

# PREVENTING AND RESPONDING TO ACUTE WATERY DIARRHOEA (AWD)/CHOLERA

## FOR KITCHENS AND COOKING AREAS IN SCHOOLS AND CHILDREN CENTRES

### What you should do as head of school or child centre to prevent cholera:

- ☑ Educate all staff and pupils on the common cholera transmission routes and how to prevent it.
- ☑ Educate all kitchen staff on how to handle food and cooking utensils. Emphasis the key points below:
  - All kitchen staff **MUST** wash their hands with soap and chlorine solution before cooking or handling food.
  - All food should be properly stored to prevent contamination from insects etc.
  - Wash all food in safe water.
  - All food served should be properly cooked, and served hot.
  - Only allow kitchen staff to enter the kitchen and to serve food.
  - Wash dishes with soap or chlorine solution and rinse under safe water. Dry dishes on a rack well above the ground and in the direct sunlight (sunlight will help to disinfect).
- ☑ All students should wash their hands with soap and safe water or chlorine solution before eating
- ☑ Avoid washing your hands in a bowl of standing water, always use safe, running water!
- ☑ Avoid eating with their hands from the same plate/pot etc.

### If a cholera case is suspected:

- ☑ Rinse cooking utensils in chlorine solution after washing with soap. If no chlorine is available exposure to direct sunlight can disinfect cooking utensils.
- ☑ In case a staff member or pupil has been vomiting within the kitchen, all food within the kitchen and already prepared or cooked should be destroyed. All places infected with vomit should be washed with Chlorine solution

When to use 0.05% Chlorine	When to use 0.2% Chlorine
Disinfect utensils used by cholera patients like; dishes, spoons etc.	Disinfect latrines that have been used by cholera patients.
Washing hands after using the toilet, handling a cholera patient, before preparing food. (If 0.05% chlorine is used, soap is not required)	Disinfect place where cholera patients have vomited or had diarrhoea.
How to make chlorine solution	
0.05%	0.2%
With Bleach 5% (Sodium hypochlorite solution): <ul style="list-style-type: none"><li>• 14 tablespoons in 20 litres of water</li><li>• ¼ of cup in 20 litres of water</li></ul>	With Bleach 5% (Sodium hypochlorite solution): <ul style="list-style-type: none"><li>• 20 tablespoons in 5 litres of water</li></ul>

Note: 1 tablespoon = 10mL, 1 cup = 200 mL

### BE ALERT!

**Cholera can lead to death within hours: Early treatment with fluids such Oral Rehydration Salts (ORS) saves lives.**