



Cholera

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1. Cholera is an illness which causes bad diarrhoea, but cholera can easily be treated.

2. Cholera is very dangerous because it can cause your body to lose a lot of liquid. This can kill you if the cholera is not treated immediately.

3. Now try to answer these questions using the buttons on the controller. You can hear any question again by pressing the middle button.

4. What is cholera?

5. Vomiting,

6. Or an illness which causes bad diarrhoea?

7. Press a button now.

8. Correct. Cholera is an illness which causes bad diarrhoea.

9. Why is cholera dangerous?

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10. Because it is painful,
11. Or because it causes diarrhoea that can kill you?
12. Press a button now.
13. Yes! If it is not treated immediately cholera can cause your body to lose a lot of liquid, which can kill you.
14. Cholera is caused by germs. The most common way of getting cholera is by eating food or drinking water that contains cholera germs.
15. You can also get cholera by contact with the faeces (poo) of someone who has cholera, as their faeces will contain cholera germs.
16. These germs are so small you cannot see them.
17. The food or water may look clean but can still contain germs that can give you cholera. Now here are some questions for you.
18. What causes cholera?

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19. Germs,
20. Or mosquitoes?
21. Press a button now.
22. You're right! Cholera is caused by germs. These germs are so small you cannot see them.
23. How can the cholera germs get into your body?
24. From the air you breathe,
25. Or from drinking dirty water?
26. Press a button now.
27. Correct! You can get cholera from drinking dirty water or eating food that contains cholera germs.

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28. Cholera can spread throughout your community very quickly.

29. As we have learnt, it is spread through dirty water or food, or by contact with faeces (poo).

30. If you live in an area where many people share latrines or where human faeces are left on the ground you must be very careful because you may be in contact with cholera germs.

31. If your water supply is not clean you must also be very careful because unclean water can contain cholera germs.

32. Can contact with human faeces (poo) be dangerous?

33. Yes, because they can contain cholera germs,

34. Or no, they just smell bad?

35. Press a button now.

36. Correct! Contact with human faeces can be dangerous because faeces may contain cholera germs that can kill you.

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37. Why can unclean water be dangerous?
38. Because it tastes bad,
39. Or because it may contain cholera germs?
40. Press a button now.
41. Right. If you live in an area with an unclean water supply you must be very careful because you may be in contact with cholera germs.
42. Now we will talk about how you can tell if you or someone in your family may have cholera.
43. There are many symptoms of cholera and these symptoms can vary from mild to severe.
44. The most common symptoms are sudden, watery diarrhoea and dehydration. The diarrhoea is often referred to as "rice water" diarrhoea, because of its white colour.
45. If you have cholera you may also have dry skin and a dry mouth. You will probably feel very thirsty and may have nausea or vomiting.

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46. What is the main symptom of cholera?
47. A bad cough,
48. Or watery diarrhoea?
49. Press a button now.
50. You are right. The most common symptom of cholera is sudden, watery diarrhoea. The diarrhoea is often white, and looks like rice water.
51. If you think someone in your family may have cholera you should give them liquids to drink as often as possible until the diarrhoea stops.
52. Drinking lots of liquids helps to replace the water lost from the body due to diarrhoea.
53. If there is a possibility your water supply is not clean, you should make it safe by boiling it. You should then cool the boiled water before drinking.
54. If you think someone in your family has cholera how much should you give them to drink?

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55. Give them plenty to drink,
56. Or give them very little to drink?
57. Press a button now.
58. Correct! A person with cholera needs plenty of liquids to help replace the water lost from their body due to diarrhoea.
59. If possible a special rehydration mixture from your health centre should be mixed with the water. This rehydration mixture is very good at helping replace liquid lost from the body due to diarrhoea.
60. If you cannot get this rehydration mixture from your health centre you can make it easily at home. Take 5 cups of clean drinking water and add a large handful of sugar and a large pinch of salt.
61. Stir the mixture well before feeding it slowly to the sick person using a clean cup or spoon.
62. If you think someone in your family may have cholera why is it good to give them the special rehydration mixture?
63. Because it tastes nice,

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64. Or because it helps replace liquid lost from the body due to diarrhoea?
65. Press a button now.
66. You are right. The special rehydration mixture is very good at helping replace liquid lost from the body due to diarrhoea.
67. To make the rehydration mixture at home, what should you add to the 5 cups of clean drinking water?
68. A handful of sugar and a pinch of salt,
69. Or a handful of rice and a pinch of salt?
70. Press a button now.
71. Yes! To make the special rehydration mixture you should add a large handful of sugar and a large pinch of salt to 5 cups of clean drinking water.
72. As well as giving the sick person plenty of liquids to drink, you should take them to the health centre for treatment.

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73. If someone in your family has cholera the health centre may suggest isolating the sick person to try to avoid spreading cholera to other people. It is rare to catch cholera from being close to or touching other people, but you should still be careful.
74. If you think someone in your family may have cholera you should get medical help immediately.
75. Cholera can kill children very quickly.
76. What should you do if you think someone in your family may have cholera?
77. Wait to see if they get better,
78. Or get medical help immediately?
79. Press a button now.
80. You're right. If you think someone in your family may have cholera, contact your health centre immediately and give the sick person plenty of liquids to drink.
81. There are 4 things you should do to stop cholera and diarrhoea from spreading.

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82. Faeces spread germs, including cholera germs. The first thing you should remember is to safely dispose of all human faeces. Always put faeces in a latrine or bury it in the ground.
83. Secondly, always wash your hands with clean water and soap after contact with faeces and before preparing food.
84. Encourage your children to regularly wash their hands with soap and water too. Using soap helps to remove germs and will help to protect you and your family from cholera.
85. Can faeces contain cholera germs?
86. Yes,
87. Or no?
88. Press a button now.
89. That's right. Faeces spread germs, including cholera germs.
90. Why is it important to safely dispose of faeces?

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91. Because they smell bad,
92. Or because they contain germs that can make us ill?
93. Press a button now.
94. Correct! Faeces spread germs, so you should put faeces in a latrine or bury them in the ground.
95. Why is it important to wash your hands with clean water and soap after contact with faeces?
96. Washing with soap and water helps to remove germs,
97. Or washing with soap and water makes your hands smell nice?
98. Press a button now.
99. Yes! Washing your hands with clean water and soap removes germs and helps protect you and your family from cholera.

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100. The third thing you should do to stop cholera from spreading is to always use clean, safe water for drinking.

101. If you are not sure your water is safe to drink always boil it before drinking.

102. What should you do if you are not sure your water is safe to drink?

103. Check the colour of the water,

104. Or boil it before using it?

105. Press a button now.

106. You are right. If you are not sure your water is safe to drink boil it before using it.

107. The fourth thing you should do to avoid getting cholera is to wash, peel or cook all foods.

108. When cooking you should be very careful of cholera. You should cook food thoroughly and eat it while it is hot.

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109. Raw fruit and vegetables should be peeled or washed with clean water before eating. This will help to ensure your food is free from cholera germs.
110. How can you make sure your food does not contain cholera germs?
111. Wash, peel or cook all foods,
112. Or eat the food very quickly?
113. Press a button now.
114. Correct. You should cook food thoroughly and eat it while it's hot. Raw fruit and vegetables should be peeled or washed before eating.
115. To prevent you and your family from getting cholera remember the 4 things you should do:
116. **1.** Put all faeces in a latrine or bury it in the ground.
117. **2.** Wash your hands with clean water and soap after contact with faeces and before preparing food.

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118. 3. Always use clean, safe drinking water. Boil the water if you are not sure it is clean.
119. 4. Wash, peel or cook all foods.
120. Remember: cholera can easily be treated. If you think someone in your family may have cholera give them plenty of liquids to drink and get medical help immediately.
121. That was the wrong answer. Let's go back and listen again.
122. Sorry! Wrong answer.
123. Hello. The title of this lesson is "Cholera". To begin, press the arrow pointing to the right. After you have finished this lesson the arrow pointing down will take you to the quiz. To listen again press the middle button.
124. You have now finished the lesson. Well done! Now press the arrow pointing down to play the quiz and try to win a gold star!
125. Correct!
126. "Cholera"