



Who may be at higher risk?

You may have a higher risk of exposure if you:

- Are travelling to areas where cholera is present
- Are visiting friends and relatives overseas
- Are staying in affected areas for extended periods
- Are doing humanitarian or aid work
- Have a chronic medical condition or reduced immunity

Cholera vaccination

A cholera vaccine may be recommended for some travellers, particularly those visiting higher-risk areas and with increased exposure risk. Speak with a healthcare professional before travelling to discuss whether vaccination is appropriate for you.

Tips to reduce your risk

Choose food and drinks carefully:



Eat food that is freshly cooked and served hot



Choose fruit you can peel yourself



Drink bottled beverages when possible

AVOID



Untreated water or ice



Raw or undercooked meat and seafood



Food or drinks from street vendors



Raw fruits and vegetables that may not have been washed safely

Good hand hygiene is also important. Wash your hands regularly with soap & running water, or use hand sanitiser when needed.



For further information on Cholera please scan the QR code.

CSL Seqirus

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**YOU DIDN'T TRAVEL
THIS FAR
TO END UP HERE**



Even careful travellers can make choices that put them at risk of cholera or diarrhoeal disease.

Cholera:

WHAT YOU NEED TO KNOW

Cholera is a serious bacterial infection that can cause sudden, severe watery diarrhoea and dehydration. In severe cases, cholera can become life-threatening within hours without medical care.

How you can become infected with cholera:



Drinking contaminated water



Eating contaminated food



Eating fish or shellfish from contaminated waters

Up to

98%

OF TRAVELLERS MAKE A FOOD OR DRINK MISTAKE

within the first 3 days of their trip.

Exposure to cholera can be inadvertent or unexpected, despite efforts to adhere to prevention measures.



Where is cholera most commonly found?

The number of cholera cases reported globally continues to rise.

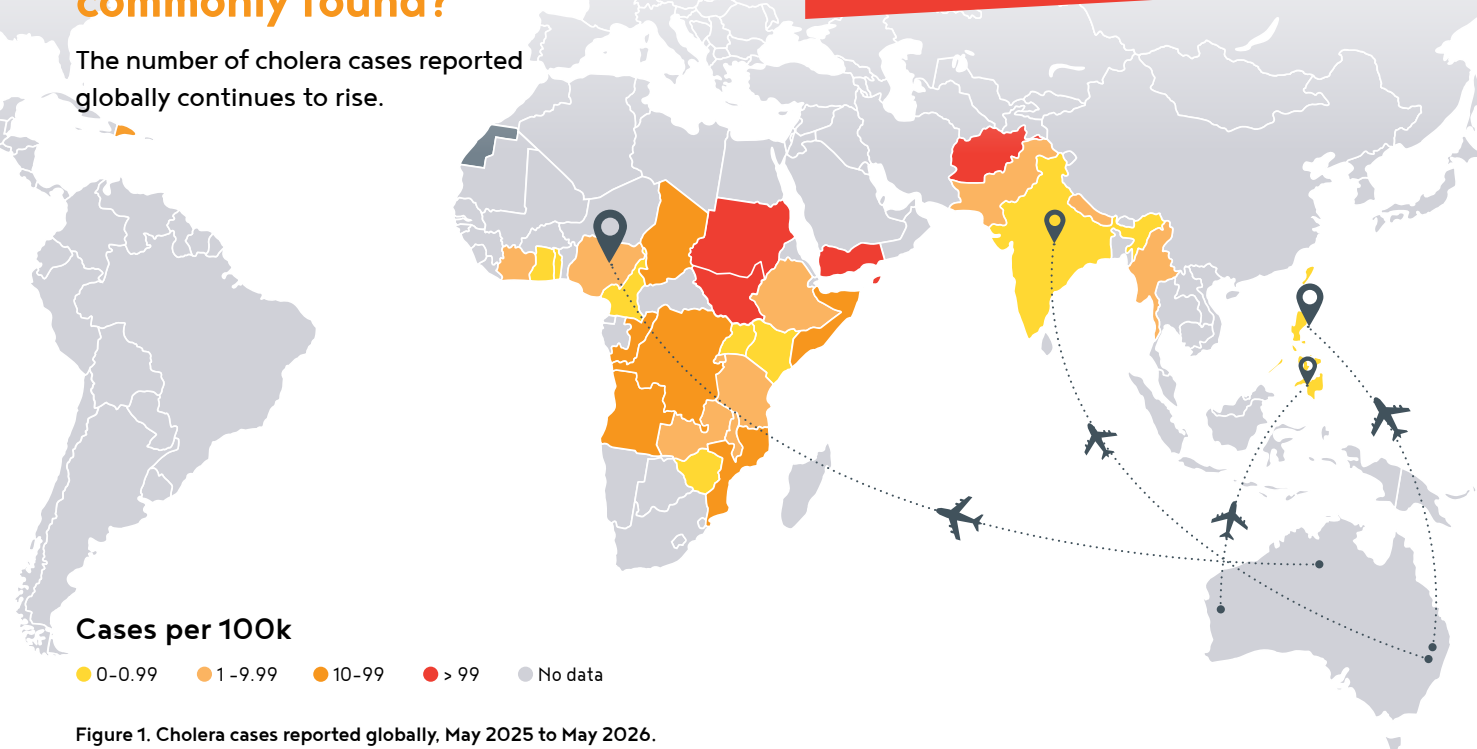


Figure 1. Cholera cases reported globally, May 2025 to May 2026.

Symptoms to watch for

Symptoms may appear within a few hours, but more commonly develop within 2-3 days after exposure. They can include:

- Sudden watery diarrhoea
- Nausea and vomiting
- Dehydration

Some people experience only mild symptoms or none at all, while about 1 in 20 people develop severe illness. When cases are severe, cholera is one of the most rapidly fatal diseases in humans.*

*within 6-12 hours of symptom onset and without medical care

When to seek medical help



If you develop symptoms of cholera, seek medical attention immediately. Without treatment, severe dehydration can become dangerous very quickly.