

PROPER SANITATION IS THE ONLY METHOD TO SUCCESSFULLY BEAT A CHOLERA OR SHIGELLOSIS OUTBREAK!

What to use for disinfection*:

Chlorine product	Hands and skin	Floors, clothes, bedding, equipment.	Body fluids** (Flice Water stool, Diarrhea, Vomit treated in large containers)
	Final concentration: 0.05% active chlorine	Final concentration: 0.5% active chlorine	Final concentration: 2% active chlorine. Wait at least 2 hours before dumping.
Household bleach (5% active)	0.1 liters of bleach to 9.9 liters of water (WRITE: 0.05%)	1 liter of bleach mixed with 10 liters of water (WRITE: 0.5%)	4 liters of bleach mixed with 6 liters of water (WRITE: 2%)
Household bleach (30% active chlorine)	Add 16 grams or 1 tablespoon to 10 liters of water (WRITE: 0.05%)	16 grams or 1 tablespoon to 1 liter of water (WRITE: 0.5%)	64 grams or 4 tablespoons to 1 liter of water (WRITE: 2%)
Calcium hypochlorite powder or chlorine granules (70% active chlorine)	7 grams or 1/2 a tablespoon to 10 liters of water (WRITE: 0.05%)	7 grams or 1/2 a tablespoon to 1 liter of water (WRITE: 0.5%)	28 grams or 2 tablespoons to 1 liter of water (WRITE: 2%)

* ALWAYS label the solutions with a permanent marker.

** Note that if chlorine is limited, body fluids can be treated with a final concentration of 0.5% chlorine, but the fluids must be held and occasionally stirred for at least 6 HOURS before dumping.

Education of Patient Caretaker (Family Member):

Inform the Patient Caretaker of their duties in terms of how the patient waste should be handled, where the bathrooms or latrines are located, where hand washing stations are located, and what food items (including at what time) the family is expected to provide and what food items the treatment center will provide.



**COTS Program
Patient transporter
Pocket Card**

WHO messages to avoid diarrhea:

- Wash your hands with soap:
 - After using toilets/latrines
 - After disposing of children’s feces
 - Before preparing food
 - Before eating
 - Before feeding children
- Boil or disinfect water with chlorine solution
- Only eat freshly cooked food
- Do not defecate near water sources
- Use latrines and keep them clean
- Peel it, cook it, or leave it

**Food and Water Hospital Policies
(in addition to WHO messages above):**

- ORS should not be stored for more than 6 hours.
- Health care workers should **NOT** handle food or water
- The kitchen should be **SEPERATE** from the hospital; kitchen staff should not handle hospital waste
- Dispose of all unused cooked food if there is no refrigeration (below 10°C)
- All food should be cooked thoroughly to at least 70°C
- Keep raw and cooked foods separately
- A treatment center must have 40-60 liters of clean water per patient per day
- Rice-water stool (diarrheal fluids) and vomitus fluids should be disposed of by the sanitation team

Assist the patients:

- If a patient has an IV line, be careful with that line during transport.
- Ensure that the patient's belongings are transported to the patient's bedside.
- Transport the admission sheet and any other paperwork with the patient and deliver to the nurse/doctor.
- Wash your hands before and after every patient transport.
- Once the patient is in the proper section, ensure that that patient begins receiving care. STAY involved until a nurse/doctor is treating the patient.
- Do not be afraid to notify healthcare personnel (doctors and/or nurses) if a patient you are transporting, or pass by, looks like they are doing worse.

Techniques for carrying patients:

TWO-HANDED SEAT: This technique is for carrying patients with two transporters and no equipment.

1. Have both transporters squat down on either side of the patient.
2. Reach under the patient's shoulders and knees.
3. Grasp the other transporter's wrists.
4. Stand up from the squat using the power of your legs.
5. Walk in the direction that the patient is facing.

IMPROVISED STRETCHER: This technique requires at least two shirts or two gunny sacks, and two poles/pipes strong enough to support a patient's weight.

1. All buttons should be buttoned on the two shirts.
2. Run the poles through the bottom of the first shirt and out the sleeves on the other end or through a gunny sack. Make sure the front of the shirt with the buttons is facing up.
3. Repeat step two with another shirt or gunny sack so that the ends are touching.

BLANKET STRETCHER: This technique requires two poles and a blanket.

1. Place the blanket down on the ground.
2. Place one pole near the middle of the blanket.
3. Fold the short end of the blanket over the first pole (pole on right in figure A).
4. Place a second pole one body width from the first pole (Pole on left in figure A).
5. Fold both halves of the blanket over the second pole (figure B).

