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| ORT Training - Level 01 (Community ORT Volunteers) |
| Session #01 – Quiz |

Timing 🕝 5’

**Objective**

To remember the key messages of the session #01 on cholera, cholera treatment and prevention

Questions:

1. **What are the main symptoms of cholera?**

- Acute (sudden onset)

- Watery (like rice water)

- Several loose stools / day (at least 3 loose stools/day)

- possibly leading to rapid dehydration

- With or without nausea/vomiting

1. **Why are people dying from cholera? And what can be done to avoid deaths?**

- They die because they get rapidly dehydrated

- Also because they do not have access or do not seek early treatment

- Providing early access to oral rehydration solutions can save lives

1. **Can everyone prepare oral rehydration solutions at home and self-treat cholera diarrhea?**

- Most of the cholera cases (80%) will be with no or mild dehydration and can be treated with ORS at home

- However, it is important to be diagnosed by a trained personnel – because severely dehydrated patients need urgent intravenous rehydration in a health center / CTC

1. **Is cholera always present in the environment and a threat to people’s health?**

- No. Cholera is not always present in the environment. It comes and goes. However, the risk of other diarrheal diseases is always present.

- To protect yourself and your family, you should always drink treated water, wash hands with soap at key times, use latrines – no open defecation, and ensure proper food hygiene.

1. **What are the key prevention measures during cholera outbreaks?**

- During cholera outbreaks, on top of diarrhea prevention behaviors, it is also **not advised to touch the body of a deceased person, or to assist / eat at a mass gathering (avoid gatherings in general)**

> Transmission is also more likely to occur **in the home of sick patients** and requires specific actions to limit the spread of the disease, such as disinfection of vomit, toilets, cloths, bedding, etc. (avoid visiting sick patients).