



**U.S. Embassy Juba, South Sudan
Security Message for U.S. Citizens:
Cholera Outbreak in Juba**

May 18, 2014

This message is to alert U.S. citizens of a cholera outbreak in Juba, declared by the Ministry of Health on Friday, May 16th 2014.

Cholera is an acute diarrheal infection caused by ingestion of food or water contaminated with the bacterium *Vibrio cholerae*. Generally the cholera bacteria spreads in places with poor hygiene, where people do not use latrines to dispose of excreta, or do not wash their hands with soap or ash after defecation. People can contract cholera through ingesting water or food contaminated with feces containing the cholera through:

- Drinking unboiled or untreated water from the wells, dams or swamps
- Eating without washing their hands with soap or ash
- Eating cold food or uncovered food
- Eating raw food stuffs like mangoes, shea nut fruits etc, without washing with clean water
- Lack of latrines to dispose of excreta
- Poor hygiene practice: open defecation, disposing of children's feces in the open, not washing hands after contact with feces, washing hands in communal containers

Cholera is an extremely dangerous disease. It affects both children and adults and can kill within hours if left untreated. Cholera is characterized by sudden onset of profuse, watery diarrhea without fever or abdominal cramps. The stool of cholera patients typically becomes a clear liquid flecked with white mucus, known as "rice-water" stool. It is usually odorless or has a mild fishy smell. Vomiting, which can be severe, and painful leg cramps are also common symptoms.

U.S. citizens should take precautionary measures – including hand washing frequently, avoiding eating in restaurants/areas with many flies, avoiding eating street vendor food, and washing all fruits and vegetables thoroughly. The U.S. Embassy recommends disinfecting fruits and vegetables that are going to be eaten raw and unpeeled in a chlorine bleach solution prepared by putting 5ml (1 teaspoon) of chlorine bleach (local brand is Jik) per liter of water, soaking the produce in that solution for about 15 minutes, and then draining and rinsing the produce in potable water.

Should you or your family members experience any of the symptoms noted above, please seek medical assistance immediately at Juba Teaching Hospital, where they have a cholera treatment center. While en route to medical attention, make sure to hydrate as much as possible – preferably with oral rehydration salts (made by mixing one liter of clean, potable water with 1 teaspoon salt and 6 teaspoons sugar) – and adults and older children should continue to eat frequently. Continue to breastfeed your baby if the baby has watery diarrhea, even when traveling to get treatment.

U.S. citizens are reminded that the U.S. Embassy in Juba further drew down its personnel on January 3, 2014, and therefore can offer only very limited emergency services to U.S. citizens in South Sudan. Due to the draw down in personnel in Juba, the U.S. Embassy in Nairobi [Tel.: +254 (20) 363 6451 or +254 (20) 363 6170, e-mail: Kenya_acs@state.gov] is available to help U.S. citizens in South Sudan who need assistance; in an emergency, contact the U.S. Embassy in Juba [daytime: +211 (0)912 105 188; after hours: +211 (0)912 105 107].

Regularly monitor the [State Department's website](#), where you can find current [Travel Warnings](#), including the [Travel Warning for South Sudan](#), [Travel Alerts](#), and the [Worldwide Caution](#). Read the [Country Specific Information for South Sudan](#). For information on "What the Department of State Can and Can't Do in a Crisis," please visit the [Bureau of Consular Affairs Emergencies and Crises](#) page.

U.S. citizens in South Sudan can obtain the latest security information by visiting the U.S. Embassy website. You can also call 1-888-407-4747 toll-free in the United States and Canada or 1-202-501-4444 from other countries. These numbers are available from 8:00 a.m. to 8:00 p.m. Eastern Time, Monday through Friday (except U.S. federal holidays). Follow us on Twitter and [Facebook](#).

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