



Cholera

Cholera is an acute bacterial disease causing severe diarrhoea, and responsible for causing many pandemics. It is endemic in many low income countries, particularly in areas of poor sanitation. Human beings are the only known host of cholera.

How is Cholera spread?

Cholera is transmitted via the faecal-oral route, most commonly by the consumption of contaminated water, and to a lesser degree, food. Direct person to person transmission is rare.

How can you avoid Cholera?

The risk of cholera is considered low to most travellers. Advice on food and water hygiene can be found on a separate fact sheet (which one – should we name it?)

Vaccine recommendations:

Vaccination is not usually indicated for most travellers, unless your travel plans take you to remote areas, where there is limited access to safe water and medical care, or you are carrying out humanitarian aid or relief work.

The vaccine is given as a course of two injections or as an oral preparation.