Health Education Program For Developing Communities

Picture Pages

(Includes Volumes 1 and 2)

Community
Health
Evangelism

Health Education Program For Developing Communities
Picture Pages

OVERVIEW

Picture pages are an effective and fun way to facilitate or review health lessons. They can be used with children, with adults, with people who learn through stories, and with people who speak another language. Picture pages can be used to review lessons with CHEs, or on home visits with families, or in the classroom, or with community groups. The picture pages in this manual can be used to equip health workers (CHEs) with a basic understanding of the health problem, or to teach the topic to any small group. Picture books are tools used by the health workers (CHEs) to share with their neighbors what they are learning.

These picture pages are based on the excellent illustrations and training materials provided by the *Health Education Program for Developing Communities (HEPFDC).* The program content is based on information and guidelines available from the World Health Organization (WHO) and its numerous (over 700) collaborating partners, such as the Centers for Disease Control and Prevention (CDC). It represents the work of literally thousands of statisticians, epidemiologists and clinical experts from countries throughout the world—This also enables local ownership of the program.

As noted in the *HEPFDC,* "Most patients we see in both developed and developing countries are suffering from diseases that are preventable. Of all their healthcare needs, the greatest by far is for reliable health information. Although evidence-based life-saving information is available from the WHO, CDC and other sources, it seldom reaches our patients, or even their healthcare providers…The *HEPFDC* was created to provide the *most important evidence-based* health care information to the people who need it most (to save the most lives and prevent the most suffering)**.**"

Each picture page includes one or two pages of illustrations, followed by sample questions that can be used to guide a discussion about the health topic. If you have questions or would like further information concerning a particular topic, please see the *HEPFDC Handbook* available free in eight languages at http://www.hepfdc.org

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Health Education Program For Developing Communities
Picture Pages

TABLE OF CONTENTS
(Click on titles for direct link to topic)

Overview **3**
Table of Contents **4**
How To Use This Manual **6**
Core Lesson: Using Picture Pages **9**

Introduction: The Most Important Knowledge **19**
The Most Important Knowledge 20
Prevention of Deaths and Suffering—The Three Things 22

Staying Healthy **25**
Physical Activity 26
Gardens 28
No Smoking 30
Care of Pain and High Fever 32
When to Go to the Doctor or Health Care Provider 34
Medicines 36

Good Hygiene **39**
Lack of Hygiene 40
Preventing Suffering and Deaths 42
Good Hygiene 44
How to Wash Your Hands 46
When to Wash Your Hands 48
Care of The Teeth Of Children 50
Care of Your Teeth 52
Safe Drinking Water 54
Safe Food Preparation 56
Safe Cook Stoves 61
A Good Latrine 63
Flies 65
Mosquitoes 67
Insect and Rodent Control 69

TABLE OF CONTENTS
(Click on titles for direct link to topic)

Good Nutrition....72
Good Nutrition....73
A Healthy Diet....75
Breast and Bottle Feeding....76

Health Promotion....80
Acid Reflux Disease....81
Caring for Back Pain....83
Preventing Back Pain....87
Caring for Colds and Respiratory Infections....89
Preventing Colds....93
Diarrhea I....95
Diarrhea II - Signs of Dehydration....97
Diarrhea III - Treating Diarrhea at Home....99
Diarrhea IV - Treating Mild Dehydration at Home....101
Diarrhea V - Making ORS....103
Diarrhea VI - Giving ORS At Home....105
Diarrhea VII - When to Go to The Health Care Provider....107
First Aid....109
First Aid for Choking....111
Danger of Non-Communicable Diseases....113
Preventing Heart Disease, Stroke and Diabetes....115
HIV and AIDs....117
Preventing HIV and AIDs....119
Healthy Bones—Preventing Osteoporosis....121
Preventing Accidents....123
Preventing Accidents with Infants and Small Children....125
Preventing Rabies....127
Responding to Disasters....129
Scabies....131
Preventing Schistosomiasis....133
Tuberculosis....135
Worm Infections....137
Preventing Worm Infections....139

HOW TO USE THIS MANUAL

This lesson plan manual is part of an extensive series for use in Community Health Evangelism (CHE) or Neighborhood Transformation (NT).

CHE and Neighborhood Transformation

Community Health Evangelism (CHE) seamlessly integrates evangelism and discipleship with disease prevention and community-based development. The work is wholistic, seeking to meet the whole need of individuals and communities through complete obedience to everything that Jesus commanded.

CHE lessons have been written to provide CHE trainers with tools that can be used to assist communities out of poverty while bringing people to faith in Christ. CHE trainers, skilled in participatory learning methods, use these materials to enable communities around the world to escape cycles of poverty and live as followers of Jesus. For information about CHE and how you can be trained as a facilitator, go to www.chenetwork.org.

Neighborhood Transformation is a strategy which helps churches minister in a wholistic manner to people in urban poor neighborhoods. It empowers people to take responsibility for their own lives. It helps neighbors to help their neighbors and moves them from welfare and relief to empowerment. It focuses on assets found in the neighborhood, rather than on fixing needs. Neighbors learn to work together and build local ownership, instead of waiting for outsiders to fix their problems. For more information about Neighborhood Transformation, or NT, go to www.neighborhoodtransformation.net.

Neighborhood Transformation (NT) and Community Health Evangelism (CHE) work side by side and are based on the same principles. CHE began in rural areas of Africa, and has now spread to more than 105 countries. However, the world is becoming more urbanized. Through Neighborhood Transformation, CHE was adapted to work in urban poor areas in North America. Urban CHE applies the strategies of Neighborhood Transformation to cities around the world.

How does CHE/NT training work?

CHE/NT training is intended to empower individuals and communities as architects of their own development. The CHE/NT trainer does *not* deliver pre-packaged solutions in a lecture, but facilitates discussions that involve the people themselves in creating their own solutions. The purpose of this lesson plan material is to enable the trainer to facilitate those discussions. This basic principle must be understood and guide the user of these materials in the training process. The chart below compares the two approaches:

Lecture (Traditional Approaches)	**Discussion (The CHE/NT Way)**
Content Focused	Learner Centered
Advice giving	Awareness raising
People listen	People create solutions
Outsider owns solutions	Insiders own solutions
People wait for outsider to resource the project	People take action

CHE/NT lessons are formatted to make it easy for the trainer to facilitate *discussions* and involve the people themselves in analyzing problems, identifying resources, and creating solutions. There are a few simple keys to using this material for its intended purpose:

1. Keep the group small and sit in a circle. Rather than standing in front of participants who are seated in rows, sit with them in a circle. The optimal size for participatory learning is between 15 and 30 people. Never stand up when you speak. Break frequently into smaller groups of 3-6 for more in-depth discussion.

2. Focus on facilitating activities and encouraging discussion. The left column of each lesson plan contains the methods, questions, and activities the CHE/NT trainer will use to facilitate learning. The CHE/NT trainer's primary responsibility is to create a learning environment. The methods, activities, and questions in the left column of the lesson plan are designed for that purpose.

3. Value and record the contributions of each participant. When solutions are being brainstormed, always have one member of the group serving as a scribe to record the group's ideas on a large sheet of paper. Post these sheets of paper on the walls of the room for the remainder of the seminar. When facilitating discussion, ask the questions in the left column of the lesson plan and repeat the answers of each participant aloud while their contribution is being recorded by the scribe.

4. Contribute knowledge as a participant in the discussion rather than as the expert. The knowledge in the right column of each lesson plan is a list of ideas that the group will likely come up with as they brainstorm together. The CHE/NT trainer compares these ideas with the knowledge in the right column of the lesson plan and contributes important thoughts from that column that have been overlooked only after the group's ideas have been presented and recorded.

5. Be learner centered. Use name tags and call participants by name. Begin where the people are and involve them in the process of topic selection. Use language they can understand. Remember that building relationships is essential to a creative process, and to cooperative efforts that bring about change.

6. Focus on assets. Ask God to help you see what the people have, not what they lack. Help them to see themselves as stewards of resources rather than victims of circumstance. Identify local resources. Help them appreciate and build on their successes.

7. Be action oriented. The purpose of the session is not to transfer knowledge from the trainer to the participants. The purpose of a CHE/NT session is to involve participants in creating solutions that they will own and implement. The process should be one of self-discovery. People are more likely to act on their own ideas, then on ideas presented to them by another.

8. Learn to use starters and the SHOWD questions. Starters are used at the beginning of a lesson to visualize real life situations, and pose a single problem in a clear and concise way. The purpose of a starter is to focus an issue and stimulate the thinking process. Each starter, whether it is a picture, a role play, a case study, a story, or an object lesson, is followed in the lesson plan by one or more of the SHOWD questions. These questions serve as a framework for CHE/NT lessons, but often only the first two or three questions are asked after a starter because the other questions will be answered in the body of the lesson:

- What do you **S**ee? (Retell the story, describe the picture)
- What is **H**appening? (Focus the problem or the issue to be discussed)
- Does this happen in **O**ur place? (Relate the starter to real life)
- **W**hy is this happening? (Identify causes)
- What can we **D**o about it? (Create solutions)

What outcomes are we looking for?

The success of our training activities can be measured by the following transformational indicators. These are the outcomes that we consistently see in mature CHE/NT programs around the world, and what we are looking for in the lives of those we train:

1. Shared vision: The community sees a better future and has hope that it can be achieved.
2. Leadership: Godly Christian leaders are positioned and equipped to lead the community toward the accomplishment of its vision.
3. Ownership: People are taking responsibility for their own health and well-being.
4. Cooperation: People are united and working together for the common good.
5. Volunteers: People are taking initiative and acting sacrificially to meet the legitimate needs of others.
6. Dignity: People have recovered their identity as made in the image of God and their vocation as stewards of creation. Instead of being controlled or victimized by their environment, they are stewards of it.
7. Learning, Skill, and Resources: People are equipped to identify needs and resources, put together a plan, and mobilize volunteers to accomplish their vision. People are continually reflecting on what is happening in order to learn how to be more effective.
8. Christian Community and Witness: People are becoming followers of Jesus. Believers are meeting together for fellowship, prayer, Bible study and worship, and are sharing Christ with their neighbors in word and deed.
9. Multiplication: Knowledge and skills learned are being transmitted to others.

Once the above outcomes are achieved in the lives of people, their communities change. Health improves, infant mortality decreases, agriculture becomes more productive, jobs are created, water systems, roads, schools and clinics are built, and churches are established or strengthened. Peace, justice, compassion, and righteousness are witnessed in the community and God is glorified. All of this will be the result of solutions created and owned by the people, not programs blueprinted and delivered from the outside.

Adapting the lesson to the context

It is impossible to create lesson plans or picture books that can be used universally without adaptation to the context and culture of the participants. The illustrations and discussion questions used in these picture books are intended to provide a framework for discussion of key issues, but will need to be adapted by the user to the context. However, the participatory process that involves the participants analyzing problems, identifying resources, and creating solutions, must never be compromised.

Health Education Program For Developing Communities
Picture Pages

CORE LESSON:
Using Picture Pages

USING PICTURE PAGES

Date: 2/2019 (1-1½ HOURS)

OBJECTIVES: After working through this lesson, participants will be able to:

1. Tell what a picture page is.
2. Describe ways that a picture page can be used.
3. Practice using picture pages.
4. Make up their own picture page.

OVERVIEW FOR TRAINERS: This is a lesson for trainers on how to use picture pages and picture books to teach or review lessons.

Role Play: Two people are talking. (5 minutes)

1st I have a story to tell you. Here! (He hands the other person the picture page of *How Water is Contaminated*.)

2nd But there are no words!

1st You can still tell the story! What do you see?

2nd A mother is washing clothes in the stream. Another child is swimming, and a boy and a dog are pooping nearby. And a girl is collecting water!

1st What is happening?

2nd She is collecting dirty water!

I. **Picture Pages** (10 minutes)

Hand out the first page of *How Water is Contaminated.*

A. **What is a picture page?**
   1. A picture page has very few words.
   2. But a picture page can tell a story.
   3. A picture page can give a message without words.
   4. A picture page can teach a lesson using pictures.

B. **What questions could you ask with the picture page to teach a lesson? (Hint: Think SHOWD.)**
   1. What do you **S**ee in the picture?
   2. What is **H**appening?
   3. How is the water getting contaminated or dirty?
   4. What can happen if you drink contaminated water?
   5. Does that happen at **O**ur place?
   6. Where do you find contaminated water in our area?
   7. **W**hy does that happen?
   8. What will we **D**o about it?
   9. How can we keep the water clean?
   10. Other question:

C. **Give out the second page of *How Water is Contaminated.***
Are there any questions that we could add to our discussion?
   1. We didn't ask about . . .
   2. We could ask about . . .

USING PICTURE PAGES

II. **Using Picture Pages** (10 minutes)

A. **What are some ways you could use picture pages in your community or in your school or in your CHE ministry? Who could you use them with?**

1. Picture pages can be used as starters.
2. Trainers can use picture pages to review with CHEs what has been learned.
3. CHEs can use picture pages to teach or review topics in the homes.
4. Picture pages can be used with Children's CHE.
5. Picture pages can be used in the school to teach or to review lessons.
6. Picture pages can be used in church or in Bible studies to teach Bible stories.

B. **Who could you use them with?**

1. Picture pages can be used with young children.
2. Picture pages can be used with older children or with youth.
3. Picture pages can be used with adults who don't like to read or who can't read.
4. People who speak another language can understand picture pages.
5. Picture pages can be used with families.
6. Picture pages can be used with small groups.
7. Picture pages can be used with everybody!

C **What can you do if you don't have a way to make copies of the picture pages to give out?**

1. Draw the picture on a large piece of paper.
2. Act out the story shown on the picture page.
3. Show the picture on your smart phone or in a copy of the lesson.
4. Tell the story shown on the picture page.

III. **Practice Using Picture Pages** (20-30 minutes)

Divide into small groups. Within each small group, 2 people will pretend to be CHEs making a home visit and the rest will take the role of the family. Use a picture page to teach CHE-style (using the questions or making up your own) about how water is contaminated or about diarrhea. Then switch roles until each person has practiced using picture pages.

IV. **Make Your Own Picture Page** (20 minutes)

Continue in your small groups. Think of a topic you have taught or learned about recently.

1. Draw a picture to illustrate the problem or issue.
2. Make up a few questions that you would use with the picture page to teach or review about the topic. Think SHOWD.

Report back, demonstrating your picture page and asking a few questions about it**.**

References:
Centre for Affordable Water and Sanitation Technology*. WASH Education and Training Resources*. Available from: https://resources.cawst.org/
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

USING PICTURE PAGES

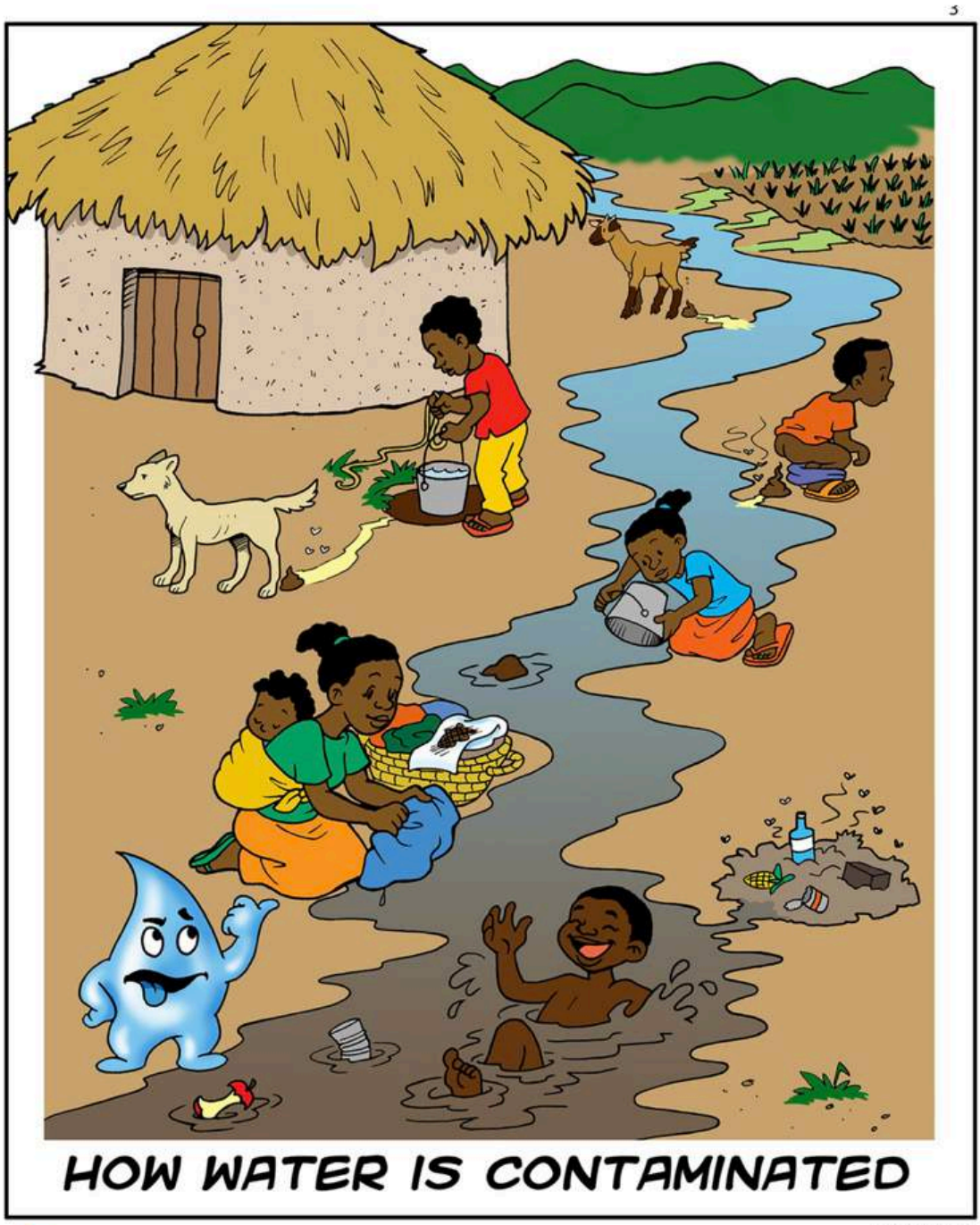
ATTITUDE: We can use picture pages to teach or to review topics.

SKILL: Participants will know how to use picture page.

EVALUATION: Are the participants using picture pages to teach, or during home visits?

MATERIALS:
-*How Water is Contaminated Picture Page* (two pages)
-*Diarrhea Picture Page* (two pages)
-Large sheets of poster size paper, markers, masking tape
-Paper, pencils, pens or markers
-Sample picture pages

HOW WATER IS CONTAMINATED



Source: Centre for Affordable Water and Sanitation Technology. *WASH Education and Training Resources.*

HOW WATER IS CONTAMINATED

What do you see in this picture? What is happening?

----SHOWD questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?
W = **W**hy does this happen?
D = What will we **D**o about it?

What does this picture show?

- Ways that water is contaminated.
- Ways that water gets dirty.

What is the matter with contaminated or dirty water?

- The water has dirt or germs inside.
- The water is contaminated with germs.
- The water is not safe to drink.

What are some ways that water gets contaminated or dirty?

- Animals poop in the water.
- Water from the fields drains into the stream.
- People poop near the stream.
- People wash clothes in the stream.
- People throw cans, bottles and trash in the water.
- Flies carry germs to the water.
- People wash in the stream.
- Children swim and play in the stream.
- Other:
- Other:

In the picture, a girl is collecting water from the stream. Can that water be used for drinking?

- No! The water is contaminated.
- No! The water is dirty.
- No! The water has many germs!
- No! Drinking that water may make you sick.
- No! You should only drink safe water that has been purified.

Walk around your community. Look at your sources of water.

- Does any of this happen in your area?
- Do you see any ways that water is being contaminated in your area?
- What can your community do to help keep the water clean?

Reference:
Centre for Affordable Water and Sanitation Technology. *WASH Education and Training Resources*. Available from: https://resources.cawst.org/

DIARRHEA

Source: Health Education Program for Developing Communities. 2018.

DIARRHEA

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

Why is diarrhea a big problem?

- More than 1 million people die from diarrhea and dehydration each year.
- Diarrhea kills more than 2000 people a day!

What are some causes of diarrhea?

- Bottle feeding is the most frequent cause of diarrhea.
- Bottles, nipples, formula, and water can become contaminated.
- Drinking unsafe water also causes diarrhea.
- Infected meat and eggs can cause diarrhea.

What are some ways to prevent diarrhea?

- Wash your hands!
- Breast feed your babies.
- Don't use bottles!
- Drink safe water.
- Safe food preparation

What is the biggest problem that diarrhea causes?

- Infants and children often become dehydrated or dried out.

How can you treat diarrhea and prevent dehydration?

- Give lots of fluids.
- Give ORS, or oral rehydration solution.
- Diarrhea can be treated at home with ORS.

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

INTRODUCTION

THE MOST IMPORTANT KNOWLEDGE

THE MOST IMPORTANT KNOWLEDGE

Source: Health Education Program for Developing Communities. 2018.

THE MOST IMPORTANT KNOWLEDGE

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

Why do you think that the people in the picture are so happy?

- They are healthy.
- They have good friends and a good family.

Would you like your family and your neighbors to be healthy?

- Yes!
- Of course!

Which is better—to keep people healthy and to prevent them from getting sick, or to give them medicine once they are sick?

- To keep them healthy.
- To prevent them from getting sick.
- Knowledge of how to stay healthy is more important than medicine.

What is good health?
Is a person with a healthy body who is angry with his neighbor healthy?

- No. He has a bad relationship with his neighbor.

Is a person with a healthy body who is angry with God healthy?

- No. She has a bad relationship with God.

Is a person with a healthy body who throws trash on the street healthy?

- No. She is not taking care of the environment.

Is a teenager who smokes, drinks a lot, and takes drugs healthy?

- No. He is not taking care of himself.

What is the most important knowledge? What does the Bible say?

- The Bible teaches us that God loves us.
- The Bible teaches us that we need to love each other.

So what should we do? What can we do to be healthy?

- If God loves us, then we are important.
- We need to take care of ourselves.
- We need to love and care for our neighbors.
- We can learn how to stay healthy and prevent illnesses.
- We can have good relationships with others.

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

PREVENTION OF DEATHS AND SUFFERING—THE THREE THINGS

THE 3 THINGS

The World Health Organization reports that at least

80% of Premature Heart Disease (#1 Cause of Death)

80% of Stroke (#3 Cause of Death)

80% of Diabetes (#6 Cause of Death)

40% of Cancer (#2 Cause of Death)

and NUMEROUS other conditions

Can be Prevented by

YOU

Doing Just 3 Things

(Much more important than all of our hospitals & clinics, doctors & nurses, and drugs & surgeries combined.)

Source: Health Education Program for Developing Communities. 2016

PREVENTION OF DEATHS AND SUFFERING—THE THREE THINGS

Source: Health Education Program for Developing Communities. 2016

PREVENTION OF DEATHS AND SUFFERING—THE THREE THINGS

Introduction: This is based on the Health Education Program for Developing Communities.

Instructions: Show the first picture first. (Do not show the second picture yet.)

Would you like to prevent deaths and suffering? Yes!

What does the World Health Organization report?

- Many cases of heart diseases, diabetes, stroke and cancer can be prevented by doing three things.
- 80% (or four out of five cases) of heart disease, stroke and diabetes and 40% (or two out of five cases) of cancer can be prevented by doing three things.
- This would prevent many deaths.

Can you guess what those three things are?

Instructions: Now show the second picture.

What does the top row of pictures show?

People suffering—with a heart attack, with a stroke, in a wheelchair, in the hospital.

What are three ways to prevent this?

First, eat right.

- Eat lots of vegetables. The more veggies, with lots of variety, the better!
- Eat foods like oatmeal and tofu.
- Eat healthy foods.
- Avoid processed meat.
- Don't eat lots of fried food and donuts.
- Don't eat lots of sugar and soda.
- Don't use lots of salt.
- Don't drink too much alcohol.

Second, don't smoke. Don't use tobacco.

- Smoking causes about 5 million deaths each year.

Third, get lots of exercise.

- Walk or bicycle instead of driving.
- Play sports like soccer.
- Don't sit on the couch all day, watching television.
- Don't sleep in the hammock all day.
- Don't drive everywhere you go.
- Stay active!

So, what are three ways to prevent disease and suffering? Are you doing this?

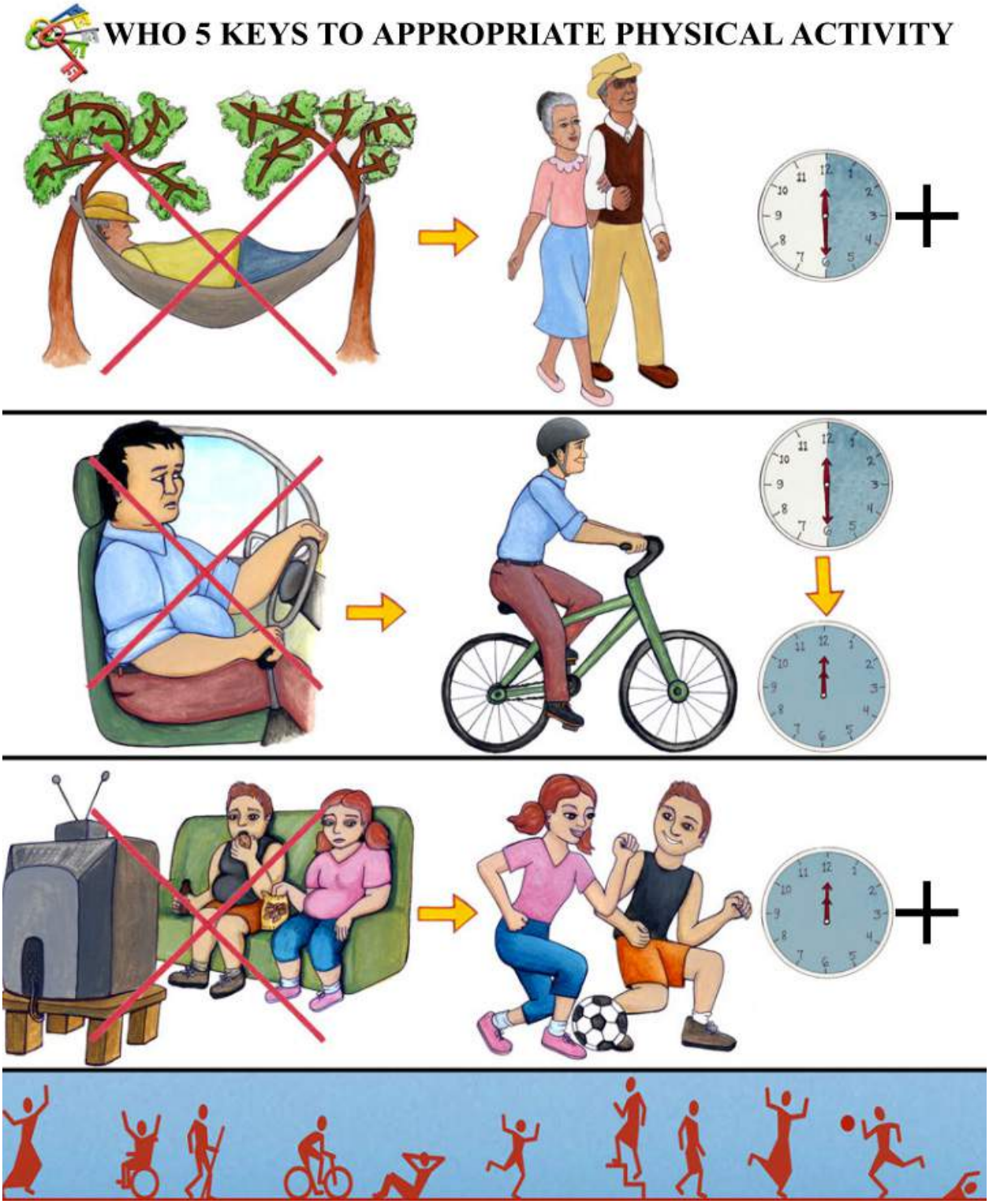
- Eat healthy foods. Cut down on salt, sugar and fried foods.
- Don't smoke.
- Get lots of exercise.

Reference:

Health Education Program for Developing Communities. 2016. Available from: http://www.hepfdc.org

STAYING HEALTHY

PHYSICAL ACTIVITY



Source: Health Education Program for Developing Communities. 2018

PHYSICAL ACTIVITY

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

Look at the pictures on the left. Why aren't some people very active?

- They don't get exercise.
- They watch TV or play video games.
- They drive everywhere.

What can happen if you don't get much exercise?

- You may eat too much and not get enough exercise.
- You can get fat!
- You can develop diseases like high blood pressure, heart disease, stroke and diabetes.

What can you do to stay active?

- Get exercise!
- Go for a walk.
- Play sports.
- Ride your bike to work.
- Get off the couch and get outside!
- Work in your garden.

The World Health Organization recommend 5 Keys to Physical Activity.

How much moderate activity, like walking, should you do each day?

- At least 30 minutes.

And, if you can, add some vigorous activity. What are some examples of more vigorous activity?

- Riding your bicycle.
- Playing soccer.
- Playing basketball.

What kind of physical activity are you doing each day? How are you getting exercise?

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

GARDENS

Source: Health Education Program for Developing Communities. 2016.

GARDENS

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

Why should you plant a garden?

- To have more food
- To spend less money at the grocery store
- To have healthy food
- So we can eat healthy, home-grown food

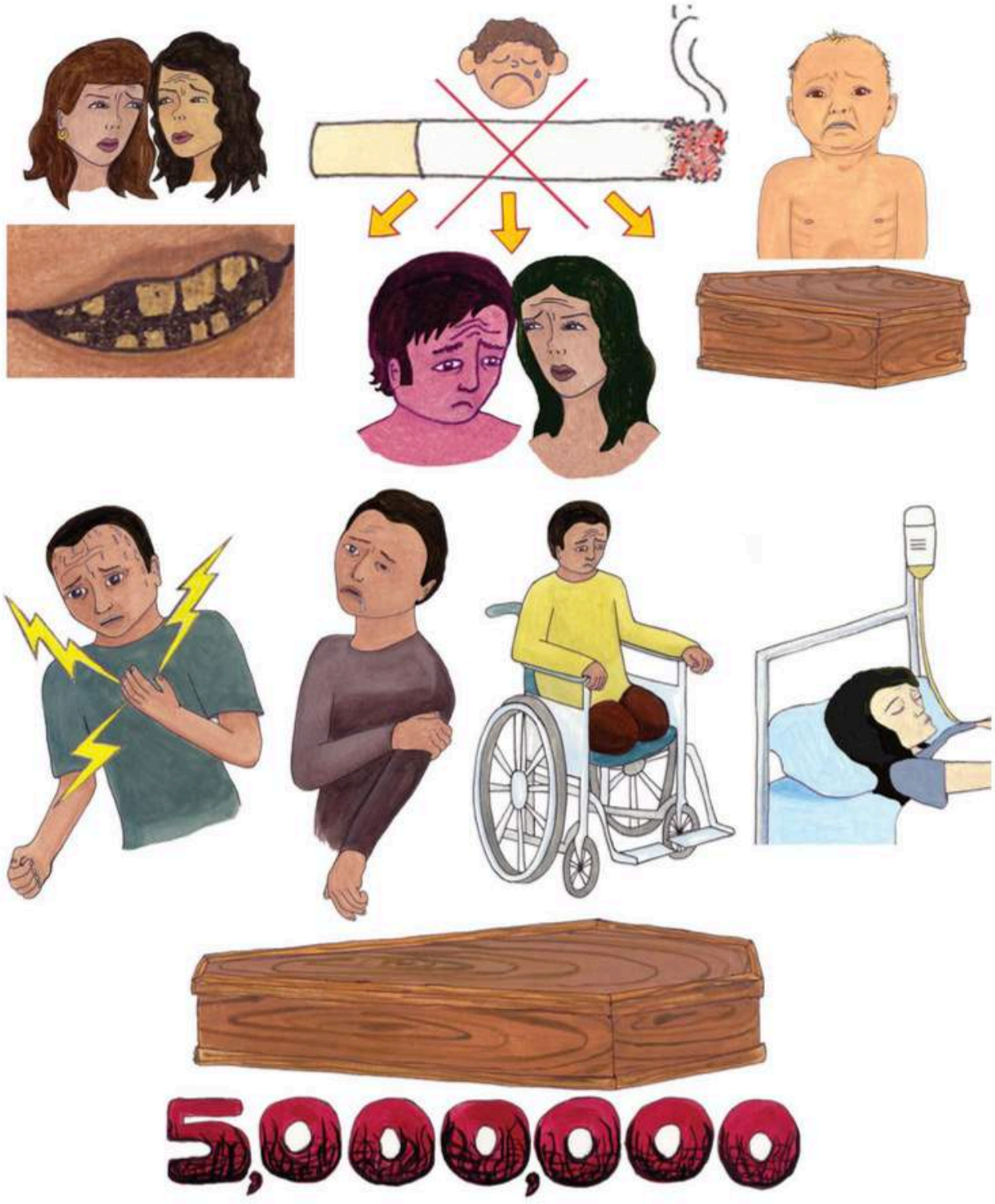
Do you have a garden?

Where can you plant a garden?

What would you like to grow?

Reference:
Health Education Program for Developing Communities. 2016. Available from: http://www.hepfdc.org

NO SMOKING



Source: Health Education Program for Developing Communities 2016

NO SMOKING

What are some risks of smoking?

- Smoking turns your teeth yellow.
- Smoking gives you bad breath.
- Babies who breathe smoke may have trouble breathing.
- Smoking causes disease and cancer.
- Smoking is bad for your health.

Does smoking cause any diseases?

- Smoking can lead to heart disease.
- Smoking can lead to strokes.
- Smoking causes lung cancer.
- Smoking causes many deaths.

How many people die each year as a result of smoking?

- More than 5 million people

Do you or your friends smoke?

If you smoke, what should you do?

- We should quit smoking!
- I will tell my friends about the risks of smoking.

Reference:
Health Education Program for Developing Communities. 2016. Available from: http://www.hepfdc.info/

CARE OF PAIN AND HIGH FEVER

Source: Health Education Program for Developing Communities. 2018.

CARE OF PAIN AND HIGH FEVER

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

How should you dress a baby or child with a fever?

- Don't overdress a child who is sick.
- Too many clothes can make the fever even higher.
- Babies and children who are sick should wear the same amount of clothes as anyone else. Keep them comfortable.

Does fever always need to be treated?

- Most fever does not need to be treated.
- Fever may help the body to fight off infection.
- If the fever is very high, you can bathe the child with lukewarm water.
- Sometimes it also helps to massage the skin as you bathe the child.
- Drink lots of liquids.

What can you do if a child or adult has a fever or headache?

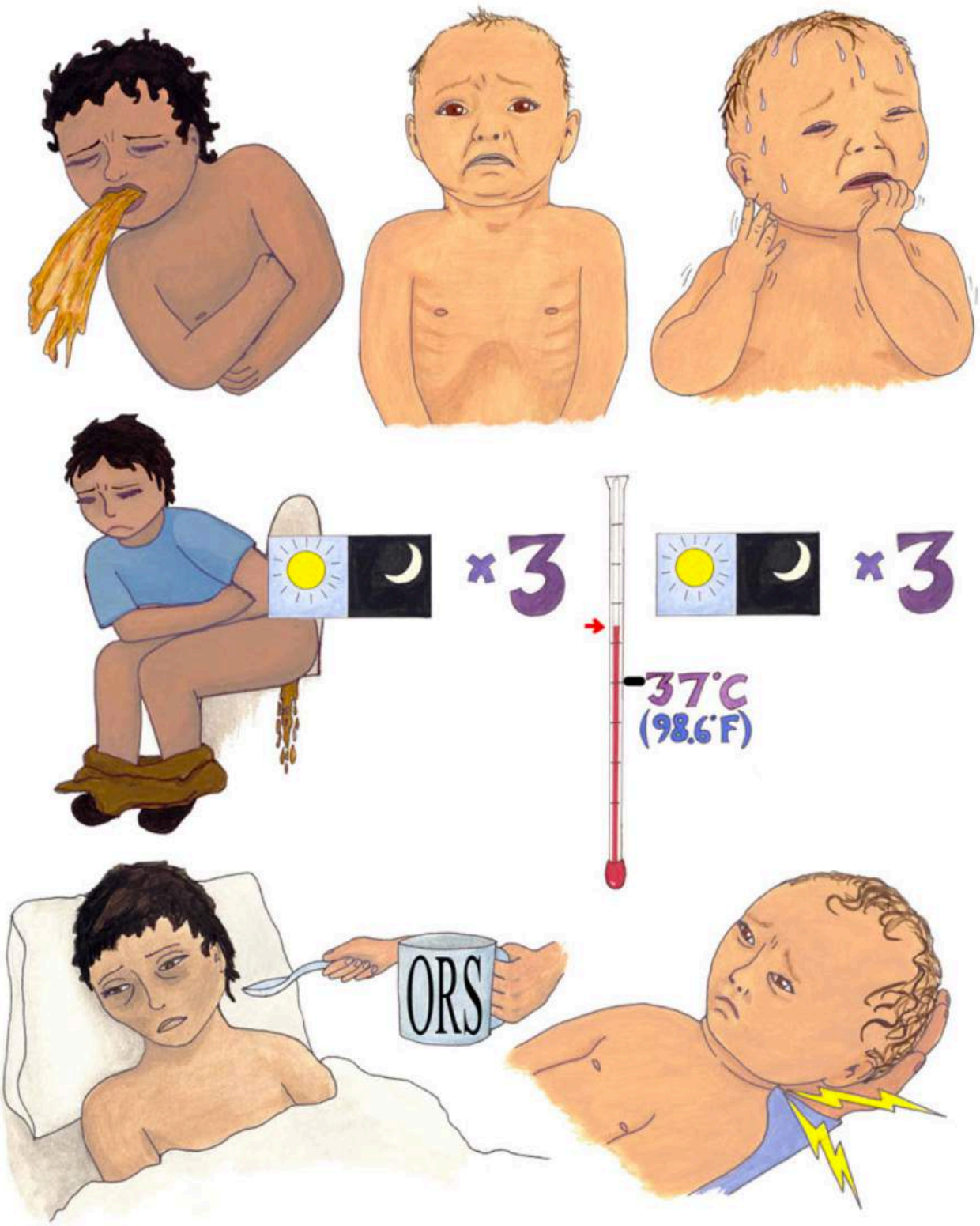
- Be sure to drink lots of liquids.
- Many headaches are caused by not drinking enough fluids (by becoming dehydrated).
- High fever, headaches, and other types of pain can also be treated by giving Paracetamol (which is also known as Tempra or Tylenol).
- Be sure to give the right dose.
- Do not drink alcohol when taking Paracetamol.
- Do not give young children aspirin to treat an infection.

When should you go to the doctor or health care provider?

- See the next Picture Page, *When to Go to the Doctor.*

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

WHEN TO GO TO THE DOCTOR OR HEALTH CARE PROVIDER



Source: Health Education Program for Developing Communities. 2018.

WHEN TO GO TO THE DOCTOR OR HEALTH CARE PROVIDER

What do you see in this picture? What is happening?

----SHOWD questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?
W = **W**hy does this happen?
D = What will we **D**o about it?

What are some signs that your child needs to be examined right away by a doctor or health care provider?

- His breathing is difficult.
- He is working hard to breathe. There is indrawing of the lower chest.
- His breathing is very fast (more than 50 breaths per minute for an infant, or more than 40 breaths a minute for an older child).
- He has a chronic cough or difficulty breathing that has lasted more than a month.
- She is not able to drink or breast feed.
- She has been sick for 3 days and is getting sicker rather than better.
- He seems to be having pain.
- She has been vomiting repeatedly.
- She has frequent diarrhea and looks dehydrated.
- He has had convulsions, or seizures.
- He is lethargic and difficult to arouse.
- His neck is stiff. He becomes more irritable when you move him.
- Her fever has lasted more than 3 days.
- She has a fever with shaking chills. (Is this malaria?)
- He just “looks very sick”.

What should you do?

- Take your child to the doctor or health care provider right away.

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

MEDICINES

Source: Health Education Program for Developing Communities. 2018.

MEDICINES

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

Are all medicines safe?

- No! Medicines can harm you or kill you if they are taken in the wrong way.
- All medicines have side effects.
- Take medicine only when your doctor or health care provider tells you to.
- Never give your medicine to someone else.
- Take the exact amount that the doctor prescribes.
- Taking too much medicine can harm you.
- Medicine bottles will often have a special label.

Where should you store medicines?

- Keep medicines in a locked cabinet, out of the reach of children.
- Do not keep medicines on a shelf or on a table.

What should pregnant women do?

- Medicines may harm her unborn baby.
- Do not smoke or drink during the pregnancy.
- Pregnant women should take vitamins.
- Take only medicines as prescribed by your physician.

Are all over-the-counter medicines, like aspirin or ibuprofen, safe to take?

- No! Even aspirin can cause side effects if taken in the wrong way.
- For example, aspirin or ibuprofen can cause stomach pain.

Why is it not safe to give pills to babies and young children?

- They may choke on the pill.
- They may not be able to swallow the pill.

What can you do instead?

- Grind the pill into a powder between two spoons.
- Then mix the powder with a little liquid or food.

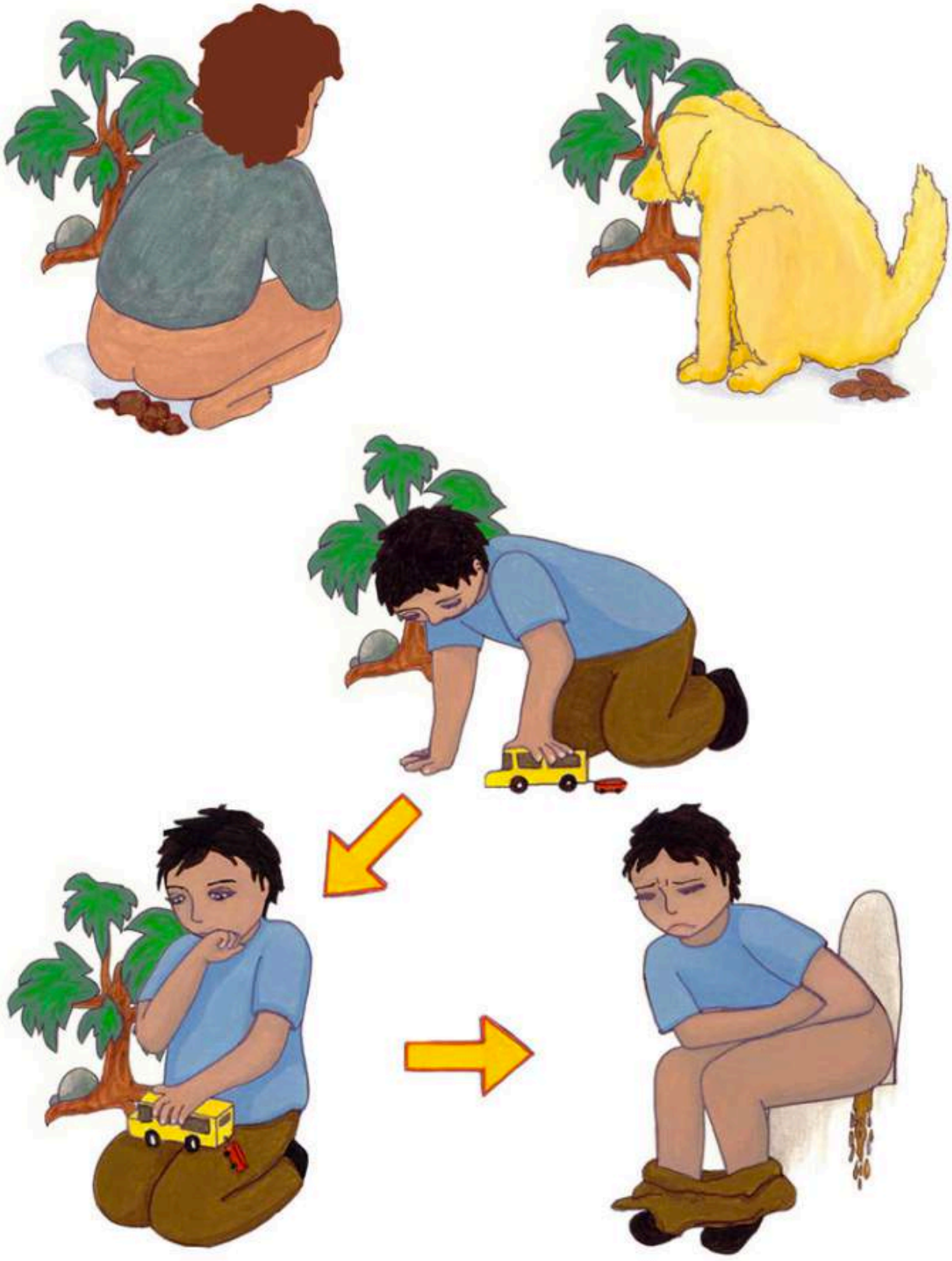
Where do you store your medicines?

- In a locked cabinet.
- In the bathroom.

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

GOOD HYGIENE

LACK OF HYGIENE



Source: Health Education Program for Developing Communities. 2018.

LACK OF HYGIENE

What is happening here?

----SHOWD questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?
W = **W**hy does this happen?
D = What will we **D**o about it?

What were the dog and the older boy doing?
- The boy didn't use a latrine.
- The dog pooped in an open area.

Then what did the younger boy do?
- He played in that same area.
- He got his hands dirty with the poop.
- He put his hands in his mouth.

What happened to the younger boy?
- He got sick!
- He had diarrhea.

Why did the younger boy get sick?
- The boy didn't use a latrine.
- The younger boy didn't wash his hands.
- He got germs from the poop in his mouth.

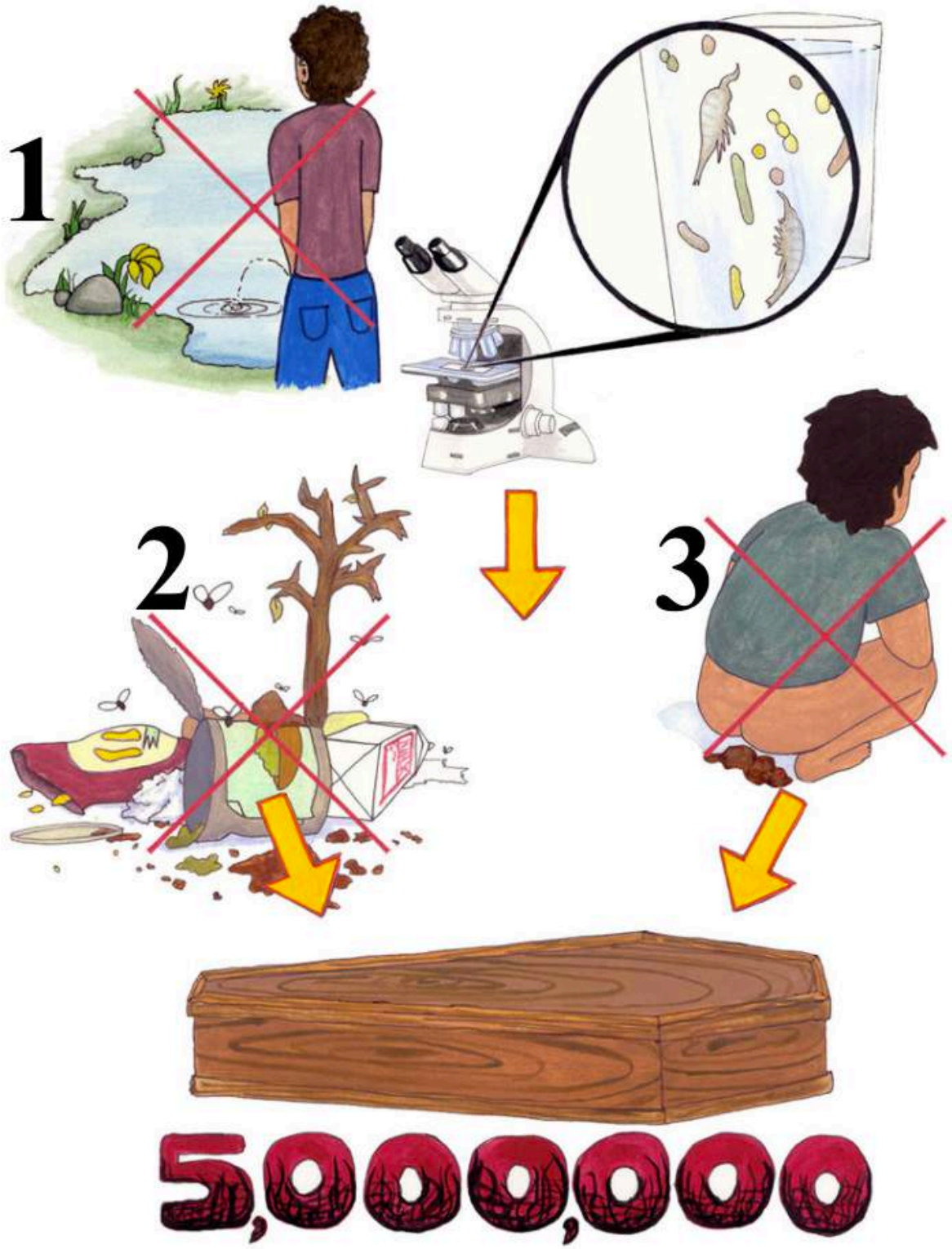
How do infections spread from one person to another?
- From the poop of people or animals.
- From dirty hands.

How can we prevent the spread of infections?
- Always use a bathroom or latrine.
- Don't play in dirty or contaminated areas.
- Wash your hands!
- Drink safe water.

What can you do in your home to have better hygiene and prevent infections?

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

PREVENTING SUFFERING AND DEATHS



Source: Health Education Program for Developing Communities. 2018.

PREVENTING SUFFERING AND DEATH

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

What are three of the biggest killers in the developing world?

- Many people drink contaminated water.
    - Their water supplies are not clean.
    - The water contains germs and bugs that cause disease.

- Homes and neighborhoods are not kept clean.
    - Garbage attracts flies, mice and rats.
    - Flies, mice and rats spread disease.

- Many people do not use latrines.
    - This leads to the spread of disease.

What happens as a result of this?

- Many people are dying.
- The picture shows five million deaths.

According to the World Health Organization, every 8 seconds a child dies from illnesses linked to these problems.
And every year 5 million people die from related diseases.

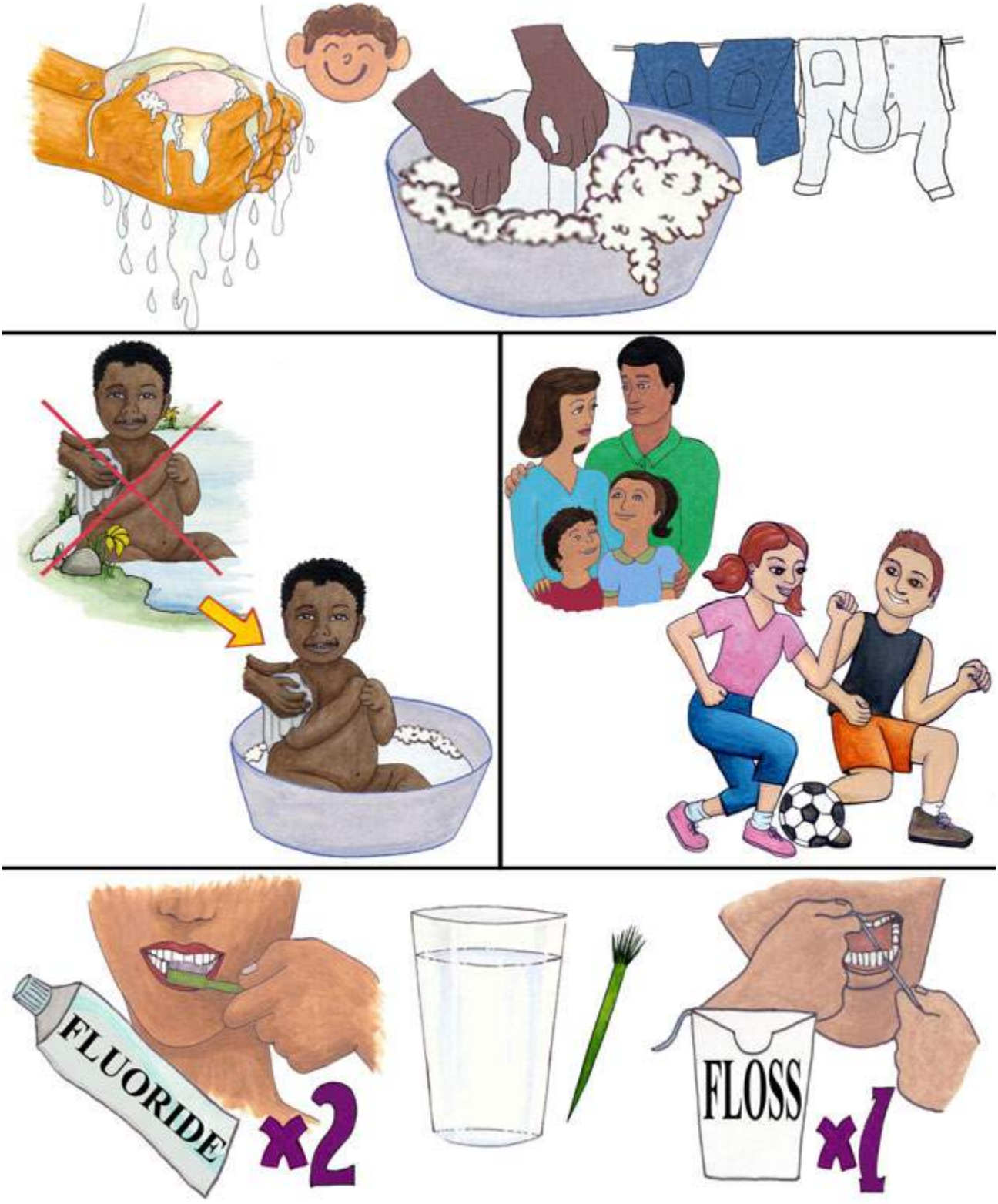
Can these deaths be prevented? What can you do?

- Yes!
- We can work together to have clean water supplies and learn to drink safe water.
- We can keep our homes and neighborhoods clean, without garbage.
- We can use properly built latrines.

We will talk more about each of these topics.

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

GOOD HYGIENE



Source: Health Education Program for Developing Communities. 2018.

GOOD HYGIENE

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

What can you do to have good hygiene and stay healthy?

- Wash your hands—before cooking, before eating, and after going to the bathroom.
- Wash your clothes
- Bathe regularly.
- Rivers and lakes may be contaminated, so don't bathe your baby there.
- Get plenty of exercise.
- Drink safe water.
- Brush your teeth twice a day.
- Floss your teeth once a day.

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

HOW TO WASH YOUR HANDS

Source: Health Education Program for Developing Communities. 2016.

HOW TO WASH YOUR HANDS

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

How should you wash your hands?

- Wet your hands with running water and add soap.
- You can put a Tippy Tap near the latrine or kitchen.
- Do not dip your hands into a bowl of water. The water can become full of germs and germs can pass from person to person..
- Tippy Taps are handy, and use little water.
- Rub your hands together. Also scrub the backs of your hands.
- Rub your hands together for at least 20 seconds.
- You can sing the song *Happy birthday to you* twice to remember how long to rub.
- Also clean under your fingernails.
- Dry your hands on a clean towel or let them air dry.
- Wash your towels and hang them out in the sun to dry.

What can your family do to have cleaner hands?

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

WHEN TO WASH YOUR HANDS

Source: Health Education Program for Developing Communities. 2016.

WHEN TO WASH YOUR HANDS

What do you see in this picture? What is happening?

----SHOWD questions----

S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?
W = **W**hy does this happen?
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When should you wash your hands?

- After going to the bathroom
- Before cutting meat
- After you pet a dog or other pet
- After you cough or sneeze
- Before you eat
- Before you cook

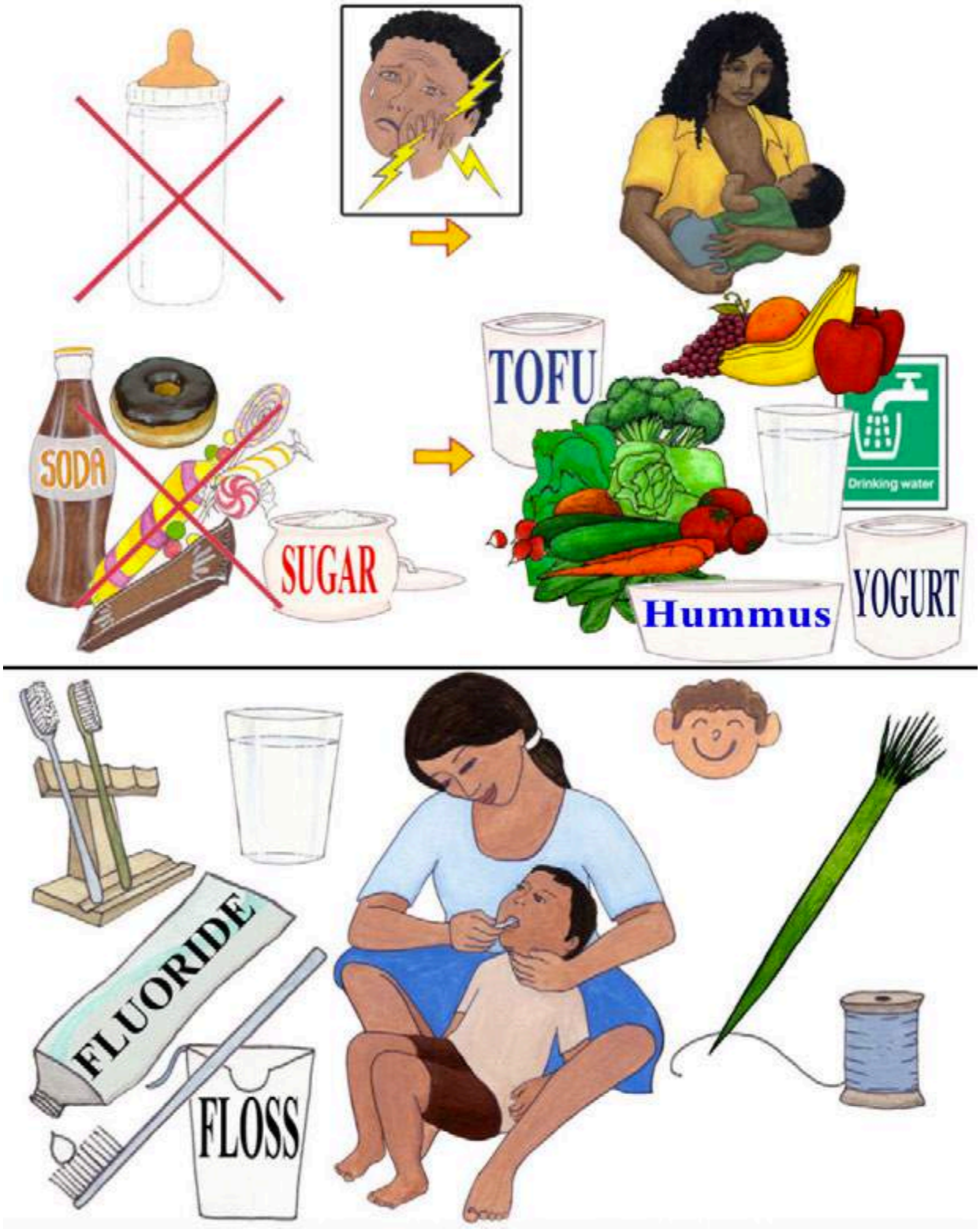
Why is it important to wash your hands?

- To keep healthy
- So that germs and infections don't spread
- To keep from getting sick

What do you do? When do you wash your hands?

Reference:
Health Education Program for Developing Communities. 2016. Available from: http://www.hepfdc.org

CARE OF THE TEETH OF CHILDREN



Source: Health Education Program for Developing Communities. 2018.

CARE OF THE TEETH OF CHILDREN

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

What can happen if you don't care for your teeth?

- You can get a toothache.
- You can have tooth decay.
- You can lose teeth.

What are some ways to care for your child's teeth?

- Breast feed your baby. Don't use bottles!
- Avoid sodas, sugary foods, and junk foods.
- Eat plenty of fruits and vegetables.
- Drink plenty of water.
- Brush your teeth twice a day.
- Use a little toothpaste.
- The fluoride in toothpaste makes your teeth strong.
- Floss your teeth once a day.

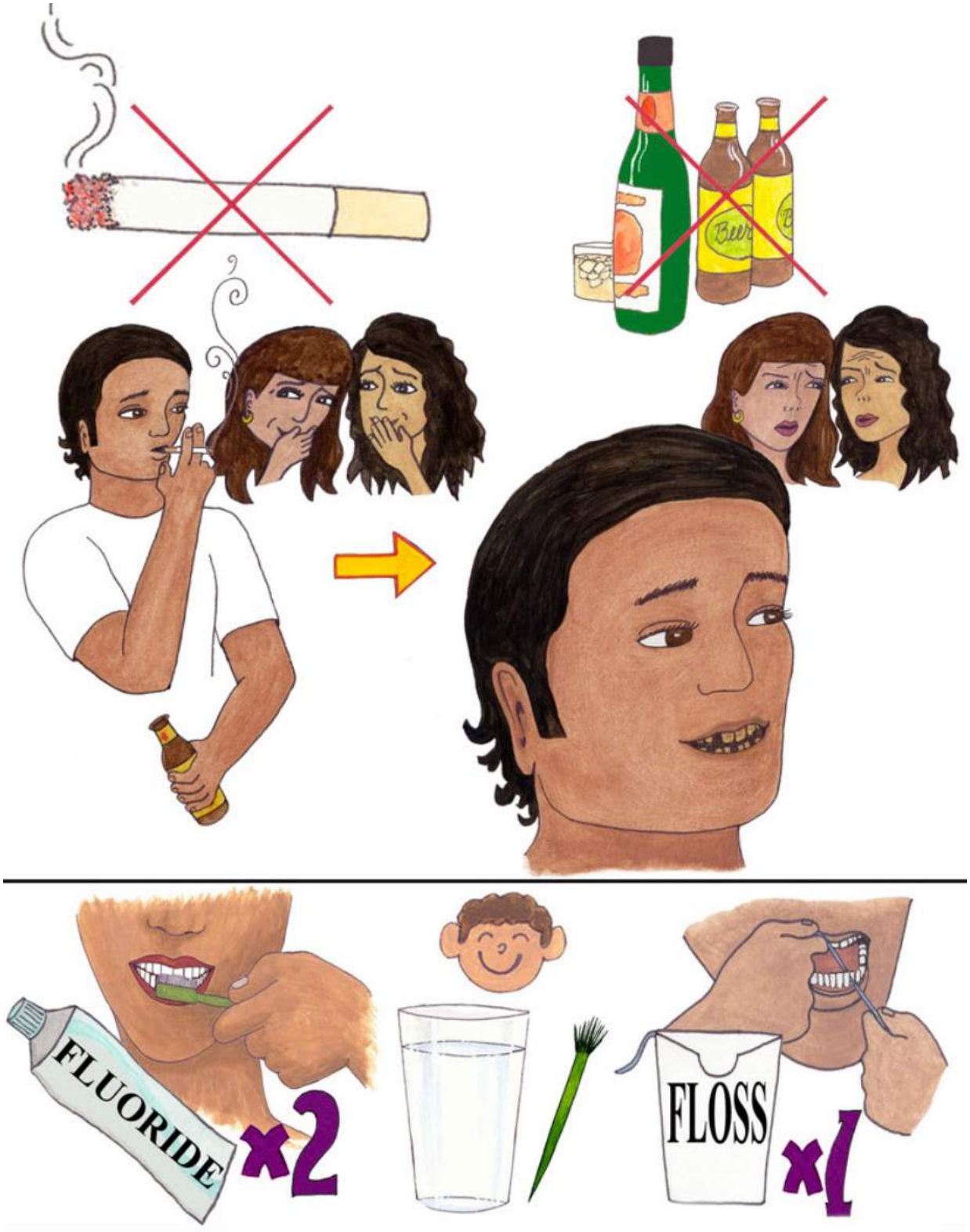
What can you do if you don't have a toothbrush or dental floss?

- You can make a homemade toothbrush from a twig that is sharpened on one end.
- You can use strong thread or fishing line instead of dental floss.

What do you do to care for the teeth of your children?

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

CARE OF YOUR TEETH



Source: Health Education Program for Developing Communities. 2018.

CARE OF YOUR TEETH

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

What are some things to avoid?

- Don't smoke!
- Smoking turns your teeth yellow.
- Smoking damages your gums.
- Smoking gives you bad breath.
- Don't drink too much.
- Drinking can lead to cancers of the mouth.
- Avoid sugary foods and sodas.

What should you do?

- Drink lots of water.
- Eat lots of fruits and vegetables.
- Brush your teeth twice a day.
- Floss your teeth once a day.

What are you doing? How are you caring for your teeth?

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

SAFE DRINKING WATER

Source: Health Education Program for Developing Communities. 2018.

SAFE DRINKING WATER

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

Where do you get your drinking water? What are you doing?

Why is it important to have safe drinking water?

- To not get sick
- To stay healthy
- To not have diarrhea

What are some ways to have safe drinking water?

- By solar disinfection (SODIS) of water
- By filtering water
- By buying purified water
- By boiling water
- Other ways:

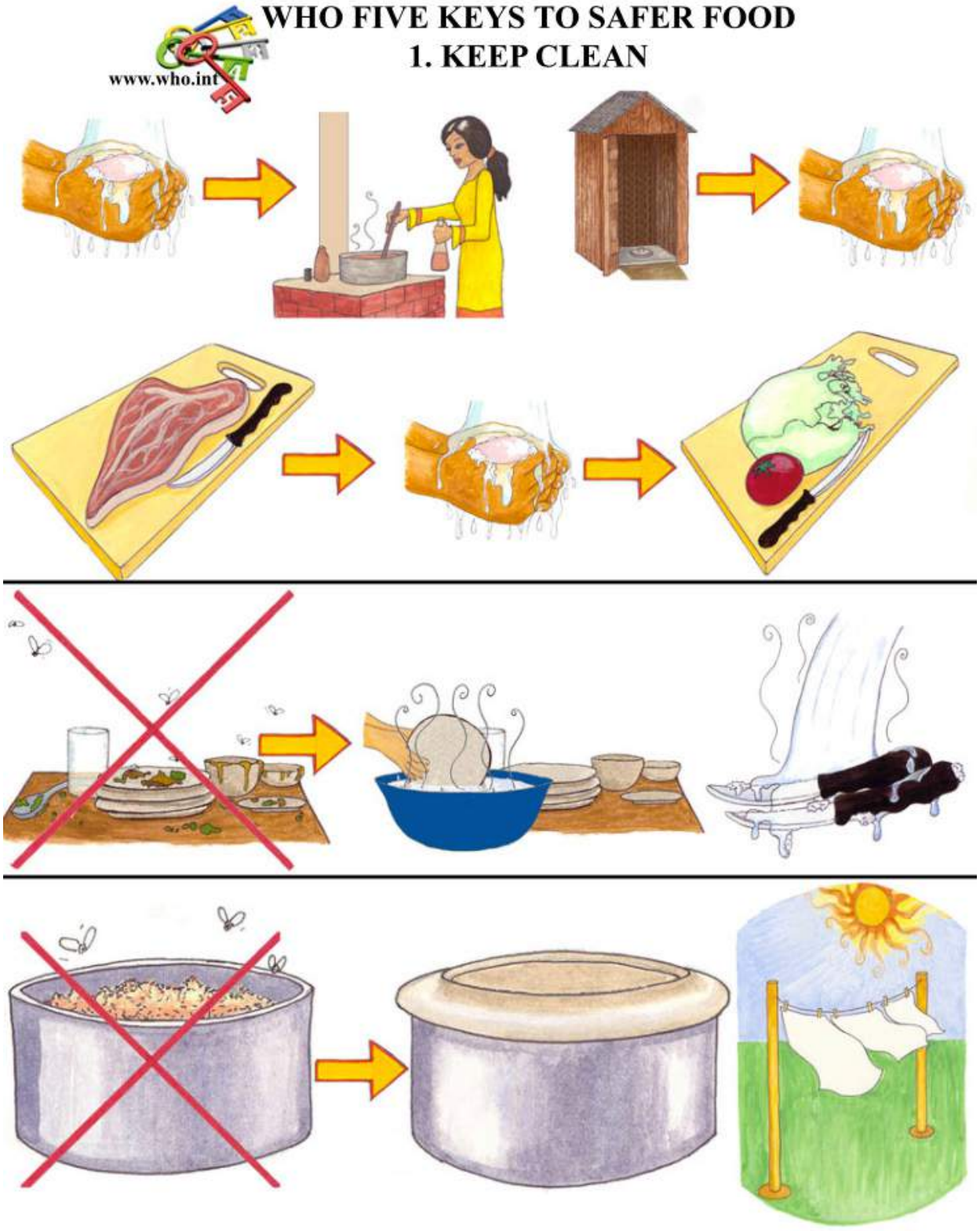
When should you use safe drinking water?

- To wash fruits and vegetables
- To drink!
- To brush your teeth
- To make ORS, or oral rehydration solution
- ORS is used to treat children with diarrhea.

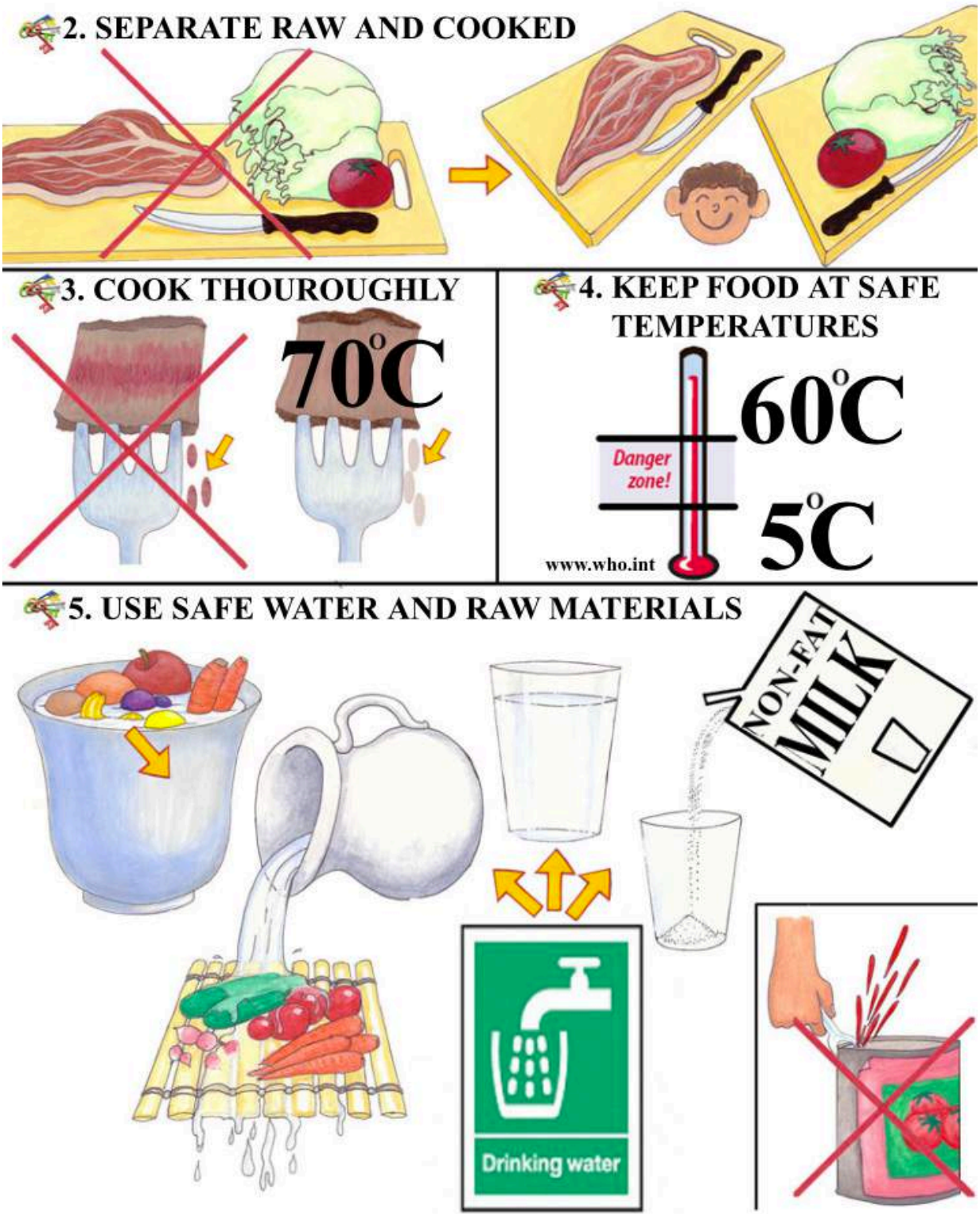
How can you have safer water to drink?

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

SAFE FOOD PREPARATION



Source: Health Education Program for Developing Communities. 2018



Source: Health Education Program for Developing Communities. 2018.

SAFE FOOD PREPARATION

The World Health Organization has indentifed 5 ways to have safer food.

Show the first page of pictures. What do you see in this picture? What is happening?

----SHO questions----
S = What do you See?
H = What is Happening?
O = Does this happen in Our place?

What is the first way to have safer food?

1. Keep clean.

How can we keep clean?

- Wash your hands before you cook.
- Always use a latrine or bathroom.
- Wash your hands after you go to the bathroom.
- Wash your hands after cutting meat.
- Wash your dirty dishes with soap and water before the flies gather.
- Also wash your knives.
- Keep your cooking pots and food covered.
- Wash your dish towels and hang them out to dry.

Show the second page of pictures.

What are other ways to have safer food?

2. Separate raw and cooked foods.
   - Separate raw meat, poultry and seafood from other foods.
   - The juice from raw meats can contain dangerous germs.
   - Use separate knives and cutting boards for meat than what you use for fruits, vegetable and breads.

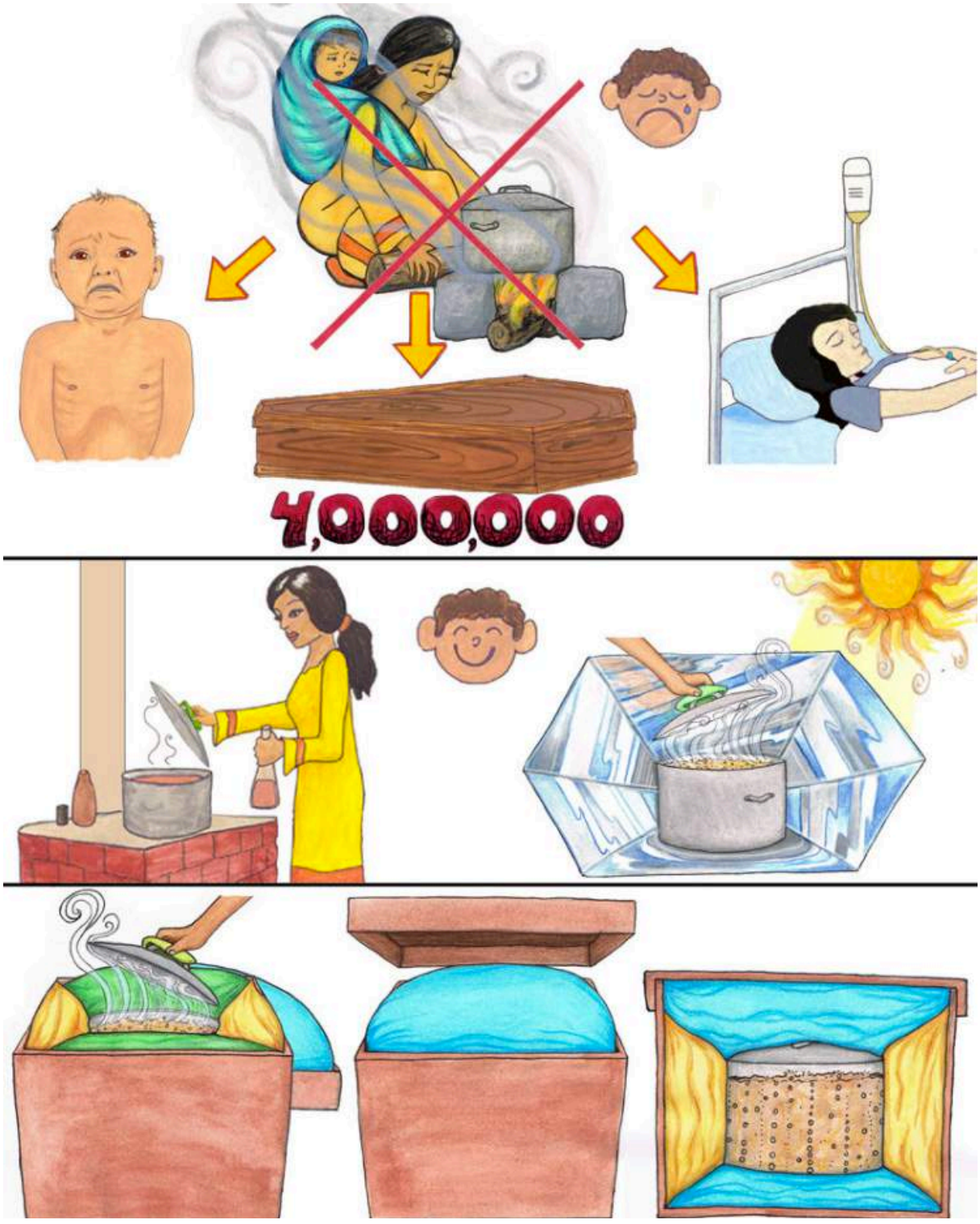
3. Cook food thoroughly, especially meat, poultry, eggs and seafood.
   - Cooking food kills dangerous germs.

4. Keep food at safe temperatures—either hot or cold. Do not leave food at room temperatures.

5. Drink safe water, and use safe water to clean your vegetables.
   - Do not eat food from cans that are swollen.

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

SAFE COOK STOVES



Source: Health Education Program for Developing Communities 2016.

SAFE COOK STOVES

What do you see in this picture? What is happening?

----SHOWD questions----
S = What do you **S**ee?
H = What is **H**appening?
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What are some risks of indoor cooking fires?

- Burning wood or charcoal indoors creates a lot of smoke.
- Smoke from fires causes health problems.
- Smoke damages your skin, your eyes, your lungs and your heart.
- Smoke from wood fires may cause pneumonia and lung disease.
- Babies and children may get sick.
- People may get burned from cooking fires.
- Cutting down trees for firewood may cause deforestation or loss of forests.
- Many women spend a long time carrying firewood.

What can be done? What are some safe ways to cook your food?

- Cook outside over an improved cook stove that uses less wood and produces less smoke.
- If you must cook inside, use a smoke chimney to take the smoke away.
- Use solar cookers to cook your food.
- In retained heat cooking, food is brought to a boil, simmered for a few minutes over a fire (or solar cooker), and then put into an insulated container (retained heat cooker) to continue cooking at a slow simmer for several more hours.
- Retained heat cookers can be made using locally available materials (such as woven baskets or cardboard boxes stuffed with pillows, blankets, grass, or crumpled newspaper)
- So less fuel is used and the food is cooked well.

What kind of cook stove are you using? How can you improve your cook stove?

Reference:
Health Education Program for Developing Communities. 2016. Available from: http://www.hepfdc.org

A GOOD LATRINE

Source: Health Education Program for Developing Communities. 2018.

A GOOD LATRINE

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

Why is it important to use a latrine or bathroom?

- Your poop contains a lot of germs. It can also contain worms or eggs.
- If you poop outside, without a latrine or bathroom, these germs can spread to other people.
- Flies also spread disease.
- If you poop outside, you may spread an infection to other people and make them sick.

What is a good latrine?

- A good latrine has wall on all sides, to keep the flies out.
- A good latrine has a place to stand or sit, above a deep hole.
- A good latrine is always covered.
- Some latrines have a PVC tube that goes from the pit up through the roof.
- The PVC tube helps to keep flies and odors away.
- Those are called VIP latrines, or ventilation-improved pit latrines.

What should you do after you go to the bathroom or poop?

- Wash your hands!

What should you do with dog poop?

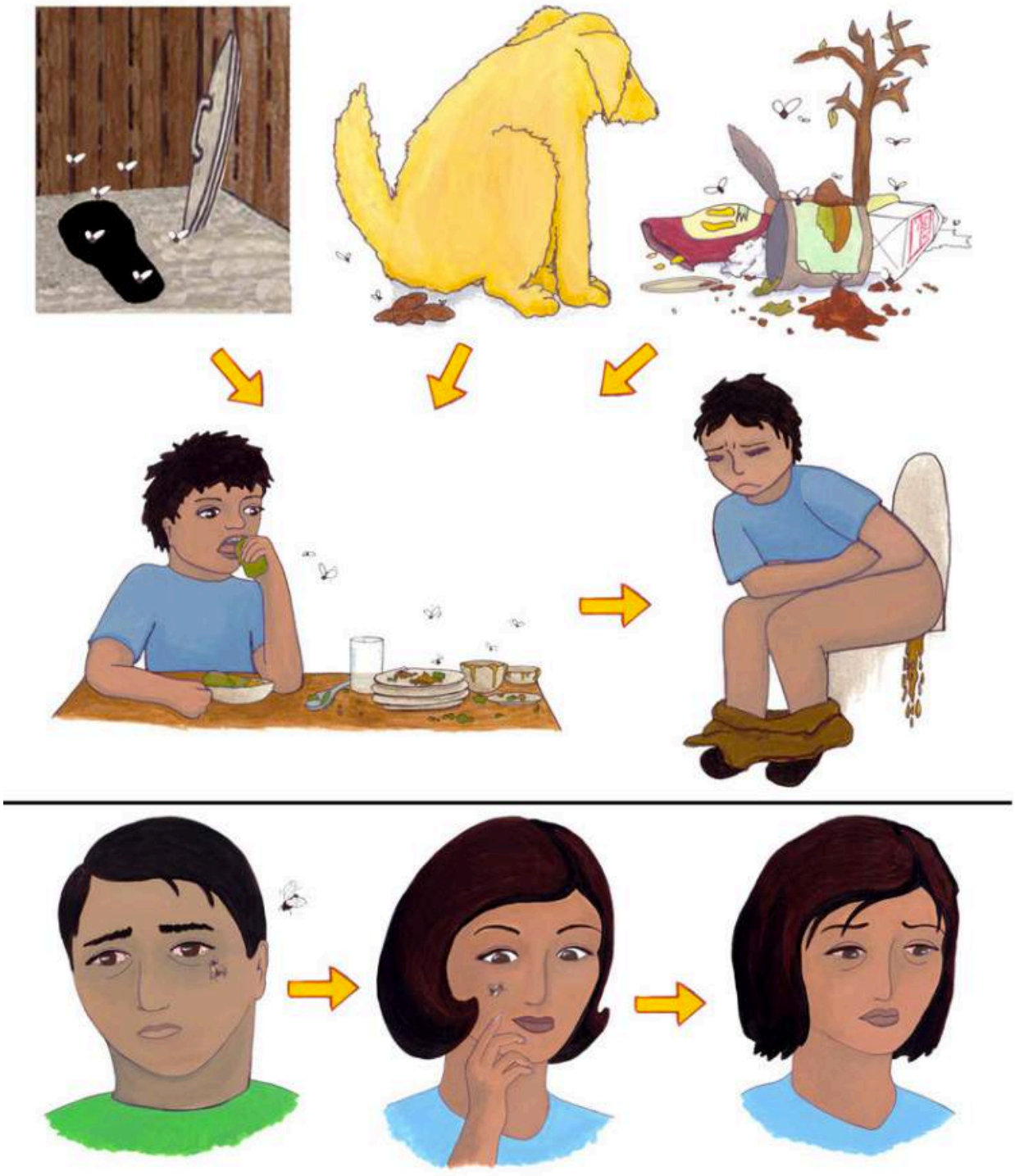
- Dog poop also contains germs and worms.
- Bury dog poop in a deep hole.
- Cover the hole with a fly-proof cover.

What kind of latrine or bathroom do you use?

How do you care for your latrine?

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

FLIES



Source: Health Education Program for Developing Communities. 2016.

FLIES

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

Why is the boy sick?

- His food is contaminated or dirty.
- Flies carried germs to his food.
- Flies carried germs from the garbage heap.
- Flies carried germs from the dog poop.
- Flies carried germs from the latrine.
- The latrine is full of flies.
- The latrine pit was left uncovered, so flies could get in.

How do flies carry disease?

- Flies carry disease from one person to another.
- When dogs or people are sick, their poop contains germs.
- Flies can carry germs and pass diseases like typhoid fever and diarrhea from one person to another.
- When flies land on your food, they can carry disease to you.
- Flies can also carry eye diseases like trachoma from one person to another.

What can you do to prevent flies from carrying disease?

- Always use a latrine or a bathroom.
- Make sure to cover the latrine.
- If a child or a dog or an animal poops near the house, clean it up.
- Cover your food until it is time to eat.
- Keep your face clean.

Reference:
Health Education Program for Developing Communities. 2016. Available from: http://www.hepfdc.org

MOSQUITOES

Source: Health Education Program for Developing Communities. 2018.

MOSQUITOES

What do you see in this picture? What is happening?

----SH questions----
S = What do you **S**ee?
H = What is **H**appening?

Mosquitoes carry many serious diseases. What are some diseases that are carried by mosquitoes?

- Malaria
- Dengue fever
- Chikungunya
- Yellow fever
- And many others!

So we need to try to get rid of mosquitoes. Where do mosquitoes breed?

- Mosquitoes breed in standing water.
- Mosquitoes breed in water that is not flowing.

What are some ways to get rid of mosquito breeding sites?

- Dig ditches so that water drains off your land.
- Cover any containers that contain water.
- Destroy or get rid of anything that contains water, such as old cans, trash, and old tires.
- Bury your garbage.
- Tires can be recycled or buried.
- Tires can be used to make tire swings.
- Tires can be used to make gardens. Fill the tire with dirt and plant fruits and vegetables.

What is happening in the bottom pictures?

- Soak bed nets in a long-lasting insecticide such as permethrin.
- Always sleep under insecticide-treated nets.
- This is especially important for young children and pregnant women.

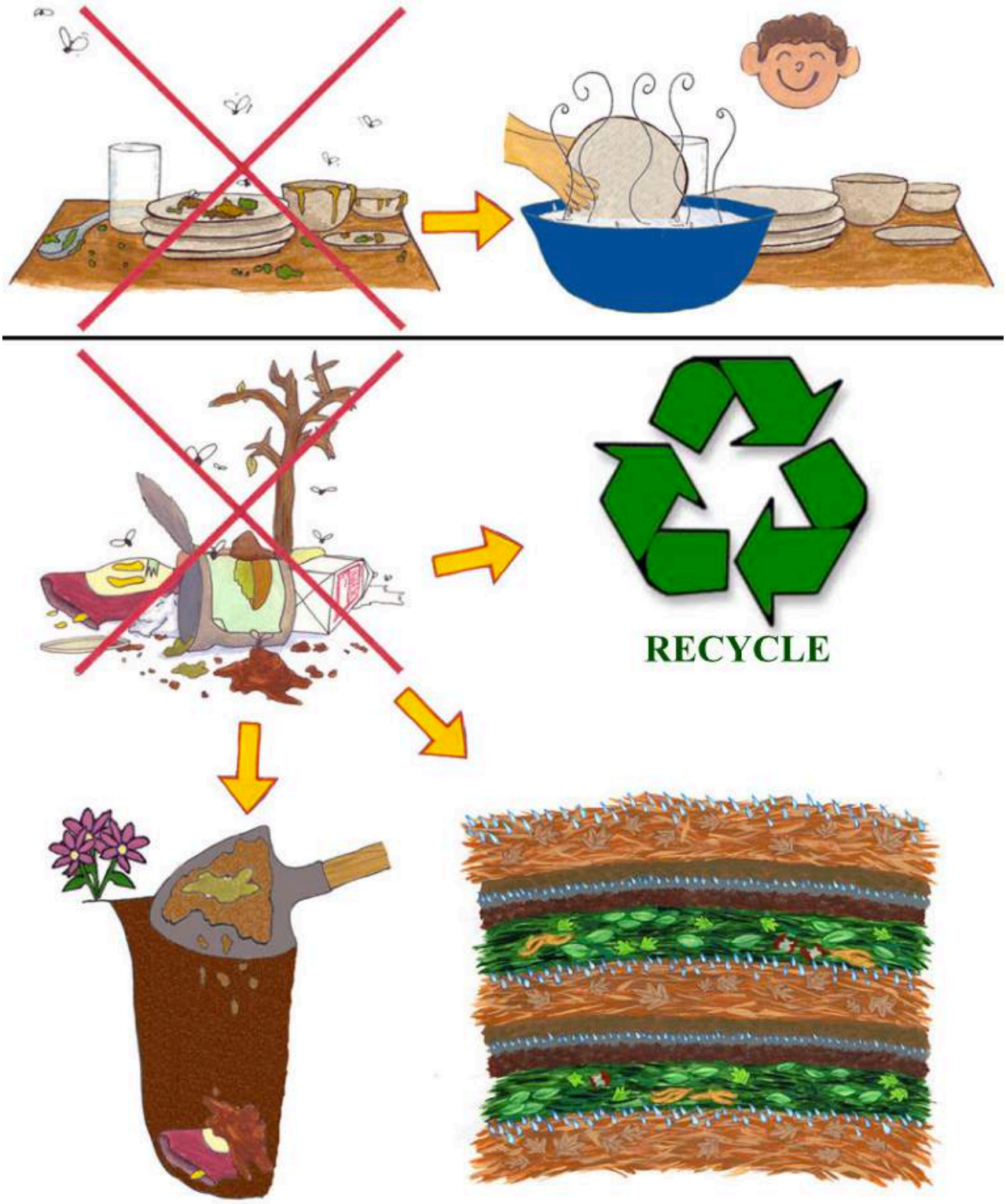
What are some other ways to prevent mosquito bites?

- Wear long sleeves and long dresses or pants.
- If there are a lot of mosquitoes, you can spray your clothes with permethrin.

What are you doing to prevent mosquito bites?

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

INSECT AND RODENT CONTROL



Source: Health Education Program for Developing Communities. 2018.

INSECT AND RODENT CONTROL

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

What problems do insects and rodents like rats and mice cause?

- They are dirty!
- They can spread disease.

Where do insects and rats and mice gather?

- Around decaying food scraps.

What can you do to prevent flies and rats and mice from gathering?

- Wash your dishes in soapy water.
- Dry your dishes on a dish drying rack.
- Don't leave piles of garbage.
- Bury dog poop and food scraps.
- Or make compost from food scraps.
- Recycle cans and bottles.

What are you doing in your home to prevent flies and rats and insects?

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

GOOD NUTRITION

GOOD NUTRITION

Source: Health Education Program for Developing Communities. 2018.

GOOD NUTRITION

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

What are some foods that you should avoid, or eat only in small amounts?

- Salty foods. They can lead to high blood pressure (hypertension).
- Fast foods and fried foods. They can lead to heart disease and stroke.
- Sugary foods and soda. They can lead to gaining too much weight (obesity) and diabetes.
- Drinking too much alcohol can lead to liver disease and other problems.

What are some good foods to eat?

- Eat lots of fruits and vegetables. They are high in vitamins.
- Some people, like pregnant women, may want to take supplemental vitamins.
- Flax seed is healthy for you.
- Beans, hummus and nuts are good plant sources of protein.
- Drink lots of safe water.

Why is it important to have good nutrition?

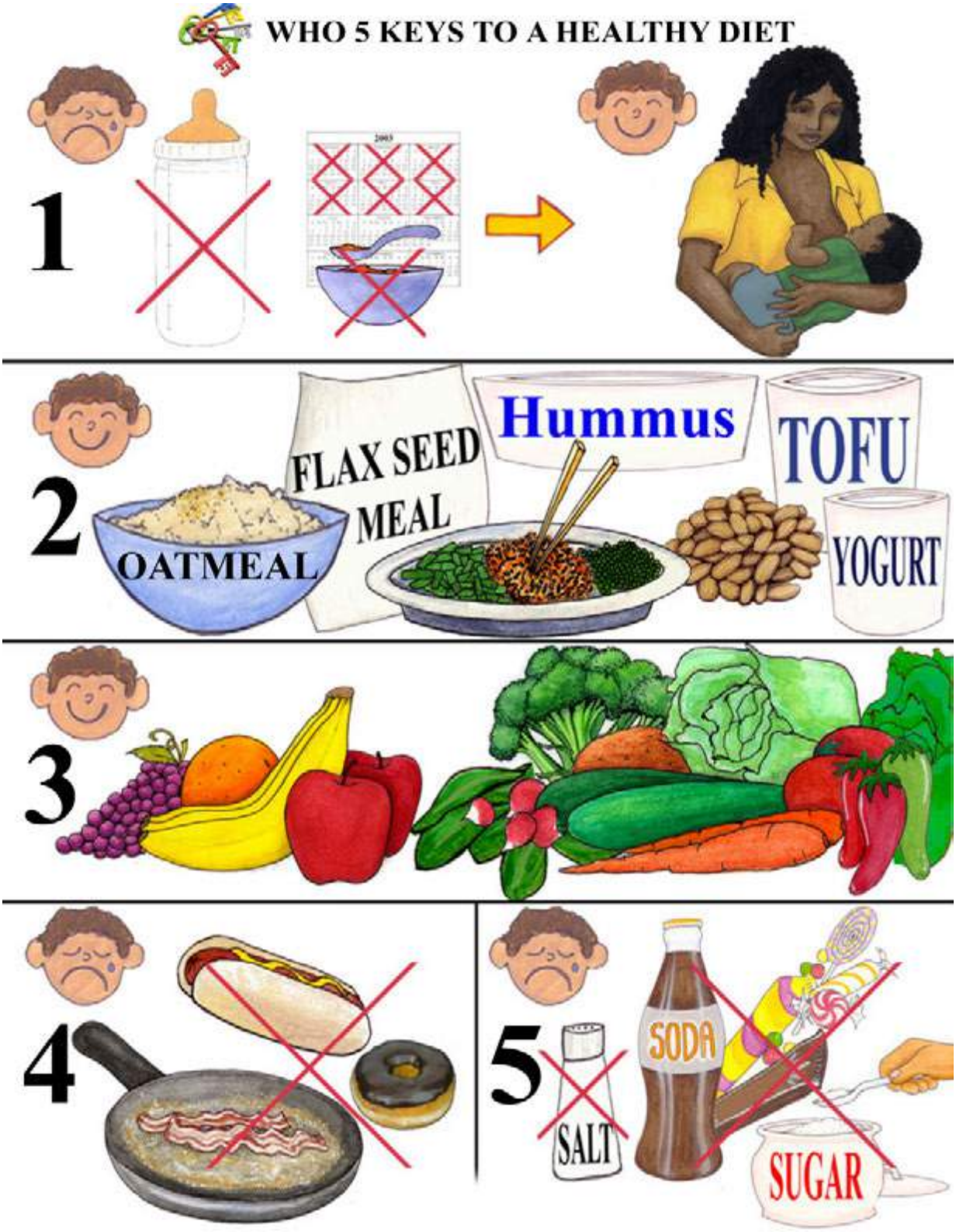
- Good foods help you can stay healthy and strong.
- Many young children are undernourished from not eating enough food or not eating the right foods.
- Many adults are overweight or obese from eating too much food or eating the wrong foods.
- Eating good foods helps to prevent diseases such as heart disease, stroke and diabetes.

Describe your diet. What do you eat each day?

How could you eat healthier foods?

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

A HEALTHY DIET



Source: Health Education Program for Developing Communities. 2018.

A HEALTHY DIET

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

What is the best food for a young infant?

- Breast feeding is best!
- Breast milk is the best food for young babies.
- Don't give babies a bottle or formula.
- Young babies don't need cereal or solid foods.

What are healthy foods for children and adults?

- Eat foods like oatmeal, hummus, tofu, and yoghurt.
- Eat lots of fruits and vegetables.

What foods should children and adults avoid or eat only in small amounts?

- Avoid fried foods.
- Eat small amounts of foods that are high in fats and oils.
- Avoid soft drinks and sodas that are high in sugar.

Why should you avoid foods that are high in fats and oils?

- Eating foods that are high in fats and oils can lead to obesity and heart disease.

Why should you avoid soft drinks and other foods that are high in sugar?

- Drinking sweet drinks leads to tooth decay.
- Drinking sodas and sweet drinks can lead to obesity and diabetes.
- Children and adults can become accustomed to eating foods that are high in sugar, salt, and fats.
- They taste good, so we eat too much of them. They are unhealthy.

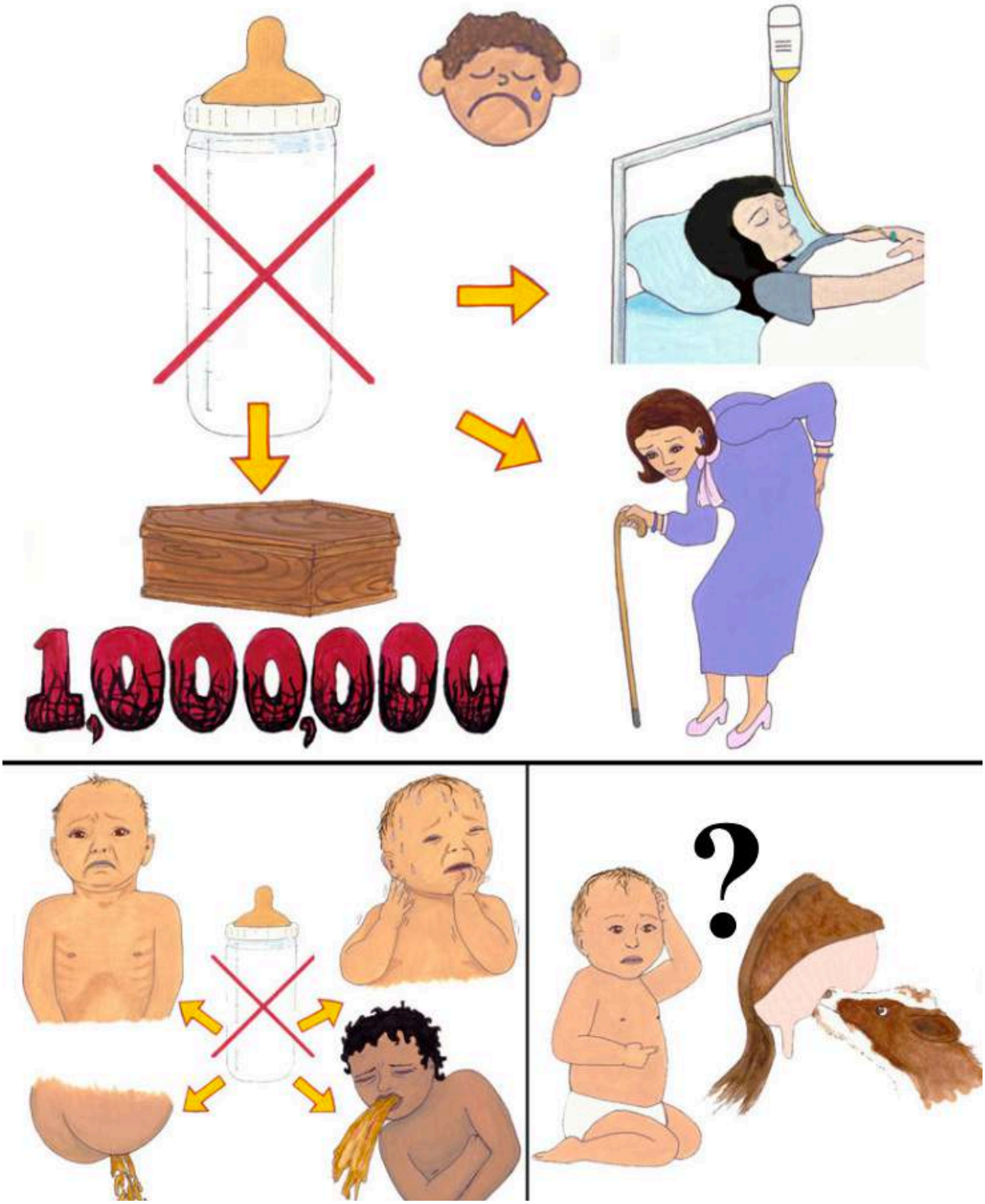
Describe your diet. What do you eat each day?

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

BREAST FEEDING

Source: Health Education Program for Developing Communities. 2016.

BOTTLE FEEDING



Source: Health Education Program for Developing Communities. 2018.

BREAST FEEDING AND BOTTLE FEEDING

What do you see in these pictures? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

What is the risk of bottle feeding?

- Bottle feeding can harm the health of both the mother and the baby.
- Bottle feeding can lead to the death of babies.
- Bottle feeding may lead up to 1 million deaths of children per year.
- There are more than a million deaths each year of children who are not properly breastfed.

How does breast feeding help the mother to be healthier?

- Mothers who breast feed are less likely to develop weak bones that break easily (osteoporosis) when they get older.
- Mothers who breastfeed are less likely to develop cancer of the breast or ovaries.
- Breast feeding helps to space out pregnancies, so they don't become pregnant too soon.

How does breast feeding help the baby or child to be healthier?

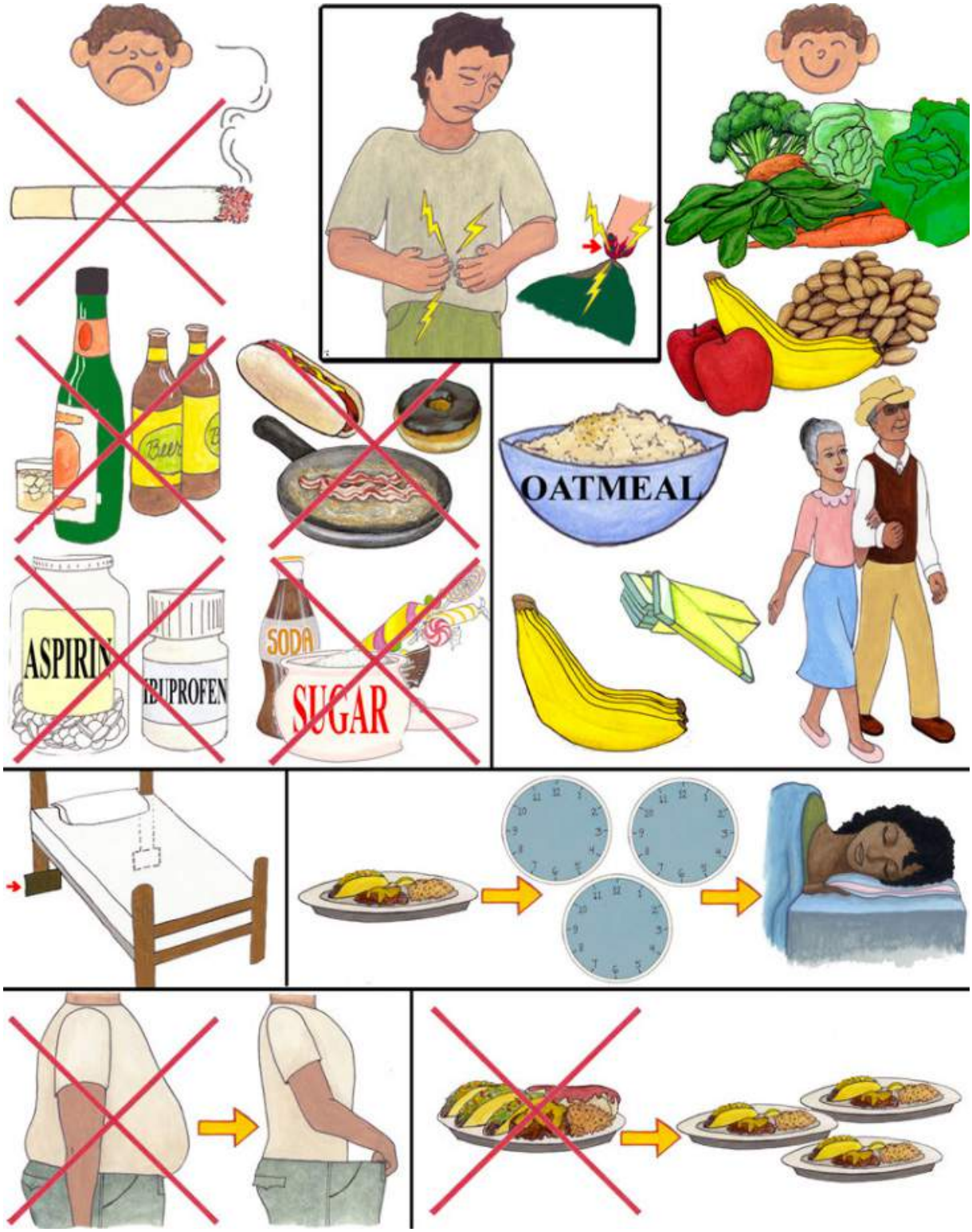
- Breast milk contains antibodies, or natural protection from infection, passed on from the mother to the child.
- Babies who do not receive these antibodies within breast milk may die from diarrhea, pneumonia, or other infections.
- Babies may also get sick when the bottle, nipple, and formula is not properly sterilized.
- Sometimes the water used to make up formula is not safe.
- Never use baby bottles! They are hard to keep clean.
- Breast is best!

What do you do in your family? Do you breast feed your children?

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

HEALTH PROMOTION

ACID REFLUX DISEASE



Source: Health Education Program for Developing Communities. 2018

ACID REFLUX DISEASE

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

What is acid reflux disease?

- Acid reflux disease is also known as heartburn or gastroesophageal reflux (GER).
- The muscle or sphincter between the stomach and the esophagus becomes loose.
- Acid from the stomach then passes back up into the esophagus or food tube.
- This damages the lining of the esophagus.
- Acid reflux can cause pain in the mid upper stomach to lower chest.
- If you have severe pain or vomit blood, or pass blood in the stools, be sure to see your doctor.

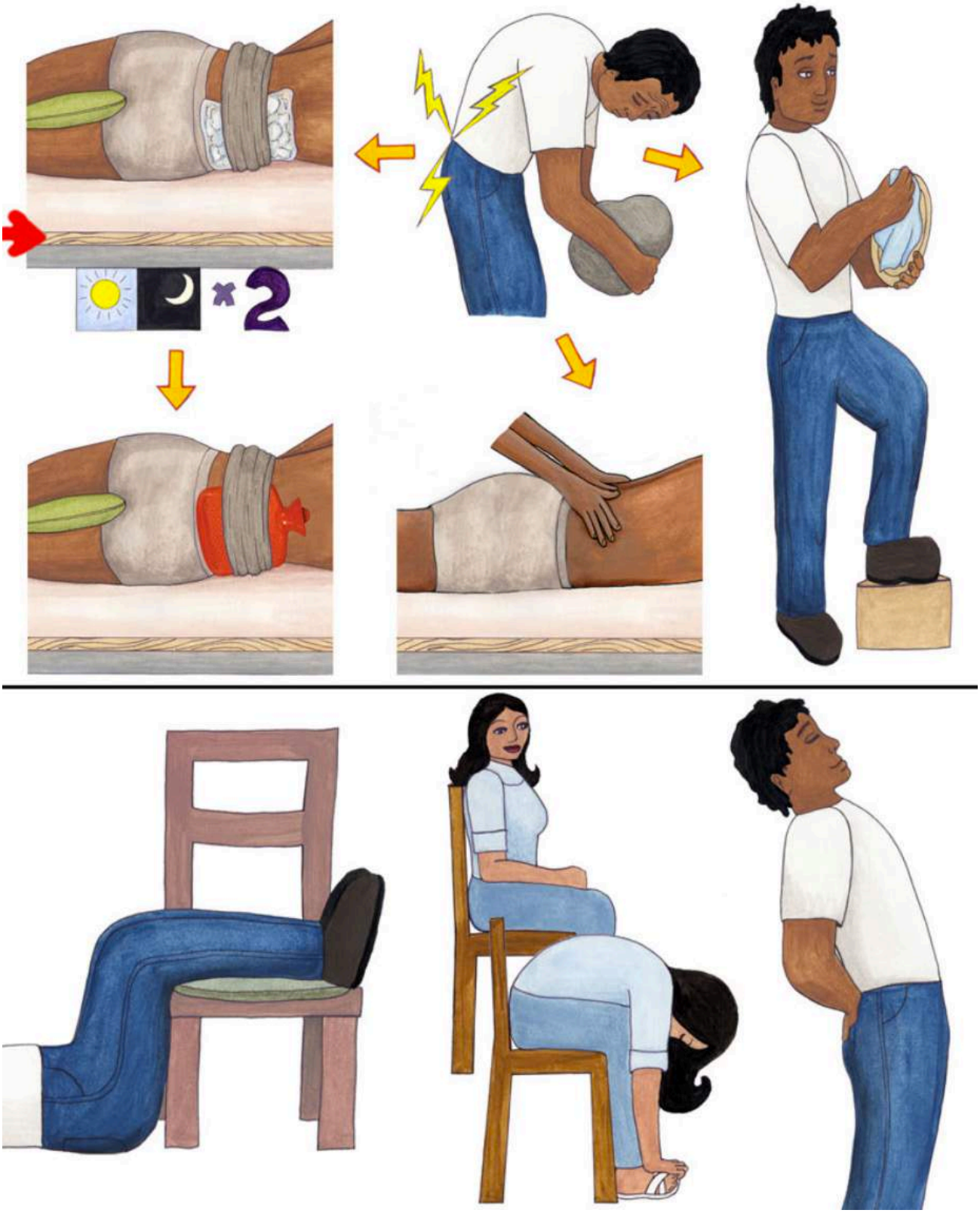
What are some ways to protect yourself from acid reflux disease?

- Stop smoking.
- Don't drink alcohol.
- Don't take aspirin or non-steroidal anti-inflammatory pain medicines.
- Eat smaller portions.
- Don't lie down for 2-3 hours after eating.
- Raise the head of the bed.
- Lay on your left side.
- Watch what you eat. Don't eat too much fried or fatty foods. Don't drink soda.
- Go for a walk after you eat.
- Lose weight if you are overweight.
- Antacids may help your symptoms.

Have you had acid reflux disease? What are you doing to prevent it?

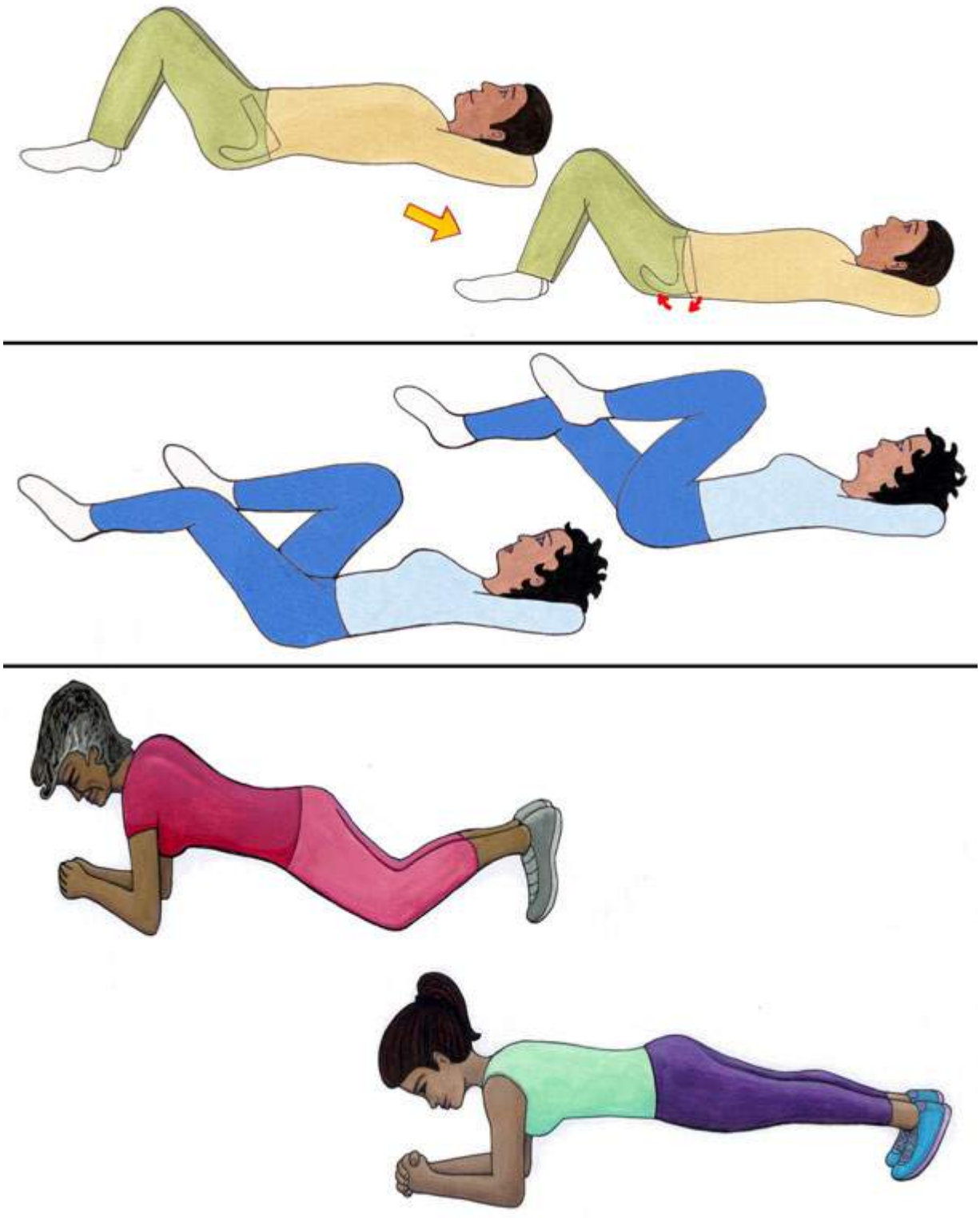
Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

CARING FOR BACK PAIN



Source: Health Education Program for Developing Communities. 2018.

CARING FOR BACK PAIN (Part 2)



Source: Health Education Program for Developing Communities. 2018

CARING FOR BACK PAIN

What do you see in these pictures? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

What should you do if you have back pain?

- If you have severe or persistent back pain, see your doctor or health care provider.
- Treat an acute back injury with ice for 6 hours.
- After 3 days, apply heat to your back to promote healing.
- Put a hot water bottle on your back.
- Massage your back.
- Keep active, but avoid heavy lifting.
- Sleep on a firm mattress.
- If you have to stand for a long time, rest your foot on a box.

After your back is healing, you can:

- Lie flat on your back on the floor.
- Raise your legs on a chair or cushion.
- Sit and lower your head to your knees. Hold that position as long as it is comfortable.
- Stand and lean backwards, as long as it is comfortable.

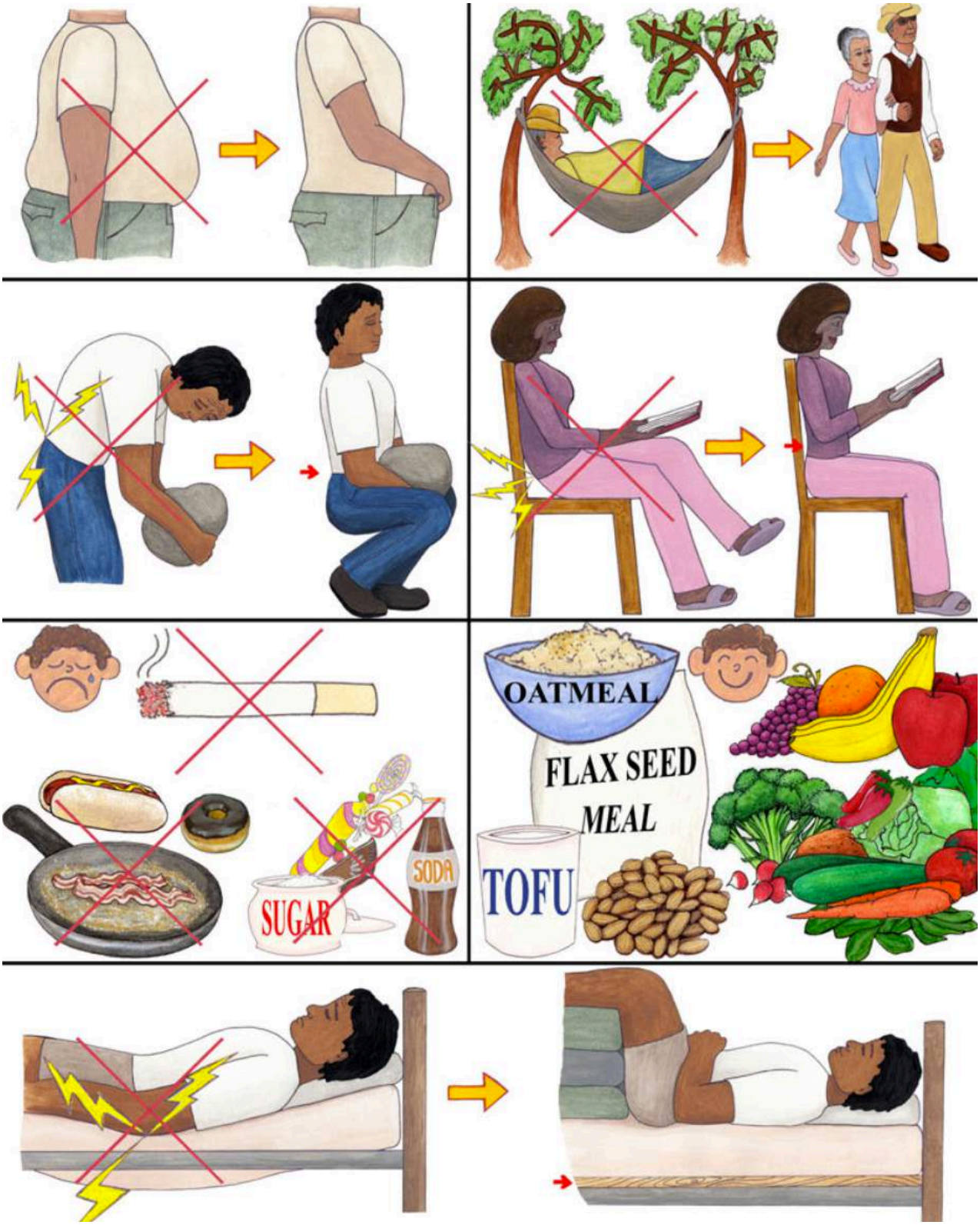
What exercises can you do to strengthen your back?

- Get aerobic exercise, by walking, swimming, or bicycling.
- Do aerobic exercises to strengthen your core muscles.
    - Do planks.
    - Do a bicycling motion while lying on your back.
    - Do a pelvic tilt: Lie flat on your back with your legs flexed at the knee. Tilt your pelvis to bring your lower spine in contact with the floor by contracting your abdominal and buttock muscles. Hold for 5 to 10 seconds and relax. Repeat.

Do you have back pain? How are you taking care of your back?

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

PREVENTING BACK PAIN



Source: Health Education Program for Developing Communities. 2018.

PREVENTING BACK PAIN

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

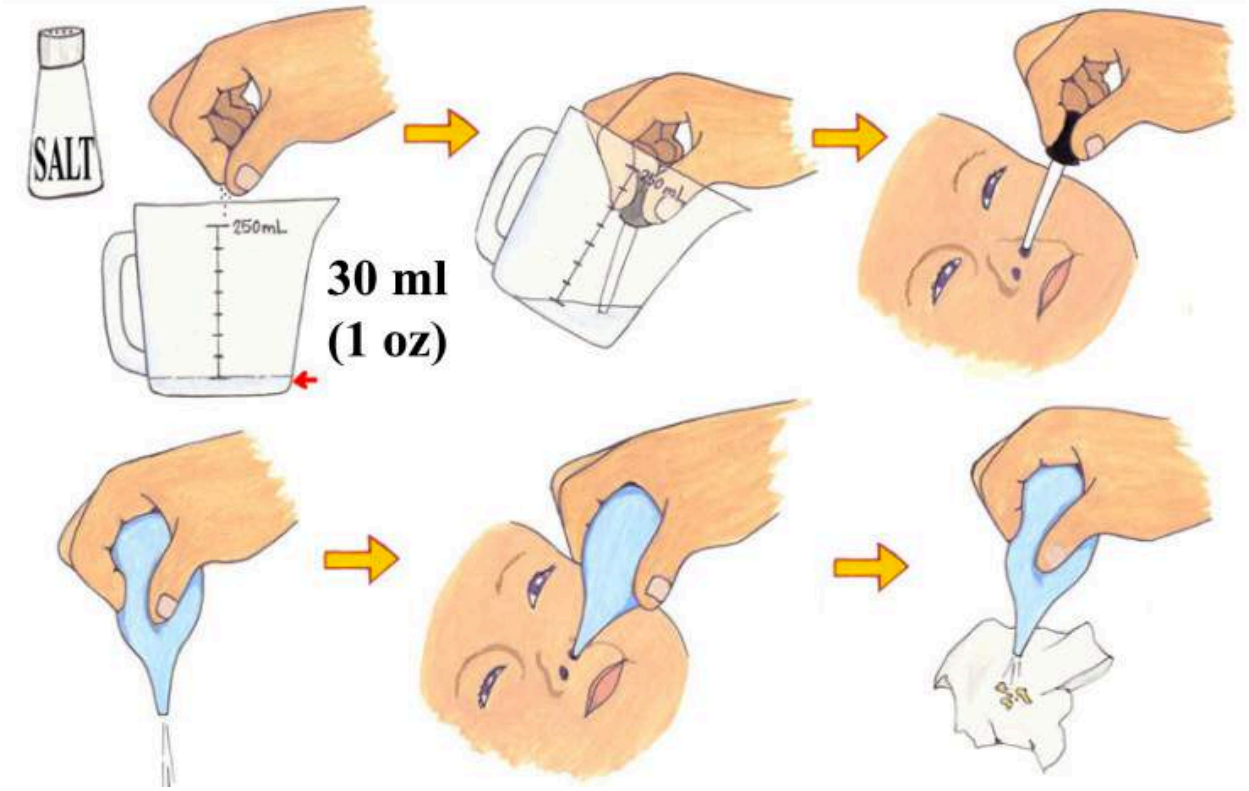
What are some ways to prevent back pain?

- Exercise 30-60 minutes per day.
- Do aerobic exercises.
- Do stretching and core exercises. (See *Caring for Back Pain* pictures.)
- Do not smoke.
- Lose weight if you are overweight or obese.
- Always lift properly.
    - Never bend over when you lift.
    - Lift with your legs, not with a back.
- Sit up straight while you work or read.
- Get up occasionally and take a short walk.
- Sleep on a firm mattress.
- Eat a healthy diet.
- If you sleep on your side, place a pillow between your legs.
- If you sleep on your back, place pillows under your lower back.

What are you doing to prevent back pain?

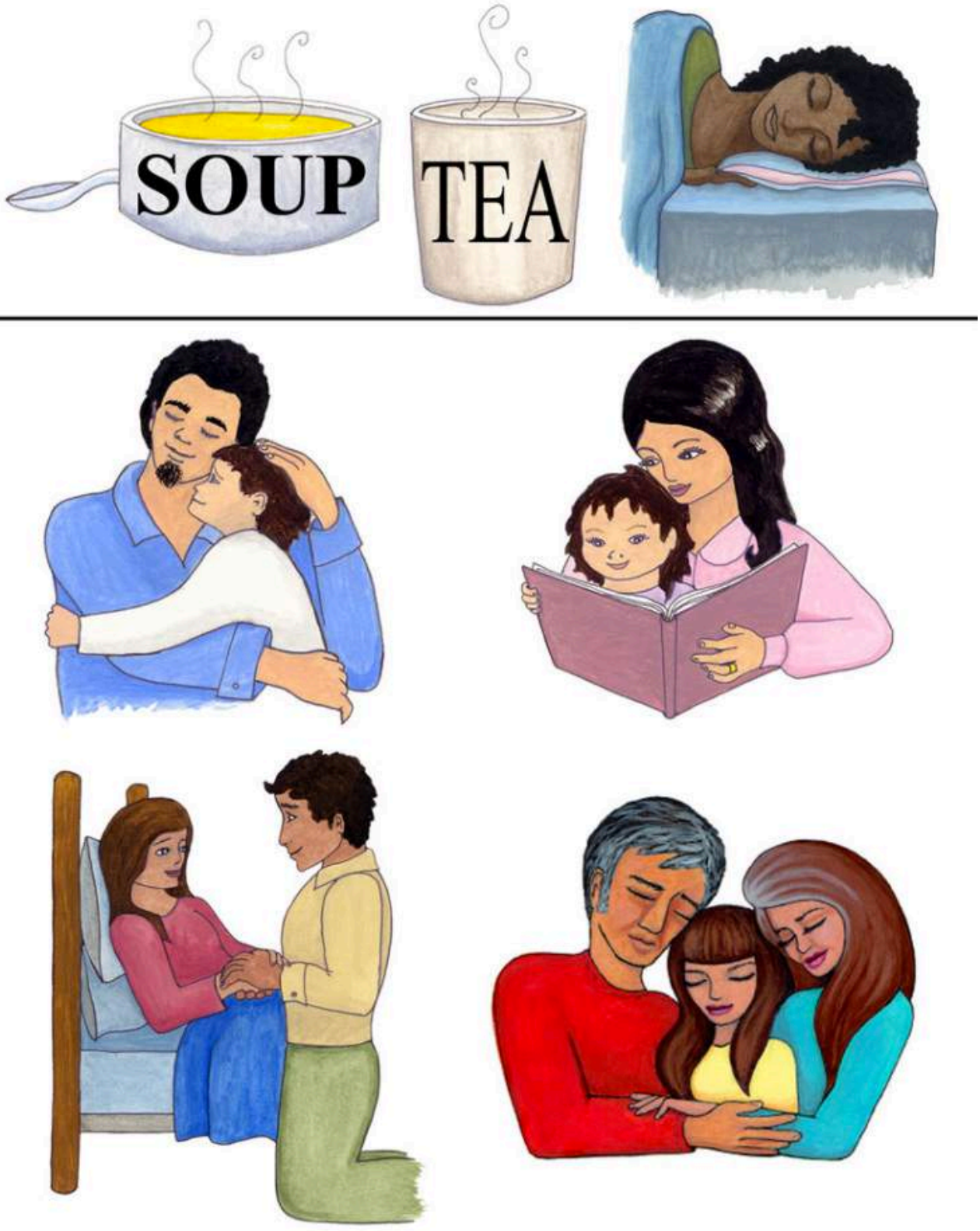
Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

CARING FOR COLDS AND RESPIRATORY INFECTIONS



Source: Health Education Program for Developing Communities. 2018.

CARING FOR COLDS AND RESPIRATORY INFECTIONS (Part 2)



Source: Health Education Program for Developing Communities. 2018

CARING FOR COLDS AND RESPIRATORY INFECTIONS

What do you see in these pictures? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

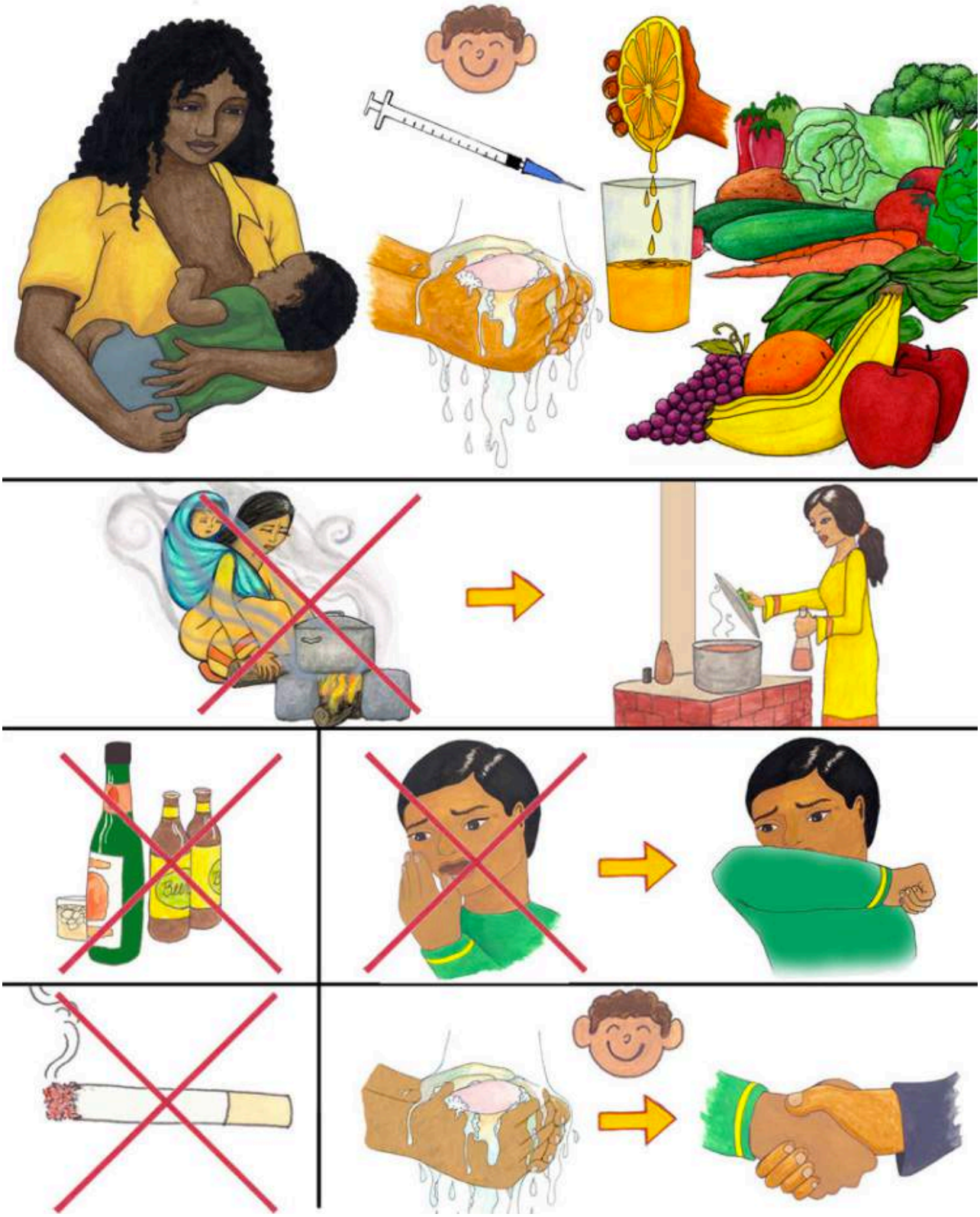
What do you do when you or a family member has a cold?

What are some ways to take care of a person with a cold?

- Give them healthy foods, like fruits, vegetables and juices.
- Continue breast feeding your baby. Feed her more often.
- Drink lots of liquids.
- Avoid cold medicines. They will not cure the cold and can have side effects.
- You can give honey as a cough syrup for children more than one year old. Avoid honey in babies less than one year old.
- Clean out the nose with a bulb syringe. You can make salt water nose drops by adding a pinch of salt to an ounce of safe water.
- Give chicken or vegetable soup broth.
- Drink hot tea.
- Get plenty of rest.
- Give lots of TLC (tender loving care).
- Give back rubs.
- Read a book with them.
- Pray with them and for them.

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

PREVENTING COLDS



Source: Health Education Program for Developing Communities. 2018.

PREVENTING COLDS

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

What are colds?

- Colds are respiratory infections.
- They are usually caused by viruses.

What are some ways to prevent colds?

- Breast feeding helps to protect your baby.
- Keep your immunizations up to date.
- Eat healthy foods, such as fruits, vegetables, and juices.
- Do not cook over a smoky indoor cook stove.
- Cook outside over an improved cook stove.
- Avoid smoking and drinking.
- Cough into your elbow.
- If you cover your mouth with your hand, germs get on your hand and can infect others.
- Wash your hands after you cough or sneeze.

What are you doing to prevent colds?

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

DIARRHEA I

Source: Health Education Program for Developing Communities. 2018.

DIARRHEA

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

Why is diarrhea a big problem?

- More than 1 million people die from diarrhea and dehydration each year.
- Diarrhea kills more than 2000 people a day!

What are some causes of diarrhea?

- Bottle feeding is the most frequent cause of diarrhea.
- Bottles, nipples, formula, and water can become contaminated.
- Drinking unsafe water also causes diarrhea.
- Infected meat and eggs can cause diarrhea.

What are some ways to prevent diarrhea?

- Wash your hands!
- Breast feed your babies.
- Drink safe water.
- Safe food preparation.

What is the biggest problem that diarrhea causes?

- Infants and children often become dehydrated or dried out.

How can you treat diarrhea and prevent dehydration?

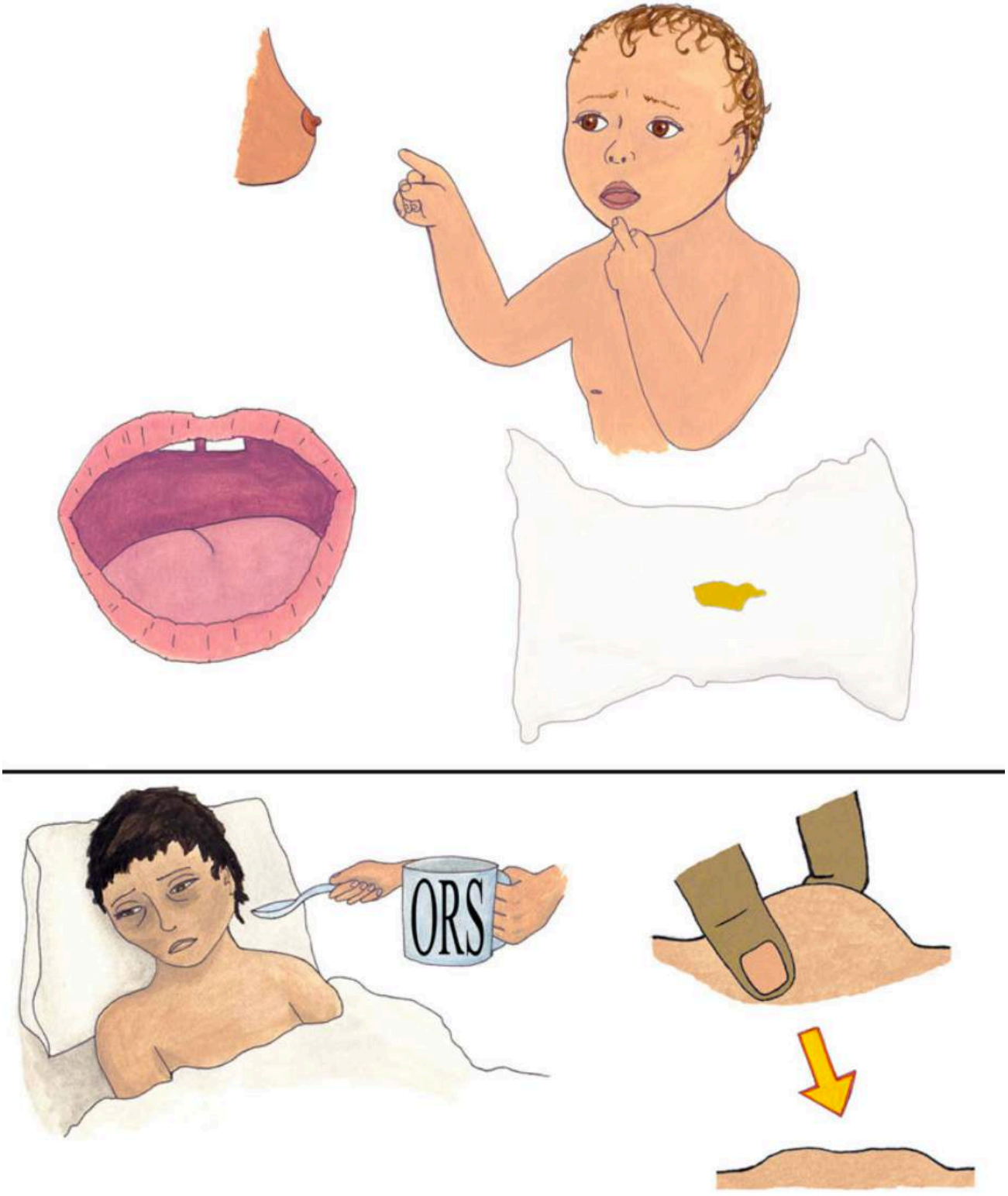
- Give lots of fluids.
- Give ORS, or oral rehydration solution.
- Diarrhea can be treated at home with ORS.

What are you doing to prevent diarrhea?

What do you do when your child has diarrhea?

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

DIARRHEA II - SIGNS OF DEHYDRATION



Source: Health Education Program for Developing Communities. 2018.

SIGNS OF DEHYDRATION.

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

What is dehydration?

- Diarrhea makes your body lose fluids.
- Diarrhea can cause dehydration.
- Dehydration means that the body is getting dried out.

What are some signs of dehydration?

- The child is not urinating (peeing) often.
- The pee may become dark colored.
- The mouth may be dry.
- The child will be thirsty.
- The child may become irritable or restless.

What are some signs of severe dehydration? (Look at the bottom pictures.)

- The pulse may become rapid (fast heart rate).
- A pinch of skin may go back into place slowly.
- The child may refuse to eat or drink.
- The eyes or fontanel may become sunken.

What should you do if you think that your child is dehydrated?

- Take him to the health care provider IMMEDIATELY.
- Keep on giving ORS while you are going to the health care provider.

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

DIARRHEA III - TREATING DIARRHEA AT HOME

Source: Health Education Program for Developing Communities. 2018.

TREATING DIARRHEA AT HOME

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

What are some rules for treating diarrhea at home?

- Always give more fluids than usual to prevent dehydration or drying out.
- Give supplemental zinc.
- Keep on giving more fluids until the diarrhea stops.
- Give the child plenty of food.
- Know when to take your child to the health care provider.

Why is it important to give your child more fluids than usual?

- The child is losing fluids with the diarrhea.
- To prevent dehydration.
- To keep her from becoming dehydrated or dried out.
- Keep on giving extra fluids until the diarrhea stops.

What kind of fluids can you give?

- Keep on breast feeding.
- Give ORS made from safe water.

Why should you give extra or supplemental zinc?

- Zinc is lost with the diarrhea. So you need to replace that zinc.
- Zinc helps a child with diarrhea to recover more quickly.
- Zinc lowers the risk of dehydration.
- Keep on giving zinc for 10 to 14 days.

What can you feed your child?

- Keep on breast feeding.
- You can feed older children cereal, fruit, vegetables, soup, beans, meat, or eggs.
- You may want to cook or mash the food to make it easier to eat.
- Avoid sodas and sugary foods.
- Give frequent small feedings.
- Keep giving frequent small feedings or an extra meal a day after the diarrhea stops.

What do you do when your child has diarrhea?

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

DIARRHEA IV - TREATING MILD DEHYDRATION AT HOME

Source: Health Education Program for Developing Communities. 2018.

TREATING MILD DEHYDRATION AT HOME

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

What are some signs that a child is mildly dehydrated?

- He is thirsty.
- His mouth is dry.
- The urine or pee is darker in color.

What should you do if a child is drinking well but seems mildly dehydrated?

- Keep on breast feeding.
- You can also give ORS.
- Begin with a tablespoon of ORS every 1–2 minutes for a child under 2 years.
- Give frequent sips from a cup for older children.
- If the child vomits, wait 5 or 10 minutes, and then give the ORS more slowly.
- Give as much ORS as the child will take.

What should you do if your child will not drink or if he seems sicker or more dehydrated?

- Take him to the health care provider immediately.
- Give more ORS along the way.

Has your child ever been dehydrated? What did you do?

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

DIARRHEA V - MAKING ORS

Source: Health Education Program for Developing Communities. 2018.

MAKING ORS.

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

What is ORS?

- ORS is oral rehydration solution.
- ORS is used to treat diarrhea and prevent dehydration or drying out.
- ORS can be given at home.

How do you make ORS?

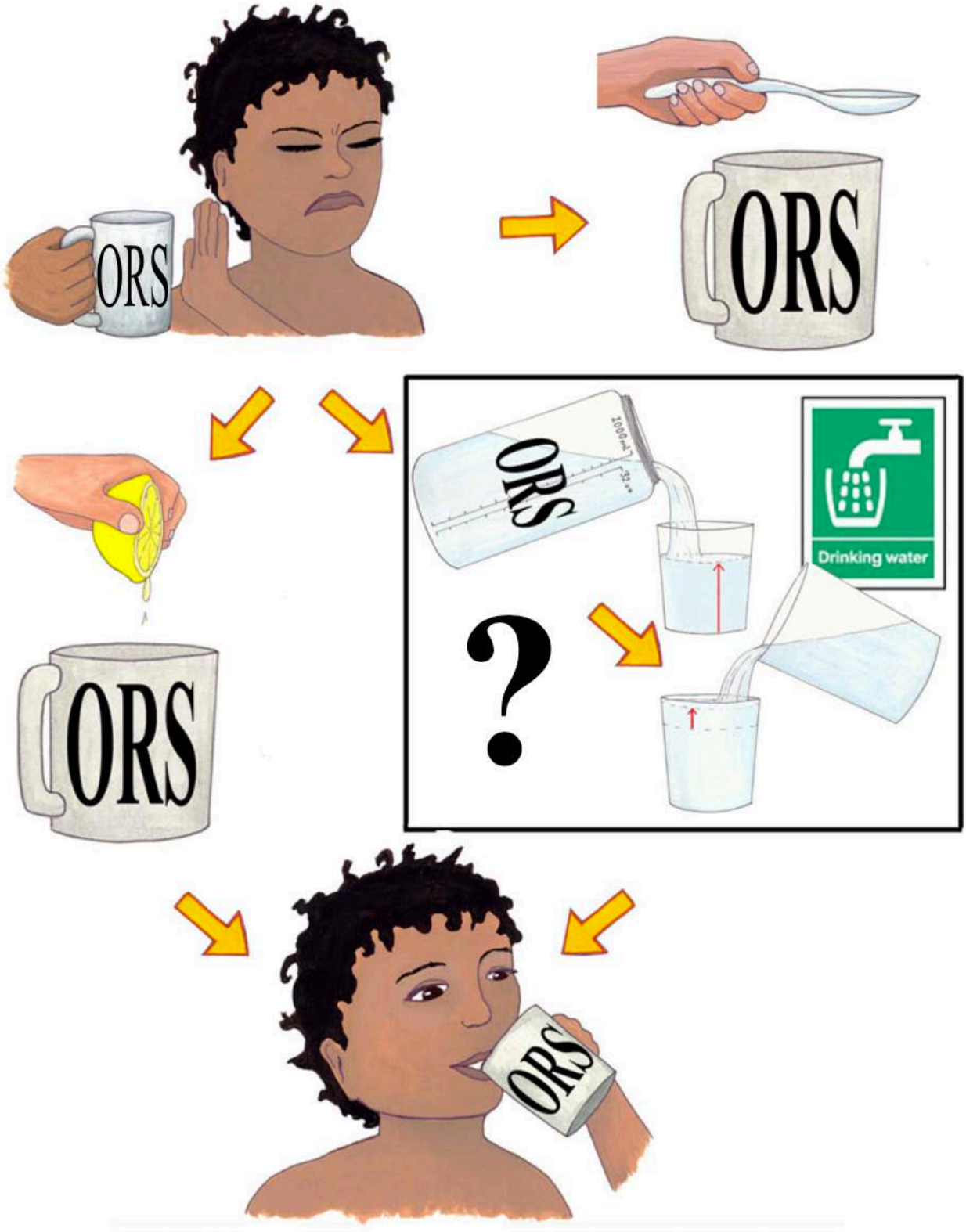
- Use safe drinking water.
- If you are not sure that your drinking water is safe, first boil the water and then let it cool.
- Add one packet of ORS to one liter of safe water.

Have you ever made ORS?

Do you use ORS when you child has diarrhea?

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

DIARRHEA VI - GIVING ORS AT HOME



Source: Health Education Program for Developing Communities. 2018.

GIVING ORS AT HOME

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

Why is ORS given?

- To prevent a child with dehydration from getting dehydrated or dried out.
- To treat mild dehydration.

How should you give ORS?

- Mix one packet of ORS with one liter of safe drinking water.
- Give ORS after each loose stool (or each loose poop).
- Give as much as they will take.

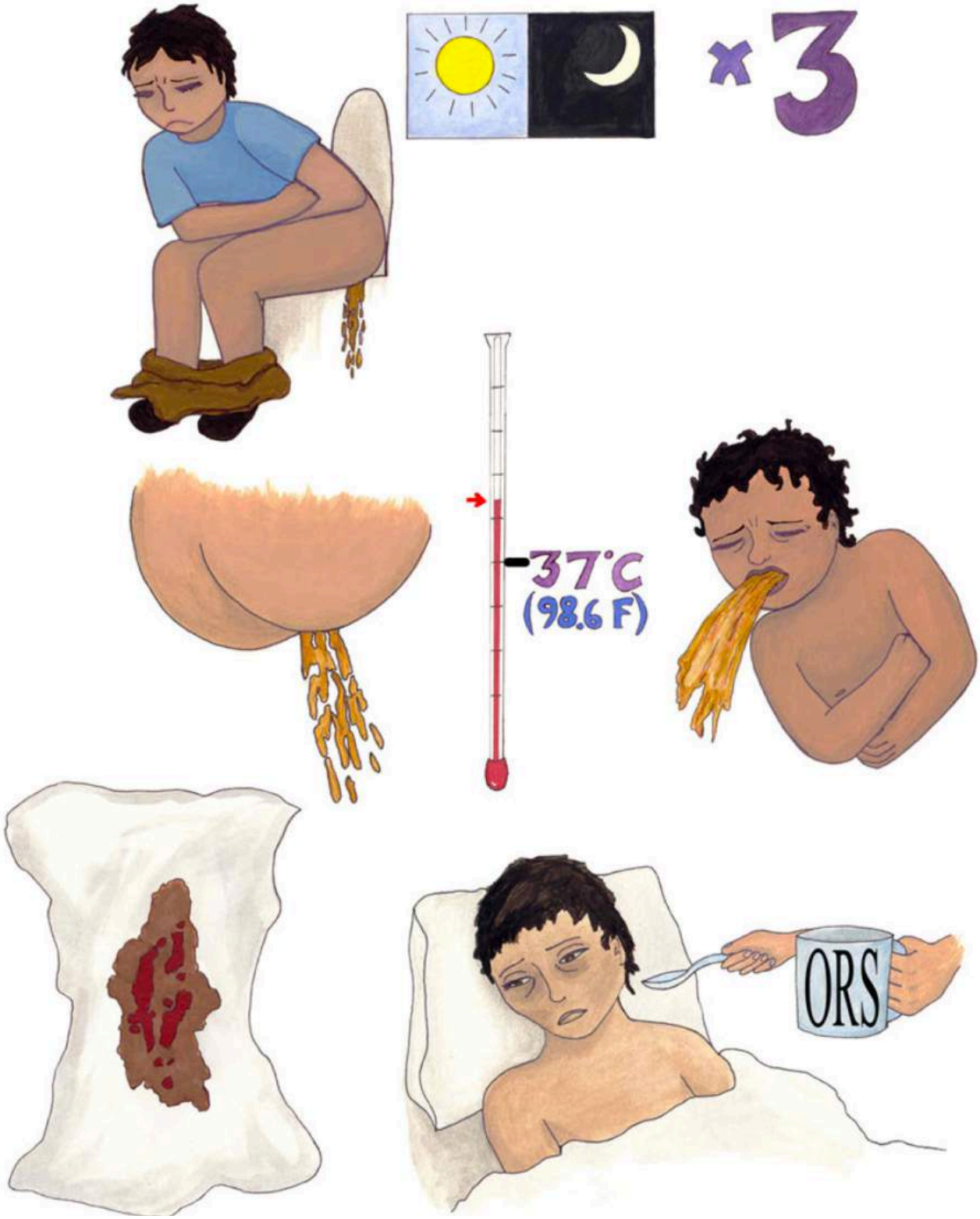
What should you do if they do not like the taste of ORS?

- ORS may taste a little salty.
- Add a few drops of lemon or other fruit to make the ORS taste better.
- Do not add sugar or soda—this may make the diarrhea worse.
- Continue feeding the child.

What has been your experience with ORS?

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

DIARRHEA VII - WHEN TO GO TO THE HEALTH CARE PROVIDER



Source: Health Education Program for Developing Communities. 2018.

DIARRHEA—WHEN TO GO TO THE HEALTH CARE PROVIDER

What do you see in this picture? What is happening?

----SHOWD questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?
W = **W**hy does this happen?
D = What will we **D**o about it?

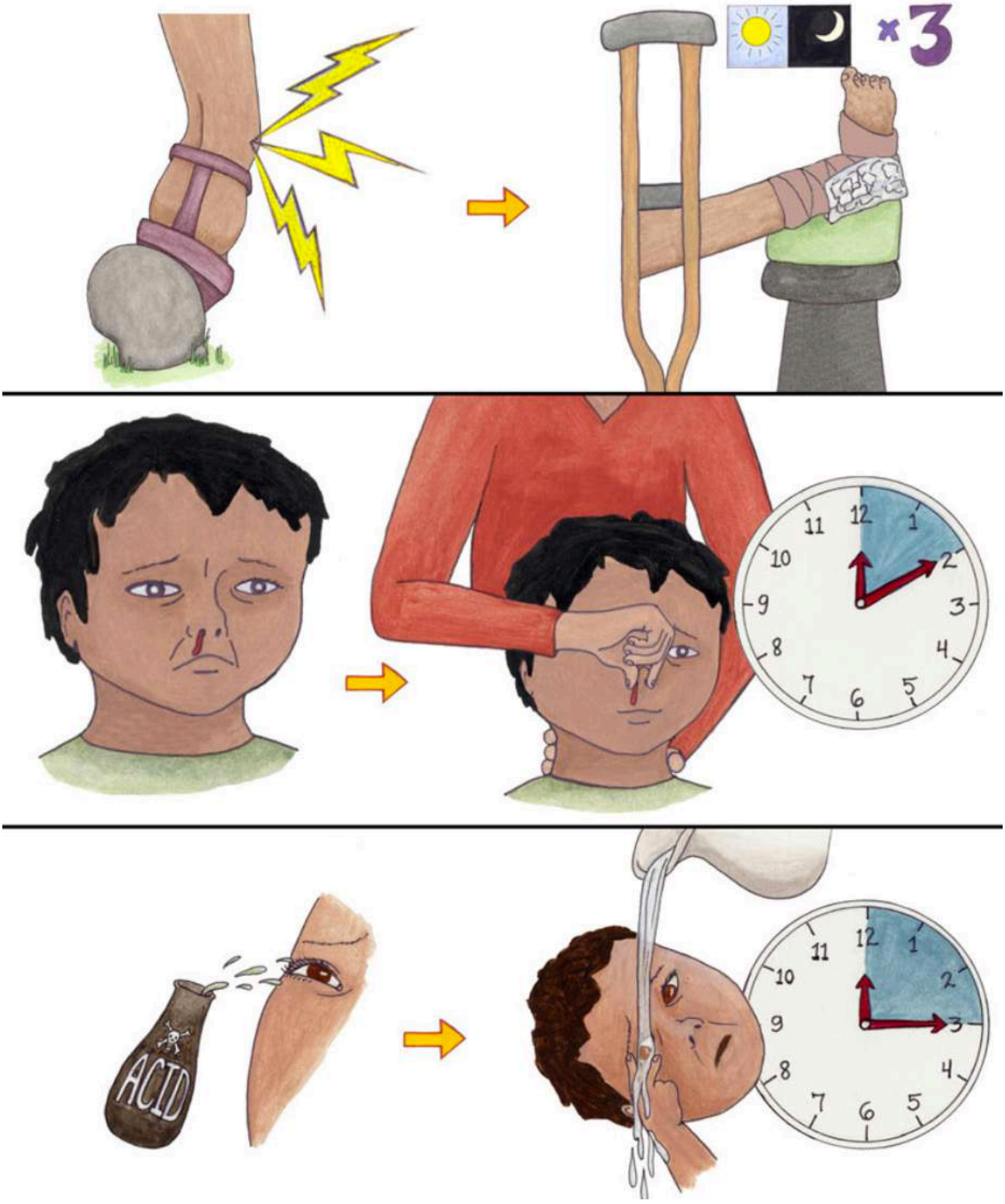
Look at the pictures. When should you take your child with diarrhea to the health care provider?

- If the diarrhea lasts more than 3 days
- If he does not get better after 3 days
- If there are many watery stools
- If she develops a fever or looks sicker
- If he vomits (throws up) repeatedly
- If there is blood in the poop
- If she is not eating or drinking well
- If he is very thirsty
- If she seems to be getting dehydrated or dried out

Have you taken a child with diarrhea to a health care provider? What happened?

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

FIRST AID



Source: Health Education Program for Developing Communities. 2018.

FIRST AID

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

What do you do if you think a bone may be broken?

- If the arm or leg is deformed (with a funny shape), that usually means a fracture or broken bone.
- Do not move the person until the limb is splinted.
- If you suspect that the back or the neck may be injured or broken, do not move the person.
- If there is just a sprain, cold compresses may help.
- Remember RICE: Rest / Ice the wound / Compression dressing (Ace wrap) / Elevate or raise the limb.
- If there is a lot of pain or swelling, go see your health care provider.

What should you do for scrapes and cuts?

- Put direct pressure on the wound to stop the bleeding.
- Wash the area with soap and water.
- Use a clean dressing.
- See your medical provider if the cut is large, or if it is on a sensitive area, such as on the hands, the face or on the genitalia.

What should you do for nosebleeds?

- Squeeze the outside of the nostrils for 5-10 minutes.
- Apply continual pressure for 5-10 minutes.
- Do not release the pressure too soon.

What should you do if a chemical or acid gets splashed in the eyes?

- Flush the eye with clean water for 10-15 minutes.
- Seek medical care.

Act out or demonstrate each of these First Aid steps.

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

FIRST AID FOR CHOKING

Source: Health Education Program for Developing Communities. 2018.

FIRST AID FOR CHOKING

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

How do you know if someone is choking?

- Older children and adults will put their hand to their throats.
- Ask them!

What should you do if they are still coughing, crying or making sound?

- Leave them alone!
- Abdominal thrusts can be harmful.
- They may be able to cough out the food or object that is blocking their throat.

When should you take action?

- When they are no longer making a sound.
- When there is no sound and they are in distress.

What should you do?

- Stand behind the victim.
- Place the thumb side of one fist against the victim's abdomen in the midline slightly above the navel and well below the chest.
- Grasp the fist with the other hand and exert 5 quick upward thrusts. The fist should not touch the lower part of the rib cage as this may damage internal organs.

What should you do if they faint or become unconscious?

- Place the victim on his back.
- Place the heel of one hand on the victim’s abdomen in the midline slightly above the navel and well below the chest. The other hand should be placed on top of the first.
- Press both hands into the abdomen and give a series of quick upward thrusts.
- After 5 thrusts, check his mouth to see if you can see the object. Attempt rescue breathing.

What would you do if someone is choking? Demonstrate your actions.

Note: For babies under a year of age, abdominal thrusts are not recommended. You can give a series of back blows instead until the object is coughed out.

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

DANGER OF NON-COMMUNICABLE DISEASES

Source: Health Education Program for Developing Communities. 2018.

DANGER OF NON-COMMUNICABLE DISEASES (NCDs)

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

What kind of diseases are shown here?

- Heart disease
- Bad teeth
- Asthma
- Deaths
- Disabilities
- Chronic diseases
- Cancer

These are called non-communicable diseases, or NCDs. What are non-communicable diseases?

- Non-communicable diseases do not pass from one person to another.
- They are diseases from our lifestyle.
- They are diseases that we can control.

What are some problems that smoking and tobacco products cause?

- Yellow teeth
- Lung cancer
- Breathing problems for babies and young children
- Heart disease
- Stroke
- Blood vessel damage that can lead to amputation
- Many early deaths.

So how can you prevent these problems?

- Stop smoking!

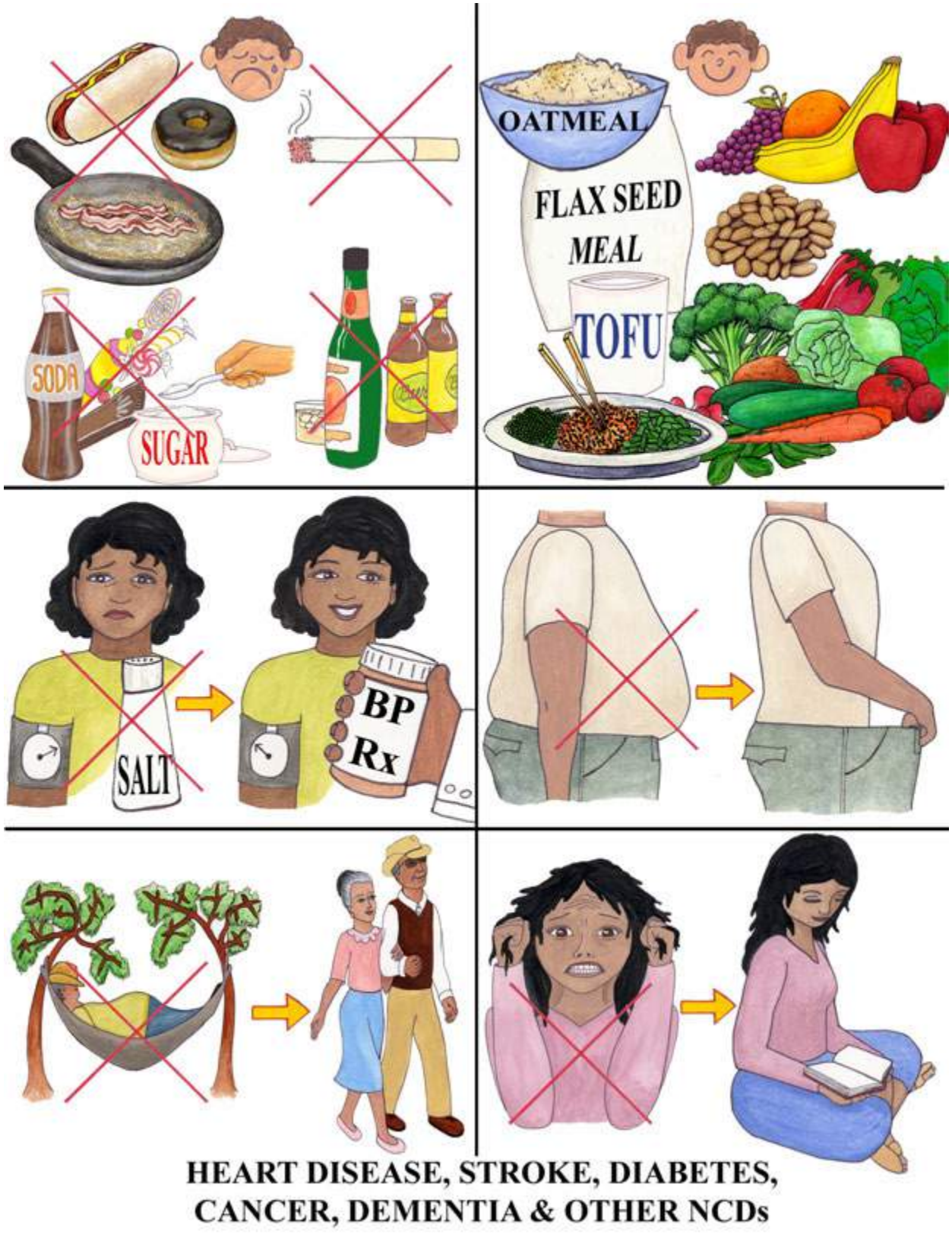
What are some other things we can do to stay healthy?

- Don't smoke.
- Get plenty of exercise.
- Eat a healthy diet.
- Don't drink too much.
- Maintain a healthy weight.

What are you doing to stay healthy?

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

PREVENTING HEART DISEASE, STROKE AND DIABETES



Source: Health Education Program for Developing Communities. 2018.

PREVENTING HEART DISEASE, STROKE, AND DIABETES

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

What are some bad habits that can lead to heart disease, stroke and diabetes?

- Eating too many fried or fatty foods
- Eating too many sugary foods
- Smoking
- Drinking soda
- Drinking too much alcohol
- Not getting exercise
- Gaining weight
- Stress and anxiety

What can lead to high blood pression?

- Eating salty foods

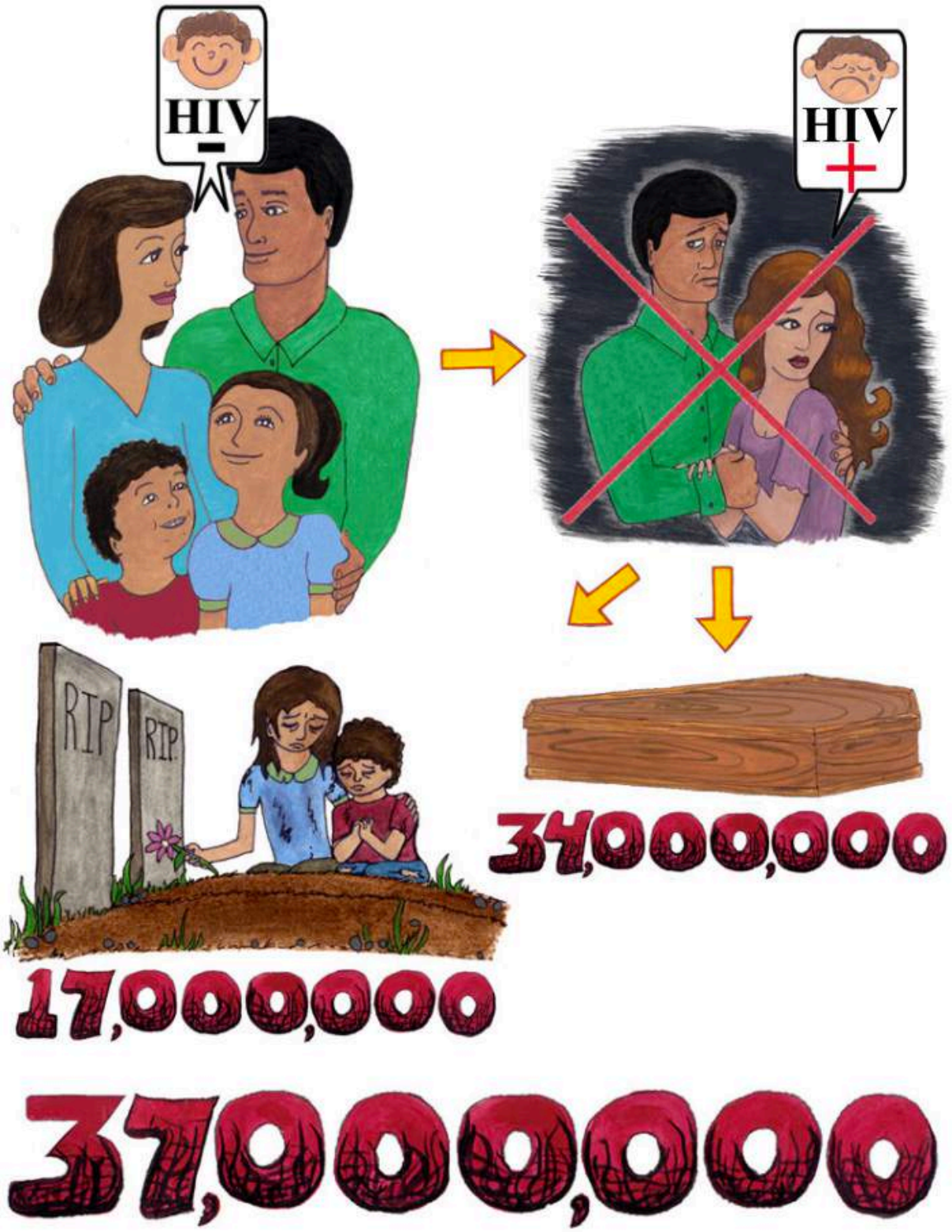
What can you do to stay healthy?

- Eat nutritious foods.
- Eat fruits, nuts and vegetables.
- Eat foods that are high in fiber.
- Lose weight
- Don’t eat salty foods.
- Get lots of exercise.
- Go walking, ride a bicycle, or play soccer.
- Lower stress by reading or listening to music.
- Pray and meditate.

What steps are you taking to prevent heart disease, stroke, and diabetes?

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

HIV AND AIDS



Source: Health Education Program for Developing Communities. 2018.

HIV AND AIDS

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

What has happened to the family on the right?

- The family used to be happy, but now one of them is HIV-positive.
- Now one of them has been infected with HIV.

What is HIV? What is AIDS?

- AIDS is caused by the HIV virus.
- AIDS is a non-curable, lethal disease.
- Sometimes people with the HIV infection may appear healthy or not know they are sick for many years.
- But these HIV-positive people still spread the HIV infection.
- And unless they are treated, they will die of wasting and of chronic diseases like tuberculosis.
- Unless people who are HIV-positive take medicine regularly for all of their lives, they will die.
- There is no cure for HIV or AIDS.

What causes HIV infections and AIDS?

- In the developing world, HIV infections and AIDs are nearly always caused by unsafe sex, or sex outside of marriage.

What do all those numbers mean?

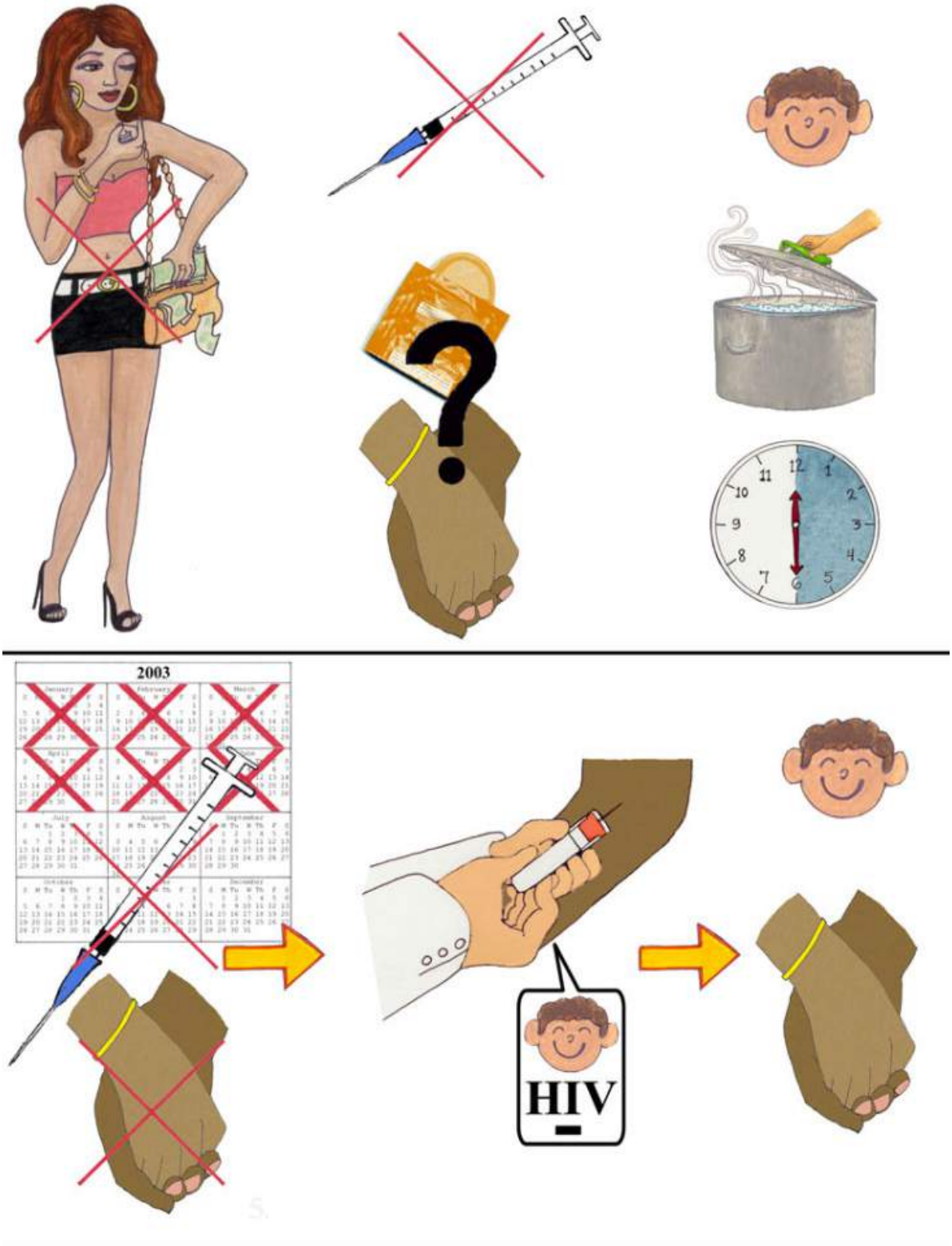
- Over 34 million people have died of AIDS.
- Over 17 million children are orphaned because of AIDS.
- Over 37 million people are now HIV-infected.

What is the good news for us?

- All of this death and suffering is preventable.
- HIV infection can be prevented.

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

PREVENTING HIV AND AIDS



Source: Health Education Program for Developing Communities. 2018.

PREVENTING HIV AND AIDS

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
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How is HIV spread?

- Having sex with a person who is carrying the HIV virus (even if the person appears completely healthy).
- Drug users who share needles.
- Using unsterilized instruments that cut the skin.
- For example: tattoos, body piercing, tooth extraction, circumcision, injections of medicines, blood transfusions, if the instruments are not properly sterilized.
- Blood transfusions from infected donors.
- Sharing the use of other instruments that may cut or break the skin or gums, such as razor blades and toothbrushes.
- By an infected mother to her unborn child.

How can you prevent the spread of HIV?

- Most HIV is spread by unsafe sex. So, remember your ABCs:
    - Abstinence until marriage
    - Being faithful to one partner
    - Using condoms (if you have sex outside of marriage)
- Do not have sex with prostitutes or with people who have other partners.
- Do not reuse needles.
- Do not share razors or toothbrushes.
- Do not get a tattoo or have any other procedure unless the equipment is properly sterilized.
- Sterilize instruments before use in a pressure cooker. Blood products must always be properly tested for HIV virus before use.
- All people who are HIV-positive should take medicines (antiretroviral therapy, or ART) to keep their HIV infection under control and to prevent the spread of HIV to others.
- Pregnant women who are HIV-positive can take medicines to prevent the spread of HIV to their babies.
- Blood products must always be properly tested for HIV virus before giving a transfusion.

What steps ae you taking to prevent HIV?

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

HEALTHY BONES—PREVENTING OSTEOPOROSIS

Source: Health Education Program for Developing Communities. 2018.

HEALTHY BONES—PREVENTING OSTEOPOROSIS

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

Sometimes older people develop thin bones that break easily. This is called osteoporosis.

What are some causes of osteoporosis?

- Not enough calcium or Vitamin D
- Not enough exercise
- Smoking and drinking
- An unhealthy diet
- Too much salt and sugar in the diet

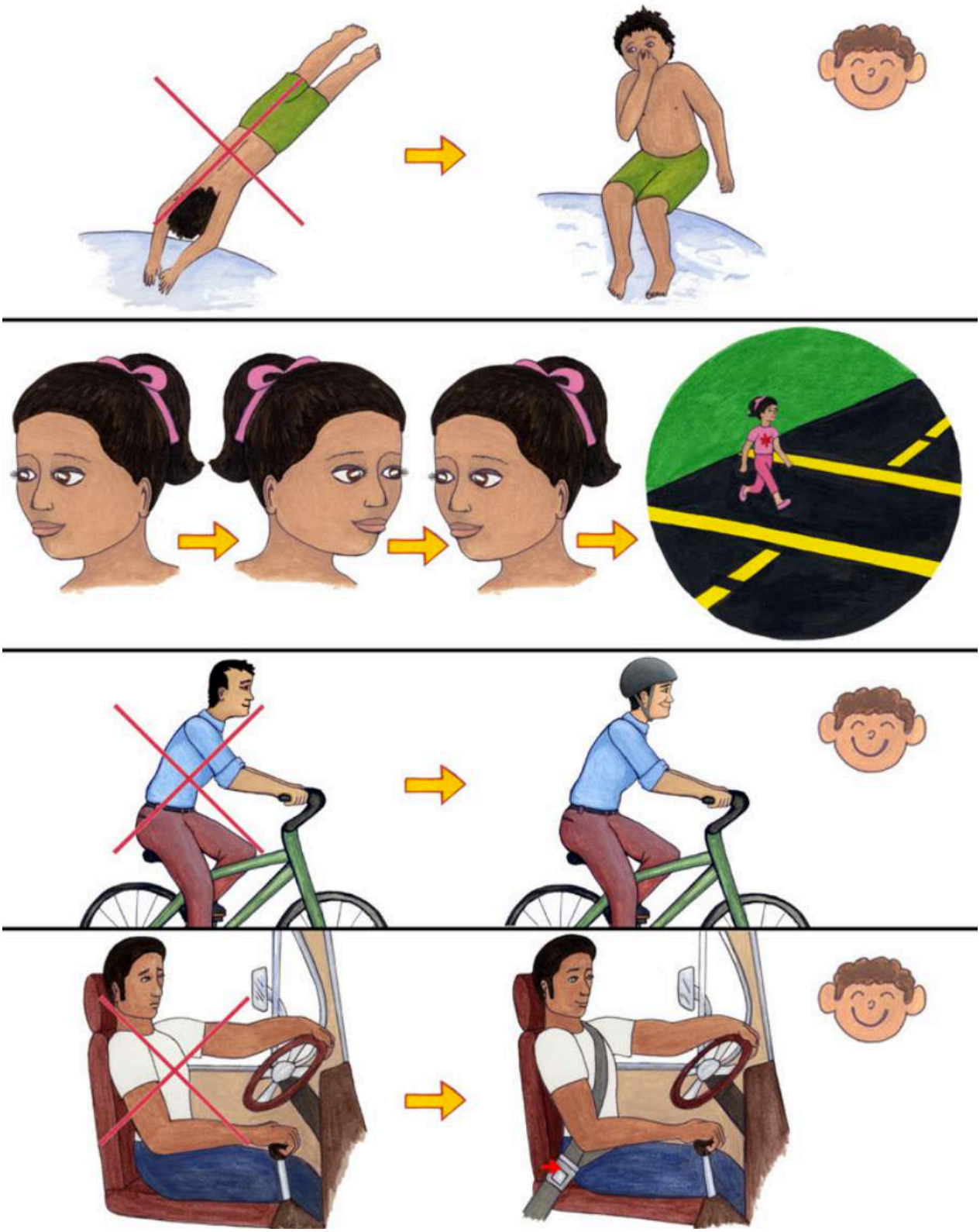
What are some ways you can prevent osteoporosis and have strong bones?

- Get plenty of exercise. Try to exercise an hour a day.
- Avoid smoking.
- Don't drink more than 1-2 drinks a day.
- Breast feed your babies.
- Eat dark green leafy vegetables.
- Tofu and white beans are high in calcium.
- Dairy products contain calcium to keep your bones strong.
- Get out in the sunlight! The sun produces Vitamin D.
- Follow up with your doctor.

What are you doing to have healthy bones and prevent osteoporosis?

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

PREVENTING ACCIDENTS



Source: Health Education Program for Developing Communities. 2018.

PREVENTING ACCIDENTS.

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

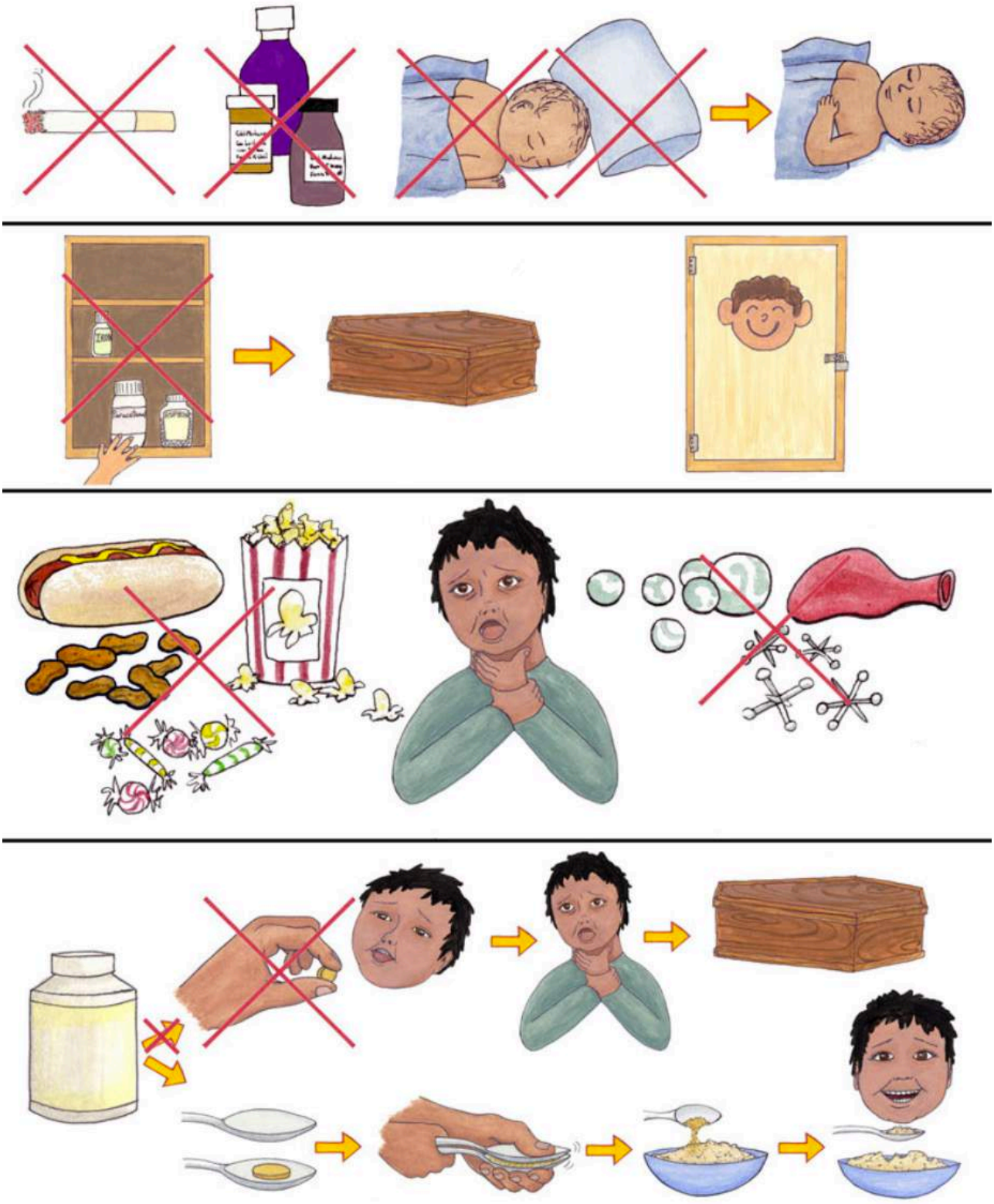
What are some ways for children and adults to prevent accidents?

- Never dive in shallow water.
- Children should always enter the water feet first.
- Young children should never cross the street without a grownup.
- Older children should look both ways before they cross the street.
- Always use bicycle and motorcycle helmets.
- Always wear a seat belt.
- Use infant or car seats.
- Don't drink and drive.
- Don't text or talk on your cell phone and drive.

What are you doing to prevent accidents?

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

PREVENTING ACCIDENTS WITH INFANTS AND SMALL CHILDREN



Source: Health Education Program for Developing Communities. 2018.

PREVENTING ACCIDENTS WITH INFANTS AND SMALL CHILDREN

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

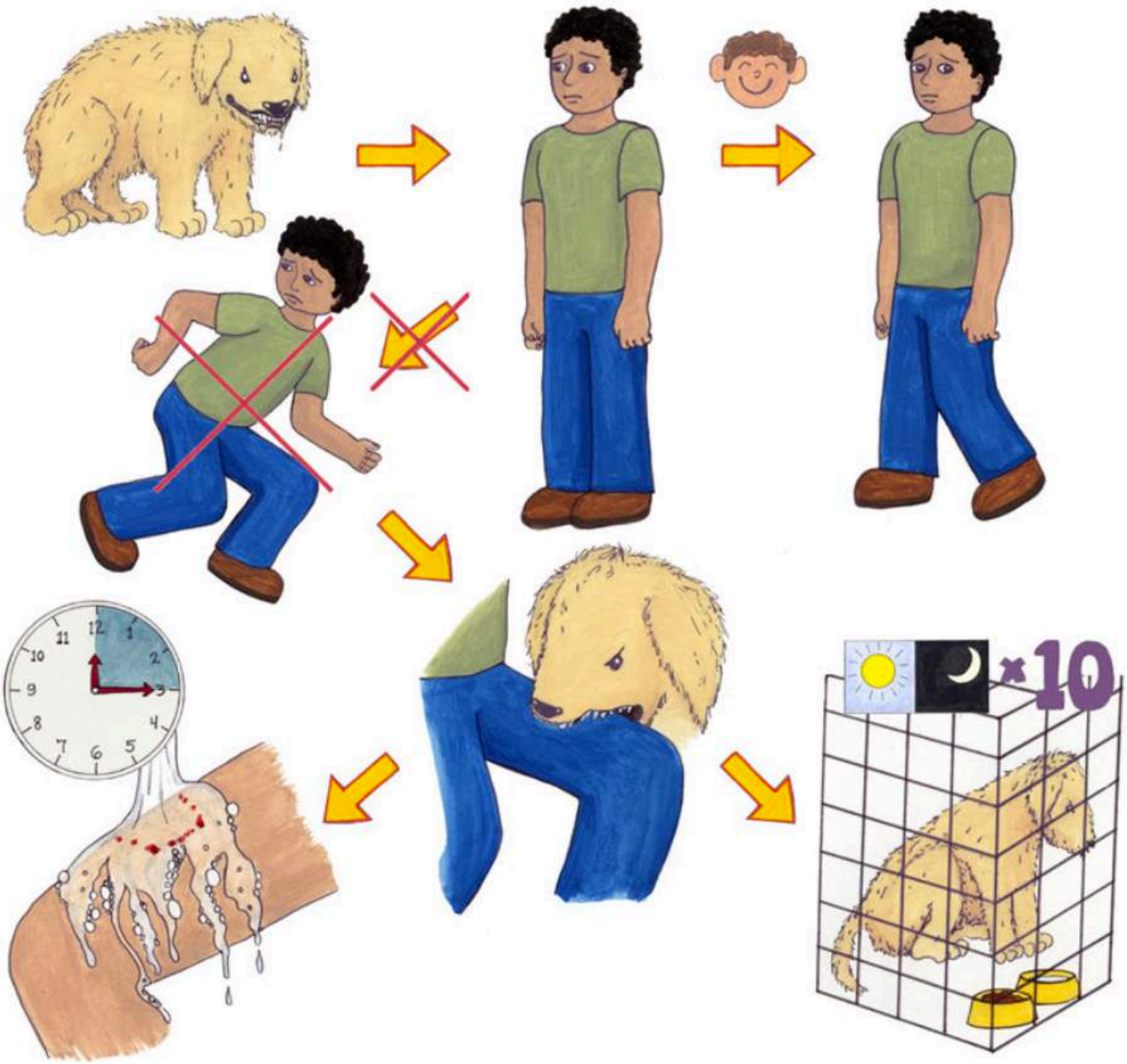
What are some ways to prevent accidents with babies and small children?

- Stop smoking.
- Always put the infant on her back to sleep. (Remember *Back to sleep*.) This helps to prevent crib death or sudden infant death syndrome.
- Keep all medicines and cleaning products locked and out of sight.
- Teach your child not to eat or drink anything unless given by an adult.
- Take steps to prevent choking:
  - Do not give your infant or small child nuts, hard candy, popcorn, or chunks of hot dog.
  - Do not let them play with small toys such as coins, jacks, or toy balloons.
  - Do not give them pills or tablets. Instead, crush the pill and mix it with a small amount of food or juice.

What are you doing to prevent accidents with babies and small children?

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

PREVENTING RABIES



Source: Health Education Program for Developing Communities. 2018.

PREVENTING RABIES

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

What is rabies?

- Rabies is a serious disease.
- Rabies is nearly always fatal once the symptoms begin.
- But rabies can be treated, if the treatment begins early.
- Treatment must begin before the symptoms begin.
- Rabies can be prevented.

How is rabies spread?

- Rabies spreads from bites by infected dogs, cats, bats, skunks or other animals.
- It is important to seek treatment as soon as possible after an animal bite.

How can deaths from rabies be prevented?

- Dogs, cats, and other animals should be vaccinated against rabies.
- Children should never tease dogs.
- Children should avoid animals that they don't know.
- Don't disturb a dog when she is eating, sleeping, or caring for her puppies.
- If a strange dog approaches you or chases you, stand still! Do not run, scream or kick the animal. You can start to slowly back away.
- If an animal attacks you, "feed" or give him your purse, your book, or your jacket.
- Notify the health or police department if an animal seems sick or is acting strangely. Do not try to touch the animal or pick it up.

What should you do if a dog bites you?

- Wash the wound with soap and water, or with an iodine solution.
- Go see your health care provider.
- If a dog or other animal bites you, it should be captured and observed for 10 days.
- After 10 days, if the animal is still healthy, it does not have rabies and you are safe and do not need rabies shots.
- If you are bitten and the animal appears sick or runs away, you can have rabies shots to prevent rabies.

What are you doing to prevent rabies?

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

RESPONDING TO DISASTERS

Source: Health Education Program for Developing Communities. 2018.

RESPONDING TO DISASTERS

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

Have you ever experienced a disaster? What did you do?

How do people react after a disaster?

- At first, they may feel shock. They may be dazed or deny that the disaster happened.
- They may act in ways that are strange for them.
- Later, they may feel angry, or blame themselves or others.
- They may have a headache, or lose their appetite, or feel tired.
- They may be anxious or argue or have trouble getting along with people.
- These are normal reactions after a disaster.

If you have suffered a disaster, how can you help yourself?

- Give yourself time to heal.
- Find a support group.
- Ask for help and support.
- Be open about your feelings.
- Read books together.
- Pray!
- Try to keep up normal activities.

How can you help a child who has been through a disaster?

- Children may show younger behaviors such as thumb sucking or bed wetting.
- They may be afraid and have more fears.
- Keep the family together.
- Calmly explain the situation.
- Encourage children to talk.
- Reassure them with love.
- Pray with them.
- Involve them in normal activities such as chores.

What else can you do?

- Have a family emergency plan.
- Learn how to respond in case there is a disaster.
- Teach your child how to recognize danger signs.
- Teach your child how and when to call for help.

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

SCABIES

Source: Health Education Program for Developing Communities. 2018.

SCABIES.

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

What is scabies?

- Scabies is a very itchy infection of the skin.
- The scabies mite burrows under the skin and causes a very itchy rash with bumps.
- Adults often have the rash between the fingers or in the armpits.
- Children can have the scabies rash anywhere.

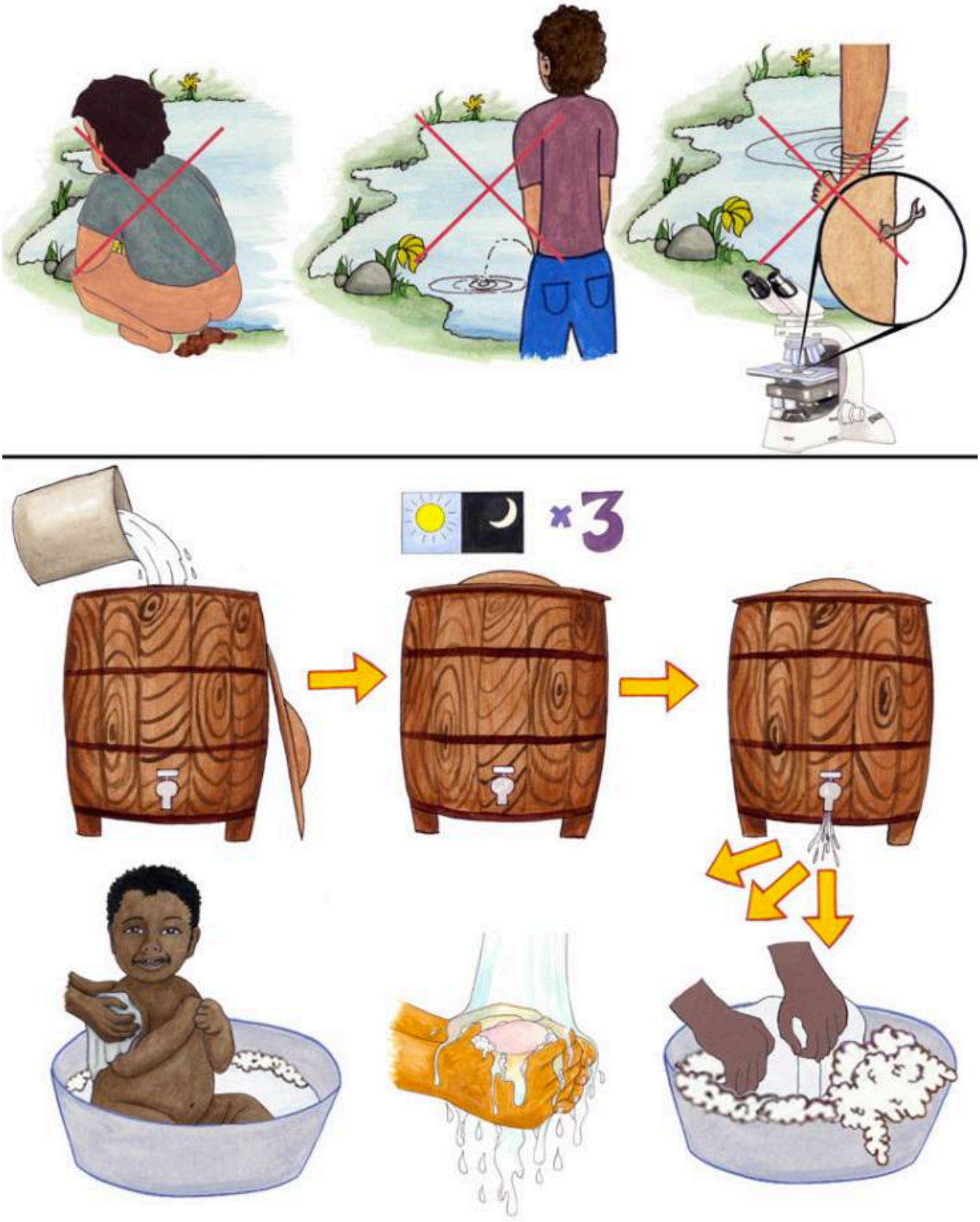
What should you do if you think that you or your child has scabies?

- Go see your health care provider. Scabies can be treated with medications.
- Wash your clothes, sheets, bedding and towels with very hot soapy water.
- You can also store them out of contact with anyone for 5 days, since scabies mites do not live longer than 5 days.
- Even after you are successfully treated, the itching may persist for a few weeks.
- If the itching is severe, ask your health care provider for a medicine to decrease the itching.

Have you or your child ever had scabies? What did you do?

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

PREVENTING SCHISTOSOMIASIS



Source: Health Education Program for Developing Communities. 2018.

PREVENTING SCHISTOSOMIASIS.

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

Schistosomiasis is a serious worm disease. How can it be prevented?

- Always use a latrine.
- Do not pee or poop near a lake or stream.
- If you pee or poop near a lake or stream, the water may become contaminated and cause schistosomiasis.
- Avoid contact with fresh water streams and lakes in areas where schistosomiasis is common. The water may be infested.

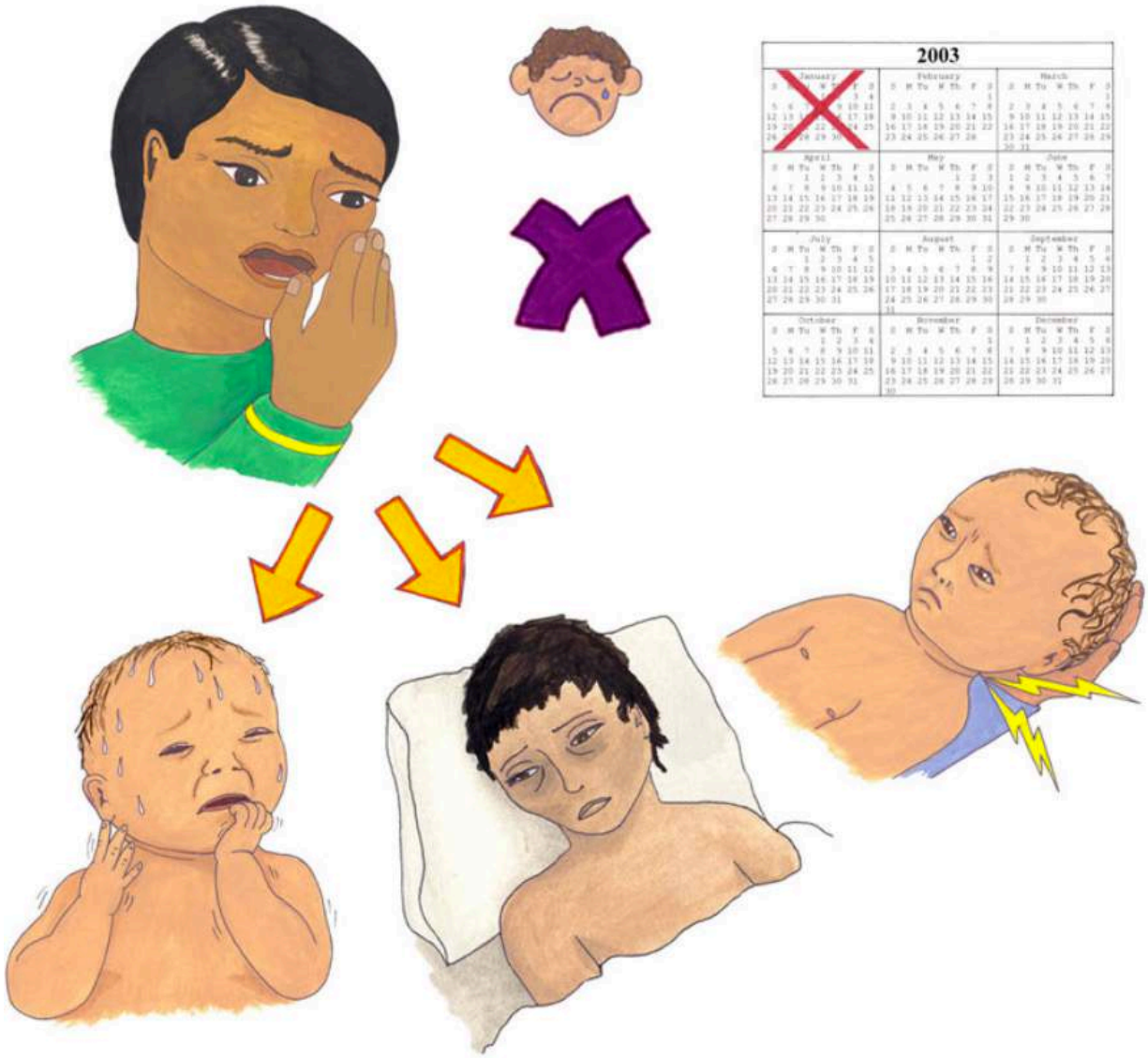
How can you have safe water for bathing?

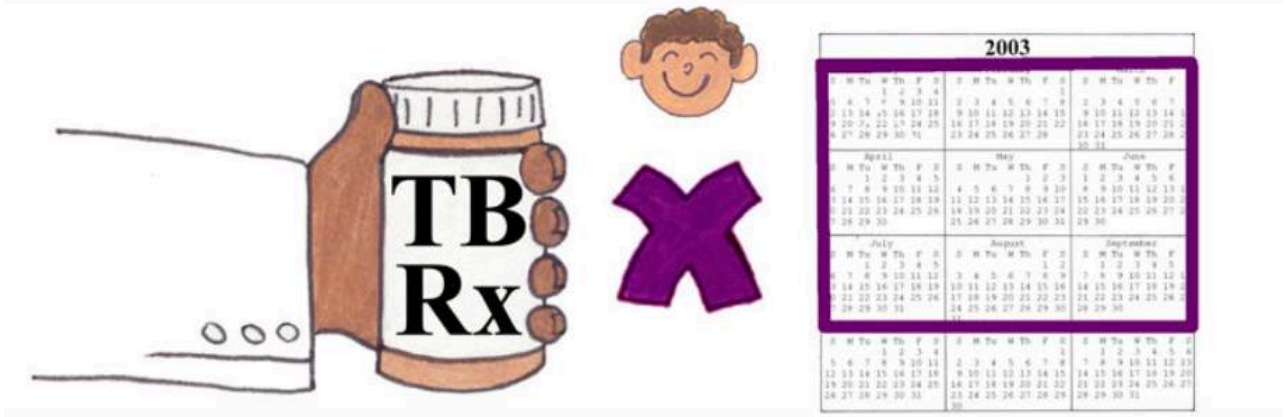
- Heat water used for bathing or washing.
- Or use filtered water.
- Let water from a stream or lake stand for 3 days before using it for bathing or washing. (The worm larvae that cause disease will die off during this time.)

What are you doing to prevent schistosomiasis?

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

TUBERCULOSIS





Source: Health Education Program for Developing Communities. 2018.

TUBERCULOSIS

What do you see in this picture? What is happening?

----SHO questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?

What is tuberculosis or TB?

- Tuberculosis is a chronic infection of the lungs or other parts of the body.
- Tuberculosis is a common life-threatening infection.
- Tuberculosis is spread by coughing.
- Other people who live in the same house with an adult with TB can easily become infected.

What are some symptoms of tuberculosis?

- Tuberculosis often shows up as a cough that lasts more than a month.
- If you have a cough lasting more than a month, get checked at the clinic.
- Some people with tuberculosis also cough up bloody sputum.
- Most people with TB don't feel sick.
- But they may still infect children and teenagers.

What are the symptoms of children and teens with tuberculosis?

- They may become ill with a fever, chills and night sweats.
- They may have weight loss or infections of the bones and joints.
- They may develop an infection of the brain and spinal cord (meningitis).
- Children with tuberculosis may die.

How can you prevent tuberculosis?

- All adults with a cough lasting more than a month must be tested for TB.
- Those who are tuberculosis-positive must be treated.
- This will protect children and teens from becoming infected with tuberculosis.
- People with tuberculosis must take their medicines regularly until their health care provider says they are cured of tuberculosis.
- They must take their TB medicines regularly for 6 months to a year or more.
- Tuberculosis that is partially treated becomes very difficult to treat.

Do you know anyone with tuberculosis?

What are you doing to prevent tuberculosis?

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org

WORM INFECTIONS

Source: Health Education Program for Developing Communities. 2018

WORM INFECTIONS

What are worm infections?

- Sometimes parasites or worms live in your body.
- Many are so small that you can only see them under a microscope.
- Worm infections usually spread by contaminated food or water, or by dirty hands.

What problems do worms cause?

- worm infections can make you sick.
- But some worm infections don't cause many symptoms.
- They can cause belly pain.
- They can cause headaches.
- They can make babies sick.

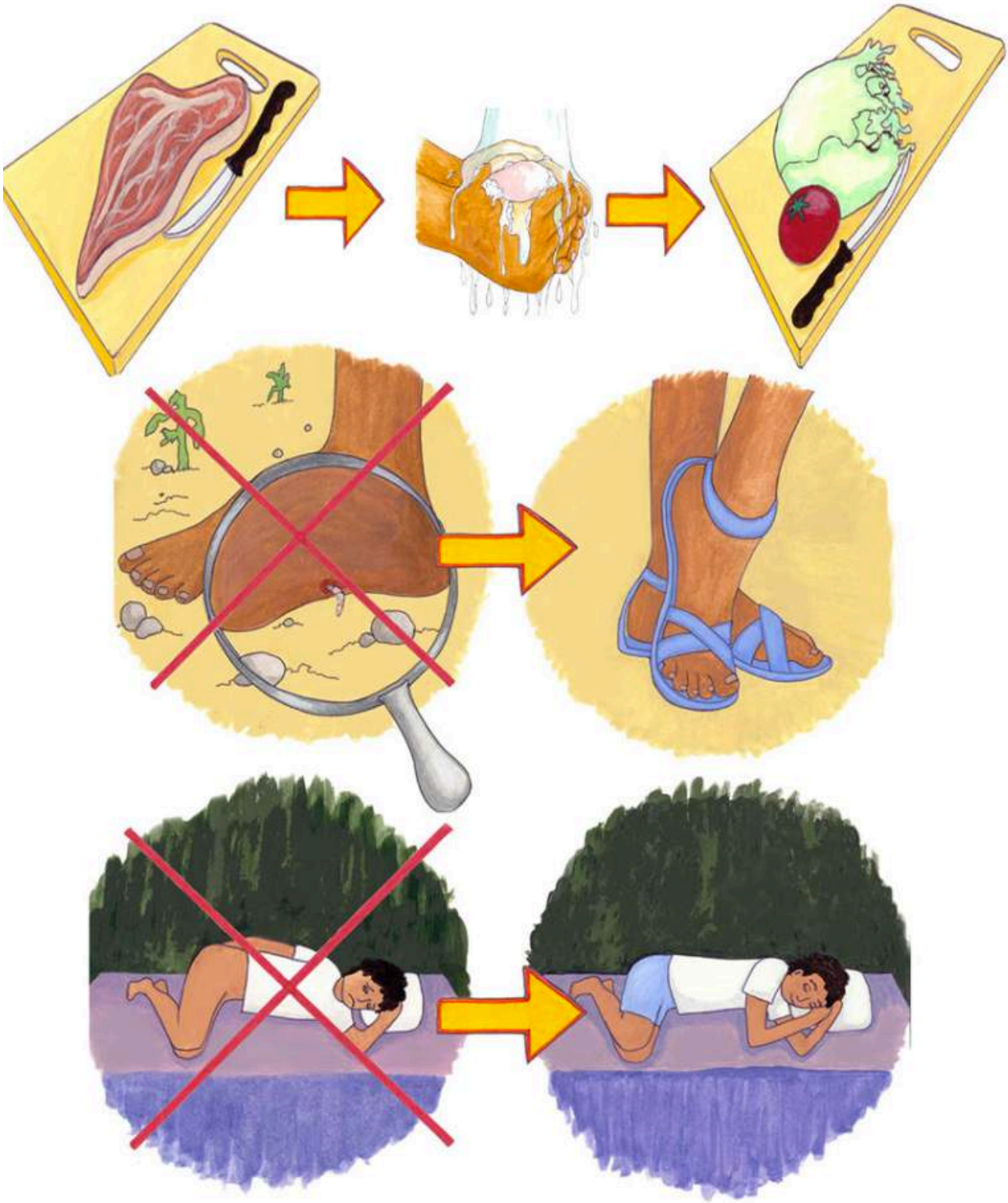
How can you prevent worm infections?

- Don't use the same cutting board for meats and vegetables.
- Always use a bathroom or latrine.
- Don't let children play in dirty areas.
- Wash your hands.
- Drink safe water.

What are you doing in your home to prevent worm infections?

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.info/

PREVENTING WORM INFECTIONS



Source: Health Education Program for Developing Communities. 2018.

PREVENTING WORM INFECTIONS

What do you see in this picture? What is happening?

----SHOWD questions----
S = What do you **S**ee?
H = What is **H**appening?
O = Does this happen in **O**ur place?
W = **W**hy does this happen?
D = What will we **D**o about it?

What are some ways that worm infections spread?

- Some worm infections come from undercooked meat.
- Some worm infections come from contaminated food or drink.
- Some worm infections come from the soil.
- Some worm infections, like pinworms, pass out the butt.

What are some ways to prevent worm infections?

- Drink clean water.
- Protect springs and wells from contamination by people and animals.
- Cook meat thoroughly.
- Use separate cutting boards for meat and vegetables.
- Wash your hands before you cook, before you eat, and after you go to the bathroom.
- Always wear shoes.
- Wear underclothes when you sleep.

What steps are you taking to prevent worm infections?

Reference:
Health Education Program for Developing Communities. 2018. Available from: http://www.hepfdc.org