

# Cholera



## What is cholera?

Cholera is a foodborne illness caused by some toxigenic strains of the bacteria *Vibrio cholerae*. It is typically found in water or foods which have been contaminated with feces (poop) from a person infected with cholera. Cholera is more likely to spread where poor water treatment and sanitation are more common. Most cases are among travelers returning from cholera-endemic areas.

### How many people get sick from cholera each year in the United States?

- 0-5 illnesses
- Approximately 1 in 10 people will develop severe symptoms once infected

### What are common symptoms of cholera?

- Diarrhea
- Vomiting
- Leg cramps
- Quick loss of fluids can lead to dehydration and shock

### How do people get sick from cholera?

- Eating food or water contaminated with feces (poop) from a person infected with cholera
- Direct person-to-person contact with someone with cholera is unlikely to make someone else sick
- Eating raw or undercooked shellfish

### How can I prevent cholera?

- Ensure proper water treatment of drinking water
- Wash your hands after using the restroom and before preparing food
- Avoid eating raw or undercooked shellfish
- Adult travelers to cholera-endemic areas should be vaccinated with the cholera vaccine