

## Cholera

### What is cholera?

Cholera is caused by bacteria. Some people have no symptoms and some have only mild diarrhea. Others may get severe diarrhea, losing large amounts of liquid very quickly. If these people are not treated, they may die.

### How is it spread?

You get cholera by drinking water or eating food contaminated with the bacteria. Raw seafoods, raw vegetables, and raw fruits are high-risk foods. Cooking the food kills the bacteria.

### What can I do to protect myself?

- Always eat safe food and drink safe water.
- If you can't BOIL IT, PEEL IT, OR COOK IT, DON'T EAT IT!
- Avoid raw seafood and other raw foods, except fruits and vegetables that you have peeled or shelled yourself.
- Drink only water that has been boiled or disinfected with chlorine or iodine. Avoid ice, unless you are sure it is made with safe water.
- Do not swim, wade, or wash in waters contaminated with human sewage.

### Should I be vaccinated?

Not usually. Eating and drinking safely is the most important thing travellers can do to avoid getting sick with cholera or other diarrheal diseases. If you are at high risk for cholera, a two-dose oral vaccine is available for people 2 years of age and older. The vaccine is about 85 percent effective and gives immunity for two to three years.

### What is the cholera vaccine?

The vaccine contains live cholera that has been attenuated so that it cannot cause disease.

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Vaccine:		
V. cholerae 01 Inaba classic strain, heat inactivated		ca. 2.5 x 1010 vibrios
V. cholerae 01 Inaba El Tor strain, formalin inactivated		ca. 2.5 x 1010 vibrios
V. cholerae 01 Ogawa classic strain, heat inactivated		ca. 2.5 x 1010 vibrios
V. cholerae 01 Ogawa classic strain, formalin inactivated		ca. 2.5 x 1010 vibrios
Total		ca. x 1 x 1011 vibrios
Recombinant cholera toxin B subunit (rCTB)	1 mg	
Sodium dihydrogen phosphate		
Disodium hydrogen phosphate		
Sodium chloride		
Water for injection		to 3 mL
SODIUM HYDROGEN CARBONATE, one sachet (5.6 g) contains:		
Sodium hydrogen carbonate		Citric Acid
Sodium carbonate		Saccharin sodium
Sodium citrate		Raspberry flavour

### How do I take the cholera vaccine?

- DUKORAL™ is a raspberry-flavored vaccine that you drink.
- Each dose comes in a small glass vial with a packet of fizzing granules.

### Preparing the vaccine:

- 1) Dissolve the fizzing granules in 5 oz. or 150 ml of water. For children 2 to 6 years old, after mixing the granules with the water, pour out half of the solution (2.5 oz. or 75 ml).
- 2) Shake small glass vial of vaccine.
- 3) Add the vaccine in the vial to the water solution in the glass. Stir well, and drink immediately.
- 4) Do not eat or drink anything for one hour before and one hour after taking the vaccine.

### Vaccine dosing schedules:

	To protect against Travellers' Diarrhea	To protect against Cholera
Children 2 to 6 years old	2 doses are needed 1 week apart. Booster dose is recommended every 3 months to maintain protection	3 doses are needed at 1-week intervals. Booster dose is recommended after 6 months to maintain protection
Adults and children over 6 years old	2 doses are needed 1week apart. Booster dose is recommended every 3 months to maintain protection	2 doses are needed 1 week apart. Booster dose is recommended after 2 years to maintain protection

- Doses must be taken at least one week apart, but not more than six weeks apart.
- Protection begins one week after taking the final dose.
- The vaccine should be taken at least eight hours before or after an oral typhoid series.

### Are there any side effects?

Generally, the vaccine is well tolerated. Very rarely people have reported abdominal pain, nausea, diarrhea, and fever for one to two days after each dose.

### What should I do if I think I have cholera?

If you have diarrhea, especially severe diarrhea, contact a doctor immediately. The most important treatment is replacing the liquids lost with the diarrhea.

If you have further questions, contact the KFL&A Public Health at 613-549-1232 or 1-800-267-7875 or visit [www.travellersdiarrhea.com](http://www.travellersdiarrhea.com).