

# How can Typhoid and Cholera fever be prevented?

- Use treated water, or boil all water from an untreated source.
- Do not allow waste water to be used for irrigating the garden
- Wash vegetables thoroughly in safe water if they are to be eaten raw
- Do not gather shellfish from areas that may be contaminated by human waste.
- Cook food thoroughly and serve hot,
- Cover and refrigerate leftovers.
- Use a proper toilet with sanitary waste disposal that is at least 30m away from a water source.
- Do not let children or pets play in areas contaminated by human waste, such as areas of open defecation, near leaking septic tanks or sewers, or in contaminated rivers or sea water.
- Wash and dry hands thoroughly after using the toilet or changing nappies.
- Hands should be washed thoroughly with soap and water for 20 seconds and dried for a further 20 seconds using a clean cloth or disposable towel.
- Soiled clothing and linen should be washed with hot soapy water separately from that of other family members.
- Items such as face cloths and towels should be kept for individual use.
- Someone with a Typhoid or Cholera infection should not prepare food for others in the family until they are fully recovered and no longer infectious.
- In households where someone is recovering from Typhoid or Cholera, you should disinfect toilet seats, flush handles, wash basin taps and toilet door handles daily using a hypochlorite based solution, such as Janola or Domestos. The solution should be wiped over the surface and left in contact for at least half an hour.



A victim of Cholera: Willie Kagoe, 47, of Barana Village, 160 km outside Madang. ©David Swanson/IRIN

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