Safe Sanitation and Cleaning	<ul style="list-style-type: none"> <li>• Understand why safe sanitation and cleaning are important in preventing cholera.</li> <li>• Understand what “safe sanitation” and “safe cleaning” mean.</li> <li>• Describe the proper way and place to dispose of feces (poop).</li> <li>• Describe how to prepare household cleaning solutions to use for the prevention and spread of cholera.</li> <li>• Describe how to clean household surfaces and other items to prevent the spread of cholera.</li> <li>• Describe the specific household cleaning actions that need to be taken if a family member has been sick with cholera.</li> <li>• Explain how to bathe in a way to protect household members from cholera.</li> </ul>	<ul style="list-style-type: none"> <li>• Module 11 slide set (optional).</li> <li>• Household bleach and water, container for mixing. household bleach and water</li> <li>• <i>Safe Sanitation and Cleaning Community Education Card (for review)</i>.</li> </ul>
<b>Module 12</b> When a Person with Cholera Dies at Home	<ul style="list-style-type: none"> <li>• Instruct community members on how to prevent the spread of cholera when there has been a cholera death in the home.</li> <li>• Instruct community members in safe sanitation and cleaning processes for preparing a body in the home for burial.</li> <li>• Understand the guidelines and safe practices for funeral feasts if they cannot be cancelled.</li> </ul>	<ul style="list-style-type: none"> <li>• Module 12 slide set (optional).</li> <li>• Household bleach and water, container for mixing.</li> <li>• <i>Handling a Death Community Education Card (for review)</i>.</li> </ul>

	Objectives	Supplies You Will Need
<b>Module 13</b> Preventing Cholera Stigma	<ul style="list-style-type: none"> <li>• Understand what cholera stigma is.</li> <li>• Be able to recognize the signs of cholera stigma.</li> <li>• Develop plans for preventing cholera stigma in the community.</li> <li>• Develop methods for dealing with cholera stigma in the community.</li> </ul>	<ul style="list-style-type: none"> <li>• Module 13 slide set (optional).</li> <li>• <i>Preventing Cholera Stigma Community Education Card (for review).</i></li> </ul>

## Module 1: Community Mobilization

Community Health Workers (CHWs) are trusted persons for promoting health messages. CHWs are also key when mobilizing the community against cholera. CHWs are skilled in one-on-one and group sessions in the community. This module provides guidelines for effective interpersonal communication and community mobilization activities.

*See Module 1 for specific information, discussion questions, and exercises.*

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

- Engage the community in a respectful two-way conversation.
- Understand the process of community mobilization.
- Choose the best methods to mobilize your community.
  - » Develop a list of trusted community partners who can help you promote cholera prevention and treatment messages.
  - » Develop a list of places where you can talk to people in your community about cholera prevention and treatment.
  - » Develop a list of teaching strategies based on what you know about how people in your community learn.

## Module 2: What You Need to Know about Cholera

CHWs are knowledgeable persons skilled in promoting health messages and implementing health interventions within their communities. CHWs will often be the first-line care givers to community members. This module provides 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.

*See Module 2 for specific information, discussion questions, and exercises.*

### 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.

## Module 3: Decision Making for Care of Persons with Diarrhea

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

*See Module 3 for specific information, discussion questions, and exercises.*

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

- Describe what to do for a person presenting with no diarrhea.
- Describe what to do for a person with diarrhea during the day.
- Describe what to do for a person with diarrhea during the night.
- Describe what to do for a person who is too sick, old, or frail to seek care from a health facility.

## 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. Unwashed (or poorly washed) hands can transfer cholera germs to food, water, and household surfaces. This module provides information that CHWs can use to help people protect themselves and their families from cholera by instructing them on washing their hands with soap and safe water.

*See Module 4 for specific information, discussion questions, and exercises.*

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

- 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.

## Module 5: Oral Rehydration Solution (ORS)

ORS is a life-saving treatment that CHWs can give to people with watery diarrhea. Watery diarrhea causes a rapid loss of water and salts from your body (dehydration). This loss of water and salts can lead to death. Patients should be told that ORS does not prevent or decrease diarrhea, but that it can prevent death by replacing lost water and salts. This module provides information on how to prepare and drink Oral Rehydration Solution (ORS).

*See Module 5 for specific information, discussion questions, and exercises.*

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

- Explain what ORS is, how it impacts diarrhea, and what it does to prevent cholera death.
- Identify supplies needed for preparing ORS sachets.
- Prepare the ORS sachet.
- 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.



## 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®. This module provides instructions for using Aquatabs® to make water safe to drink. Aquatabs® kill the germs that cause 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.

*See Module 6 for specific information, discussion questions, and exercises.*

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

- Understand what safe water is.
- Understand why safe water is important in preventing the spread of cholera.
- Describe Aquatabs®.
- Describe how do use Aquatabs® to make water safe.
- Instruct community members on how to prepare safe water using Aquatabs®.

## Module 7: Safe Drinking Water—WaterGuard™

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 WaterGuard™. This module provides instructions for using WaterGuard™ to make safe drinking water.

*See Module 7 for specific information, discussion questions, and exercises.*

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

- Understand what safe water is.
- Understand why safe water is important in preventing the spread of cholera.
- Describe WaterGuard™.
- Describe how do use WaterGuard™ to make water safe.
- Identify supplies needed for preparing safe drinking water with WaterGuard™.
- Instruct community members on how to prepare safe water using WaterGuard™.

## 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 cloudy water safe is to treat it with a chlorine product like PuR®. This module provides instructions for using PuR® to make water safe to drink.

*See Module 8 for specific information, discussion questions, and exercises.*

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

- Understand what safe water is.
- Understand why safe water is important in preventing the spread of cholera.
- 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 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 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 module provides ways to ensure safe storage of water.

*See Module 9 for specific information, discussion questions, and exercises.*

### **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.

## 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. This module 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. Be especially careful to wash hands after handling raw fish and seafood, and to cook it thoroughly.

*See Module 10 for specific information, discussion questions, and exercises.*

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

- Describe how to prepare food safely.
- Describe why safe food preparation is important.
- Instruct community members how to prepare food safely.

## Module 11: Safe Sanitation and Cleaning

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 module provides safe sanitation and household cleaning instructions to prevent the spread of cholera.

*See Module 11 for specific information, discussion questions, and exercises.*

**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.

## **Module 12: When a Person with Cholera Dies at Home**

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 module provides guidelines for safe cleaning and preparation of the body for burial if no health care workers or local officials are available.

*See Module 12 for specific information, discussion questions, and exercises.*

**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.

## **Module 13: Preventing Cholera Stigma**

Cholera stigma refers to the shaming, name-calling, shunning, teasing, rejecting, and abuse of cholera sufferers and their families. Cholera stigma comes from the need to blame someone and fear of illness during a disease outbreak. Stigma can show up in many ways and some people don't even know they are engaging in stigma practices against cholera sufferers. CHWs can prevent stigma by educating the community about cholera and how it is spread.

*See Module 13 for specific information, discussion questions, and exercises.*

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

- Understand what cholera stigma is.
- Recognize the signs of cholera stigma.
- Develop plans for preventing cholera stigma in the community.
- Develop methods for dealing with cholera stigma in the community.

# Community Health Worker Training: Cholera Prevention and Control:



# Introduction

This guide instructs how to prevent cholera illnesses and deaths in your communities. These slides and modules include information on:

- Community Mobilization
- What you need to know about Cholera
- Care of persons with diarrhea during a cholera outbreak
- Handwashing
- Oral rehydration solution
- Safe drinking water—Aquatabs®
- Safe drinking water—WaterGuard®
- Safe drinking water—PuR®
- Safe water storage
- Safe food preparation
- Safe sanitation and cleaning
- When a cholera death occurs at home
- Preventing Cholera Stigma

# 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.

# Training Packet

- The complete training packet contains
  - guide for cholera training modules
  - 13 training modules
  - 15 community education cards
- 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.

# Community Mobilization

Module 1



# Community Health Worker Learning Objectives

- Understand how to engage the community in a respectful two-way conversation.
- Understand the process of community mobilization.
- Be able to choose the best methods to mobilize your community.
  - Develop a list of trusted community partners who can help you promote cholera prevention and treatment messages.
  - Develop a list of places where you can talk to people in your community about cholera prevention and treatment.
  - Develop a list of teaching strategies based on what you know about how people in your community learn.

# What is Community Mobilization?

- A process for community members to come together and take action on a social problem.
- The goal of community mobilization during a cholera outbreak:
  - To have community members take action and adopt new behaviors to prevent cholera illness and deaths.
  - Building relationships, sharing information, and problem solving with community members to stop cholera.

# Tips for Interpersonal Communication during Community Mobilization Activities

- Start discussions by asking people what they know or what they are currently doing to prevent cholera.
- Find out where people are stuck in trying to adopt new behaviors and engage in an open discussions.
- Use two-way talk and problem solving.
- Praise knowledge and positive behaviors.
- Lecturing and scolding does not cause behavior change.
- Focus on what people don't know. Correct misinformation, rumors, and myths.

# The Role of the Community Health Worker in Community Mobilization

- Provide correct information about cholera.
- Motivate the adoption of new protective behavior.
- Provide supplies when available.
- Encourage life-saving health-seeking behaviors.

# Community Health Worker Community Mobilization Activities

- Talk about cholera throughout broad social networks within the community.
- Promote cholera prevention, control, and health seeking behaviors.
- Bring the community together to decide on key cholera prevention actions.
- Work with the community to practice new skills for cholera prevention.
- Link community members to health services.
- Provide supplies when available.
- Be positive and supportive of people sick with cholera and their families.

# Community Mobilization Settings, Topics, and Strategies

community health worker Community Mobilization Settings	community health worker Community Mobilization Topics	community health worker Community Mobilization Strategies
<ul style="list-style-type: none"> <li>• Homes of community members</li> <li>• Community meetings</li> <li>• Group meetings</li> <li>• Clinic waiting rooms</li> <li>• Churches</li> <li>• Faith-based groups</li> <li>• Prayer meetings</li> <li>• School classes and clubs</li> <li>• Funerals and large gatherings</li> <li>• Formal training sessions</li> <li>• Informal training sessions</li> </ul>	<ul style="list-style-type: none"> <li>• Talking with others about cholera prevention behaviors</li> <li>• Everyone can treat their water with water treatment products</li> <li>• Everyone can prepare oral rehydration solution</li> <li>• Positive impact of seeking early treatment for cholera</li> <li>• Positive impact of treating water, using latrines, and washing hands</li> <li>• Barriers to enacting cholera prevention behaviors and how to overcome them</li> <li>• Infection control techniques</li> <li>• Preventing stigmatization of those who have had cholera</li> </ul>	<ul style="list-style-type: none"> <li>• Safe water demonstrations</li> <li>• oral rehydration solution demonstrations</li> <li>• Interactive practice sessions</li> <li>• Question/answer sessions</li> <li>• Sharing positive stories about people who have used oral rehydration solution</li> <li>• Sharing positive stories about people who have used water treatment products</li> <li>• Sharing positive stories about people who have gone for cholera treatment</li> <li>• Storytelling</li> <li>• Drama shows</li> <li>• Role play sessions</li> <li>• Formal training activities</li> <li>• Informal training activities</li> <li>• Sermons</li> </ul>

# Discussion questions

1. Where are all the places you can go to talk with people in your community about cholera prevention and treatment?
  - Hint: Make a list of all the places and discuss.
2. Who do people trust in your community to give them important information? Who do they not trust?
  - Hint: Make a list of all the people and discuss.
3. Who do you know in your community that you can partner with and promote your cholera prevention and health seeking messages and activities?
  - Hint: Make a list of all the people and discuss.
4. What are some successful strategies you have used in the past to teach people about disease prevention and treatment?
  - Hint: Discuss demonstrations and skill building versus just lecturing to people.
5. How do people in your community learn? What are the most successful strategies for behavior changes based on how community members learn?
  - Hint: Discuss the best strategies for how people actually learn.

# **Cholera**

## What You Need to Know About Cholera



# Community Health Worker Learning Objectives

- Understand what cholera is and where cholera germs are found.
- Understand how cholera is spread
- Be able to identify the symptoms of cholera.
- Be able to describe actions people need to take to prevent cholera.
- Be able to describe actions people need to take if they are sick with cholera.

# Cholera

- You can get cholera by swallowing cholera germs picked up from surfaces or objects that contain feces or vomit from a 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.

# How can Cholera be Prevented?

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

# What to tell people who think they have cholera

- Prepare and give oral rehydration solution immediately to people with watery diarrhea. Have
- Prepare oral rehydration solution 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.

# What to tell people who ask about cholera vaccine

- Cholera vaccines have not been shown to be able to **halt a cholera outbreak**.
- There is a time lag between when a person is vaccinated to when protection is achieved
  - Each person needs 2 doses of vaccine given at least 1 week apart (children 2 – 5 years need 3 doses).
  - After the second dose it takes 1 or more weeks for the vaccine to provide protection.
- Not everyone who is vaccinated will be protected from cholera.
  - Cholera vaccination does not replace the standard food, water and hygiene precautions
  - Cholera vaccines only protect for a short time from 1 to 2 years.
  - Cholera vaccines are not licensed for use in very young children.
- 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 can be taken by every person immediately to prevent cholera during a cholera outbreak.

# 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 oral rehydration solution?
  - 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 community health worker and the other participants will be members of the community. Each community member asks a question to the community health worker. 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 community health workers if they feel they gave adequate answers. Ask participants what else they would have liked to know.

# Decision Making Guide for Care of a Person with Watery Diarrhea

A Treatment Tool for Assessing  
Persons with watery Diarrhea



# Community Health Worker Learning Objectives

- Understand what actions to take for a person presenting with no watery diarrhea.
- Understand what actions to take for a person with watery diarrhea during the day.
- Understand what actions to take for a person with watery diarrhea during the night.
- Understand actions to take for a person who is too sick, old, or frail to seek care from a health facility.

# Identifying Cholera

- It is important for the community health worker 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.

Please follow along on the  
decision making guide handout

# DECISION MAKING GUIDE

Question: Ask the person, have you had watery diarrhea today?

No

Answer: If the person says NO they have not had watery diarrhea today

1. Provide education on cholera
2. Provide education on ORS preparation and use
3. Give 3 ORS sachets
4. Tell person to immediately prepare ORS, start sipping it, and return to health facility or CTC if they get diarrhea

Yes

Answer: If person says YES they have had watery diarrhea today and it is DAYTIME

1. Prepare ORS in 1 Liter container (1/4 gallon)
2. Give ORS to ill person and have them sip ORS often
3. Provide education on cholera
4. Provide education on ORS preparation and use
5. Determine if person can travel to the nearest health facility or CTC. See below

Yes

Repons: Si moun nan di WI li te gen dyare dlo jodi a, epi se pandan LANNWIT

1. Prepare ORS in 1 Liter container (1/4 gallon)
2. Give ORS to ill person and have them sip ORS often
3. Provide education on cholera
4. Provide education on ORS preparation and use
5. Give 5 ORS sachets to family member
6. Instruct family to have patient sip ORS all night
7. Instruct family to take person to health facility or CTC at daybreak with supply of ORS to sip while travelling
8. Send patient home for the rest of the night (if health facility closes at night)
9. Determine if person can travel to the nearest health facility or CTC at daybreak. See below

Yes

If determined YES they are able to travel to health facility or CTC

1. If ill person has to travel more than 1 hour give them 3 ORS sachets.
2. Make sure to have the person carry safe water with them to the nearest health facility or CTC
3. If there is no safe water, use available water
4. Instruct the person to sip ORS often
5. Have patient continue to drink ORS while travelling to health facility or CTC

Yes

No

If determined NO they are NOT able to travel to health facility or CTC

1. Give ORS to ill person and have them sip ORS often
2. Give 5 ORS sachets
3. Family must make sure patient sips ORS all night
4. Instruct family to have patient sip ORS until diarrhea stops
5. With help of family, try and find a way ill person can get to the nearest health facility or CTC
6. CHW should check on ill person in 2 hours in their home

No

# 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?

# Handwashing



# Community Health Worker Learning Objectives

- Understand why handwashing is important in preventing the spread of cholera.
- Understand when people should wash their hands.
- Learn how people should wash their hands.
- Learn what people should use to wash their hands when soap is not available.
- Understand how to instruct community members in proper handwashing techniques.

# 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



# 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.

# 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

# 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



# 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.

# Oral Rehydration Solution

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

# Community Health Worker Learning Objectives

- Understand what oral rehydration solution is, how it impacts diarrhea, and what it does to prevent cholera death.
- Identify supplies needed for preparing oral rehydration solution sachets
- Understand how to prepare oral rehydration solution sachets.
- Be able to instruct persons with cholera and their families on proper oral rehydration solution preparation and use.
- Instruct cholera patients in appropriate ongoing feeding and continued breastfeeding.

# Oral Rehydration Solution



- oral rehydration solution is a life saving drink for people with watery diarrhea caused by cholera
  - Dehydration is the loss of water and salts from the body. This often happens when people have watery diarrhea.
  - It is the loss of water and salts that can lead to death
- Drink oral rehydration solution when you have diarrhea to replace lost water and salts
- It is important to know:
  - Drinking oral rehydration solution will not prevent diarrhea
  - Drinking oral rehydration solution will not immediately stop your diarrhea
  - Drinking oral rehydration solution when you have diarrhea can save your life.
- Prepare and give oral rehydration solution immediately to people with watery diarrhea



# Supplies Needed for Preparing Oral Rehydration Solution from the 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 oral rehydration solution 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 . oral rehydration solution mixed with any water can still save lives.*
- A sachet of oral rehydration solution

# How to Prepare Oral Rehydration Solution



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 oral rehydration solution 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 oral rehydration solution. Sip oral rehydration solution frequently. Adults and older children should continue to eat frequently. Infants and young children should continue breastfeeding frequently

# 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 (oral rehydration solution)? Have you ever used it with anyone when they had diarrhea?
4. 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 oral rehydration solution and taken to a health care facility immediately.

# Exercises (continued)

- Demonstrating the proper way to mix oral rehydration solution is a critical exercise. People learn from doing the behavior.
- **Preparing oral rehydration solution: 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 oral rehydration solution to child
  - One liter (1/4 gallon) of safe water
  - A packet of oral rehydration solution
- **Preparing oral rehydration solution: instructions**
  - Wash hands with soap and safe water.
  - In a clean container, add 1 liter (1/4 gallon) of safe drinking water.
  - Empty oral rehydration solution sachet into water.
  - Stir water with a clean utensil until the white powder disappears.
  - Use a clean cup or spoon (for child) to drink oral rehydration solution.
- **Participants**
  - Watch trainer demonstrate how to prepare oral rehydration solution.
  - Practice with a partner, demonstrating how to prepare oral rehydration solution.
  - At the end of each demonstration evaluate how well your partner did.
- Remember to show appreciation for their participation

# Safe drinking water— Aquatabs®

A chlorine-treatment  
product for making  
water safe to drink



# Community Health Worker Learning Objectives

- Understand what safe water is.
- Understand why safe water is important in preventing the spread of cholera.
- Understand what Aquatabs<sup>®</sup> are.
- Understand how to make water safe with Aquatabs<sup>®</sup>.
- Be able to instruct community members on how to prepare safe water using Aquatabs<sup>®</sup>

# 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



# 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 (Determine the number of tablets needed for the volume of water).
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

# 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

# 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?
4. Have you ever treated your water with a water treatment product?
  - If so, what did you use?
  - If not, why not?
5. What do you think about treating your water with Aquatabs<sup>®</sup> or any other water treatment product? If you like Aquatabs<sup>®</sup>, please tell us what you liked about using that product. What did you not like?

# Exercises

- Demonstrating the proper way to treat drinking water with Aquatabs<sup>®</sup> 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<sup>®</sup>, 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<sup>®</sup>. Read the instructions out loud and make sure the correct number of tablets are mixed into the 5 gallon (20 liter) container.
- Remember to show appreciation for their participation.

# Safe drinking water— WaterGuard™



A life saving chlorine product  
to make safe water

# Community Health Worker Learning Objectives

- Understand what safe water is.
- Understand why safe water is important in preventing the spread of cholera.
- Understand what WaterGuard™ is.
- Understand how to make water safe using WaterGuard™.
- Be able to instruct community members on how to prepare safe water using WaterGuard™.

# Safe Drinking Water – WaterGuard™

- 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 WaterGuard™.

# What is WaterGuard™?

- WaterGuard™ is a liquid chlorine product that can be used to kill the germs that cause cholera and make people sick with diarrhea.
- WaterGuard™ comes in a small bottle.
- WaterGuard™ is easy to use.



# How to Use WaterGuard™



- Pour the WaterGuard™ liquid into the cap from the WaterGuard™ bottle.
- If water is clear → pour 1 capful into a clean container with 5 gallons (20 liters) of water
- If water is cloudy → pour 2 capfuls into a clean container with 5 gallons (20 liters) 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.

# 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?
4. Have you ever treated your water with a water treatment product?
  - If so, what did you use?
  - If not, why not?
5. What do you think about treating your water with WaterGuard™ or any other water treatment product?
  - If yes, please tell us what you liked about using that product. What did you not like?

# Exercises

- Demonstrating the proper way to treat drinking water with WaterGuard™ is a critical exercise. People learn from doing the behavior.
- You will need to have a clean container of water, a bottle of WaterGuard™, 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 WaterGuard™. The community health worker should read the instructions out loud so the person can perform the tasks.
- Remember to show appreciation for their participation.

# Safe drinking water— PuR ®

A white powder used to make water  
safe to drink



# Community Health Worker Learning Objectives

- Understand what safe water is.
- Understand why safe water is important in preventing the spread of cholera.
- Understand what PuR<sup>®</sup> is.
- Understand how to make water safe using PuR<sup>®</sup> .
- Be able to instruct community members how to prepare safe water using PuR<sup>®</sup>.

# 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<sup>®</sup>.
- PuR<sup>®</sup> kills the germs that spread cholera.

# 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



# How to use PuR<sup>®</sup>

- Pour powder from 1 PuR<sup>®</sup> sachet into 2 ½ gallons (10 liters) 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<sup>®</sup> again after 24 hours



# 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?
4. Have you ever treated your water with a water treatment product?
  - 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 yes, please tell us what you liked about using that product. What did you not like?

# Exercises

- Demonstrating the proper way to treat drinking water with PuR<sup>®</sup> is a critical exercise. People learn from doing the behavior.
- You will need to have a clean container of water, a sachet of PuR<sup>®</sup>, scissors or a knife for opening the sachet, a clean cloth, a stick for stirring, and the previous PuR<sup>®</sup> 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<sup>®</sup>. The community health worker should read the instructions out loud so the person can perform the tasks.
- Remember to show appreciation for their participation.

# Safe Water Storage

Clean, covered containers with a tap prevent water  
safe after it has been treated.

# Community Health Worker Learning Objectives

- Understand why safe water storage is important in preventing the spread of cholera.
- Understand how to identify a safe water storage container.
- Be able to instruct community members how to determine if a container is safe for storing safe water.
- Be able to explain the importance of safe water storage to community members.

# 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.

# 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.

# 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.

# 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.



# Discussion questions

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

# Safe Food Preparation

# Community Health Worker Learning Objectives

- Understand why safe food preparation is important in preventing the spread of cholera.
- Understand how to prepare food safely.
- Be able to instruct community members how to prepare food safely.

# 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.

# 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.

# 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?
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.

# Safe Sanitation and Cleaning

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



# Community Health Worker Learning Objectives

- Understand why safe sanitation and cleaning are important in preventing the spread of cholera.
- Understand what “safe sanitation” and “safe cleaning” mean.
- 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.
- Describe the specific household cleaning actions that need to be taken if a family member has been sick with cholera.
- Explain how to bathe in a way to protect household members from cholera.



# 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.

# 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.

# 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.

# 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.

# Discussion questions

1. 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.
2. 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.
3. If we want to build a latrine, where should we put it?
  - Hint: Dig new latrines or temporary pit toilets at least a half-meter deep and at least 20 meters away from any water source.
4. Where do people currently bathe? What would you say to people to have them bathe safely?
5. 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.

# When a Person with Cholera Dies at Home

# Community Health Worker Learning Objectives

- Be able to instruct community members on how to prevent the spread of cholera when there has been a cholera death in the home.
- Be able to instruct community members in safe sanitation and cleaning processes for preparing a body in the home for burial.
- Understand the guidelines and safe practices for funeral feasts if they cannot be cancelled.

# 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.



# 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.

# 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.

# 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.

# Discussion questions

1. What are burial practices for people in your area/community/village)? Do any of these practices put you at risk for getting cholera?
2. Who usually has the responsibility to wash or prepare the body? What should that person do to prevent getting cholera?
3. 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?

# Exercises

- 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 100 parts water. Be sure to do this in an open or well-ventilated area.
- Next, ask the participants to practice making the solution.

# Preventing Cholera Stigma

*There is Strength in Unity. Let's help one another fight against cholera!*

# Community Health Worker Learning Objectives

- Understand what cholera stigma is.
- Be able to recognize the signs of cholera stigma.
- Develop plans for preventing cholera stigma in the community.
- Develop methods for dealing with cholera stigma in the community.

# What is cholera stigma?

- Cholera stigma refers to the unfair treatment of a person sick with cholera and their families.
- Examples of cholera related stigma:
  - Labeling a person sick with cholera as “dirty”.
  - Refusing to take care of a relative sick with cholera.
  - Refusing to take a person sick with cholera to a health facility.
  - Refusing to treat a person sick with cholera.
  - Name-calling and shaming a person with cholera and their families.
  - Avoiding families who have a person sick with cholera.
  - Shutting down roads to prevent people sick with cholera from seeking health care.
  - Stoning people carrying a deceased person to cemetery.



# What causes cholera stigma?

- Lack of knowledge about cholera.
- A need to blame someone for cholera.
- Gossip that spreads rumors and myths about cholera.
- Judgments about people with cholera and their families.
- Lack of awareness by people that they are engaging in cholera stigma practices.
- Fear about disease and death.

# How Can a Community Health Worker Prevent and Reduce Cholera Stigma?

- Provide clear facts on how cholera is spread and prevented.
- Deliver messages that speak to community concerns.
- Appeal to the people's compassionate nature.
- Provide testimonials from community members who had cholera, were treated, and are healthy.
- Use trusted leaders to talk about cholera prevention practices for everyone rather than focusing on a single group.
- Partner with church, school, and local leaders in planning stigma prevention measures and in monitoring discrimination.

# How Can a Community Health Worker Prevent and Reduce Cholera Stigma?

- As a Community Health Worker, model the behavior you would like to see in the community. Lead by example.
- As a Community Health Worker, be confident, respectful, and maintain a sense of calm when working with people sick with cholera and their families.

# Talking with the Community about Cholera Stigma

**When talking with the community let them know that:**

- Cholera is caused by a germ not a person.
- Cholera can happen to anyone.
- Cholera can be prevented by treating all drinking water, washing hands, and disposing of feces properly.
- People sick with cholera can be treated and return to good health.
- People sick with cholera and their families are human beings and need their help and support.
- Be the person who supports people with cholera and their families.

# Discussion questions

1. What is cholera related stigma?
2. What have you heard people say about cholera sufferers that might be considered stigma?
3. What have you seen people do to people/families/communities they think may have cholera?
4. What are people afraid of? How would you address their fears?
5. What are your fears? What do you need to know to better work with the community during the cholera outbreak and prevent stigma?