

SCHISTOSOMIASIS

- Knowledge Attitude Practice** After working through this lesson, participants will be able to:
1. Describe schistosomiasis, and tell how it spreads.
 2. List people who are at risk for catching schistosomiasis.
 3. List ways to prevent schistosomiasis.
 4. Send people with schistosomiasis for medical care.
 5. Teach others about preventing schistosomiasis using a picture book.

Overview This series of lessons is based on the Health Education Program for Developing Communities, 2009, which is available from <http://hepfdc.info/>

These lessons are accompanied by a series of health picture books on the individual topics. They are based on information and standards from the World Health Organization and can be used with adults or with older children and teens.

Only teach this lesson if schistosomiasis is a problem in your area

- Materials** *Collect these items before beginning the lesson:*
- Poster-size paper, markers, and masking tape
 - Handouts:
 - *Spread of Schistosomiasis*
 - *Preventing Schistosomiasis*

LESSON

60 minutes

Drawing: (5 minutes)

Instructions: Show the drawing *Spread of Schistosomiasis*. What do you see here? How is schistosomiasis spread?

Ask SHOWD Questions:

*What did you **S**ee?*

*What was **H**appening?*

Schistosomiasis (10 minutes)

Instructions: Discuss in large group.

A. What is schistosomiasis?

1. Schistosomiasis is a disease caused by a parasite worm.
2. A parasite lives inside you and eats off you.
3. The schistosomiasis worm is too small to be seen by eye.
4. You can see it under a microscope. The microscope makes it look bigger.
5. Schistosomiasis is a chronic disease with a gradual onset. It may build up over years.

B. Where in the world does schistosomiasis occur? It is a problem in your area?

1. Schistosomiasis occurs in many areas where there are freshwater lakes and rivers.

SCHISTOSOMIASIS

2. Schistosomiasis occurs in parts of Africa, Asia, South America, the Caribbean, and the Middle East.
3. We have schistosomiasis here.

Spread of Schistosomiasis (10 minutes)

- A.** How do you catch schistosomiasis? Look back at the illustration Spread of schistosomiasis. As they give their answers, have several people try to draw out the cycle of how schistosomiasis is spread OR act out each step.
1. You catch schistosomiasis by wading, swimming, or bathing in freshwater where there are young or immature schistosomiasis worms.
 2. The young worm burrows through the skin and matures and travels to areas of the body like the bladder or intestines.
- B.** Then what happens?
1. In the bladder or in the intestines, adult worms mate and lay eggs.
 2. Some of these eggs cause disease in the bladder or intestines.
 3. Others are passed in the urine and feces (poop) of people.
 4. The feces (poop) and urine may contaminate freshwater streams and lakes.
 5. In the water, the eggs hatch and grow to become young worms.
 6. These young worms can now infect another person who comes to collect water or bathe in the stream.
- C.** Show your drawings of the spread of schistosomiasis OR act out the spread of schistosomiasis.
1. An infected person pees or poops near a stream or lake.
 2. The young schistosomiasis worm infects another person who is wading in the water.
 3. In the second person, the young worm grows to be an adult worm which lays eggs which cause disease and further spread of the infection.
- D.** So which people are at risk of catching schistosomiasis?
For more information about schistosomiasis, refer to the Schistosomiasis Fact Sheet by the CDC.
1. Those who swim or wade or play in freshwater streams or lakes in communities with schistosomiasis.
 2. Rice farmers working in wet rice paddies.
 3. People who drink contaminated water.
 4. People who bathe in contaminated water.
 5. Children who play in contaminated streams or lakes.

Preventing and Treating Schistosomiasis (10 minutes)

- A.** Divide into small groups. Think of ways to prevent schistosomiasis. One way is shown in the drawing Preventing schistosomiasis, but there are many other ways.
1. Don't urinate or defecate (pee or poop) near fresh water such as a stream or lake.
 2. Use a latrine or bathroom instead.
 3. If you are in a country where schistosomiasis occurs, don't wade or swim or have contact with freshwater streams, rivers, or lakes.
 4. If you do have contact with fresh water, it may help to vigorously dry off your skin with a towel. But don't count on it.
 5. It is safe to swim in the ocean or in chlorinated swimming pools.

SCHISTOSOMIASIS

6. Drink safe water. You can boil water for a minute, filter it, or use SODIS (solar disinfection of water).
 7. Treating water with iodine is NOT enough.
 8. Heat water for bathing or washing, or use filtered water.
 9. The young schistosomiasis worm that causes infection lives less than two days.
 10. So if you store water for bathing or washing for three days, it will be safe to use.
- B.** How is schistosomiasis diagnosed and treated? Discuss in large group.
1. After infection, the schistosomiasis worm spreads to many parts of the body.
 2. So it may cause many different types of symptoms, or you may have no symptoms at all.
 3. If you live or travel to an area where there is schistosomiasis, and if you have had contact with freshwater, talk with your health care provider.
 4. Your provider may check your urine or stool (poop) to look for the parasite.
 5. There are safe and effective medicines for schistosomiasis.

Picture Books (20 minutes)

Instructions: Discuss in large group

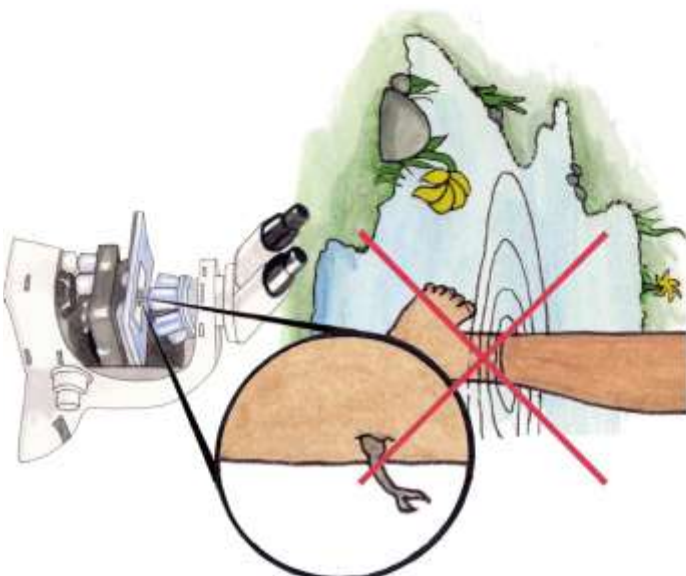
- A.** Divide into pairs. Practice teaching each other the *Preventing Schistosomiasis* picture book.
1. Practice teaching
- B.** During the week, visit your friends and neighbors to teach about preventing schistosomiasis using the picture booklet.
1. Home visiting

References:

Centers for Disease Control and Prevention. Schistosomiasis Fact Sheet. Available from: http://www.cdc.gov/NCIDOD/DPD/parasites/schistosomiasis/Schistosomiasis_Factsheet.pdf
Health Education Program for Developing Communities. Available from: <https://hepfdc.org/>

HEALTH EDUCATION: SCHISTOSOMIASIS

SPREAD OF SCHISTOSOMIASIS



Source: Health Education Program for Developing Communities.
Available from: <https://heafdc.org/>

HEALTH EDUCATION: SCHISTOSOMIASIS

PREVENTING SCHISTOSOMIASIS

This picture shows one way to prevent schistosomiasis.
Can you think of any others?



Why does this work?

Hint: The young worm that causes the infection lives less than two

Source: Centers for Disease Control and Prevention. Available from:

http://www.cdc.gov/NCIDOD/DPD/parasites/schistosomiasis/Schistosomiasis_Factsheet.pdf