

Vaccination against Cholera

Cholera vaccination (oral) is not recommended for all travellers but for those whose activities or medical history put them at increased risk including: Volunteers/aid workers/medical personnel in disaster relief situations where cholera outbreaks likely and those travelling to work in slums/refugee camps, areas affected by natural disasters, or countries experiencing cholera outbreaks.

Vaccine Schedule:

The cholera vaccine course comprises of two oral vaccine drinks which have to be taken with no food or drink 1 hour before or after. To complete the course the second vaccine should be consumed at least one week but not more than 6 weeks after the initial dose.

Cholera Vaccination Summary

Number of doses in the course	Dose intervals	Years of protection
2 (adults)	1-6 weeks between the vaccines	Booster required at two years (Adults), booster at 6 months (Child)
3 (children) and a booster at 6 months	(if more than 6 weeks start whole course again)	If > 2 years elapsed whole course needs repeating

Visit your local Evans Pharmacy to speak to our travel experts and book your vaccination



Travel Information

Cholera

All you need to know about the disease, areas at risk, disease prevention and vaccination



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What is Cholera?

Cholera is an acute diarrhoeal illness caused by a bacteria. The disease infects the small intestine and causes painless, watery diarrhoea. It is known to only infect humans and is usually transmitted via infected water that has been contaminated by faeces and less commonly via food.

Where could I be at risk of contracting Cholera?

The disease is found throughout the world particularly in countries where sanitation is poor, particularly parts of Africa, India and South East Asia. Additionally disaster/ refugee areas are also areas in which you are at a greater risk of contracting Cholera



Who is at risk of contracting Cholera?

- Those visiting/ living with the local population
- Those who are staying for long period of time in areas with poor sanitation/ hygiene
- Those exposed to Cholera through work
- Those going to areas infected with Cholera who have limited access to safe water and medical care
- Aid workers

What are the symptoms of Cholera?

Symptoms include sudden onset of profuse watery diarrhoea with associated nausea and vomiting. If untreated, cholera can rapidly lead to serious dehydration, dangerous salt imbalances and shock. In severe cases patients die within a few hours however with prompt, effective treatment, mortality is less than 1 percent.

Recommendations for travellers

The overall risk of cholera for travellers is extremely low. Activities that may increase risk of infection include drinking untreated water or eating poorly cooked seafood in areas where outbreaks are occurring. Travellers living in unsanitary conditions, for example relief workers in disaster or refugee areas, are also at risk. The risk of acquiring cholera can be reduced by ensuring good personal hygiene and following guidelines on prevention of food and water-borne diseases.

Food and water precautions:

- Boil water or drink bottled water (ideally fizzy) and check the seal is intact
- Avoid ice in drinks
- Clean teeth with bottled water or treated water
- Eat freshly cooked hot food
- Peel fruit and veg and wash in bottled water
- Avoid re-heating food and food that has been left standing- street vendor food can be risky if not cooked fresh

Information sources: Travelhealthpro.org.uk, fitfortravel.nhs.uk, MASTA

