

RABIES

- Knowledge** After working through this lesson, participants will be able to:
- Attitude**
- Practice**
1. Give basic information about rabies.
 2. Get their dogs and pets vaccinated against rabies.
 3. List ways to prevent dog bites.
 4. Describe steps to take if you are bitten by a dog or another animal.
 5. Know the importance of getting rapid medical care.

Overview This series of lessons is based on the Health Education Program for Developing Communities, 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.

- Materials** *Collect these items before beginning the lesson:*
- Poster-size paper, markers, and masking tape
 - *Rabies* picture book
 - Role Play

LESSON

60 minutes

Role play: (5 minutes)

Instructions: Two boys are teasing and poking a dog. At first, the dog seems to be sleeping, but suddenly he jumps up, snarls, and bites one child.

1st: (Cries). The dog bit me! My leg is bleeding!

2nd: That's just a scratch. You'll be okay.

1st: But what if I get rabies? That could kill me.

2nd: Rabies? Nobody gets rabies. You'll be okay.

Ask SHO Questions:

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

*What was **H**appening?*

*Does this happen in **O**ur place?*

Rabies (10 minutes)

Instructions: Discuss in large group.

A. What is rabies?

1. Rabies is a disease that can kill you.
2. Bites from dogs, cats, skunks, bats, or other animals may cause rabies.
3. With a bite that breaks the skin, the rabies infection may spread from animals to people.

RABIES

4. Once the symptoms begin, rabies is always fatal.
 5. But there is effective treatment for rabies before the symptoms begin.
- B. Who is at risk of getting rabies?**
1. Rabies occurs all over the world.
 2. Rabies is more common in rural areas than in cities.
 3. Rabies is more common in Asia and Africa.
 4. Children are at the highest risk.
 5. Children often play with or tease dogs.
 6. Bats carry rabies. Many bats live in caves. So people who explore caves are at risk of rabies.
 7. Hikers and hunters and people who work with wildlife may be at risk of rabies.

Preventing Rabies (20 minutes)

Instructions: Start in a large group.

- A. Name some major ways to prevent rabies infections.**
1. Don't get bitten by animals!
 2. Make sure that your pets (dogs, cats, and other animals) are vaccinated against rabies.
 3. The rabies vaccine keeps your dog or cat from getting infected with rabies.
 4. If you are bitten by an animal, get medical care right away.
- B. Divide into small groups. Each group will answer one of two questions. Act out your responses.**
- How can you prevent dog bites? What should you teach your child?
 - What should you do if an animal bites you?
1. Avoid dogs and animals that you don't know.
 2. Don't tease dogs or other pets.
 3. If an animal seems sick or is acting strangely, don't try to touch it or pick it up.
 4. Don't disturb dogs that are sleeping, eating, or caring for puppies.
 5. If a strange dog approaches you or chases you, stand still.
 6. Do not scream or hit or kick the dog.
 7. Do not run away.
 8. Stand still and stand up straight, with your arms at your side.
 9. Do not turn your back on the dog.
 10. When the dog loses interest in you, back away slowly.
 11. If the dog starts to attack, "feed" him your jacket or purse. Put something between you and the dog.
- C. What should you do if an animal bites you?**
1. Have someone capture the animal and observe it for 10 days. If it stays healthy without any sign of rabies, you probably are not at risk of rabies.
 2. Or the animal may be sacrificed (killed) and tested for rabies.
 3. After the bite, wash and flush the wound for 15 minutes.
 4. If you have access to it, you can flush the wound with a povidine-iodine solution.
 5. Go see your health provider right away.
 6. Your health provider will decide whether you need a rabies vaccine.

RABIES

7. Rabies vaccine is a series of shots that prevents rabies infections.
8. With good care, rabies can nearly always be prevented.

Rabies Vaccines (5 minutes)

Instructions: Discuss in large group.

- A.** What is a vaccine? What does it do?
 1. A vaccine helps to prevent you against infections.
 2. A vaccine builds up your defense against infections.
 3. Vaccines help to keep you healthy.
 4. Rabies vaccines help to protect you from rabies.
- B.** Who should get vaccinated against rabies?
 1. Dogs and other animals
 2. Anyone who is bitten by a dog or other animal that might have rabies.
 3. Sometimes people in high-risk jobs (such as veterinarians) get vaccinated before they are bitten, to prevent problems in the future.

Picture Books (20 minutes)

- A.** Divide into pairs. Practice teaching each other the *Rabies* Picture books.
- B.** During the week, visit your friends and neighbors to teach about rabies using the picture books.

References:

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

World Health Organization. 2008. Rabies Fact Sheet. Available from: <http://www.who.int/mediacentre/factsheets/fs099/en/index.html>

RABIES - STARTER

Role play:

Instructions: Two boys are teasing and poking a dog. At first, the dog seems to be sleeping, but suddenly he jumps up, snarls, and bites one child.

1st: (Cries). The dog bit me! My leg is bleeding!

2nd: That's just a scratch. You'll be okay.

1st: But what if I get rabies? That could kill me.

2nd: Rabies? Nobody gets rabies. You'll be okay.

Instructions: Two boys are teasing and poking a dog. At first, the dog seems to be sleeping, but suddenly he jumps up, snarls, and bites one child.

1st: (Cries). The dog bit me! My leg is bleeding!

2nd: That's just a scratch. You'll be okay.

1st: But what if I get rabies? That could kill me.

2nd: Rabies? Nobody gets rabies. You'll be okay.