



**CAMEROON BAPTIST CONVENTION  
HEALTH SERVICES**  
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## TO ALL INSTITUTIONS

### CHOLERA OUTBREAK

There is currently a Cholera outbreak in Cameroon and many cases have been diagnosed in several health facilities. A good number of cholera-related deaths have been registered already. Someone gets Cholera when they eat food or drink water that is contaminated by the cholera germ. Failure to practice good hand hygiene also leads to infections.

When someone is infected, the main symptom is sudden onset of watery diarrhea which is very frequent and voluminous. The individual might also have abdominal cramps and vomiting. The extent of diarrhea in Cholera is very life-threatening if not addressed as an emergency. The stools of such patients have a characteristic rice-water appearance. You are hereby called upon to take strict preventive measures against this infection:

- Practice good hand hygiene.
- Avoid drinking water from unsafe or questionable sources.
- Avoid street food

If you receive a patient with the above-mentioned symptoms, make sure you isolate them and observe IPC (Infection Prevention Control) measures as you offer care. Health Care Workers should wear gloves when handling bed pans containing the stool of cholera patients or when bathing these patients.

If your district requires that you refer the patient to them, please do so. In case you develop any diarrheal illness, immediately consult.

Sincerely,

Prof. Tih Pius Muffih, MPH, PhD  
Director of Health Services

