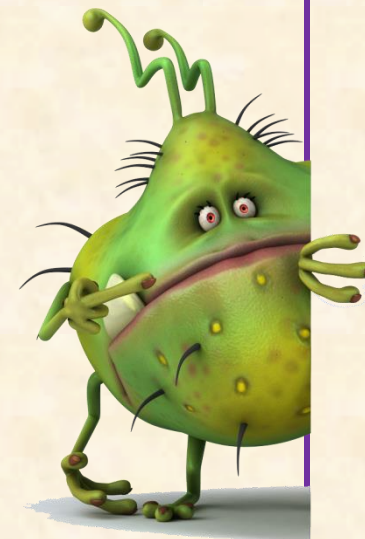




Mr. Boo Gets Cholera



By Ailsa Robson

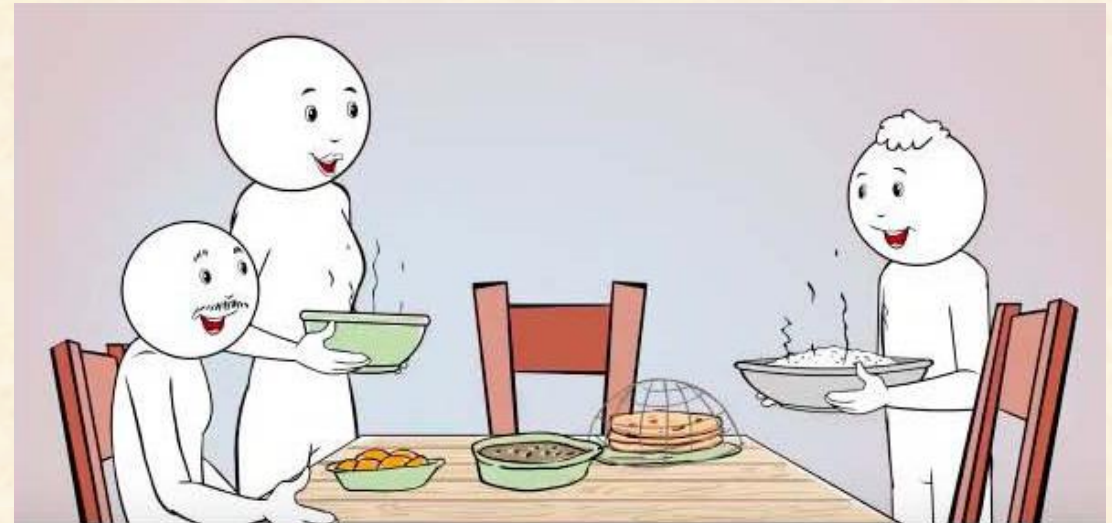


Mr. Boo Gets Cholera

This is a story about a man named Mr. Boo.

Mr. Boo has a family and they live in a village far from the city.

This is a story about how Mr. Boo got sick with Cholera.



Mr. Boo gets a bad stomach ache.

Mr. Boo's toilet is a latrine that is located close to a spring of water that his family uses for cooking and drinking.

One day Mr. Boo had a really bad pain in his stomach.

He rushed to the toilet because he was beginning to feel very sick.



Mr. Boo gets diarrhea.

When Mr. Boo went to the toilet, he felt very sick and started having diarrhea – a lot!!

Then he started vomiting – a lot of that too!!



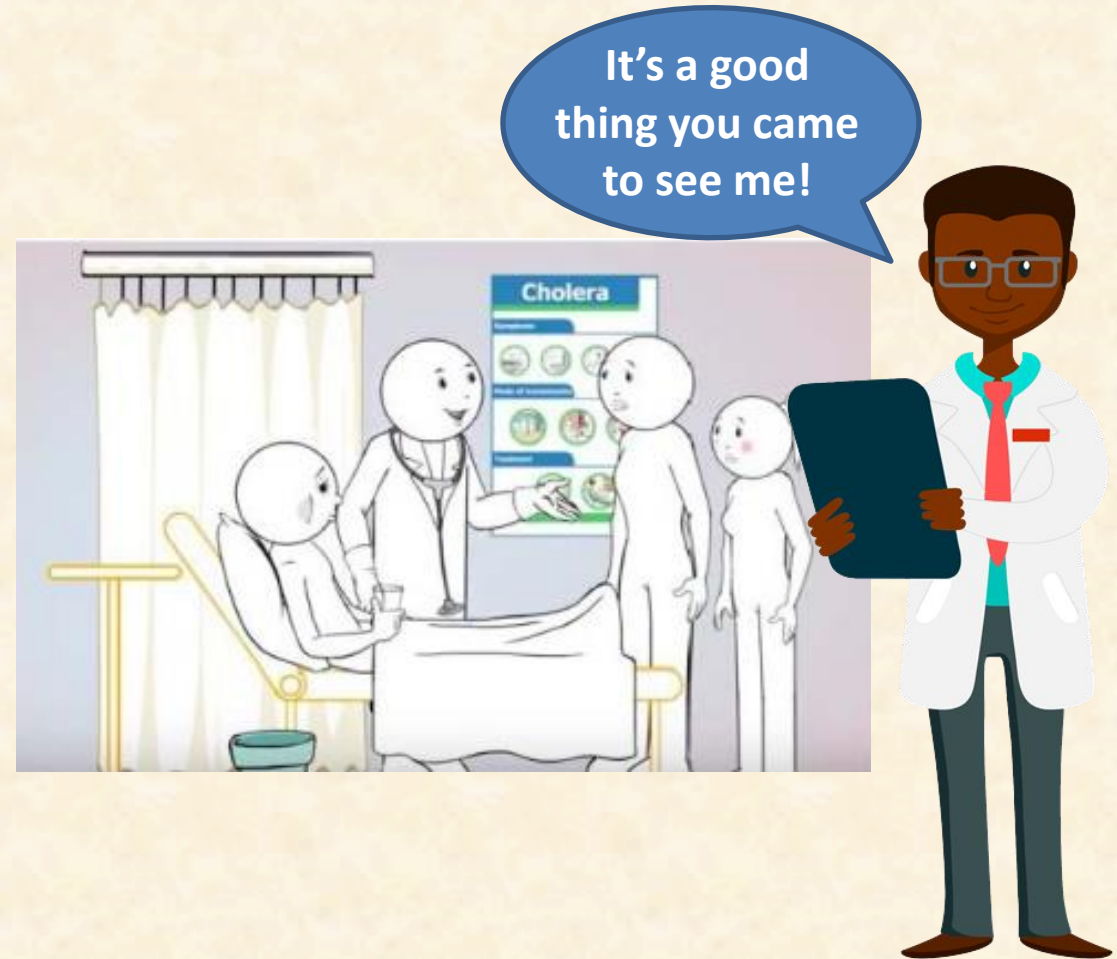
He became very ill.

- Mr. Boo kept on vomiting and had diarrhea all day long.
- He became very dehydrated and couldn't drink enough water.
- He was very tired and worried.
What was wrong? Why am I so sick?



His family took him to the doctor.

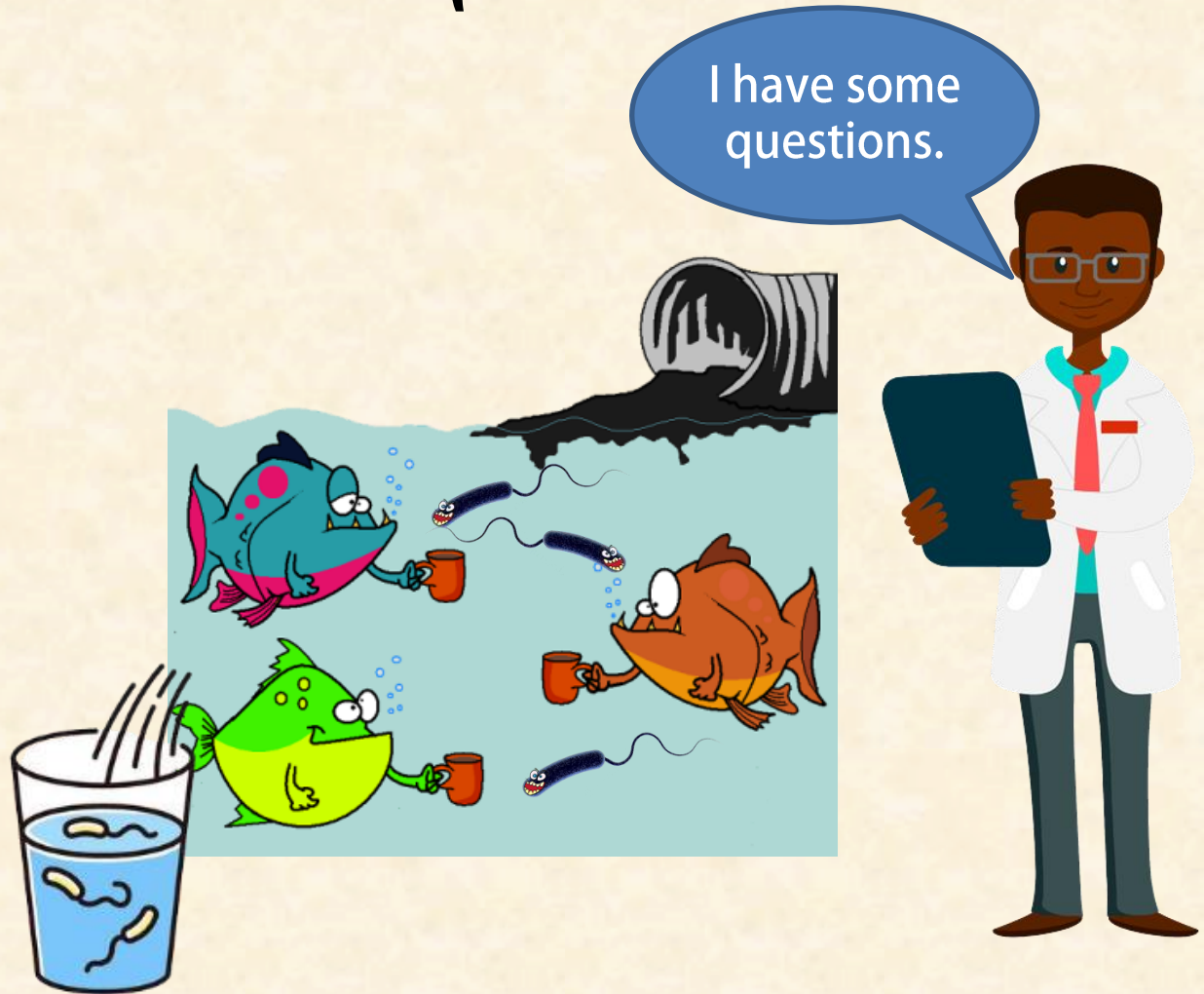
- His family was worried too.
- They took Mr. Boo to the doctor to see what was wrong.
- The doctor had to run some tests to see why he was having diarrhea and vomiting.



The doctor asks some questions.

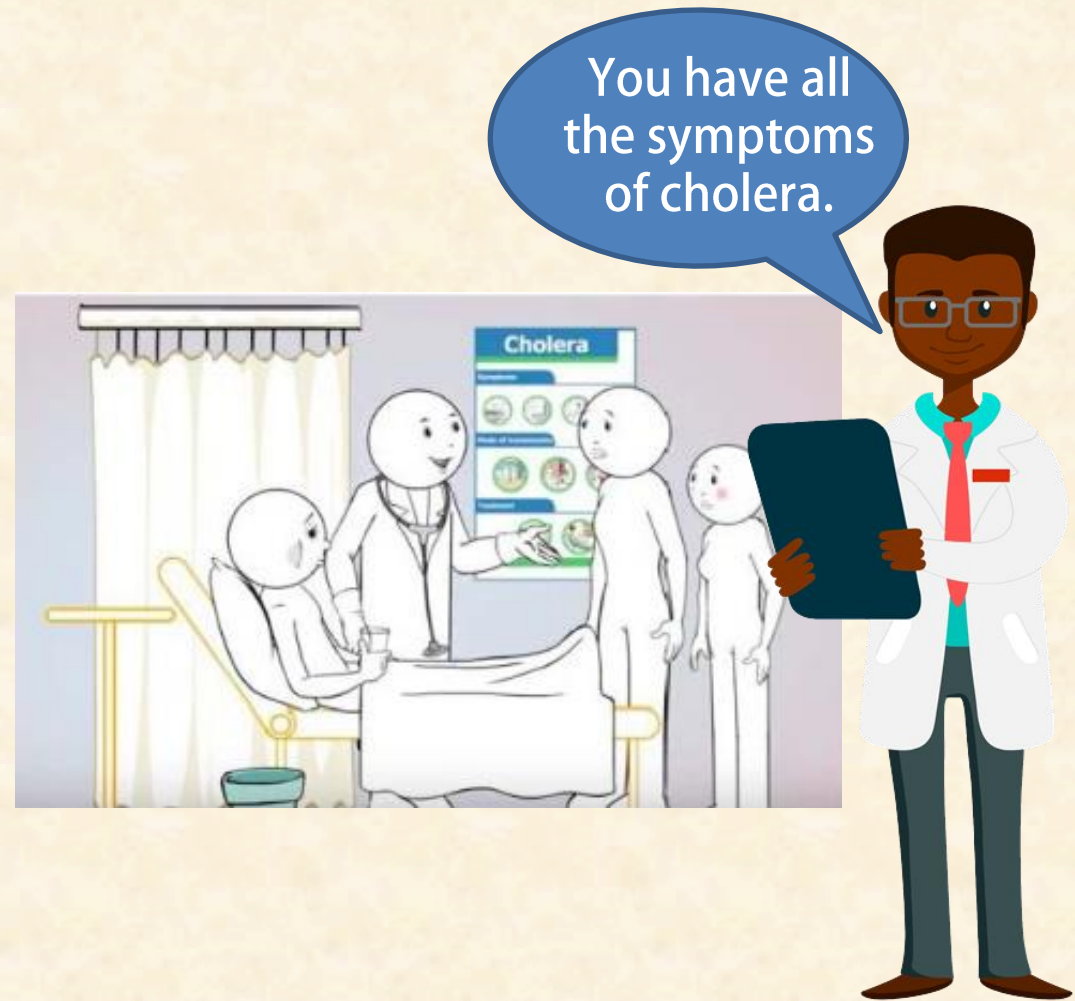
The doctor asked Mr. Boo certain questions:

- Are you drinking safe, clean water?
- Do you wash your hands after using the toilet?



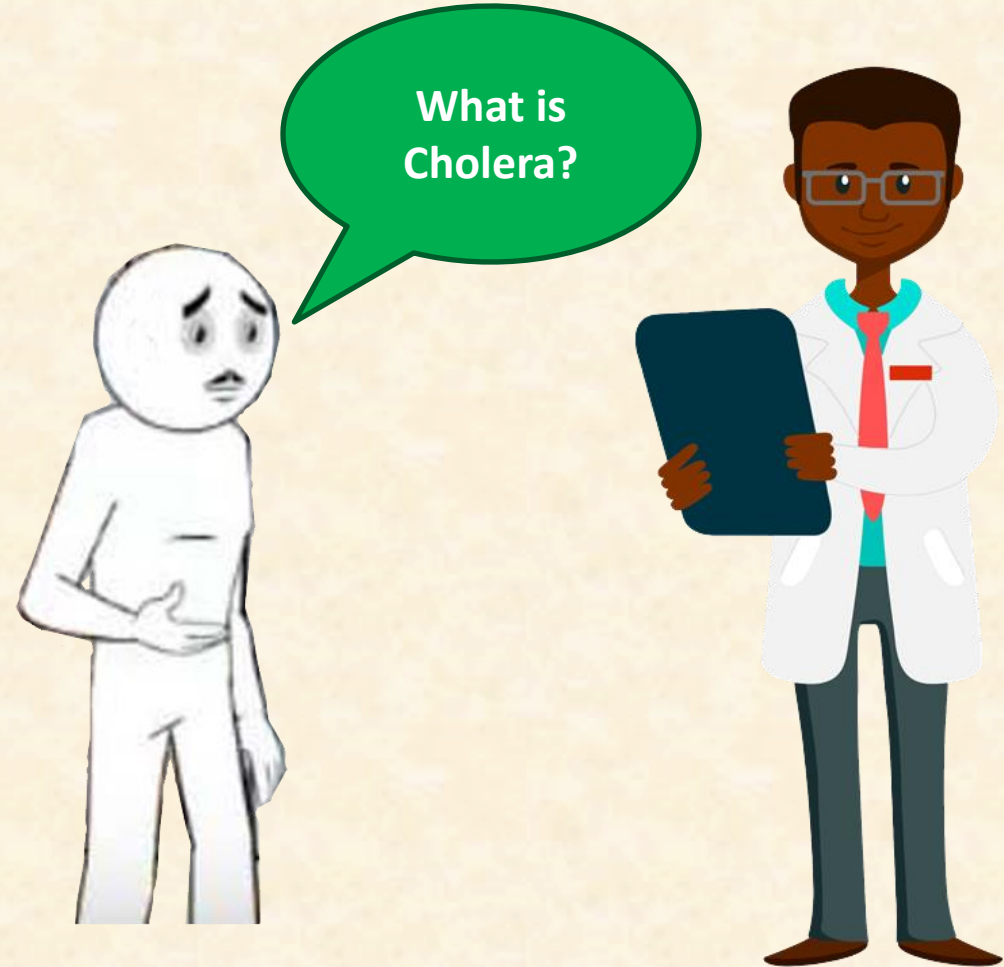
Mr. Boo has Cholera!

- It didn't take long for the doctor to find out that Mr. Boo had cholera.
- **Why? How did he get it?**



Mr. Boo asks: What is Cholera?.

- Mr. Boo asks “What is Cholera?”
- That is a good question Mr. Boo.
- The doctor tells Mr. Boo: “**Cholera is a very serious disease that without treatment can be fatal.**”



What is Cholera?

- Cholera is a serious bacterial infection of the intestine.
- Cholera is caused by eating food or drinking water contaminated with bacteria: **Vibrio Cholerae**.



How does Cholera spread?

Cholera is a very nasty bacteria that easily spreads:

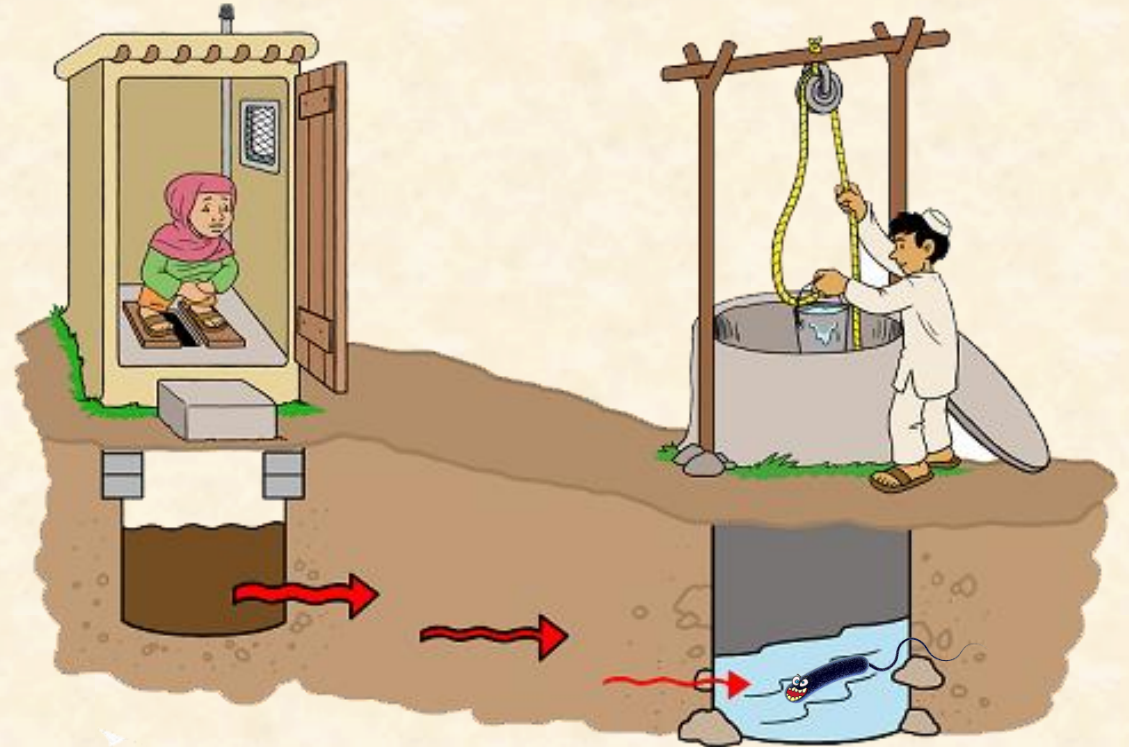
- When you don't wash your hands after using the toilet.
- Onto food that hasn't been prepared safely.
- Into your drinking water if it is not boiled or treated.



How does Cholera get into the water?

Cholera easily spreads into the water when the toilet is located too close to the water source:

- The bacteria travels from the infected person's feces (poop) into the nearby water source.
- Bacteria thrives in contaminated water or on feces.



Bacteria may be too small to see, but they are there!

- Cholera is a very tiny bacteria that you can only see with a magnifying glass.
- Cholera can spread by flies – they land on some infected poop and then land on your food! Ewwww!!!



How to keep from getting Cholera

There are basic steps to keep you safe from getting cholera:

1. Always wash your hands with soap and water after using the toilet and before preparing food.
2. Wash your produce with safe water before preparing food to eat.
3. Keep food covered to keep flies away.



It's important to have good sanitation

For good sanitation:

1. Boil your water 2-3 minutes to kill bacteria
2. Some people chemically treat their water to make it safe.
3. Make sure the toilet is located far away from any water sources.



Home Remedies

If you do get cholera, it is important to:

- Drink lots of clean, safe water
- Get plenty of rest
- Make sure to replenish the amount of fluid lost with plenty of clean, safe water.
- Use an oral rehydration solution (ORS) – (instructions follow).



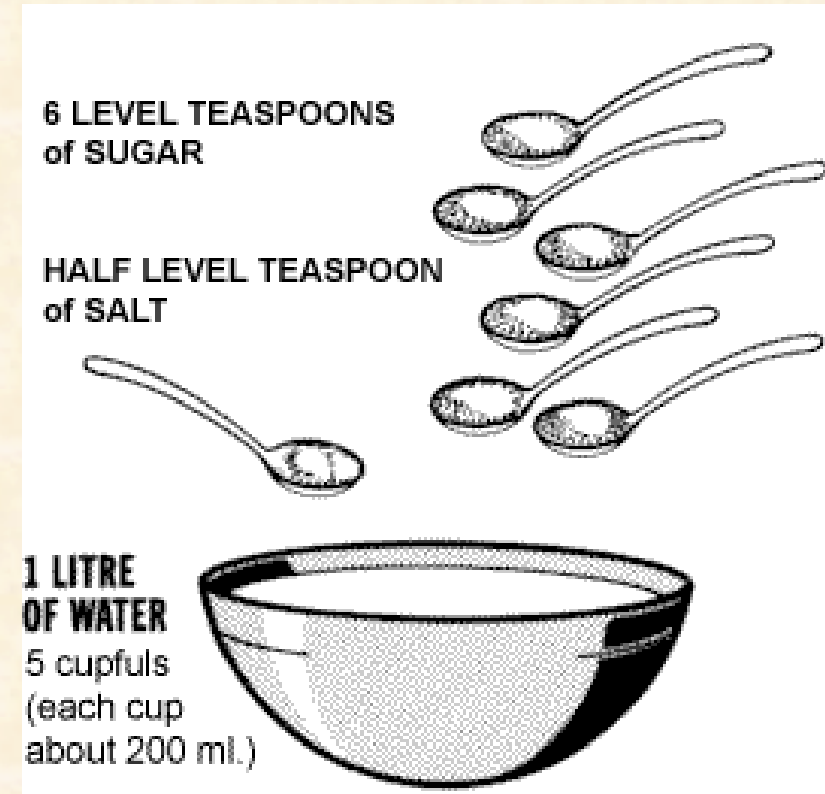
Rehydration is Very Important

Oral Rehydration Solution (ORS):

Mix the following ingredients into a clean container:

- 1 Liter (5 cups) clean water
- 6 level teaspoons sugar
- 1/2 level teaspoon salt

It is not harmful to add more water than specified.



Warning! mix the correct amounts as shown; too much sugar or salt can be harmful to the child.

Home Remedies for Children

An effective homemade remedy for children having watery diarrhea:

- 1/2 to 1 cup precooked baby rice cereal
- 2 cups clean water
- 1/2 tsp. salt

Mix rice cereal, water, and salt together until mixture thickens. Spoon feed the child as much of the mixture as they will take. Continue feeding, even if the child is vomiting, to replenish the liquid they have lost.

Other tips for children:

- Banana or other non-sweetened mashed fruit helps provide potassium.
- Continue feeding children, even when they are sick; continue breastfeeding if the child is being breastfed.



When it's time to see a doctor

IMPORTANT: It's time to see a doctor if:

- You can't keep any fluids down
- You have severe diarrhea
- You show signs of **dehydration**
- **If not treated, dehydration can lead to shock and death in a matter of hours.**



Signs of Dehydration

IMPORTANT! Cholera can be fatal! These are signs of dehydration

- Rapid heart rate
- Loss of skin elasticity (the ability to return to original position quickly if pinched)
- Dry mucous membranes, including the inside of the mouth, throat, nose, and eyelids
- Low blood pressure
- Thirst
- Muscle cramps
- **See your doctor immediately!**



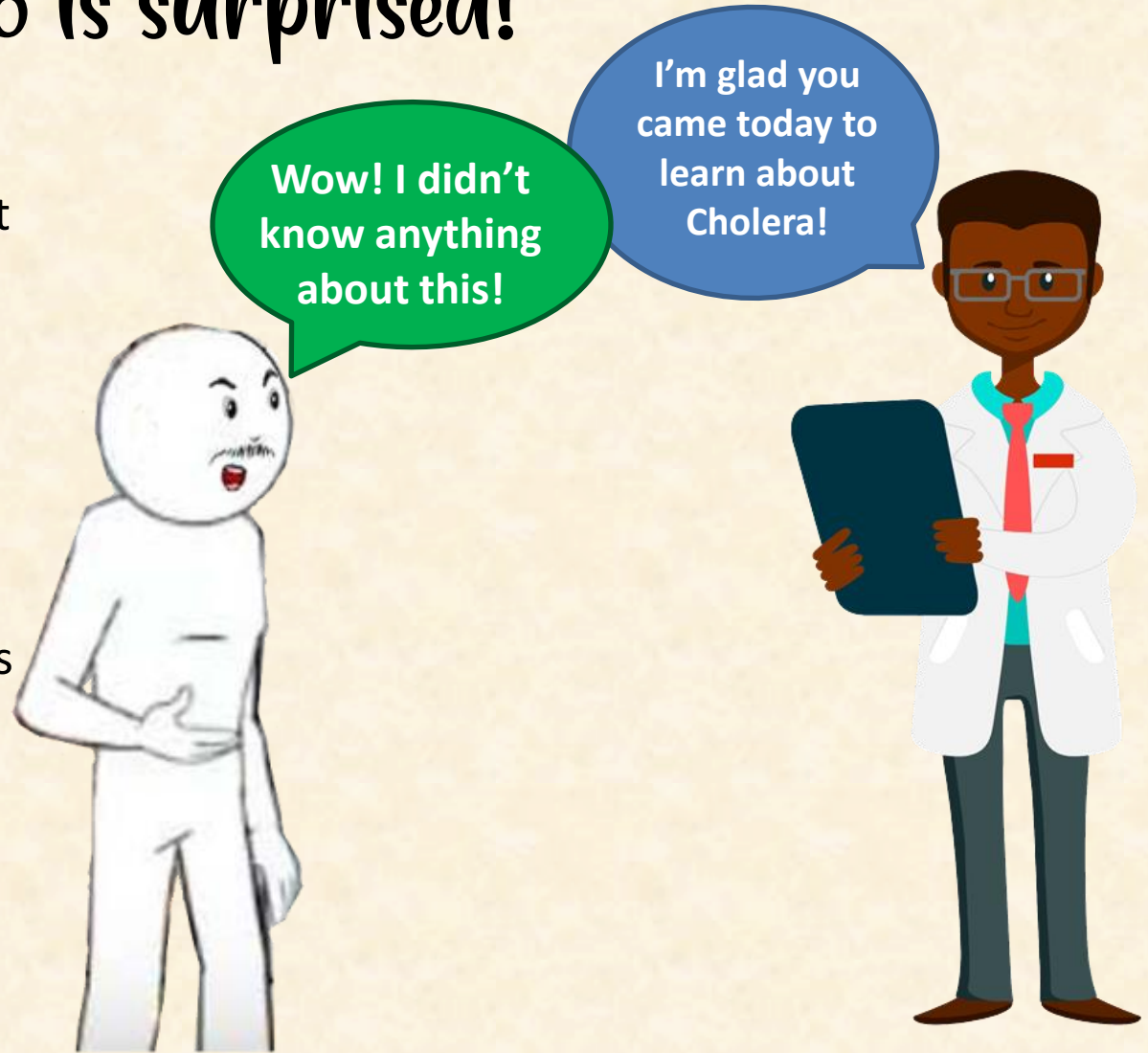
Myths & Misconceptions

- Cholera is **not** an airborne disease.
- Cholera **is not** caused by evil spirits.
- Cholera **is not** a punishment from the Gods.
- **Cholera IS CAUSED BY A LACK OF GOOD HYGIENE AND SANITATION!!**
- **REMEMBER: Wash your hands often to stay safe and healthy!**



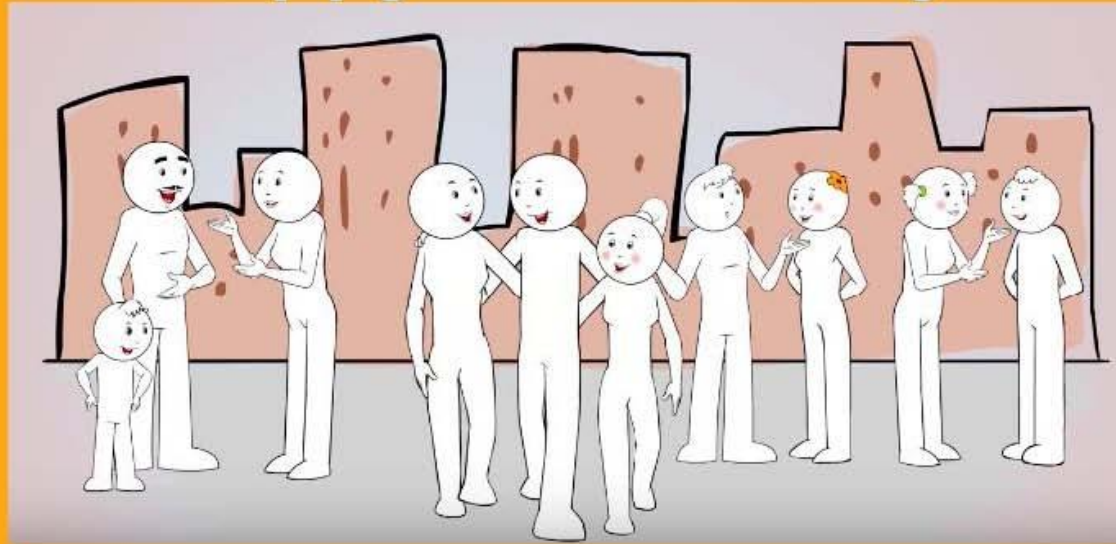
Mr. Boo is surprised!

- Mr. Boo is very surprised to learn all about Cholera.
- He learned about the symptoms, how to prevent it and when it's time to see the doctor.
- Thank you Doctor for explaining about this serious disease!



**Today, Mr. Boo teaches everyone how to stay
safe and healthy.**

**Share this with everyone in your
community to keep everyone
happy and healthy.**



References

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