

TRUTH  
CENTERED  
TRANSFORMATION

MODULE



**HEALTH SKILLS**

**STUDENT GUIDE**

## 3.1 Healthy Habits Checklist

The Basic Healthy Habits, Actions and Items are:

1. Eat a diet that provides the good things our bodies need to stay healthy



Make sure you have:

- Safe drinking water in the home
- Access to fruits, vegetables and proteins
- A vegetable garden

2. Prepare food in clean and safe surroundings



Make sure you have:

- Clean cooking areas
- Drying racks for dishes

3. Use a latrine (or dispose of a child's waste in a latrine or bury it in a hole)



Make sure you have:

- Clean latrines

4. Wash hands with soap before eating food and after using the latrine



Make sure you have:

- Hand washing areas with soap near latrine

5. Maintain cleanliness and hygiene of our bodies, clothes, beddings and houses



Make sure you have:

- Access to clean water from a protected water spring
- Shoes for all family members

6. Keep the compound around our homes clean, neat, safe and free from garbage and disease



Make sure you have:

- Rubbish pits
- Mosquito nets

7. Take our children and pregnant women to get immunization when it is time to do so



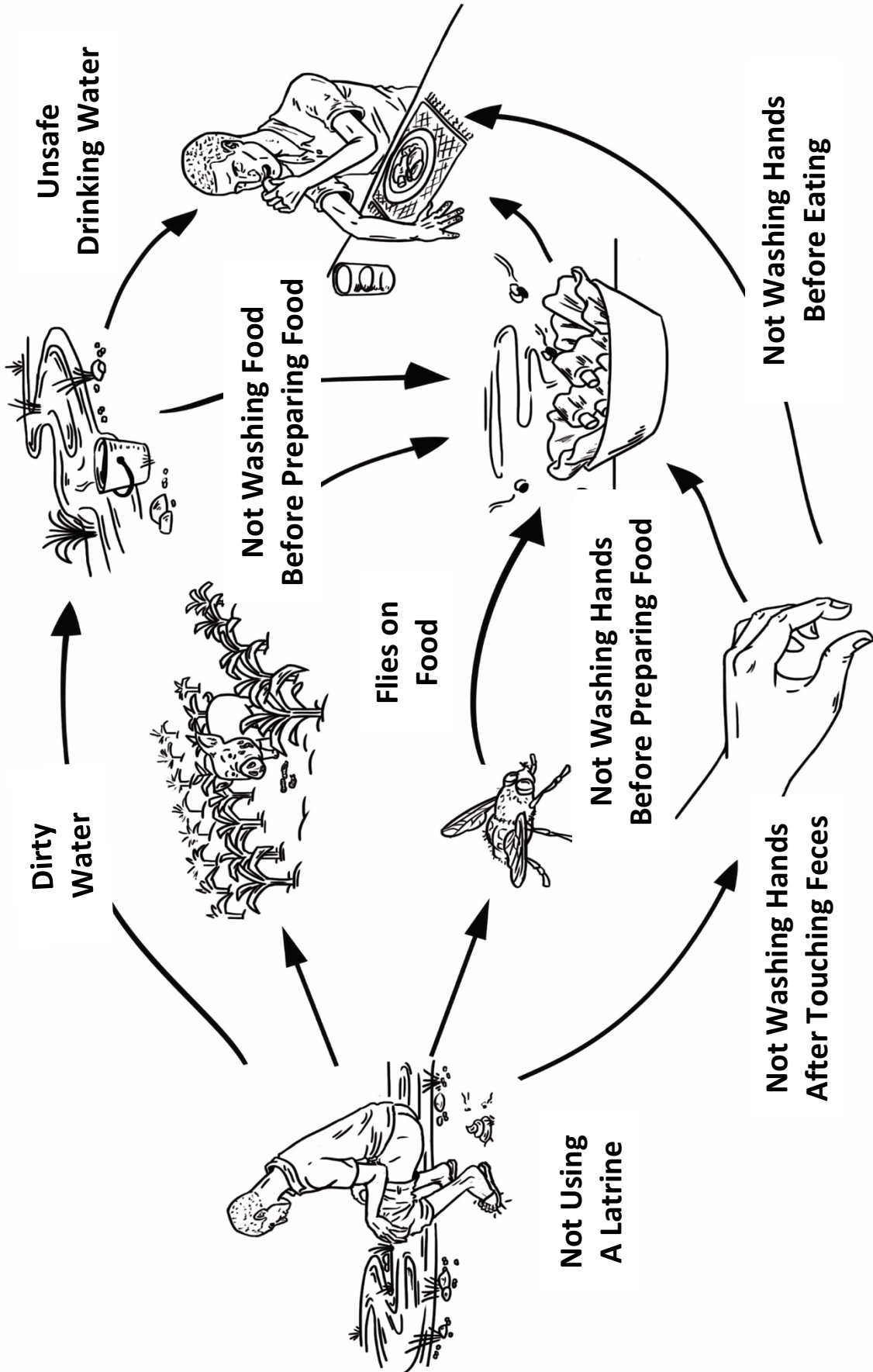
8. Get treatment as soon as a family member falls sick



Make sure you have:

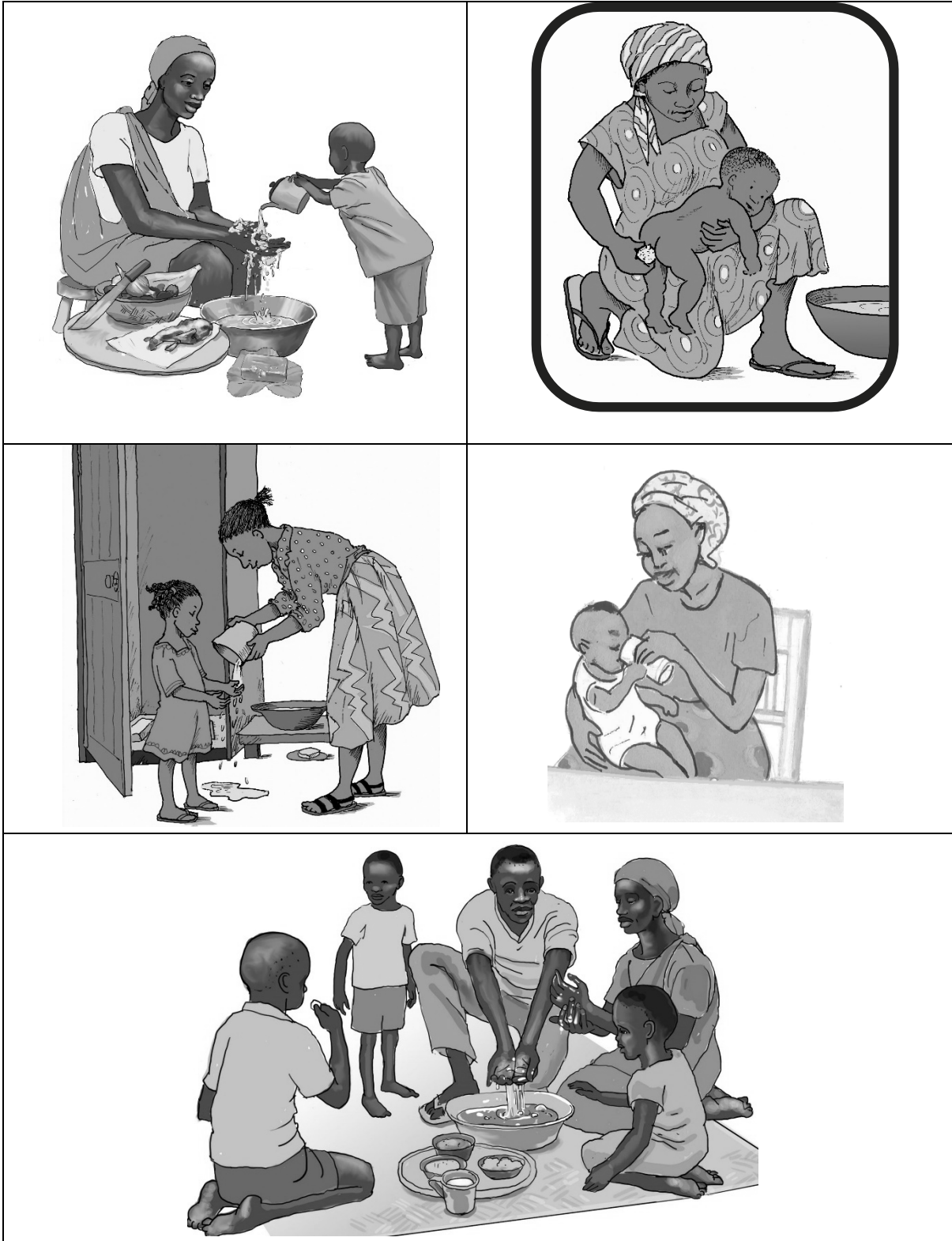
- Medical Clinic

# 3.2 How Disease Spreads



## 3.3 When To Wash Your Hands

There are 5 times that we need to wash our hands. Label each picture that shows one of the five times to always wash your hands.



Then read this story and discuss the questions:

Cherai knows that she should wash her hands after using the latrine, and before preparing foods, but she has trouble doing it. Sometimes she runs out of water and doesn't have enough to wash when she needs it. Sometimes, the soap is missing and can't be found. Sometimes she walks out the latrine and forgets to wash her hands. Even though she wants to wash hands at the right times, it has been hard for her to remember.

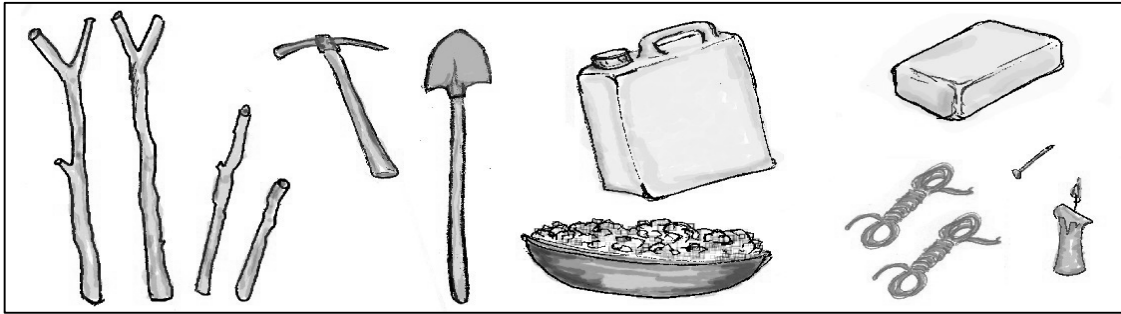
- What makes it difficult for Cherai to wash her hands?
- What ideas do you have to help Cherai to remember to wash her hands?
- Do people usually wash their hands in your family, in your community? Why or why not?
- Why do you think that it is important to wash our hands regularly?
- What can we do to make it easy for us to remember to wash our hands?
- What can we do to encourage young children to wash their hands after using the latrine and before eating?



# 3.4 Build Your Own Tippy Tap

## Materials Needed:

(2)2m forked sticks; (2)1m straight sticks; Tools to dig; Water container; Gravel; Soap; String; Nail & candle



## Steps:



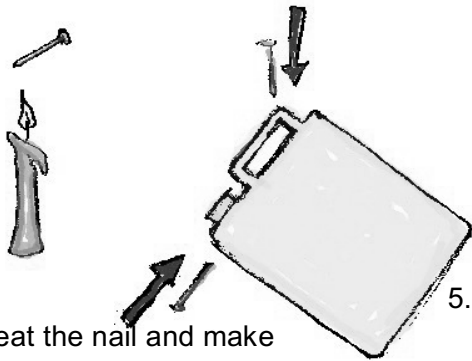
1. Dig two holes 18in deep and about 2ft apart



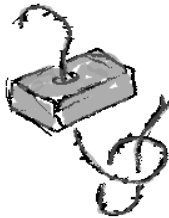
2. Place the forked sticks, ensure they are level



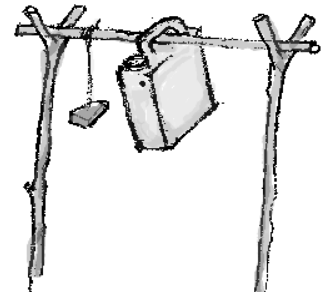
3. Fill holes with soil & rocks, and pack tightly



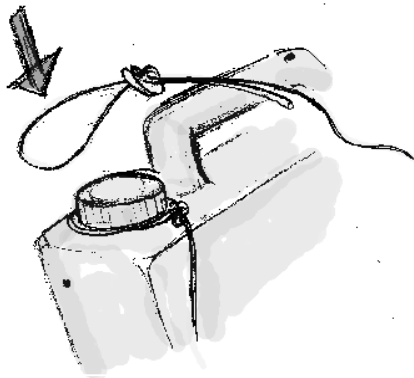
4. Heat the nail and make holes in the water container



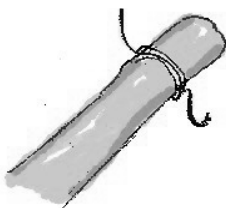
5. Make a hole in the soap and thread the string



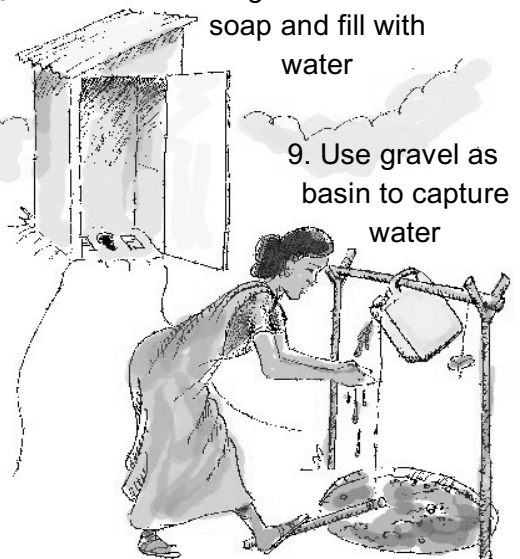
6. Hang container and soap and fill with water



7. Attach string to water container

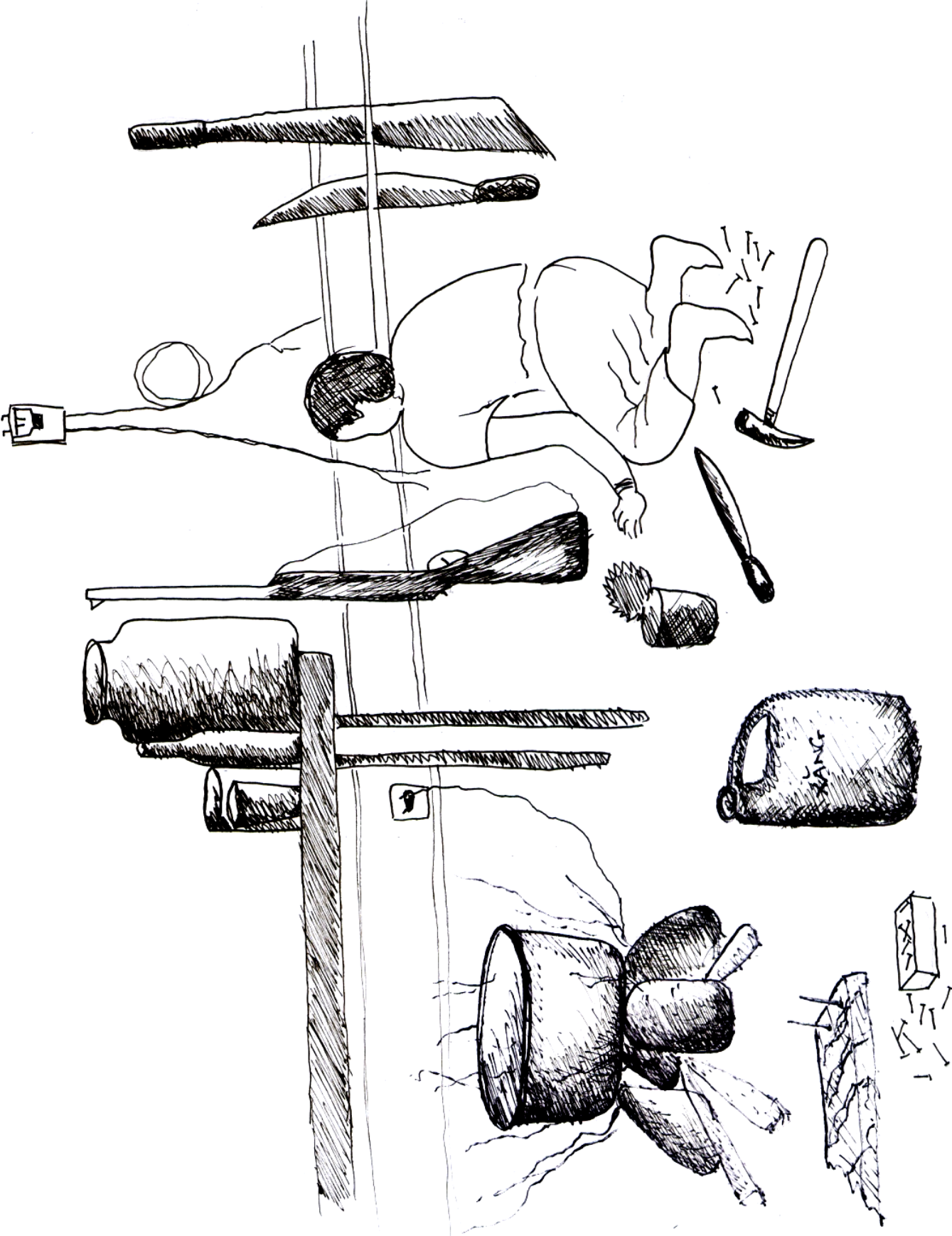


8. And to the foot lever stick



9. Use gravel as basin to capture water

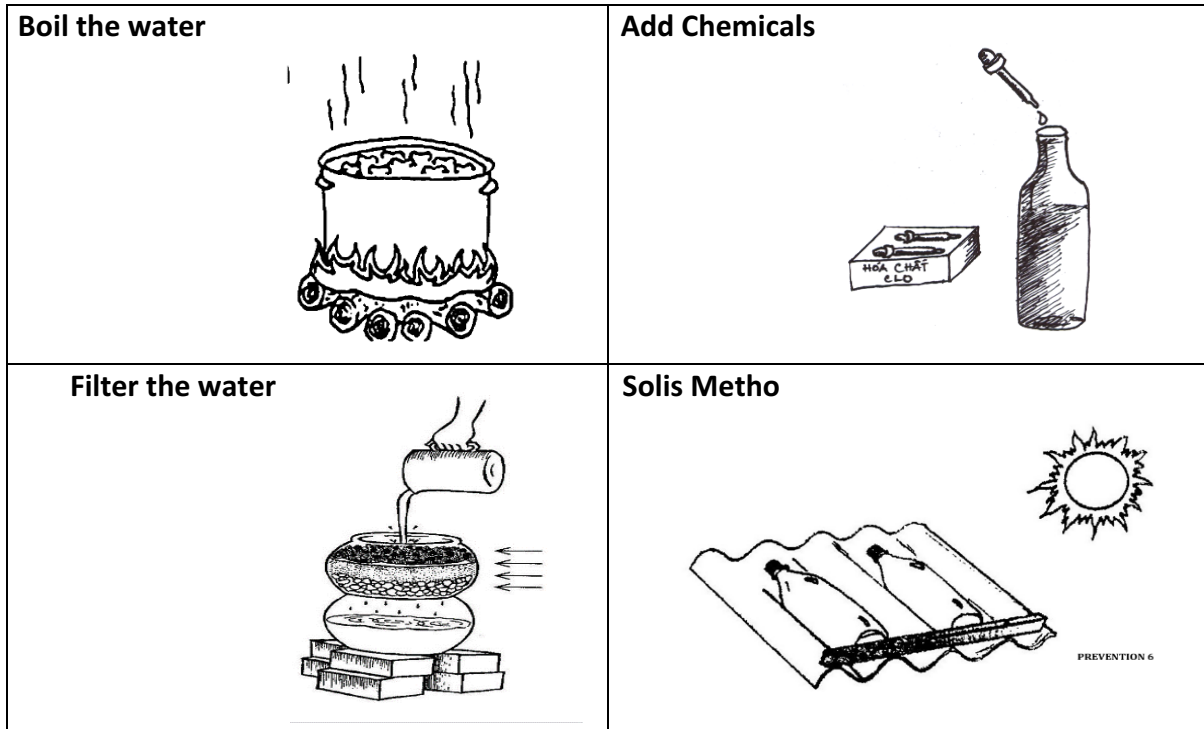
### 3.5 Potential Accidents





## 3.6 How to Clean Water Using Chlorine and Solis Method

### How to Clean Water



### How to Use Chlorine to Clean Water

Household bleach is the most common form of chlorine. Most household bleach contains 5% chlorine. The measurements below are based on using this kind of bleach. Be sure your bleach is plain and not scented with any extra fragrances. Be sure you also use clean bottles and containers to clean water.

If the water is cloudy, try to filter out some of the sediment first by pouring it through a clean cloth. You can also allow the water to sit in a bottle until the sediment has sunk to the bottom and then pour the cleaner water into another bottle. If the water is still cloudy, double the amount of bleach used.

This method works best with water that has been warmed in the sun.

1. Add 2 drops of bleach to 1 litre of water,
2. Shake and allow to stand for at least 30 minutes before drinking (1-2 hours is even better).
3. Again, double the amount of bleach for cloudy water or for cooler water.
4. After at least 30 minutes the water should smell and taste just slightly of chlorine. This means it is safe to drink. If there is too much chlorine, then the smell and taste will be strong and unpleasant. Add water. Adjust the amount of bleach based on the smell and taste.

Here are some guidelines for how much bleach to use:

- 1 litre of water = 2 drops of bleach
- 1 gallon of water = 8 drops of bleach

## How to Use Solis Method to Clean Water

**Step 1: Wash the bottle well the first time you use it**



**Step 2: Fill the bottle  $\frac{3}{4}$  full with water**



**Step 3: Shake the bottle for 20 seconds**



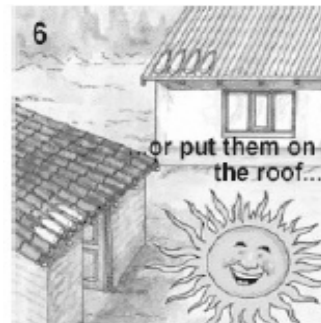
**Step 4: Now fill up the bottle fully and close the lid**



**Step 5: Place the bottles on a corrugated iron sheet**



**Step 6: Or put them on the roof**



**Step 7: Expose the bottle to the sun from morning until evening for at least six hours**



**Step 8: The water is now ready and safe for drinking.**



## 3.7 Nutritious Foods

Energy Helper Foods



# Main Food



Body Building Helper  
Foods



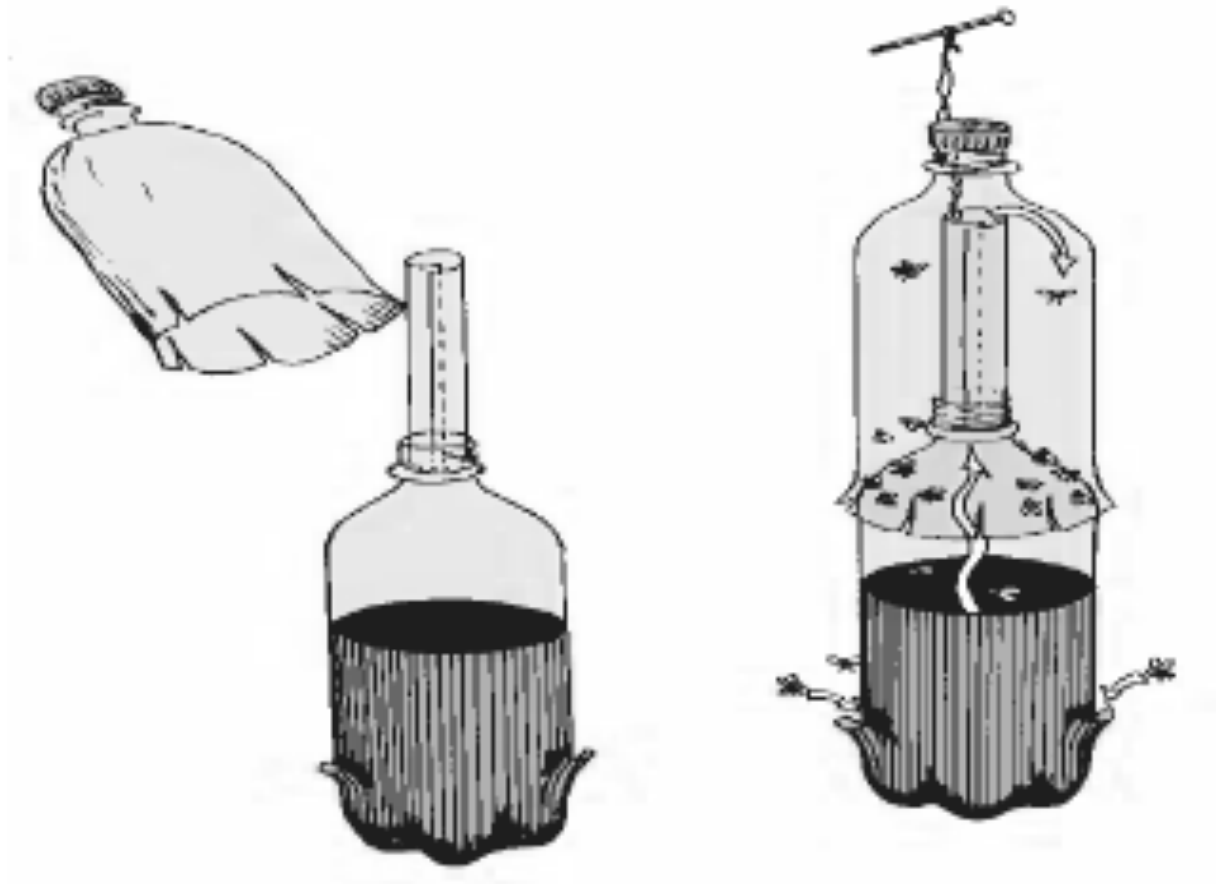
Protective Helper Foods



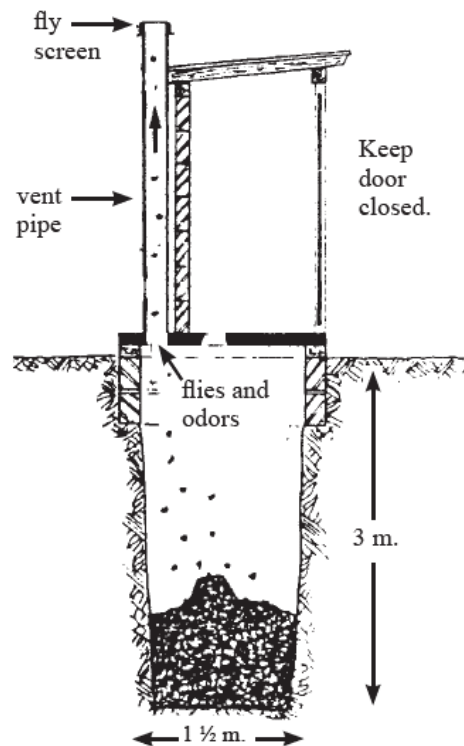
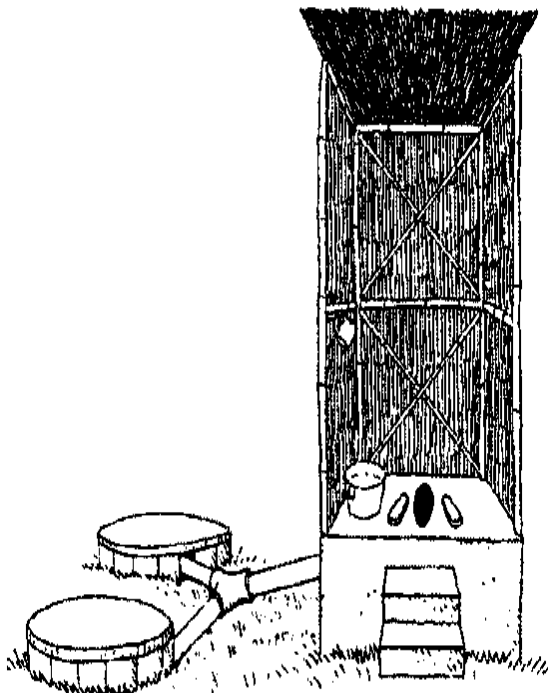
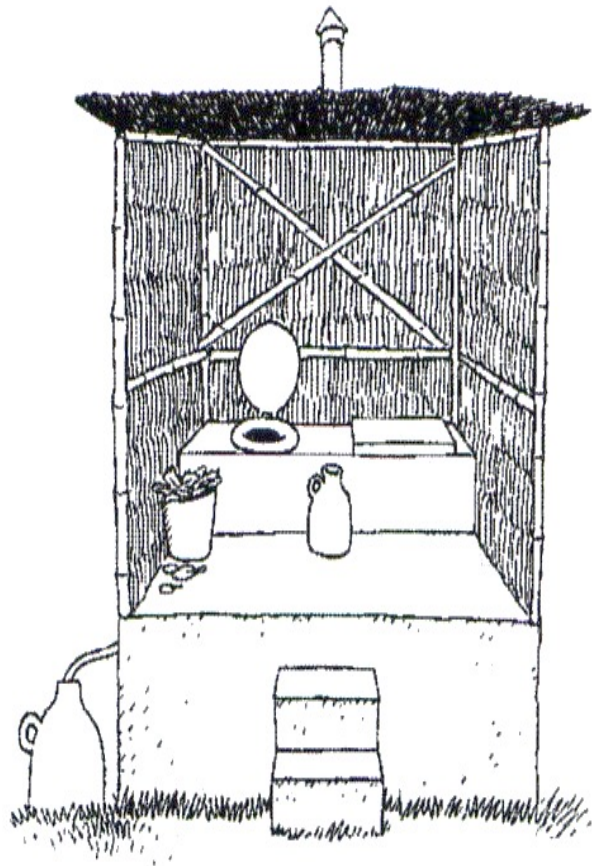
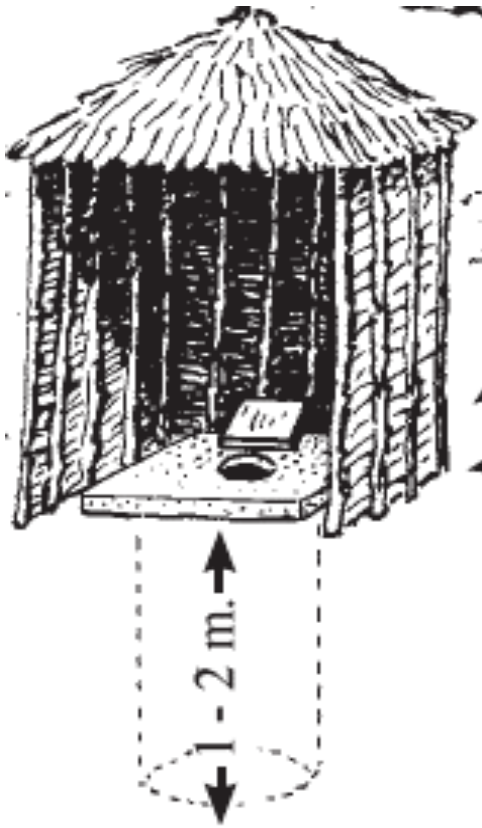
## 3.8 How to Make A Fly Trap

### Making A Fly Trap

1. Take an old plastic bottle, paint the lower half black and make three small holes for flies to enter.
2. Cut another bottle in half. Make a tube by cutting up some of the base and place into the opening of the first bottle.
3. Fit the top half onto the first bottle.
4. Put a little manure in the base and hang it outside.



### 3.9 Types of Latrines





## 4.1 Medicinal Herbs

These medicinal herbs can be used to make tea. Boil water and put fresh or dried herbs in it and let them soak for 5-10 minutes.

- **Oregano** - is good for cough, asthma and bronchitis. Crushed oregano leaves help keep away mosquitoes.



- **Ginger** - helps in digestion & helps relieve gas, reduces tendency of blood clots, help fight colds & coughs, eases rheumatic pain, stiffness & swelling.



- **Lemongrass** – is used for coughs, colds and sore throats, digestion and constipation. It also helps reduce swelling, fight fungus and aids in relaxing the body. It can also help to keep mosquitoes away when planted around the house or when its leaves are crushed.



- **Pandan** – is used to treat skin diseases, relieve headaches and arthritis. It can also reduce fever, help ease ear and chest pains.



- **Moringa** - it contains 4 times the calcium and 2 times the protein than milk; 7 times the vitamin C than oranges and 3 times the potassium than bananas, 4 times the vitamin A than carrots.

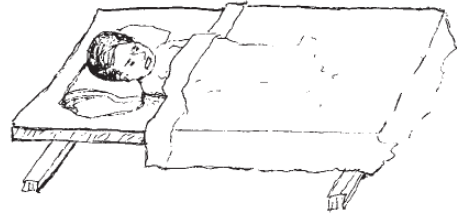
- **Langundi** – is used to reduce pain and discomfort and to treat coughs and other respiratory problems.



- **Garlic** - has antibiotic properties, reduces blood cholesterol, lowers blood pressure, reduces blood sugar, anti-cancer actions.

## 4.2 Caring for A Sick Person

1. **Provide a comfortable place for the sick person to rest** – a sick person should rest in a quiet, comfortable place that provides fresh air and light. If the person has a fever, do not cover him, but keep him from getting too cold or too hot.



2. **Drink a lot of liquids** – because our body needs liquid, a sick person should drink plenty of safe liquids such as clean water, herbal tea, juice, broths, etc. Sweetened liquids will also give a sick person some energy.



3. **Keep the sick person clean** – even a sick person should bathe every day, change their clothes and bedding. If his is too weak to get out of bed then a damp warm cloth can be used to wash his arms, legs, face and hands.



4. **Eat healthy food** – encourage a sick person to eat even if they don't feel hungry. Drinking liquids and eating food that gives a person energy will help strengthen the body. Some high-energy foods are rice, wheat, potatoes, root vegetables, and porridges. It may be easier to eat these foods if they are mashed up and cooked with some oil and sugar.



## 4.3 Common Symptoms of Illnesses

### Fever

You can test the body temperature of someone by putting the back of your hand on your head and the other hand on the head of another person. If that person is hotter than you then they have a fever.



A person who has a fever is too hot. We need to cool that person down. It is also important to notice when the fever starts, how long it lasts, and how it goes away.

The most important thing to do for a person with a fever is to lower his body temperature. We can do this by keeping the person cool. Here are a few ways:

- Wipe the person with a wet cloth. A cool, wet cloth on the forehead will help a low fever. For a child or someone that is very hot, remove clothing and wipe the person with a wet cloth. Put cloths dipped in cool water on head, arms, chest and under arms. This is the quickest way of lowering a person's temperature.
- Remove most of their clothing leaving only cool, light clothing on the person.
- Drink plenty of liquids like water, coconut water or juice. A person with a fever loses body fluids. It is important to make sure that they have plenty to drink to replace these fluids. Drinking plenty of water also helps the body to cool down.
- Fan the person.
- Open windows and put the person where there is a breeze.
- Take paracetamol (Tylenol). If a person has a high fever then they can take paracetamol to help lower the fever. If a child has a fever, it is important NOT to give aspirin. Give a child paracetamol to reduce the fever. Make sure that you talk to the pharmacist to make sure that you are not giving too much. The right amount of medicine will depend on the age of the child and the strength of the medicine.

**NEVER wrap the person with a fever in blankets or clothing. Wrapping a person with fever keeps the heat in which is dangerous. This may further increase his/her body temperature and may cause convulsions. This is especially dangerous for young children.**

### Vomiting

Danger signs with vomiting when you must seek medical help immediately:

- Dehydration that you cannot control or improve with fluids
- Severe or violent vomiting that lasts more than 24 hours
- Vomiting of blood

To help control vomiting:

- Sip cola drink, carbonated water or herbal tea (or rehydration drinks to prevent dehydration)
- Don't eat anything when vomiting is severe or violent

## Headaches

Most simple headaches can be controlled by rest and taking aspirin. Some home remedies can help headaches like using a cloth soaked in hot water on the back of the neck, or gently massaging the head, neck and shoulders. Headaches that keep coming back may be a sign of other problems and should be checked by a doctor.

Migraine headaches are severe, throbbing headaches. They often begin with blurred vision and can lead to nausea, dizziness or vomiting. This could last for hours or even days.

Treat a bad headache as soon as possible to prevent a migraine headache:

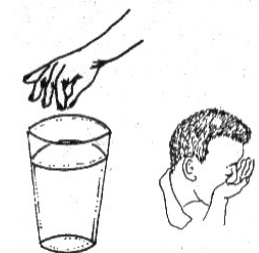
- Take 2 aspirin and a cup of black coffee or black tea
- Lie down in a dark, quiet place and try to relax the body and the mind.
- Ask a pharmacist for migraine medicine and take it consistently as prescribed until the headache goes away.

## Stuffy or Runny Noses

A stuffy or runny nose is often the result of a cold or allergy. A lot of mucus in the nose may cause ear infections in children or sinus problems in adults.

To clear a stuffy nose:

- **For children:** Remove mucus with a small suction bulb from the nose of a small child. If the child has difficulty breathing and you do not have a suction bulb you can use your mouth to suck out the mucus.
- **Older children and adults:** Mix a 2 finger pinches of salt with a glass of water. Put a little in your hand and sniff. This loosens mucus and allows it to drain out. You can add some decongestion drops to the salt water. **CAUTION: Use decongestant drops no more than 3 times a day, for no more than 3 days**
- Wipe a runny nose and be careful of blowing too hard which can cause ear aches or sinus infections
- Take some decongestion syrup from the pharmacist



## Sore Throat

Home treatment is usually all that is needed for a sore throat caused by a virus. These tips may help you feel better. Gargle with warm salt water to help reduce swelling and relieve discomfort: Gargle at least once each hour with 5 g (1 tsp) of salt dissolved in 240 mL (8 fl. oz.) of warm water. Gargle for a few minutes then spit it out. Do NOT swallow the salt water but spit it out after gargling. This will make a sore throat feel better.

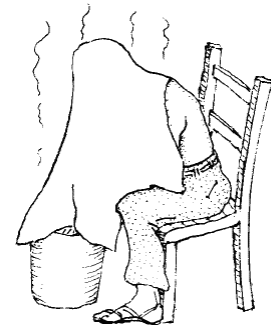


## Coughing

Coughing is not a sickness itself, but is a sign of many different sicknesses that affect the throat, lungs, or the network of air tubes going into the lungs. Coughing can be a good thing because it is God's way of helping to clean out the air passages when we have a cold. When we have a cough, we want to do things that will help the mucus in the chest become easier to remove. So, when a cough produces mucus, **do not take medicine to stop the cough, but rather do something to help loosen and bring up the mucus.**

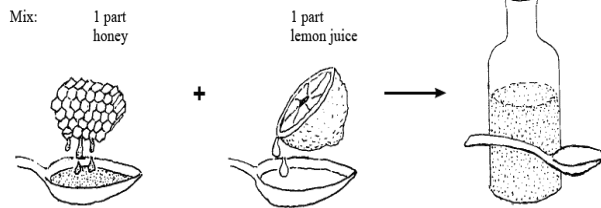
To help reduce coughing:

- Drink lots of water
- Breathe in steam – Steam Inhalation. Boil some water in a kettle or pot. Pour hot water into a bowl, hold your head over the bowl and cover with a towel to make a tent. Deeply breathe in the warm, moist air for 15-30 minutes. Repeat several times a day. Some people like to add mint or eucalyptus leaves or *Vaporub*, but hot water works just as well alone. **CAUTION: Do not use eucalyptus or Vaporub if the person has asthma. They make it worse.**



- For a dry cough, we can use herbal medicine:

- Mix equal parts honey and lemon juice mix. Take a small spoonful every 2-3 hours.



- Mix one part ginger and three parts tamarind or oregano leaves with 2 parts

water. Boil for 25 – 35 minutes. Strain to remove leaf and ginger parts. To every cup of solution add one cup of sugar. Boil this until it becomes syrupy. Remove and cool. For adults give 2 teaspoons every 3-4 hours, children 1 teaspoon every 3-4 hours.

- Ask a pharmacist for a cough medicine with codeine.
- Find out what sickness is causing the cough and treat that.



## 4.4 Colds and Flu

Colds and flu are common sicknesses that have similar symptoms like a runny nose, cough, sore throat, and sometimes fever or pain in the joints. Young children may also have mild diarrhea. But when you have the flu, you feel the symptoms sooner than you would with a cold, and you feel them with greater intensity.

Both colds and the flu are caused by germs that spread from person to person through contact or sneezing.

Since there is no medicine to cure a cold we can only treat the symptoms to make the person feel better and help the body to fight the germs. If we have a strong body a cold should only last 5-7 days. Flu symptoms come on quickly and can be severe. They usually last 1 to 2 weeks.

### Treatment:

Colds and the flu almost always go away without medicine. **Do not use penicillin, tetracycline, or other antibiotics**, as they will not help at all and may cause harm.

- **Drink plenty of water** – When a person has a cold he needs to put plenty of fluids back into his body. The person with a cold loses fluid through a runny nose and mouth breathing. So, it is important to drink lots of liquids to not become dehydrated. Remember a person with a fever needs plenty of liquids to drink. Citrus juices can help.
- **Get enough rest** – The body can fight off a cold more easily if it can rest and not work.
- **Eat healthy food** – The body will be able to fight off sickness if it has the proper foods. You need to make sure that you are eating some meat or eggs or beans to help your body get strong. A poorly nourished person will have trouble getting over a cold or the flu and fighting them off.
- Aspirin or acetaminophen helps lower the body temperature and relieve body aches and headaches. More expensive ‘cold tablets’ are no better than aspirin. So, don’t waste your money.
- No special diet is needed. However, fruit juices, especially orange juice or lemonade, are helpful.



**WARNING:** Do not give any kind of antibiotic or injections to a child with a simple cold. They will not help and may cause harm.

## Prevention:

The best way to prevent getting a cold or the flu is by keeping healthy. To stay healthy do these things:

- Get enough sleep
- Eat well. Eat plenty of mangoes, oranges, pineapple (fruits high in vitamin C)
- Dress warmly
- Sneeze or cough into a cloth, into your sleeve or into your elbow
- Wash hands often—especially before touching your face, nose, mouth
- Wash anything you put into your mouth

To prevent a cold from leading to earache, **try not to blow your nose—just wipe it.**

Colds do not come from getting cold or wet (although getting very cold, wet, or tired can make a cold worse). A cold is 'caught' from others who are sick and they pass on their germs to others. Since you get these sicknesses from other sick people, it is important to learn how avoid spreading the germs to others and teach your children too. Otherwise, it is easy for the whole family to get sick.

When another person has a cold, do not:

- Drink or eat from same dishes
- Sleep in same bed
- Use same cloth to wipe children's noses
- Keep sick people away from small babies.

## 4.5 Bronchitis and Pneumonia

### **BRONCHITIS**

Bronchitis is an infection of the airway that carry air to the lungs. It causes a noisy cough, often with mucus or phlegm. Bronchitis often starts as a cold, so antibiotics do not generally help. **Use antibiotics only if the bronchitis lasts more than a week** and is not getting better. Go to a medical clinic if the person shows signs of **pneumonia** (see below) or if he already has a **lasting lung problem**.

### **Symptoms of Bronchitis:**

- Often a person starts with symptoms of a cold – runny nose, fever, sore throat and tiredness
- They may have a low fever
- A hacking cough that lasts for 5 days or more
- Soreness in the chest when coughing
- Wheezing when breathing
- Rattling feeling in the chest
- Chills

### **Treatment of Bronchitis:**

- Quit smoking if you do. It is irritating your airway.
- Avoid things that irritate your lungs – dust, pollution, smoke from fires
- Wash your hands a lot
- If your symptoms last more than one week, go to a medical clinic

### **PNEUMONIA**

Pneumonia is a serious infection of the lungs. It often occurs after another respiratory illness such as measles, whooping cough, flu, bronchitis, asthma—or after any very serious illness, especially in babies and older people or people with HIV. A very sick child with fast, shallow breathing probably has pneumonia. If the child's chest pulls in and you can see the ribs, then the cough is very serious and the child should be taken to the hospital.

### **Symptoms of Pneumonia:**

- Shallow fast breathing
- Noisy breathing
- High fever
- Coughing
- Severe aches and pains
- Headache
- You can see child's ribs when he breathes in and out
- Loss of appetite

### **Treatment of Pneumonia:**

- Doctors use antibiotics to treat pneumonia. Treatment with antibiotics can make the difference between life and death. Follow the instructions that are based on age and severity. Most require you to take medication at least for 3 days. Do not stop taking the medication even if you feel better.
- Give aspirin or acetaminophen for children to lower the temperature and reduce the pain.
- Give plenty of liquids. If the person will not eat, give him liquid foods or ORS.
- Ease the cough and loosen the mucus by giving the person plenty of water and having him breathe in steam (Steam Inhalation).
- If the person is wheezing, an anti-asthma medicine may help

### **Small Group Discussion Questions:**

1. What differences are there between Bronchitis and Pneumonia?
2. Which sickness, Bronchitis or Pneumonia, do you think the baby in the roleplay had?
3. Which is more serious, Bronchitis or Pneumonia?
4. What advice would you give to the parent to take care of the baby?

### **Prevention of Bronchitis and Pneumonia:**

Since most of the time these sicknesses start from colds or the flu, what can you do to prevent Bronchitis or Pneumonia?

## 4.6 Tuberculosis

Tuberculosis (TB) is a long lasting, contagious (easily spread) disease that anyone can get. It is often found in people between 15-35 years old who are weak, poorly nourished or have HIV.



- **Tuberculosis is very contagious!** It spreads when someone with TB coughs germs into the air. Anyone, especially a child, who lives with someone who has TB runs a great risk of catching the disease.
- Tuberculosis can be cured. But even though it can be prevented, thousands die from this disease every year.
- Children should be immunized for TB by the BCG vaccine
- For prevention and cure, it is important to treat tuberculosis early.
- It is important to continue TB treatment until your medication is finished.
- Persons infected with TB and not taking anti-TB medicines can easily spread the germs to others through coughing, sneezing, and living together.

### Symptoms of Tuberculosis (TB):

- Cough lasting more than 1 month, especially after just waking up
- Mild fever in the afternoon and evening
- Sweating at night
- Pain in the chest or upper back
- Lack of appetite and weight loss
- Weakness (person gets tired easily)
- Pale skin
- Coughing up blood (usually in the later stages)
- Hoarse voice (very serious)

**IMPORTANT:** If a person has a cough for more than a month then they should have a check-up by a doctor.

### Symptoms in Children:

- Swelling or lumps in the neck or belly
- Poor appetite and steady weight loss or do not gain weight
- Lighter skin color
- Frequent fever and cough that comes and goes
- Get tired easily
- Live with a TB patient who is not undergoing treatment



## How To Treat Tuberculosis:

1. Go to a health center to be examined.
2. It is very important to take medication as directed. A doctor will prescribe a combination of medicines that must be taken continuously for up to 1 year. **Do not stop taking the medication, even if you feel better.** Take the medication until a medical professional says to stop.
3. Eat as well as possible. Eat energy foods and foods rich in proteins and vitamins.
4. Try to always get enough rest and sleep.





## Tuberculosis can be prevented!!



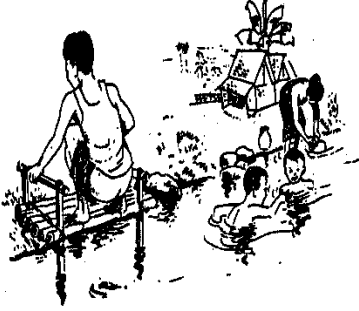
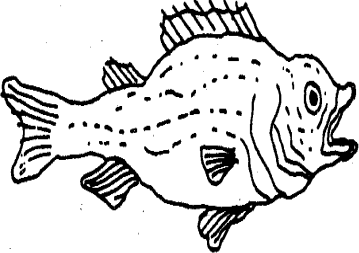
- Have children immunized against TB soon after birth (within one month)
- Eat a healthy diet
- Get sufficient rest
- Make sure that TB patients are getting treatment to stop the spread of TB

If someone in the house has TB then:

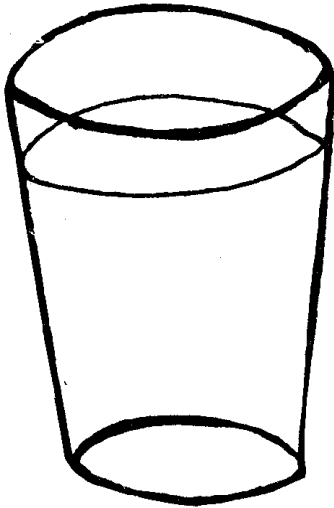
- Have the person with TB sleep separately from other people (especially from the children).
- The person with TB must cover their mouth with a cloth with coughing.
- Never spit on the floor. Spit in a can or coconut husk and then bury it.
- Make sure everyone, especially children, eat nutritious foods and get plenty of rest.
- Take children to the health center at the first sign of TB and treat at once.

## 4.7 Causes and Prevention of Diarrhea

Picture	Cause	Prevention
	<p>Bottle feeding causes diarrhea</p>	<p>Breast feed a child until he is 2 years old.</p> <p>For the first 4-6 months give breast milk only, then add other foods.</p>
	<p>Malnutrition causes diarrhea &amp; Diarrhea causes malnutrition</p>	<p>Feed plenty of nourishing foods.</p> <p>Feed a preschool child 5 times a day.</p>
	<p>Germs from human waste or stool cause diarrhea</p>	<p>Build a toilet and teach each member of the family to use the toilet.</p> <p>If there is no toilet, bury your stool. (Deuteronomy 23:12-13)</p>
	<p>Flies carry germs and worm eggs to the food that you eat</p>	<p>Keep all food covered.</p>

Picture	Cause	Prevention
	<p>Dirty hands carry germs to your food and to your mouth</p>	<p>Always wash your hands:</p> <ol style="list-style-type: none"> <li>(1) Before cooking or preparing food</li> <li>(2) Before eating food</li> <li>(3) After using the latrine</li> </ol>
	<p>Germs hide under dirty fingernails. Then dirty hands carry germs to your mouth</p>	<p>Cut fingernails short each week. Keep fingernails clean.</p>
	<p>Germs from human waste get into drinking water and contaminate the drinking water</p>	<p>Boil all drinking water for 10 minutes after the boiling starts.</p> <p>Do not urinate or have a bowel movement near a water source.</p>
	<p>Spoiled, undercooked or food contaminated by dirty hands causes diarrhea</p>	<p>Cook all food well</p> <p>Buy only fresh food</p> <p>Do not keep left over food too long</p>

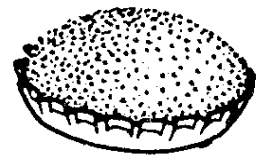
## 4.8 How To Make A Rehydration Drink (ORS)



Take one glass of drinking water



Put 1-2 pinches of salt



Add sugar about one Coke cola cap

### How Much Rehydration Drink Do We Need?



**Adult:** drink one or two glasses of the rehydration drink after every watery stool.



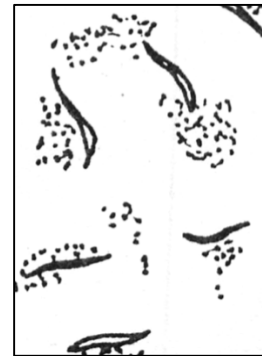
**Child:** drink one glass of the rehydration drink after every watery stool.

**REMEMBER:** THE AMOUNT THAT COMES IS THE SAME AS AMOUNT WENT OUT

## 4.9 Pinworms

### What pinworms look like:

- Very small and thin (1 cm), they look like a pin or a thread
- White in color
- Can be seen in the stool



### How you know if a child has pinworms:

- Child may say he cannot sleep because of itching. Pinworms come out of the anus at night. They lay eggs at the anus opening and this causes severe itching.
- Use a small piece of tape and put it over anus when the child goes to sleep and the worms and eggs can be seen stuck to the tape in the morning.

### How people get pinworms:

- The worms and eggs also pass out of the intestines in the person's stools. Children often get pin-worms by eating or playing in dirt which is contaminated with pinworm eggs.
- The patient scratches his anus. Pinworms get on his fingers and under his nails.
- If he eats food without washing his hands, the pinworm eggs get onto the food and the eggs are eaten by the person and by other people who eat from the same bowl.

### How you treat pinworms:

- Ketrax OR Piperazine
- Put vaseline (petroleum jelly) in and around the anus at bedtime to help stop itching.
- A child who has pinworms should wear tight diapers or pants while sleeping to keep him from scratching his anus.
- Wash the child's hands and buttocks (anal area) when he wakes up and after he has had a bowel movement.
- Change his clothes and bathe him often. Wash his buttocks and nails well. Cut finger nails very short.
- When one child is treated for pinworms, it is wise to treat the whole family at the same time.
- Pinworms only live about 6 weeks. By carefully practicing cleanliness behaviors, most of the worms will be gone within a few weeks even without medication.

### How you prevent pinworms:

- Cleanliness is the best prevention for pinworms. Even if medicine gets rid of the worms, they will be picked up again if personal hygiene is not improved.
- Wash hands before eating.
- Keep fingernails short.
- Use latrines.

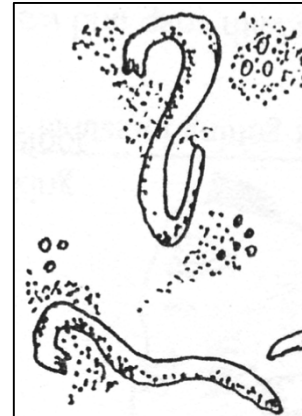
## 4.9 Hookworms

### What hookworms look like:

- Very small (1 cm)
- Red in color
- Cannot be seen in the stool

### How you know if a person has hookworms:

- Anemia ("weak blood", low iron)
- Feels weak and tired
- Abdominal pain and occasional diarrhea
- Pale colored gums, inside of eyelids, nails and the palms of hands



### How people get hookworms:

- Walking barefoot on the ground where invisible hookworms are in the dirt. The worm on the ground get into the skin of his bare feet. The worms then move into his intestines.

### How you treat hookworms:

- Ketrax OR Alcopar OR Mintezol
- Give iron-containing foods: Millet, eggs, dark greens like spinach, meat esp. liver, etc.

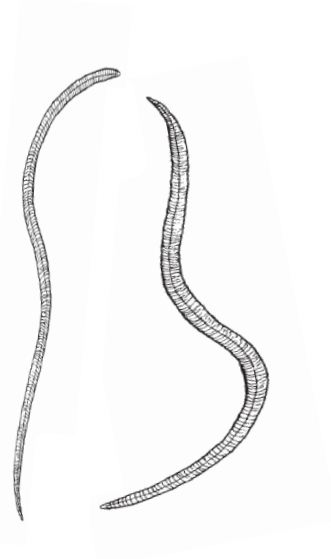
### How you prevent hookworms:

- Build and use latrines.
- Advise people to wear shoes or not to walk with bare feet in places where people pass stool.
- Wash hands and feet frequently
- Remember that even though you can't see hookworms on the ground they are there.

## 4.9 Roundworms

### What roundworms look like:

- Large (20-30 cm) – about as long as a man's foot
- They get their name because of their round shape
- White or pink in color
- Can be easily seen in stools



### How you know if a person has roundworms:

- Dry cough
- Itching of the body
- Mild abdominal pain (usually lower)
- May have swollen belly
- Feeling weak and tired
- Has seen them in his stools
- May have vomited roundworms. (When the child has fever, the worms sometimes come out in the stools or crawl out through the mouth or nose.)

### How people get roundworms:

- Person with roundworms leaves stool with eggs on the ground by not using a latrine.
- The eggs get into the mouth of another person through poor hygiene - contaminated hands, carried by flies to food, unwashed fruits and vegetables or uncooked vegetables.
- The worms hatch and move to the lungs where they grow a little more. Then they crawl or are coughed into the throat and are swallowed. They live their adult life in the intestines.

### How you treat roundworms:

- Ketrax OR Padrax OR Antepar OR Piperazine OR Mintezol
- Roundworms can also be treated by a mixture of papaya juice, sugar or honey and water. Mix two tablespoons of papaya juice and two tablespoons of honey or sugar in 1/2 liter of warm boiled water. This is a one dose treatment but may be repeated one week later if necessary.
- Occasionally, a person with roundworms gets a block or obstruction in the intestines from the roundworms. He has a very painful abdomen and will need to have surgery to remove the problem.

### How you prevent children and adults from getting roundworms:

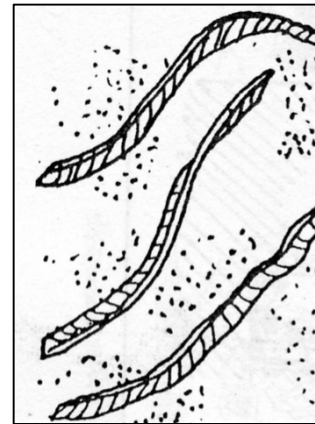
- Build and use latrines
- Wash hands after passing stools and before preparing food and eating
- Wash all raw vegetables before eating them
- Protect food from flies



## 4.9 Tapeworms

### What tapeworms look like:

- Small pieces can be seen in the stool (1 cm) In the intestines tapeworms grow several meters long.
- They are white in color. These look like lots of small flat pieces joined together.
- Occasionally a segment may crawl out by itself and be found in the underclothing.



### How a person knows he has tapeworms:

- Mild abdominal pain
- Pieces of the worm seen in the stool
- May be some loss of weight

### How a person gets tapeworms and how a cow or pig gets tapeworms:

- Eating uncooked or under- cooked meat that is infected.
- The meat becomes infected because the cow or pig was in contact with infected human stools which were passed on the ground. The animal eats worm eggs or small pieces of the worm, itself, when it is looking for food on the ground and it then becomes infected.

### How you treat tapeworms:

- Yomesan (niclosamide) OR Antiphen (dichlorophen)

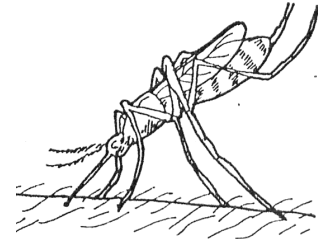
### How you prevent tapeworms from infecting people:

- Cook all meat well, especially pork.
- Use of latrines by everyone.

## 4.10 Malaria

Malaria is an infection of the blood that causes chills and high fever. Malaria is spread by mosquitos and **the only way to get malaria is from a mosquito bite.**

1. Mosquito bites a person with malaria and sucks the blood with the malaria parasite in it.
2. The mosquito is now infected with the malaria parasite.
3. This mosquito bites a healthy person and passes the malaria parasite to this person.
4. Now this person has malaria.
5. After 10 days, the person will start to have symptoms of the disease.



### Symptoms of Malaria:

#### Adults:

- Shaking chills followed by fever
- Joint pain (general ache)
- Headache
- Backache
- Fever (may have a chills-fever-sweat cycle that reoccurs every one to two days)
- Nausea
- Possibly vomiting and diarrhea.
- No appetite
- Muscle weakness
- Anemia
- Eye pain

#### Children:

- Fever
- No appetite
- Sweating at night
- Possibly vomiting and diarrhea
- Possibly swelling of arms, legs, or face.

### Treatment for Malaria:

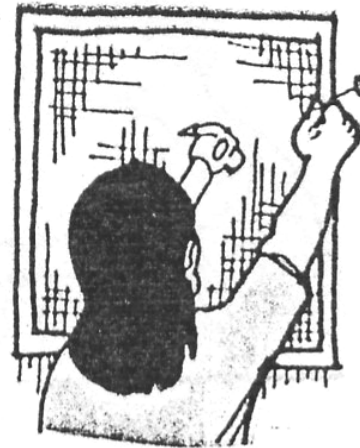
- Always take children under 6 years old with malaria to the hospital. Malaria can kill children. Do not try to treat them at home.
- Buy malaria medicines (tablets) at the pharmacy and follow the dosage directions on the package. Keep taking the tablets for full course of treatment.
- For fever with malaria, give aspirin (paracetamol for children) and put a wet cloth on the body. Encourage the person to drink as much fluids (water, coconut water juices) as possible. The fever and possible vomiting will dry out the person's body very rapidly. Give rehydration fluids to adults and children with diarrhea and/or vomiting.
- Rest.
- Eat a normal balanced diet.

Go to the hospital when:

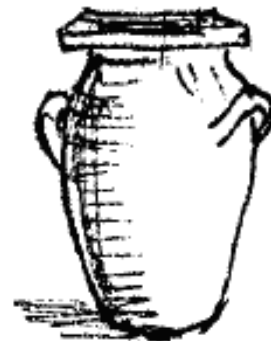
- Children under 6 years of age with malaria
- Pregnant with malaria
- Person continues to have a fever after home treatment
- Person with very high fever
- Person that acts strangely
- When person has convulsions (or seizures)

**Preventing Malaria:**

1. We need to find ways to prevent mosquitoes from biting us especially between 6pm-6am.

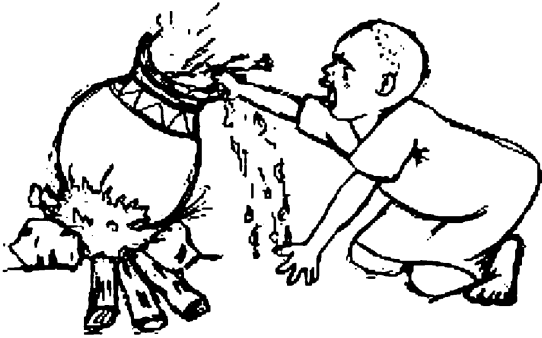

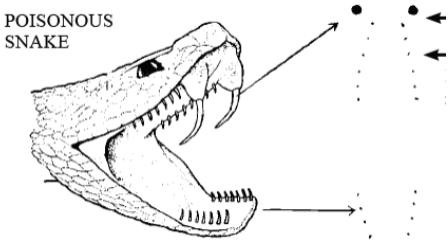
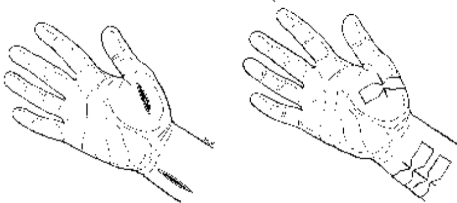


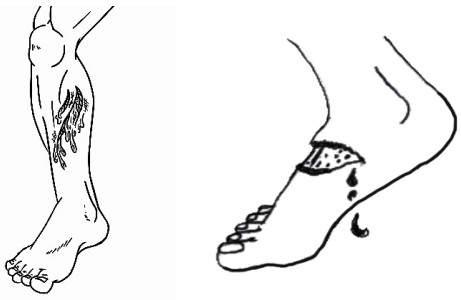


2. We need to prevent mosquitoes from having the opportunity to grow. Mosquito eggs are laid in shallow water with no movement. If water is still for 8-10 days the mosquito eggs will hatch. To get rid of mosquitoes in your community you need to remove any places where there is still water.



# 5.1 Basic First Aid

When a person is hurt, the most important thing is to be able to help. The right basic care can save lives and prevent from a situation getting worse. Basic First Aid is the care that you give to someone immediately after an accident, sudden sickness and other emergencies.

SITUATION	ACTION
<p>Burns on the skin</p> 	<ol style="list-style-type: none"> <li>1. Cool the skin with cool, clean water (for bad burns immerse the burn in cold water to keep the burn from going deeper - then cover the burn with a clean, cool, wet cloth)</li> <li>2. Wash your hands before you treat the burn</li> <li>3. Gently wash the area with clean water and soap and keep the burn clean – do NOT break any blisters.</li> <li>4. Do NOT put any Vaseline or any ointment on the burn</li> <li>5. Take person to health worker for serious burns</li> </ol>
<p>Poison has been swallowed</p> 	<ol style="list-style-type: none"> <li>1. Take the person to the health worker immediately</li> <li>2. Take along the poison container for the health worker to see</li> </ol>
<p>Snake or animal bite</p>  <p>POISONOUS SNAKE</p>	<ol style="list-style-type: none"> <li>1. Try to find out if the snake was poisonous or not (poisonous snakes usually leave two fang marks)</li> <li>2. Send for medical help</li> <li>3. Stay still - do not move the area that was bitten to keep the poison from spreading</li> <li>4. Wrap the bitten area with a wide cloth to slow the spread of the poison but don't cut off blood flow</li> <li>5. Carefully carry the person to a health worker</li> </ol>
<p>Small cut</p> 	<ol style="list-style-type: none"> <li>1. Wash with soap and water</li> <li>2. Cover with a clean bandage</li> <li>3. Be careful to protect yourself from blood-based diseases like HIV by putting a clean plastic bag over your hands or plastic gloves</li> </ol>

SITUATION	ACTION
<p>Large cut</p> 	<ol style="list-style-type: none"> <li>1. Protect yourself from blood-based diseases</li> <li>2. Cover the area with a thick, clean cloth</li> <li>3. Keep pressure on the wound until the bleeding has stopped</li> <li>4. Elevate if possible to slow the bleeding</li> <li>5. When the bleeding has stopped, take the person to a health worker the same day to clean the wound thoroughly and close it</li> </ol>
<p>Choking</p> 	<ol style="list-style-type: none"> <li>1. For a small person or child, bend the person at the waist</li> <li>2. Use the palm of the hand to give firm blows to the middle of the back</li> </ol> <p>OR</p> <ol style="list-style-type: none"> <li>1. For a large person or adult, stand behind the person and wrap your arms around his waist.</li> <li>2. Make a fist above the naval and below the ribs</li> <li>3. Put the other hand over the fist and make a sudden, strong upward jerk to force the air out of the lungs and repeat until the blockage comes out</li> </ol>
<p>Drowning</p> 	<ol style="list-style-type: none"> <li>1. Act fast, a person can only live without air for 4 minutes</li> <li>2. Get the person out of the water safely</li> <li>3. Check for breathing – if not breathing start “mouth-to-mouth breathing” immediately</li> <li>4. Tip head so water can come out</li> </ol>


When you help someone that is bleeding, it is also important to protect yourself from blood-related diseases. Be especially careful when you provide first aid to many wounded people who are bleeding.

1. If possible, you can show an injured person how to stop the bleeding themselves by applying direct pressure.
2. Use clean plastic gloves or a plastic bag on your hands and a clean, thick cloth to cover the wound and apply direct pressure.
3. Avoid directly touching objects with blood.
4. Be careful to not cut yourself or prick yourself with sharp objects or needles when you are giving first aid.
5. If you do get blood or other body fluids on you, thoroughly wash your hands and whatever part of the body that contacted the body fluids with soap and water as soon as possible.

## 5.2 When Breathing Stops

If a person stops breathing, you must act quickly!! Start mouth to mouth breathing immediately! A person can only live without getting air into their body for four minutes.

### Mouth to Mouth Breathing

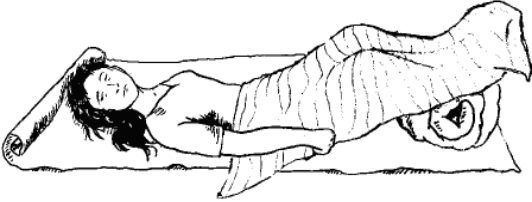

SITUATION	ACTION
<p><b>Step 1: Clear the mouth</b></p> <p>Quickly but <b>gently</b> use a finger to remove anything stuck in the mouth or throat.</p> <p>This is important to remove anything that may get in the way of being able to breath or that they may choke on.</p>	 A black and white line drawing showing a person's head tilted back. A hand is shown using a finger to clear the mouth. The person's eyes are closed, and their mouth is slightly open.
<p><b>Step 2: Tilt the head</b></p> <p>Quickly but <b>gently</b> lay the person face up. Gently tilt his head back, and pull his jaw forward.</p> <p>This helps open the airway for the person to breath.</p>	 A black and white line drawing showing a person's head tilted back. Two hands are shown supporting the head from the sides, with arrows indicating the direction of the tilt. The person's mouth is open, and their jaw is pulled forward.
<p><b>Step 3: Pinch the nose and blow</b></p> <p>Pinch his nostrils closed with your fingers, open his mouth wide, cover his mouth with yours, and blow strongly into his lungs so that his chest rises. Pause to let the air come back out and blow again. Repeat about once every 5 seconds. With babies and small children, cover the nose and mouth with your mouth and breathe <b>very gently</b> about once every 3 seconds.</p>	 A black and white line drawing showing a person's head tilted back. A hand is shown pinching the nostrils closed. Another hand is shown covering the mouth with the rescuer's mouth. The person's mouth is open, and their chest is rising.

# 5.3 Treating Shock

When people are hurt badly from a bad burn, losing a lot of blood, a bad accident or snake bites, their bodies may experience a physical shock. Shock is a sign that the body is in trouble and needs immediate special care. It is extremely important to recognize when a person is either going into shock or is already in shock. Shock can lead to death if not treated.

## Signs of Shock:

1. Enlarged pupils
2. Weakness, dizziness or a person faints
3. Cold, damp, pale colored skin
4. Nausea or vomiting
5. Confusion
6. Heartbeat and breathing may be unusually fast

SITUATION	ACTION
<p>Person is awake</p> 	<ol style="list-style-type: none"> <li>1. Suggest to loosen any tight clothes</li> <li>2. Help the person lie down with feet higher than their head</li> <li>3. Keep the person warm</li> <li>4. Give sips of liquid if conscious</li> <li>5. Get medical help fast</li> </ol>
<p>Person is unconscious or looks like he is asleep</p> 	<ol style="list-style-type: none"> <li>1. If there is a possible head or back injury do not move his head or back</li> <li>2. Otherwise, put the person in the position like the picture on the left</li> <li>3. Check to see if the person is breathing and has a pulse – if there is no breathing, start mouth-to-mouth immediately</li> <li>4. Make sure the mouth is clear to breathe – never give anything by mouth to an unconscious person</li> <li>5. Get medical help fast</li> </ol>