

# Guidelines for the Population – Cholera

Cholera is an acute infectious bacterial intestinal disease, transmitted by the ingestion of contaminated water or food, and can also be transmitted from person to person. The main signs and symptoms of cholera are:



## **WATERY DIARRHEA,**

*sudden onset, with rapid and intense dehydration.*

## **VOMITING**

*may occur and the sick person usually does not have a fever.*



If you have diarrheal symptoms within 10 days of arriving in Brazil, seek out the nearest health unit. The care is safe and free.

## Prevention



Always wash your hands with soap and clean water, especially before preparing or eating food, after going to the bathroom, after using public transport or touching surfaces that may be dirty, after touching animals, whenever you return from the street, before and after breastfeeding and changing diapers.



Wash and disinfect surfaces, utensils and equipment used in food preparation.



Do not use water from contaminated streams, rivers, wells or ponds for bathing or drinking.



Always bag and keep the garbage lid closed.



Always use the toilet, but if this is not possible, always bury feces away from watercourses



Protect food and kitchen areas from insects, pets and other animals (store food in closed containers).



Avoid eating raw or undercooked foods (especially seafood) and foods that are poorly prepared and packaged in terms of hygiene.



Treat water for consumption (after filtering, boiling or adding two drops of 2.5% sodium hypochlorite solution for each liter of water, wait for 30 minutes before using).



Source: Brasil. Ministério da Saúde. Guia de Vigilância em Saúde, volume 1, 6ª edição, 2024.

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