

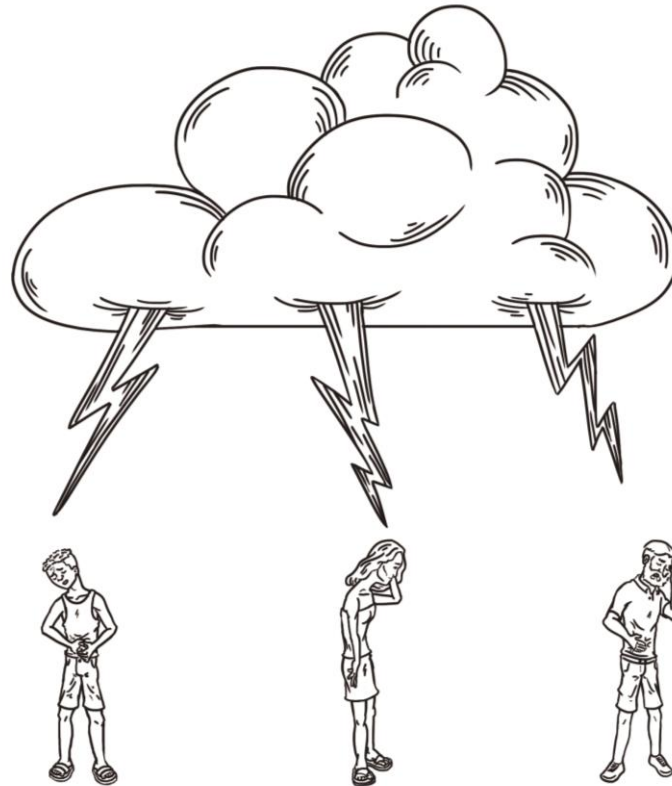
**TRUTH
CENTERED
TRANSFORMATION**

MODULE

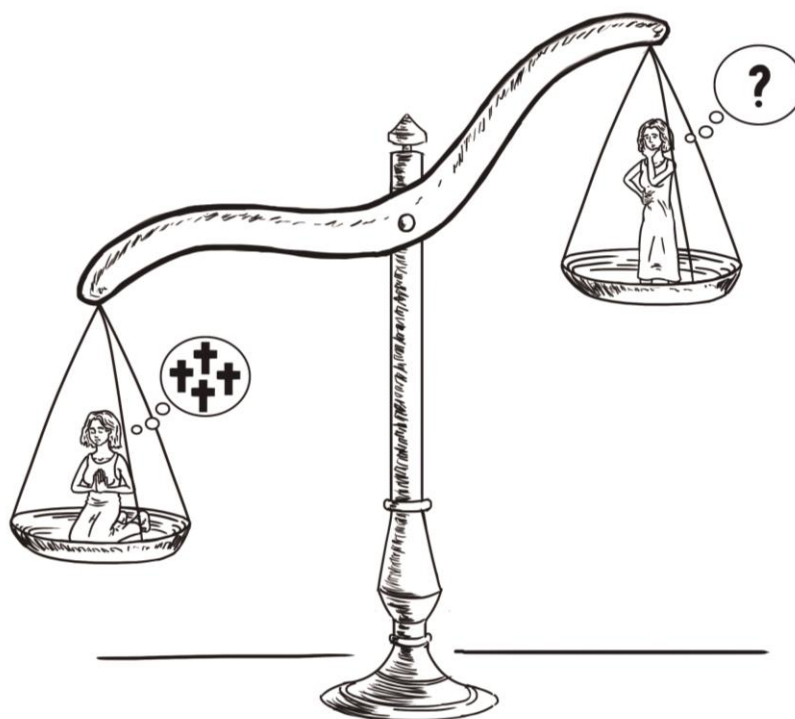


**HEALTH SKILLS
VISUAL AIDS**

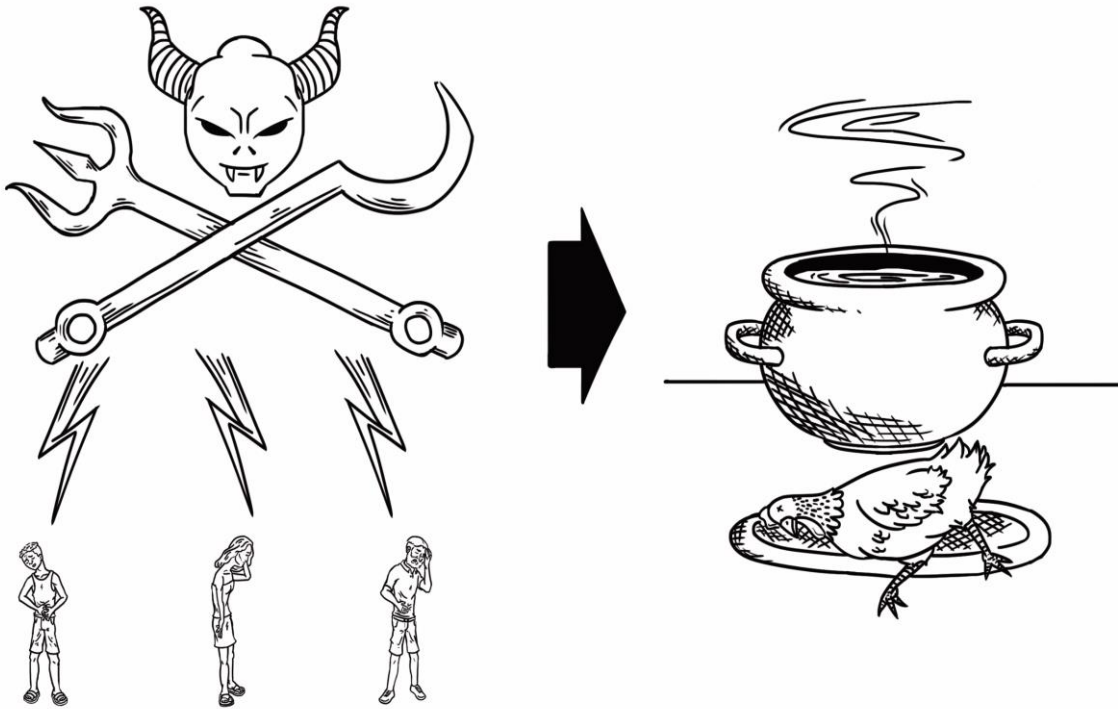
1. All Sickness is Punishment from God (gods)



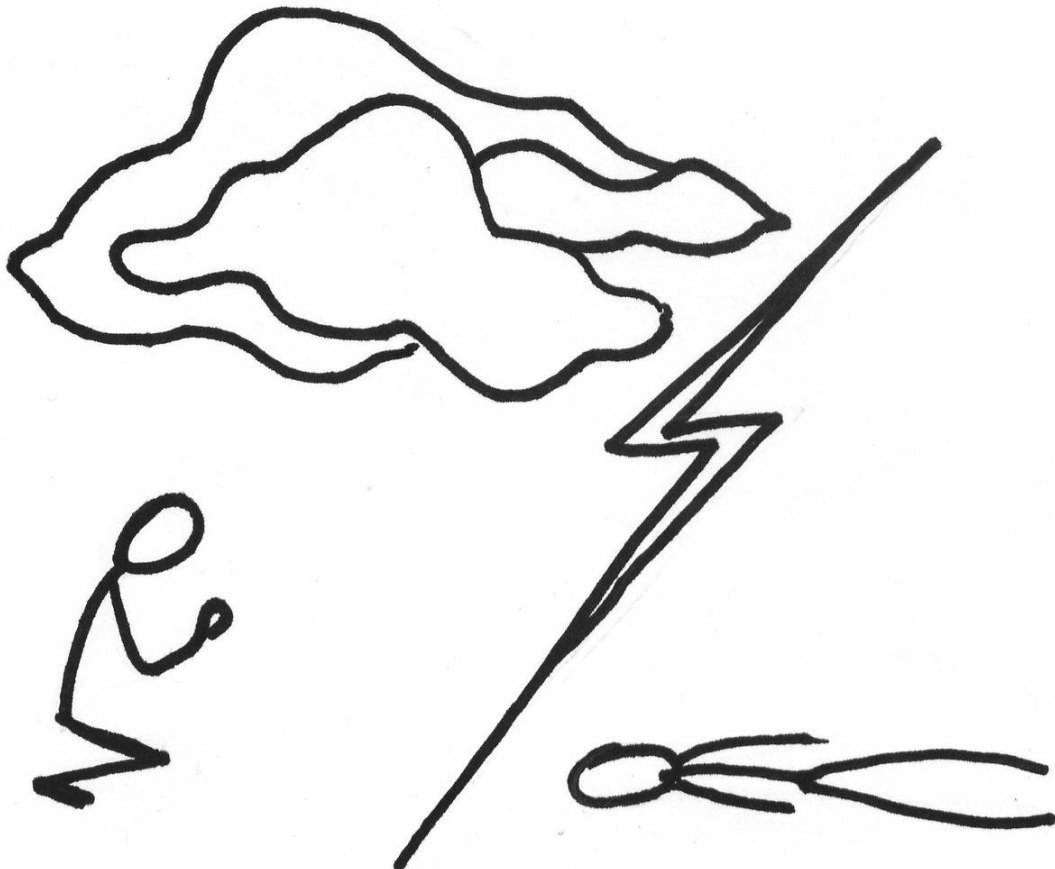
2. If We Had More Faith We Would Not Be Sick



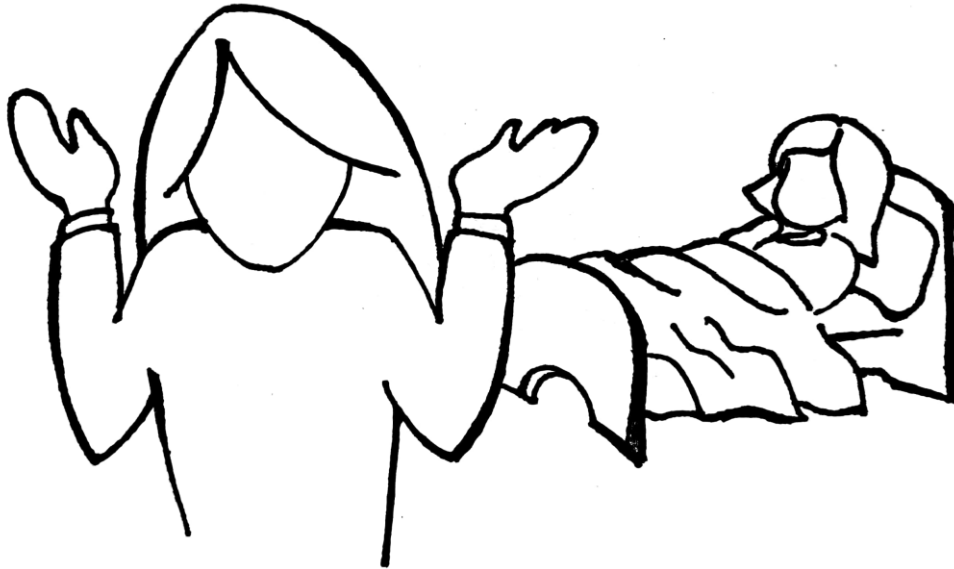
3. Sickness is Caused by Evil Spirits, So We Must Make Sacrifices



4. God Is Not Concerned About Health



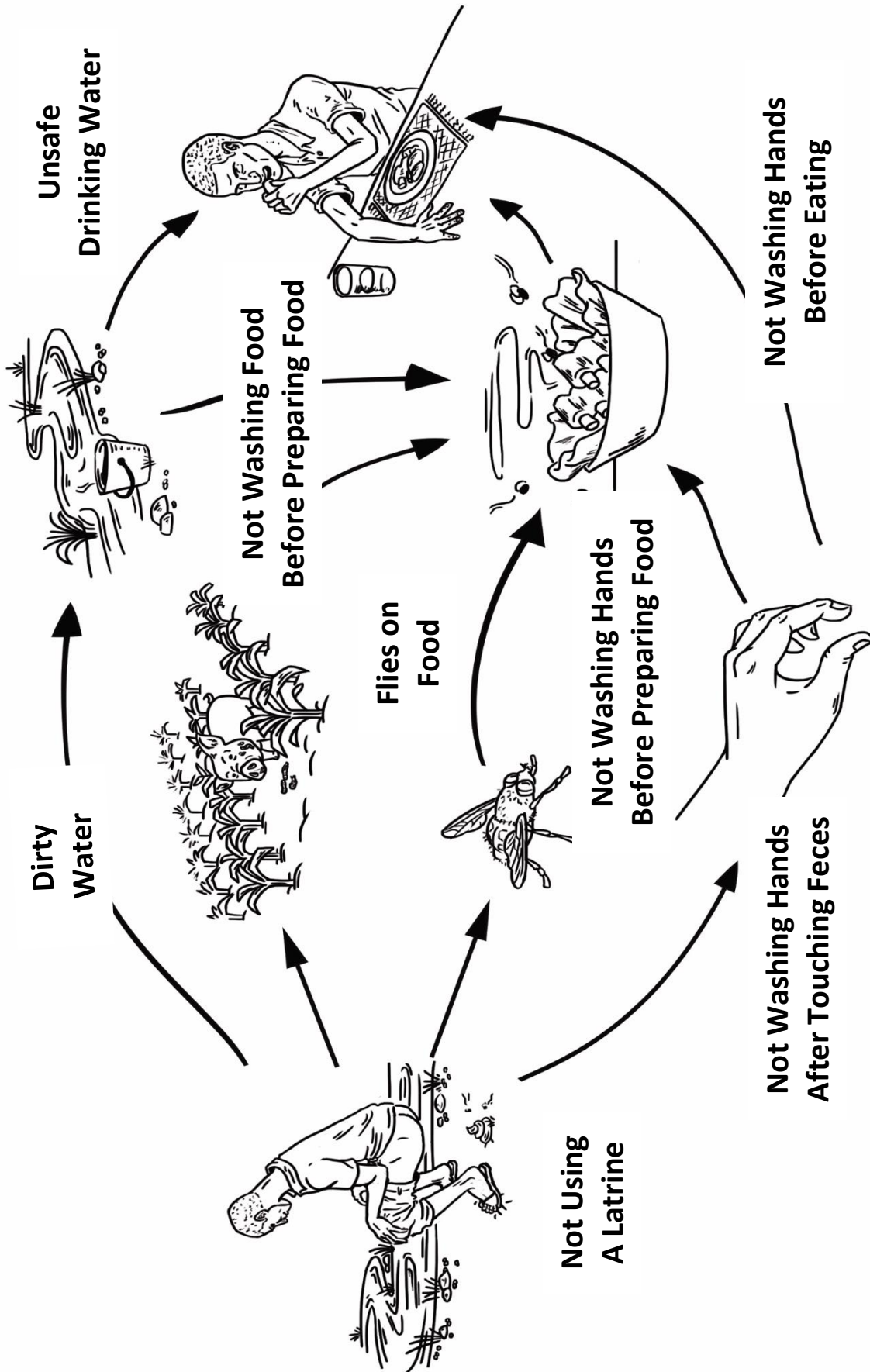
5. There is Nothing We Can Do to Prevent Illness



6. If We Are Sick, We Should Just Pray and Not Go to the Doctor

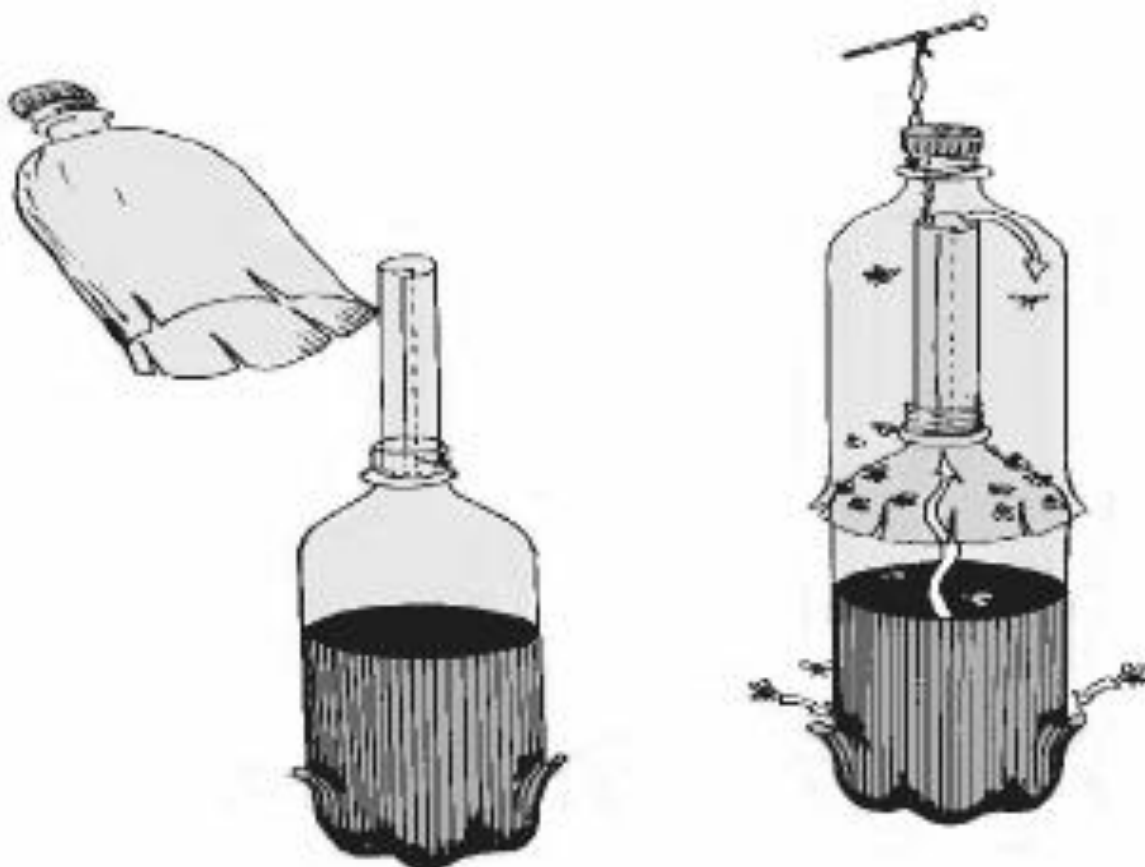


How Disease Spreads



How to Make 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.



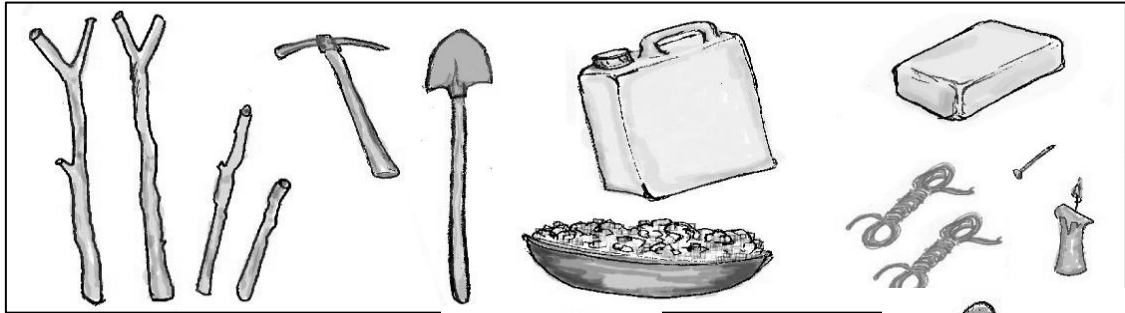
Tippy Tap



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:



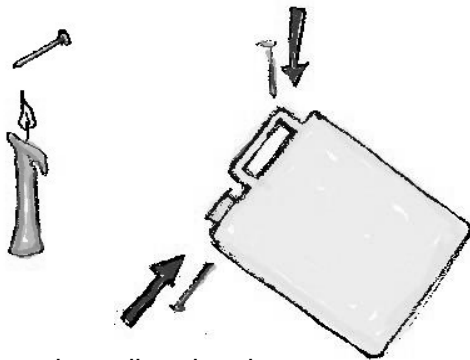
1. Dig two holes 18in deep and about 2ft apart



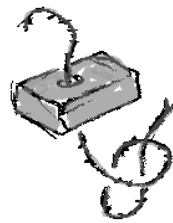
2. Place the forked sticks, ensure they are level



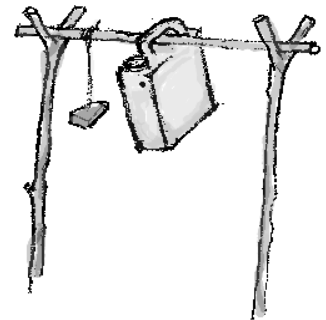
3. Fill holes with soil & rocks, and pack tightly



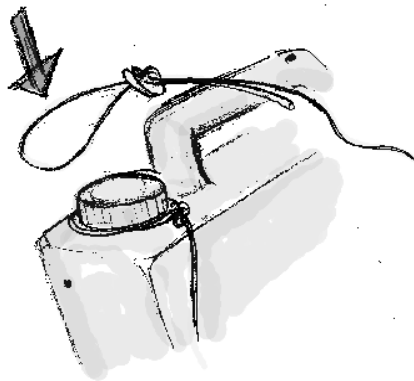
4. Heat the nail and make holes in the water container



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



6. Hang container and soap and fill with water



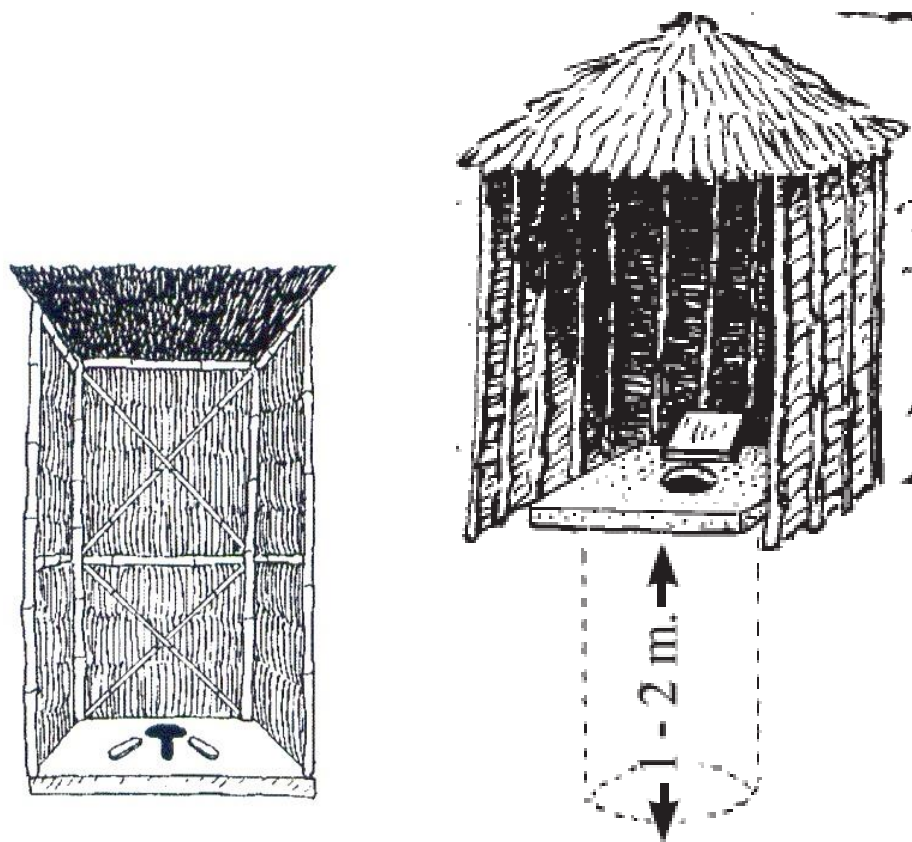
7. Attach string to water container

8. And to the foot lever stick

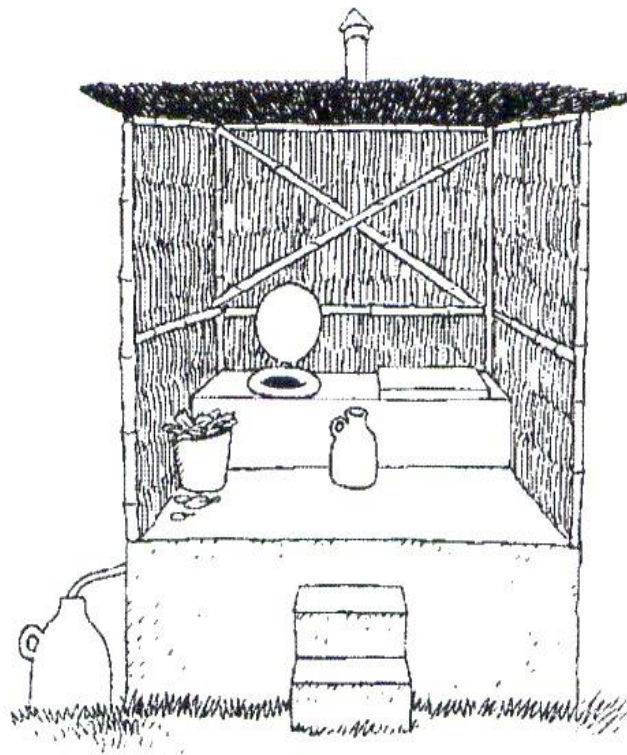


9. Use gravel as basin to capture water

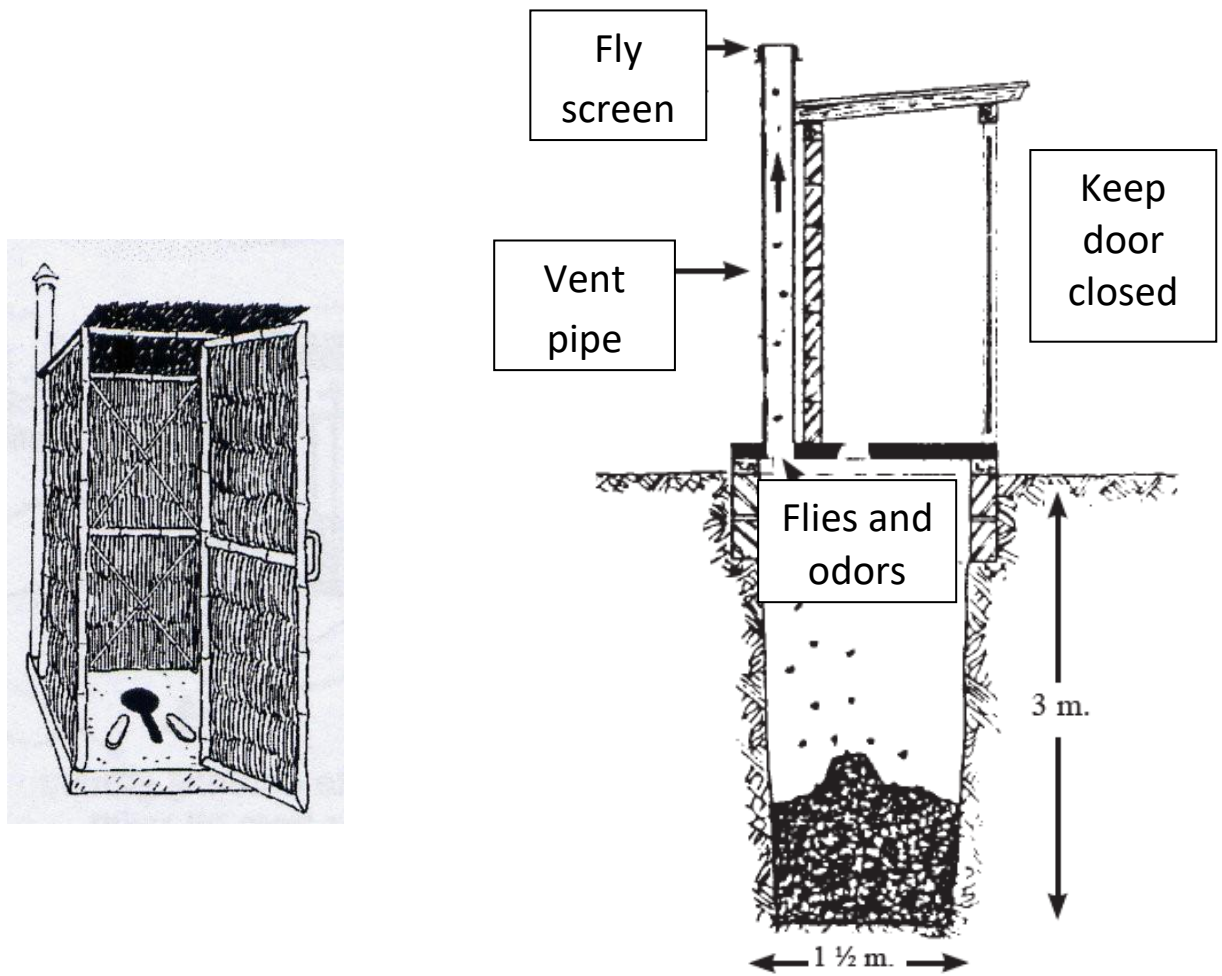
Closed Pit Latrine



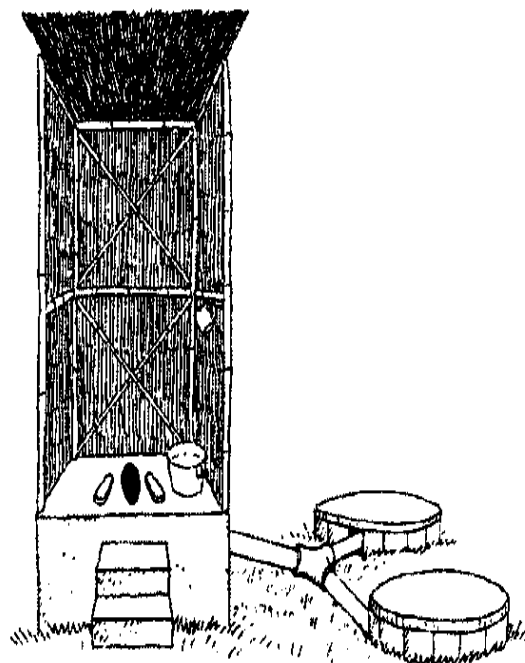
Urine Diverting Dry Latrine



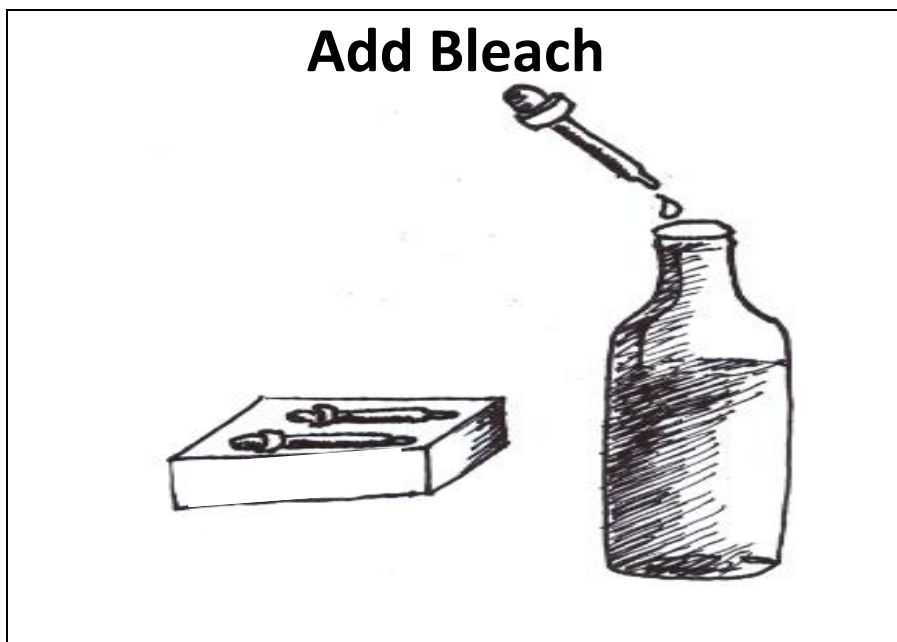
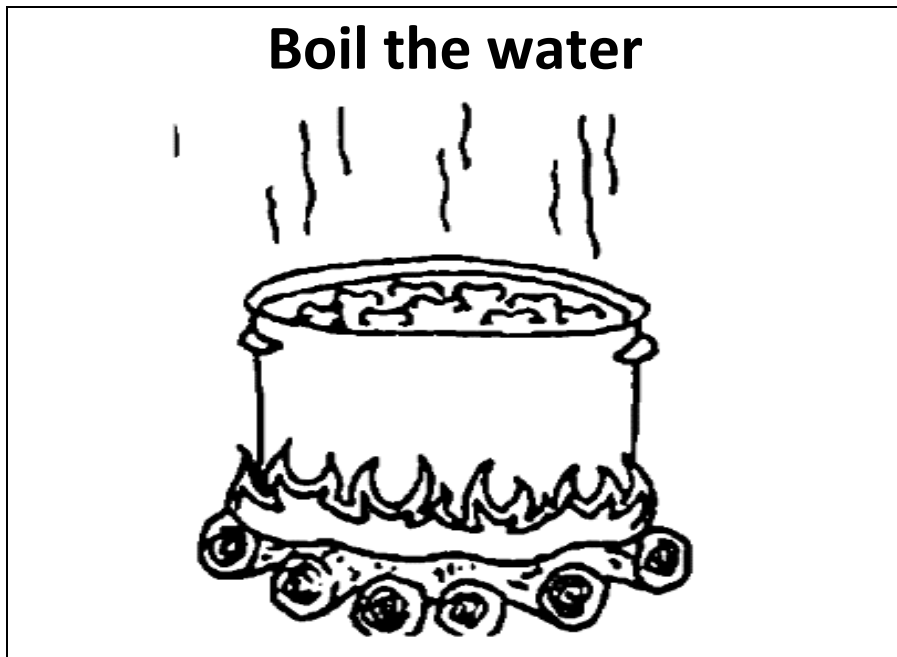
Ventilation Improved Pit (VIP) Latrine



Pour Flush Latrine



How to Clean Water

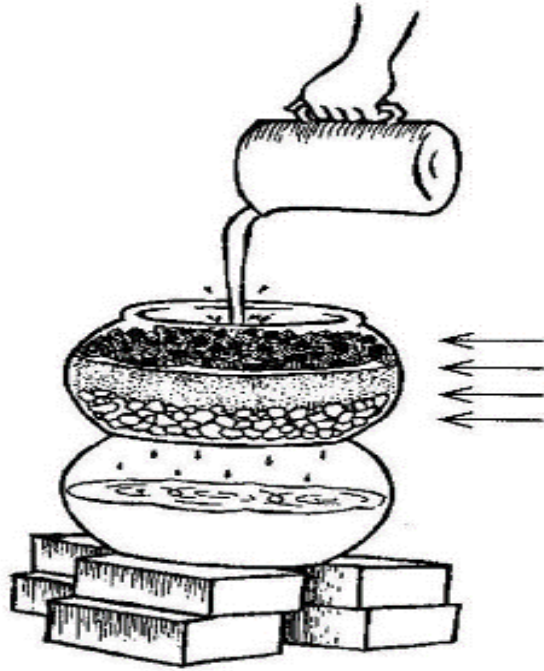


How to Use Bleach to Clean Water

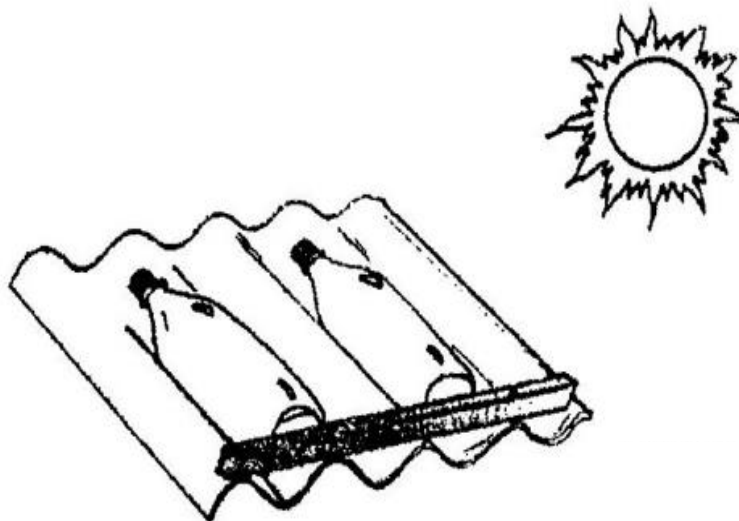
This method works best with water that has been warmed in the sun.

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.

Filter the water



SODIS Method



How to Use SODIS Method to Purify Water

Step 1: Choose the right bottle! Use a 1-2 litre bottle. Wash the bottle well the first time you use it



Step 2: Fill the bottle ¾ full with water



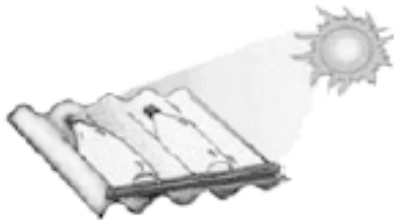
Step 3: Shake the bottle for 20 seconds



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



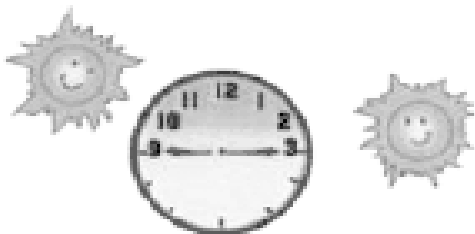
Step 5: Place the bottles on a corrugated iron sheet



Step 6: Or put them on a metal roof



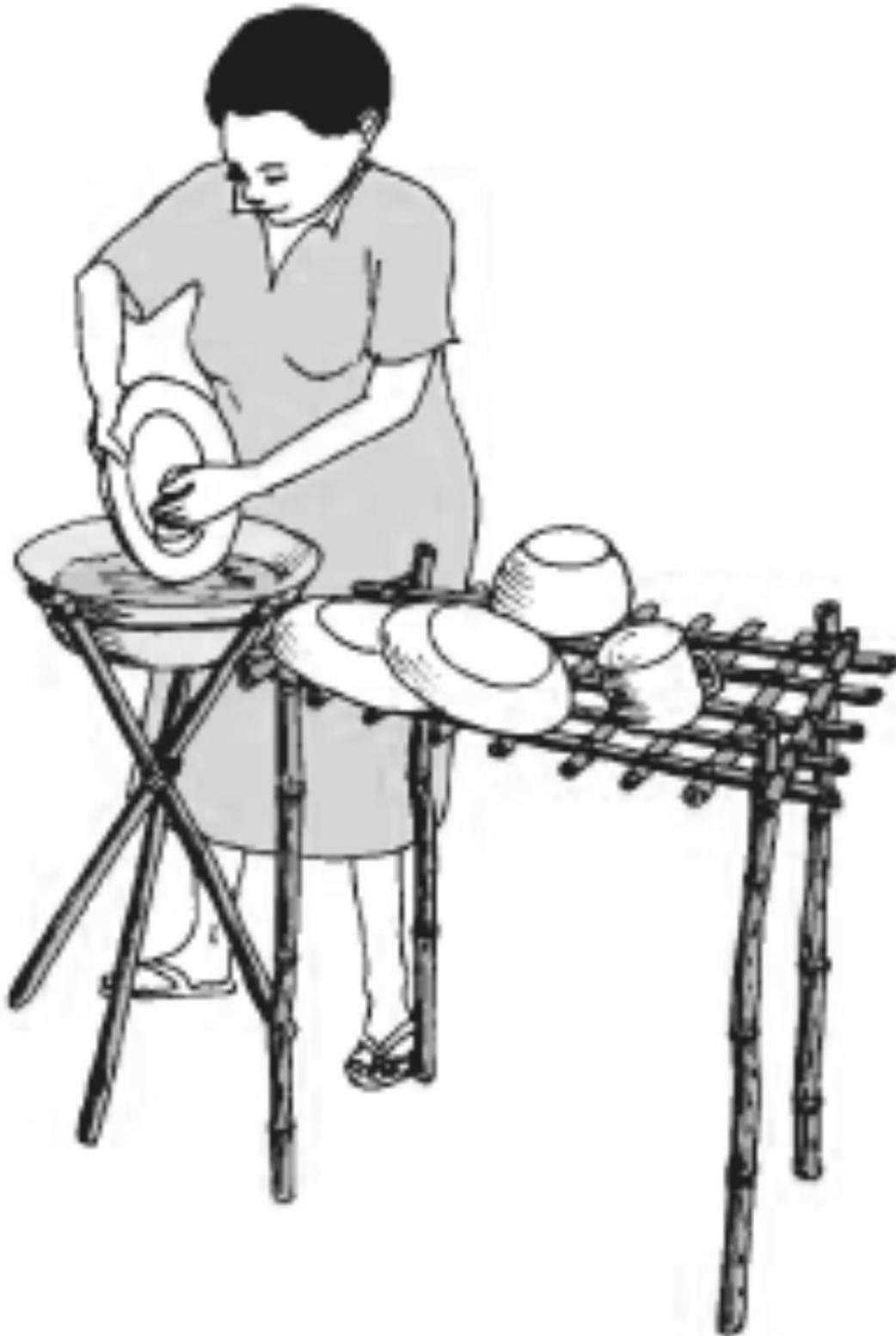
Step 7: Expose the bottle to the sun from morning until evening for at least six hours



Step 8: The water is now ready and safe for drinking for the next day or two.

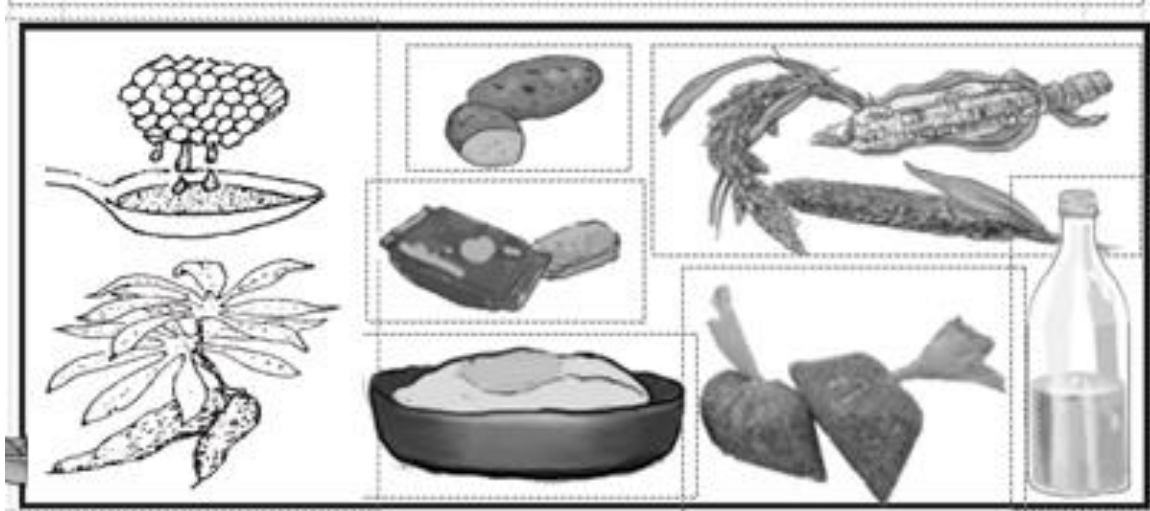


Drying Rack



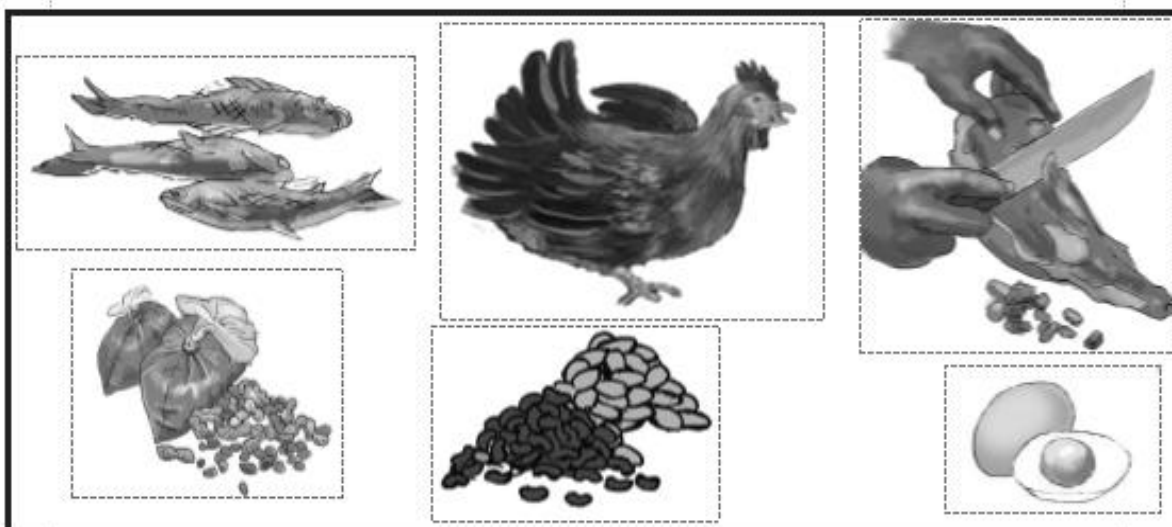
High Energy Helper Foods

(Corn, oil, sugar, honey, tubers, coconut, nuts, seeds, butter)



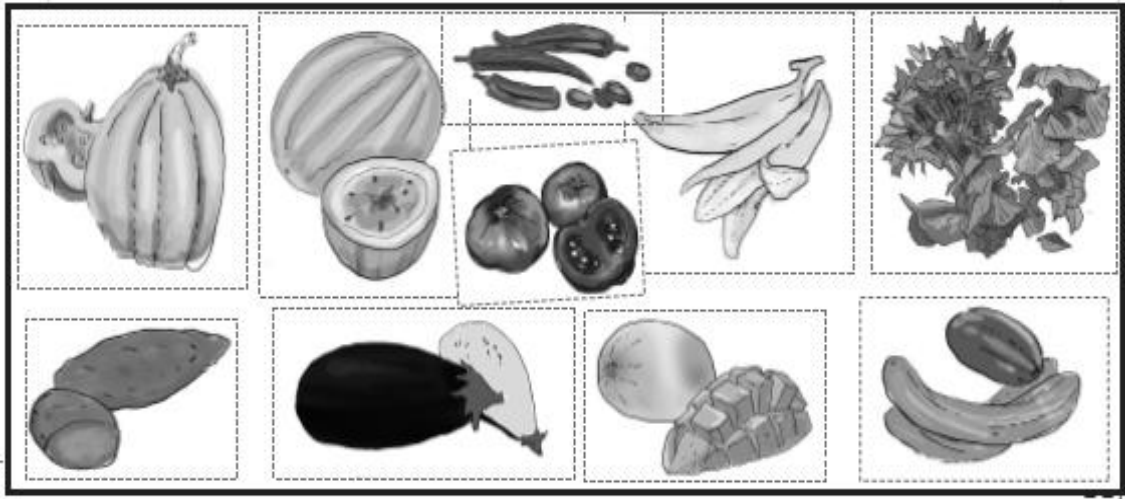
Body Building Helper Foods

(Fish, chicken, groundnuts, lentils, beans, nuts, seeds, eggs)



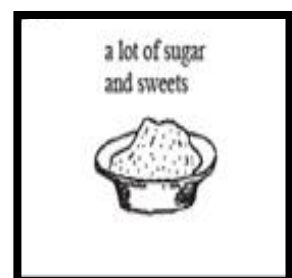
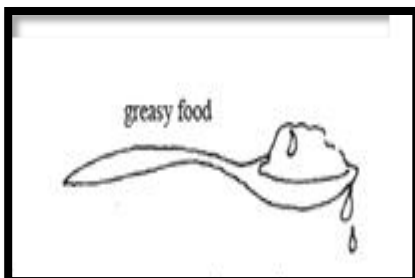
Protective Helper Foods

(Fruits and vegetables like greens, tomatoes, avocados, carrots)



Unhealthy Foods

(Greasy foods, junk food, too much sugar)



Maintain cleanliness and hygiene of our bodies, houses and community



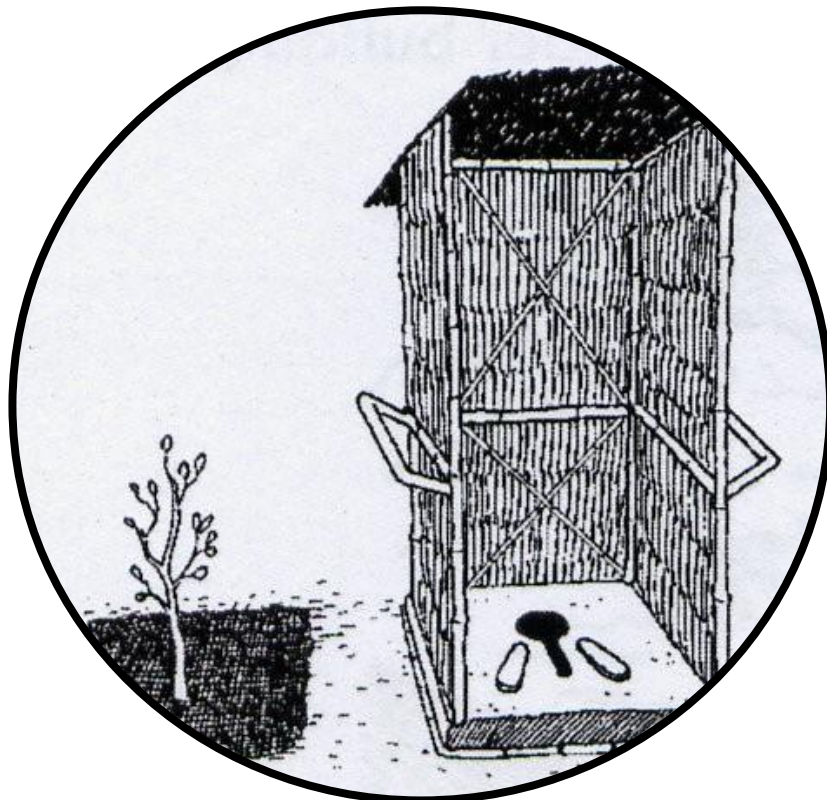
Wash hands with soap before preparing and eating food and after “germ” activities



Keep the community clean



Use a latrine



Use pure water for drinking, washing and food preparation

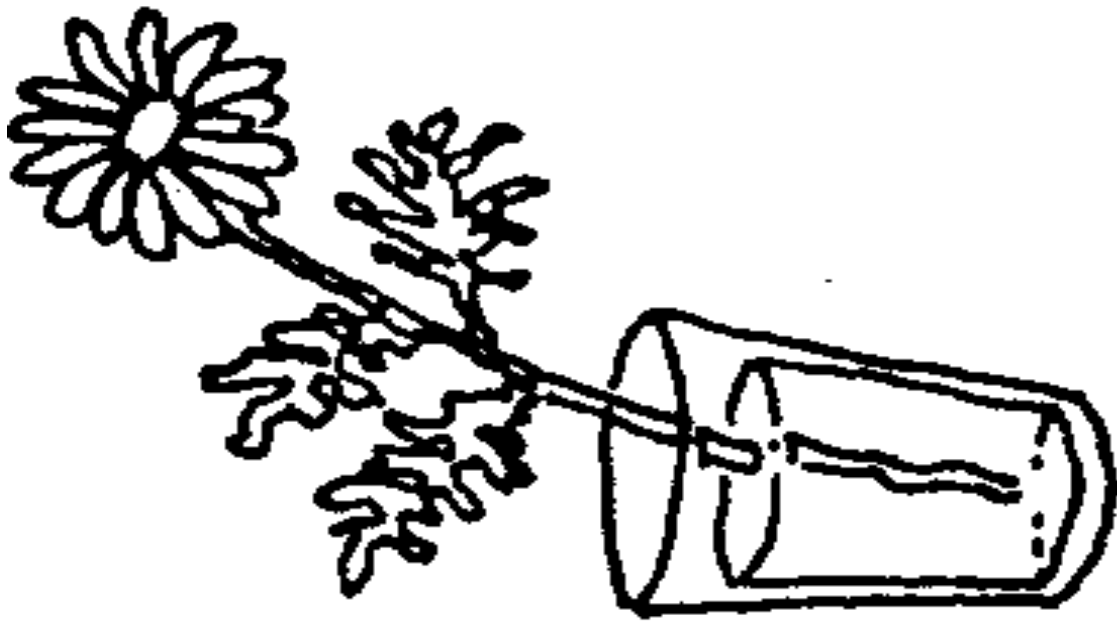


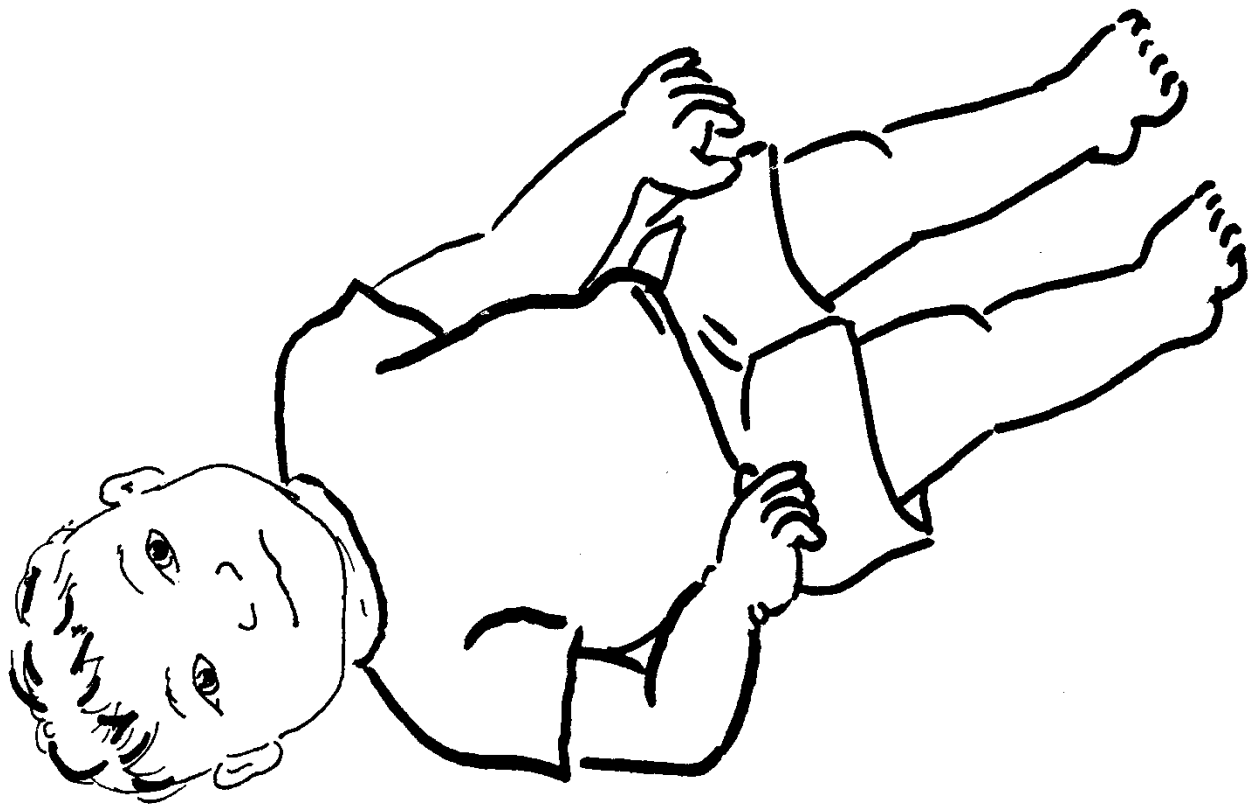
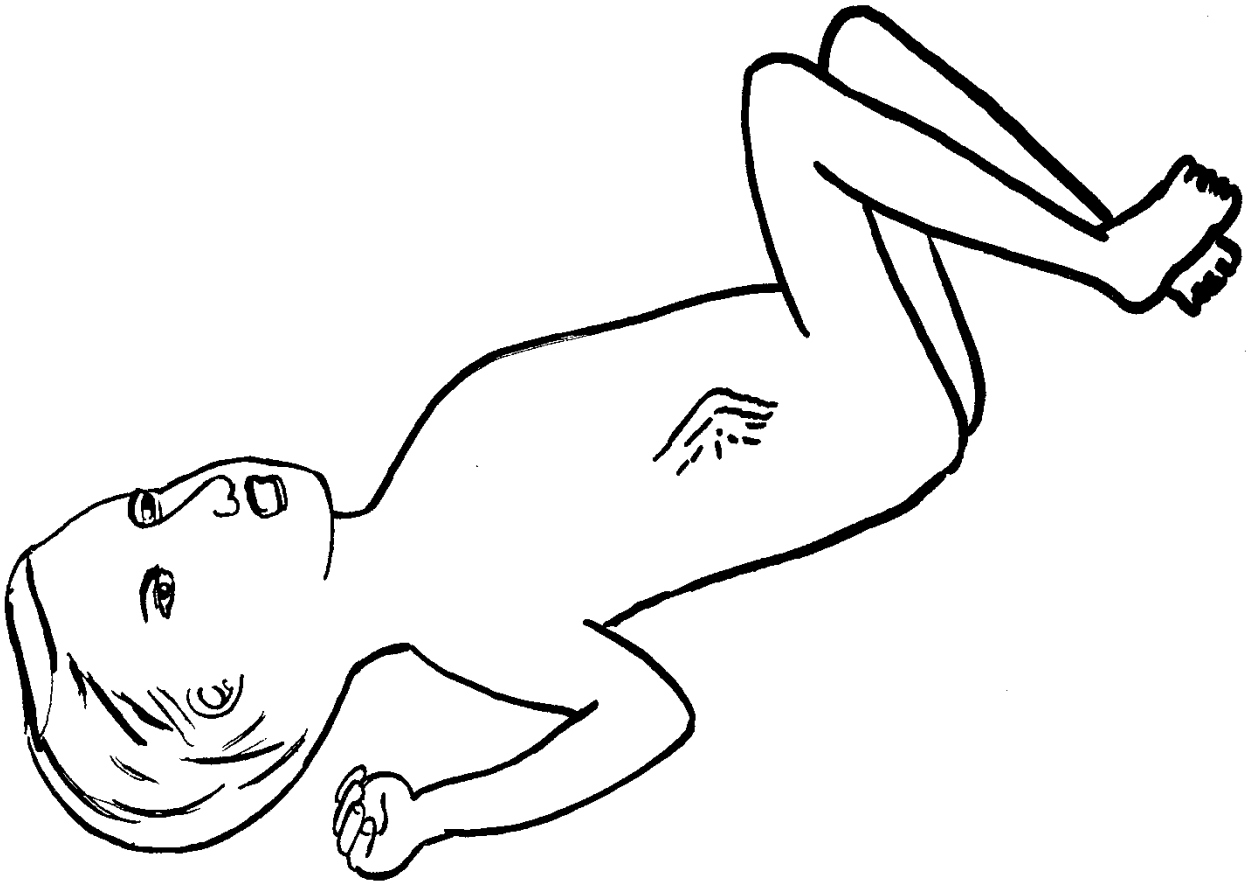
Safe food preparation



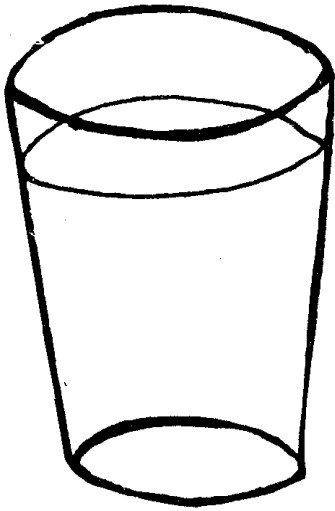
Provide nutritious food for the whole family







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

Runny Nose, Sore Throat and Coughing

Picture 1: Stuffy or Runny Nose

Remove mucus with a small suction bulb from the nose of a small child.

If you don't have one, or if the child has difficulty breathing, you can use your mouth to suck out the mucus.



Picture 2

Mix 2 finger pinches of salt with a glass of water or put a little in your hand and sniff. This loosens mucus and allows it to drain out.



Picture 3: Coughing

Gargle with warm saltwater – 1 teaspoon of salt dissolved in a glass or warm water (you can also add turmeric). Gargle mouthfuls of water, then spit it out. **DO NOT swallow the saltwater – spit it out after gargling.** Gargle at least once each hour.

Some herbal tea of hot water with lemon and honey or warm bone broth are also very good for a sore throat.

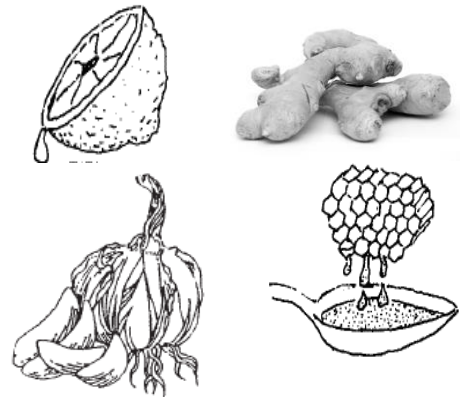


Making a Lemon-Ginger Medicinal Drink

Below are instructions for making it for one person. For many people use proportional measurements.

Ingredients

1. 1 large lemon or 2 small green lemons
2. 1-2 Tbsp grated or finely cut up ginger
3. 1 Tbsp garlic of finely cut up garlic
4. Boiled Water (very hot)
5. 1-3 Tbsp honey to desired taste (optional)



Steps

1. Clean all your ingredients.
2. Squeeze the juice out of the lemon (keep seeds out) and put it aside
3. Cut left over lemon peel into quarters
4. Scrape or peel off the skin of the ginger and then grate or cut ginger finely
5. Take skin off the garlic and cut the garlic finely (optional)
6. Bring water to boil.
7. Add in ginger and the lemon peel slices (and garlic if you like).
8. Let them boil a few minutes covered under low heat keeping the pot covered.
9. Remove from the heat and add the lemon juice.
10. Pour it in a glass using a sieve or strainer.
11. Add honey to desired taste, mix and serve while hot.
12. Take it in the morning and evening, you will feel good in 2-3 days.



Medical Dosages Poster

Instructions are sometimes written with parts of a whole tablet or capsule.

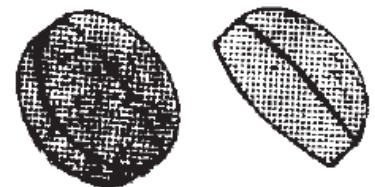
- 1 tablet = one whole tablet



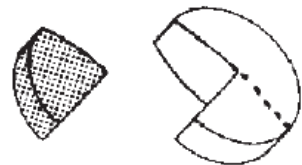
- $\frac{1}{2}$ tablet = half of a tablet



- $1 \frac{1}{2}$ tablet = one and one-half tablets

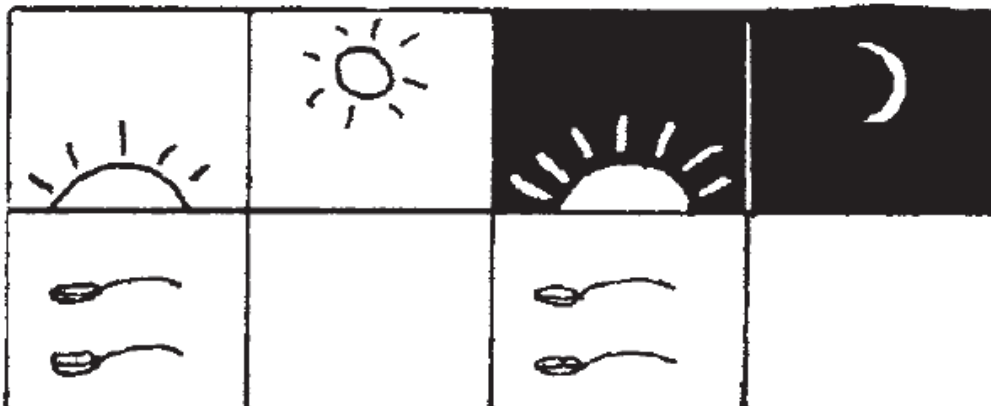
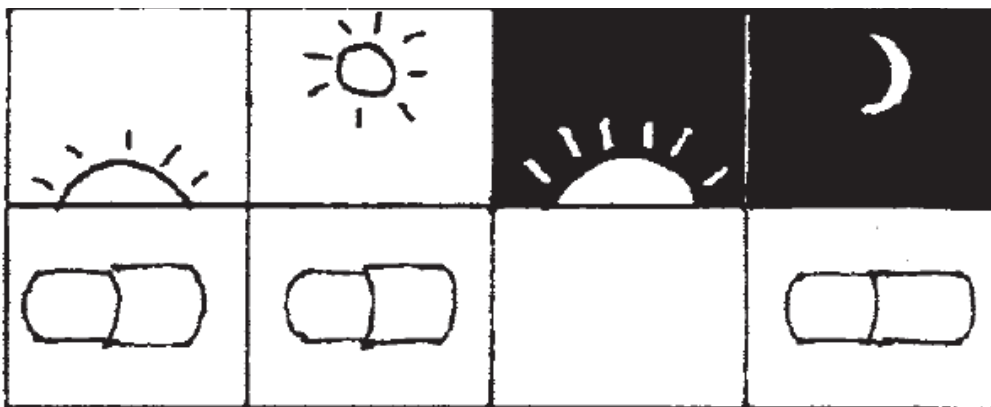
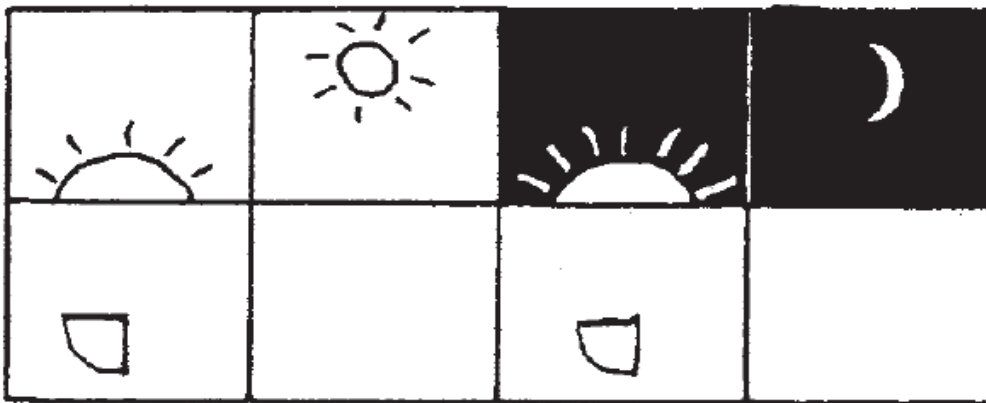
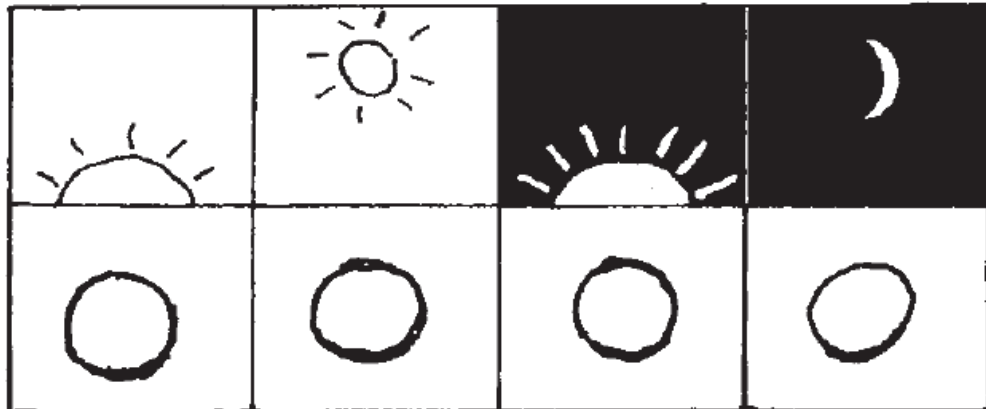


- $\frac{1}{4}$ tablet = one quarter, or one-fourth of a tablet

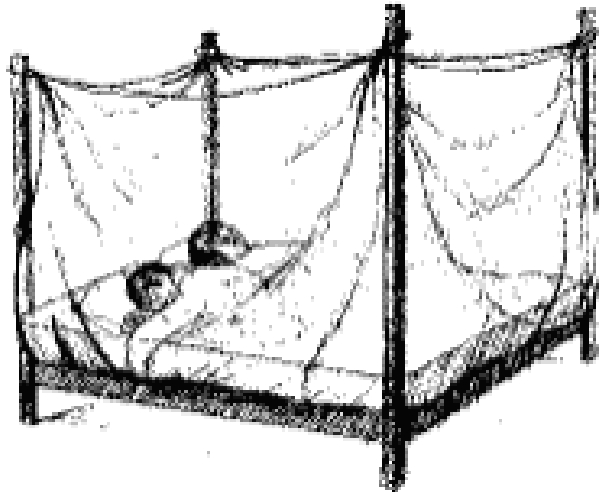
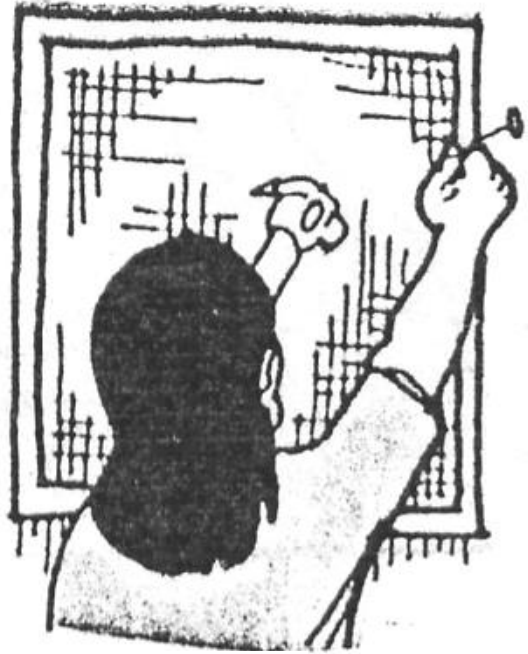
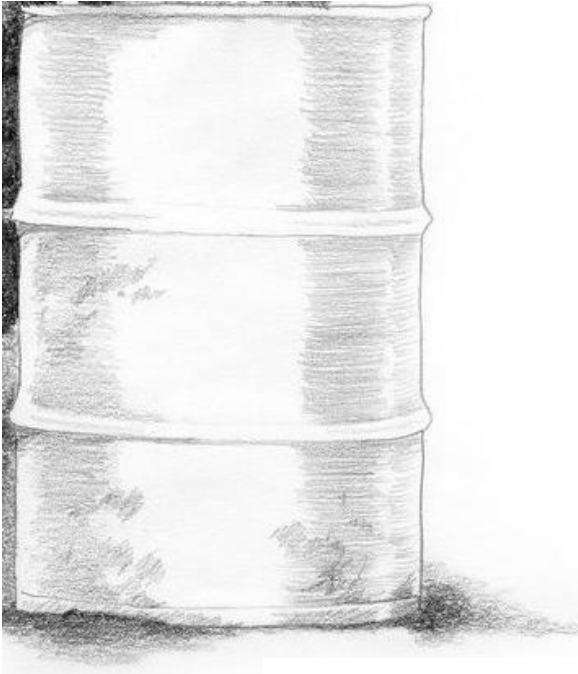


Be careful to only give medicine in the recommended amounts.

Medicine Dosage Cards



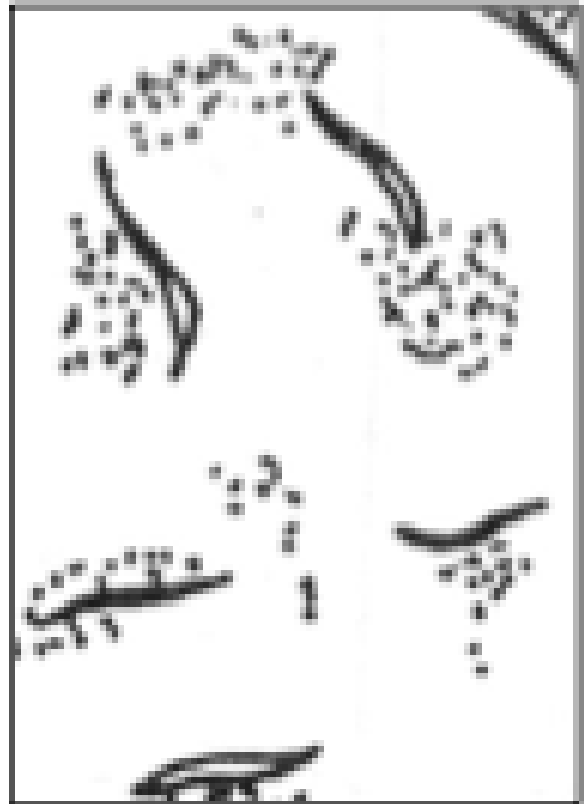
Malaria



Common Worms

1. Pinworm

- They look like a white pin or a thread and can be seen in the stool.
- They cause severe itching at the anal opening.



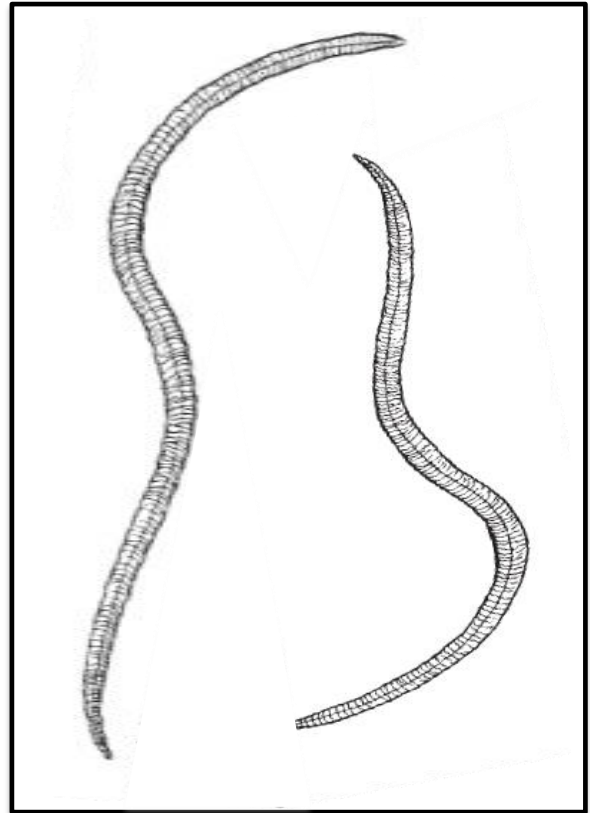
2. Hookworm

- They are too small to be seen in the stool.
- They make a person feel over-tired and weak. They cause stomach pain and diarrhoea. A person with hookworms will have pale gums, nails, and palms.



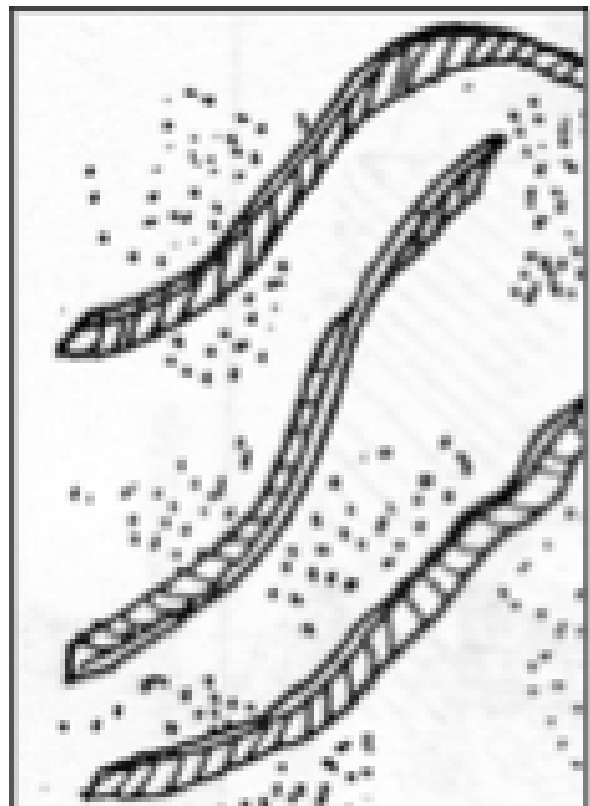
3. Roundworms

- They are large, round, pink or white worms about as long as a man's foot, which can easily be seen in the stool.
- A person with roundworms may feel weak and/or itchy and have stomach pain and a dry cough.



4. Tapeworms

- In the intestines, tapeworms grow several meters long, but in the stool, it will look like flat, white pieces about the size of a child's fingernail.
- A person with tapeworms will have stomach pain and lose weight.



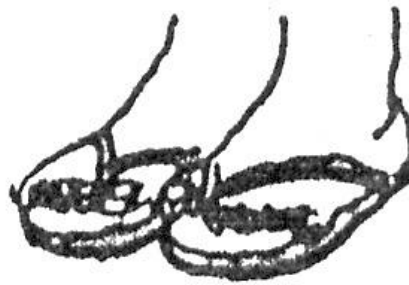
Preventing Worms

What can we do to prevent worms?

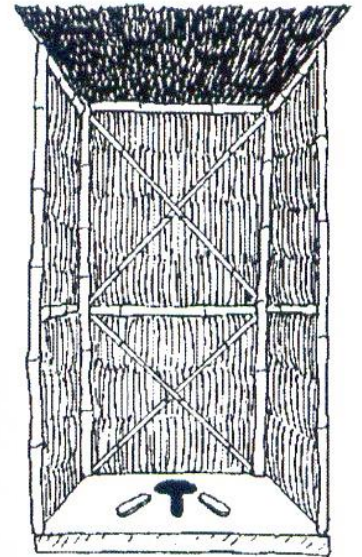
- wash hands



- wear shoes



- use a latrine
and keep it clean



- practice safe
food
preparation



- drink pure water (use SODIS,
boiling, bleach, or filter)



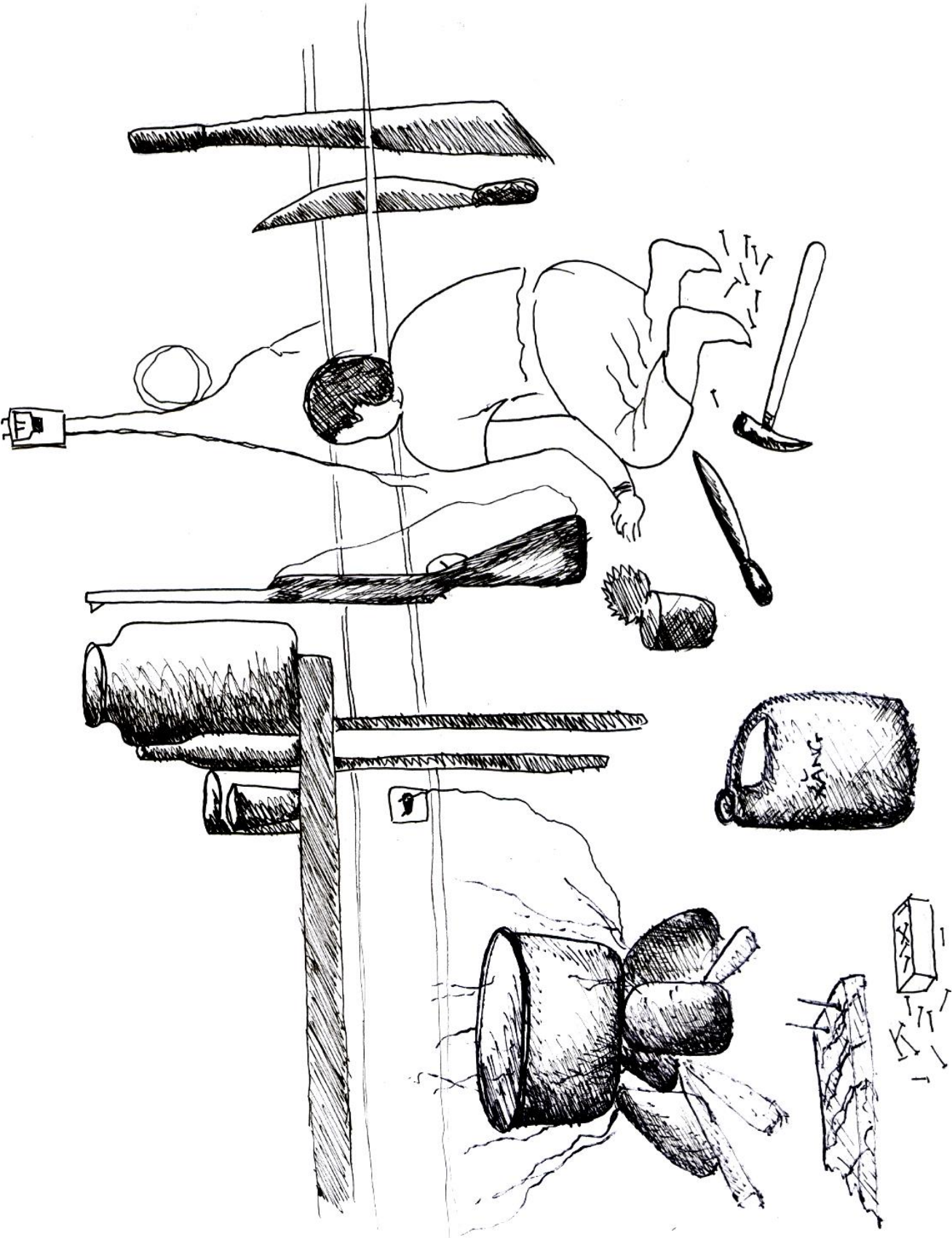
Symptoms for Tuberculosis

- 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)

Symptoms for the Cold

- Runny nose
- Cough
- Sore throat
- Low fever
- Feeling tired
- Joint pain

Potential Accidents



Snake Bites

