

How can I prevent cholera?

Five basic cholera prevention steps for travellers:²



Talk to a healthcare professional

- They can provide a full travel health risk assessment before travelling



Only use and drink safe water

- Use bottled water to brush your teeth, wash and prepare food, and make ice or beverages
- If bottled water is not available, use water that has been boiled, chlorinated, or filtered correctly



Wash your hands often with soap and safe water

- Before, during, and after preparing/ eating food and after using the toilet
- After caring for someone with diarrhoea



Toilets

- Use proper toilets or safely managed sanitation facilities where possible
- If you do not have access to a toilet, defecate at least 30 metres away from any body of water and bury your stool



Boil it, cook it, peel it, or leave it

- Eat food that has been thoroughly cooked and is still hot and steaming
- Avoid raw fruit and vegetables that cannot be peeled

Talk to your healthcare professional today or visit **bewareofthebugs.com** to find a travel health clinic



References: 1. Angelo KM, Kozarsky PE, Ryan ET, et al. what proportion of international travellers acquire a travel-related illness? A review of the literature. *Journal of Travel Medicine*. 2017;24. 2. Centers for Disease Control and Prevention. Five basic cholera prevention steps. July 2023. Available at: <https://www.cdc.gov/cholera/preventionsteps.html>. Accessed April 2024. 3. World Health Organization. Cholera. December 2023. Available at: <https://www.who.int/news-room/fact-sheets/detail/cholera>. Accessed April 2024. 4. Centers for Disease Control and Prevention. Cholera. August 2023. Available at: <https://www.cdc.gov/cholera/general/index.html#print>. Accessed April 2024. 5. Centers for Disease Control and Prevention. Yellow book: Travelers' diarrhea. May 2023. Available at: <https://wwwnc.cdc.gov/travel/yellowbook/2024/preparing/travelers-diarrhea>. Accessed April 2024. 6. Steffen E, Hill DR & DuPont HL. Traveler's diarrhea: a clinical review. *JAMA*. 2015;313:71-80. 7. World Health Organization Eastern Mediterranean Region. Cholera. Available at: <https://www.emro.who.int/health-topics/cholera/index.html>. Accessed April 2024. 8. Chowdhury F, Ross AG, Islam MT, et al. Diagnosis, management, and future control of cholera. *Clinical Microbiology Reviews*. 2022;35:e00211-00221. 9. World Health Organization. Weekly epidemiological report: cholera, 2022. September 2023. Available at: <https://reliefweb.int/report/world/weekly-epidemiological-report-wer-22-september-2023-vol-98-no-38-pp-431-452-enfr>. Accessed April 2024. 10. Goswami S, Jha A, Sivan SP, et al. Outbreak investigation of cholera outbreak in a slum area of urban Wardha, India: an interventional epidemiological study. *Journal of Family Medicine and Primary Care*. 2019;8:1112-1116. 11. World Health Organization. Cholera – global situation. December 2022. Available at: <https://www.who.int/emergencies/disease-outbreak-news/item/2022-DON426>. Accessed April 2024.



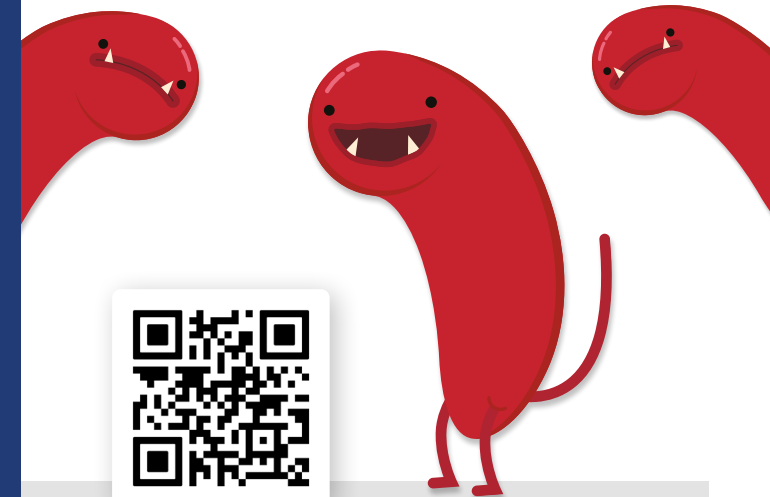
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Cholera

Know before you go

Traveller's diarrhoea, which may be caused by cholera, is one of the most common health problems of travellers of all ages¹

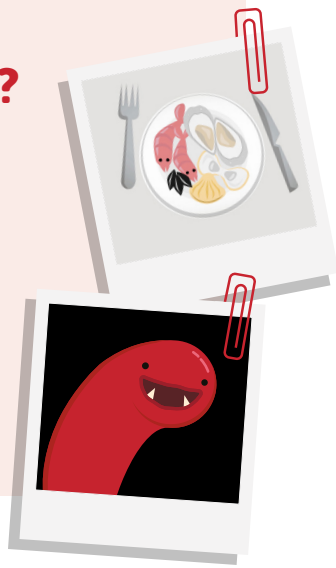


Don't leave unprepared! Speak to your healthcare professional or scan the QR code to visit **bewareofthebugs.com** to find a travel health clinic.

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What is cholera?

Cholera is an acute diarrhoeal disease caused by a bacterial infection, usually after ingesting contaminated food or water.³



- Most cases have no or mild symptoms and can be treated with proper rehydration³
- However, severe disease occurs in **10% of cases** and may even be fatal^{3,4}

How contagious is cholera?

People infected with cholera can easily spread the disease:



75% of infected people do not develop any symptoms, but **may infect others**⁷



Cholera bacteria are secreted in stools for **7–14 days after infection** and shed back into the environment, potentially infecting other people⁷



Bacteria can pass from one person to another e.g. via **poor hand hygiene** in kitchens and restaurants⁵

Hygiene may be out of your control



Any traveller can be infected **even when food and drink advice is followed**⁵



Be aware of hygiene factors **outside of your control** (such as restaurant hygiene)⁵



Cholera can even be transmitted through **environmentally polluted water** from ponds, lakes, or rivers⁸

Travellers' diarrhoea

During travel

30-70%

of travellers experience some form of diarrhoea depending on destination and season⁵

Up to 46%

of those affected need to change planned activities during their trip⁵

Upon return

1/3

of travellers seeking medical care are diagnosed with gastrointestinal disturbance⁶

Up to 17%

of sick travellers develop post-infectious irritable bowel syndrome⁶

Where can you get cholera?

Cholera is common in several countries across **Asia and Africa** but has also been reported in other countries where people have returned ill after travelling.⁹

Cholera is an **under-reported and under-diagnosed** health problem: the World Health Organization estimates that **only 5–10% of cases are reported**.^{10,11}

Cholera cases reported to the World Health Organization in 2022:⁹

