

Health NGOs' Network (HENNET)

Public Advisory

9th April, 2025

Public Advisory on the Cholera Outbreak in Migori, Kisumu, and Nairobi Counties

Following the Ministry of Health communication on the ongoing cholera outbreak in **Migori, Kisumu, and Nairobi Counties**, the **Health NGOs' Network (HENNET)** would like to provide the following public advisory to residents in the affected regions and to the nation at large:

Cholera is a serious **waterborne disease** caused by *Vibrio cholerae*. It spreads through contaminated food or water, especially in areas with poor sanitation. It can cause **severe diarrhea and dehydration**, which may lead to death if untreated. It affects all ages and can spread quickly in communities.

Common symptoms include **watery diarrhea, vomiting, and muscle cramps**. These can lead to **rapid dehydration**, especially in children and the elderly. Other signs include **dry mouth, sunken eyes, extreme thirst, and low urine output**. Seek treatment immediately if symptoms appear. The following should also be observed:

1. Personal Hygiene:

- Wash hands frequently with soap and clean water, especially after using the toilet, before preparing or eating food, and after caring for the sick.
- Use hand sanitizer with at least 60% alcohol content when soap and water are unavailable.
- Ensure handwashing stations are accessible in public areas and health facilities.

2. Safe Water and Sanitation:

- Drink only treated water—boiled or chlorinated.
- Avoid using untreated water from open sources such as rivers and lakes.
- Store water in clean, covered containers and dispose of waste safely.
- Use functional latrines and avoid open defecation to prevent contamination.

3. Food Safety:

- Wash hands and sanitize food preparation surfaces and utensils.

- Cook all food thoroughly, especially meat and fish.
- Store food properly, separate raw from cooked food, and reheat leftovers well.

4. Early Health Seeking:

- At the first sign of diarrhea, begin taking **Oral Rehydration Solution (ORS)** and visit the nearest health facility immediately.
- Avoid self-medication and traditional remedies which may delay effective treatment.

HENNET joins the Ministry of Health in urging all citizens, especially those in affected counties, to remain vigilant and follow these public health precautions to prevent the spread of cholera.

If you experience any of the symptoms mentioned, please visit the nearest health facility immediately for proper assessment and care. Early diagnosis and treatment are key to preventing complications.