

**TRUTH
CENTERED
TRANSFORMATION**

MODULE



HEALTH SKILLS SERMON MATERIALS

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Some of the health skills lessons and illustrations have been adapted from curriculum developed through Food for the Hungry’s Food Security Programs. Food for the Hungry (2014). FH CFCT Toolkit: Health Toolkit, A Toolkit for Implementing FH’s Child-Focused Community Transformation (CFCT) Model, Washington, D.C.: Food for the Hungry.

Lesson 1: Why Christians Should Care About Health

Main Idea:

The Bible teaches us to honour God by taking care of our bodies and caring for the sick.

Introduction

Have you ever wondered whether God cares about whether we wash our hands or use clean water? Does it matter to Him, or is He just concerned about things like prayer? In this sermon we will see three reasons why God DOES care about how we look after our health.

Key Ideas

God made our bodies and expects us to care for them.

Psalm 139:13-14

*For You created my inmost being; You knit me together in my mother's womb.
I praise You because I am fearfully and wonderfully made;
Your works are wonderful, I know that full well.*

- Our bodies are valuable because God made us.
- Since God created each of us carefully, He cares how we treat our bodies.

I Corinthians 6:19-20

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honour God with your bodies.

- Our bodies are temples of the Holy Spirit.
- Jesus purchased us with His death. Our bodies belong to Him.
- One of the ways we honour God is by keeping our body spiritually and physically healthy.

Jesus cared for people's physical health.

Matthew 4:23-24

*Jesus went throughout Galilee, teaching in their synagogues, proclaiming the good news of the kingdom, **and healing every disease and sickness among the people.** News about Him spread all over Syria, and people brought to Him all who were ill with various diseases, those suffering severe pain, the demon-possessed, those having seizures, and the paralyzed; and **He healed them.***

Matthew 14:14

*When Jesus landed and saw a large crowd, **He had compassion on them and healed their sick.***

- Jesus healed people because He had compassion on them.
- Jesus is our example in all things. Since He cared about people's physical health, we should have the same concern.

Caring for people's health is one way we love our neighbour.

Galatians 5:14

For the entire law is fulfilled in keeping this one command: 'Love your neighbour as yourself'.

- We can love our neighbours by reducing the risk that they will get sick.
- We can love our neighbours by teaching them how to stay healthy.
- We can love our neighbours by looking after them when they are sick.

Matthew 25:31-40

When the Son of Man comes in His glory, and all the angels with Him, He will sit on his glorious throne....He will put the sheep on his right and the goats on his left. Then the King will say to those on his right, 'Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. For I was hungry and you gave Me something to eat, I was thirsty and you gave Me something to drink, I was a stranger and you invited Me in, I needed clothes and you clothed Me, I was sick and you looked after Me, I was in prison and you came to visit Me'.

Then the righteous will answer Him, 'Lord, when did we see You hungry and feed You, or thirsty and give You something to drink? When did we see You as a stranger and invite You in, or needing clothes and clothe You? When did we see You sick or in prison and go to visit You?'

The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for Me'.

- Jesus commends the 'sheep' for caring for physical needs.
- As Christians, we need to care for our own health and also other people's health. This is a way to love them and serve Jesus.

Story Illustration

Tai Ping was a typical rural village. The people were rice farmers, but there was never enough rice to feed their families for the whole year. Without roads to their fields, each family only harvested what they could carry over rugged hiking trails. There were no latrines. People rarely washed themselves. It was common for people to be sick and have diarrhoea.

The church in Tai Ping began studying TCT. They learned that Jesus was Lord over every area of life, that God had given them resources and abilities, and that He wanted them to show His love to others. They thought about how the people in their community went to the toilet next to the river. They realised they were polluting the water and making the people in the community next door sick. To love their neighbours, they built toilets.

Then the church learned that their bodies were given to them by God to take care of, and that it was not God's plan for His people to be continuously sick. The pastor started to teach health lessons at the end of each church service. Church members passed on the training as they rested in the fields or collected water. As they applied the health lessons in their lives, their neighbours saw the benefits and began to do the same. They built roads to the fields. They dug wells and rubbish pits. Every family began gardening and eating fresh vegetables. Sickness became rare. Children no longer died from diarrhoea. They learned to treat common illnesses at home, so people no longer missed work and spent money on medicine or witch doctors.

- Tai Ping had many health concerns.
- **(Pastor: Point out any similar problems and challenges in your own community.)**
- God used the church's obedience to bring changes: more crops, more gardens, clean water, less money spent on doctors and witch doctors, less sickness.
- **(Pastor: Commend your church for any ways they have been caring for health already. Tell more ways your church could obey God in the area of health.)**

Conclusion and Application

- Our Creator made our bodies and commanded us to steward them.
- Jesus had compassion for people's physical health, and we should too.
- We are to care for people's health as a way of showing love and serving Jesus.
- **(Pastor: Invite people to participate in an AOL that addresses community health.)**

Pray for one another to care about people's health, like Jesus did. Ask God to give you the courage and wisdom to show His love to others when they are sick. Pray for any sick people you know.

Lesson 2: Wrong Beliefs about Health, part 1

Main Idea

Wrong beliefs can prevent us from honouring God with our bodies and caring for those who are sick.

Introduction

Last week we learned that God cares about our health and that we can show His love to others by also caring about health.

In India, there was a pastor who was ministering to a family that had just come to know the Lord. They called the pastor to come and pray over their daughter and daughter-in-law because evil spirits had caught hold of them. The pastor prayed for the girls, but also saw that their home was very dirty, with sheep and goats roaming freely. He advised them of the importance of cleanliness around the house and of drinking clean filtered water and clean food. He also taught them to make an oral rehydration solution for those who were sick. The family followed the pastor's advice, and the two girls got well.

- If the pastor believed that the girl's sickness came only from evil spirits, he would not have encouraged the family to clean their home. The girls may have had to go to the hospital or even died.
- Today we are going to look at some common, incorrect beliefs about sickness. We will compare them to the Bible to show why these beliefs are wrong.

Key Ideas

Wrong belief 1: All sickness is punishment from God.

- When we believe this, we don't take medicine, we make sacrifices, we have less compassion for the sick. We think the sickness is their own fault. We don't try to prevent disease.

John 9:1-3

As He [Jesus] went along, He saw a man blind from birth. His disciples asked Him, 'Rabbi, who sinned, this man or his parents, that he was born blind?' 'Neither this man nor his parents sinned', said Jesus, 'but this happened so that the works of God might be displayed in him'.

- The man's blindness was not a punishment from God.
- The man was blind so that the works of God could be displayed. To glorify God.

BIBLICAL TRUTH: All sickness happens because of original sin (Adam and Eve's sin).

Sometimes God allows someone to become sick so that they will repent, but not all sickness is God's judgment or punishment for their own sin.

Wrong belief 2: If we had more faith, we would be healed.

- When we believe this, we blame people for not having enough faith when they are sick. This actually damages people's faith and lays a heavy burden on them.

2 Corinthians 12:7-9 (The Apostle Paul wrote this about his own illness)

...Therefore, in order to keep me from becoming conceited, I was given a thorn in my flesh, a messenger of Satan, to torment me. Three times I pleaded with the Lord to take it away from me. But He said to me, 'My grace is sufficient for you, for My power is made perfect in weakness'. Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.

- Paul prayed for healing, but God did not heal him.
- God didn't say Paul needed more faith. Paul's illness was for God's glory.

BIBLICAL TRUTH: It is true that God heals, but the Bible is clear: Even when we are full of faith, sometimes God chooses not to heal.

Wrong belief 3: Sickness is caused by evil spirits.

- When we believe this, we fear evil spirits, visit witch doctors, or make sacrifices.
- This belief does not honour God.
 - *We think evil spirits are more powerful than God.*
 - *We honour evil spirits instead of God when we make sacrifices.*

Mark 3:11

Whenever the impure spirits saw Him [Jesus], they fell down before Him and cried out, 'You are the Son of God!'

- Jesus is more powerful than evil spirits! Call on Jesus for help when you face evil spirits.

BIBLICAL TRUTH: Evil spirits can cause sickness, but many illnesses are not caused by evil spirits. There are many verses where Jesus heals people without casting out an evil spirit (John 9:1-3, Matthew 8:1-13).

Conclusion

Wrong beliefs can prevent us from honouring God with our bodies and caring for those who are sick. Remember the pastor in India?

After the pastor taught them healthy practices and they started following them, the family's daughters got well. This family and many others now understand that good health is connected to cleanliness, nutritious food, and clean water. The community also sees that the church really cares for people's physical needs.

- Pray for those who are sick, but also care for their physical needs.

PRAYER - Pray for God to help us to know the truth and overcome wrong beliefs about sickness and health. Ask God to help you to show His love to others when they are sick. Pray for any sick people you know.

Lesson 3: Wrong Beliefs about Health, part 2

Main Idea

Wrong beliefs prevent us from taking the right action—caring for physical needs as Jesus commands.

Review

- Lesson 1: The Bible teaches us to honour God by taking care of our physical bodies and caring for the sick.
- Lesson 2: Wrong beliefs prevent us from honouring God with our bodies and caring for those who are sick. Some of these are: sickness is punishment from God; the sick need more faith; sickness is the result of evil spirits.

Key Ideas

Wrong belief 4: There is nothing we can do to prevent illness.

- When we believe this, we do not bother trying to practise good hygiene and nutrition.

After Adam and Eve sinned and before Jesus came, God gave His laws to one tribe of people, the Israelites. God wanted the Israelites to understand His will for every area of life.

These verses come from the laws given to the Israelites:

Deuteronomy 23:12 – instructions about where to relieve themselves

Leviticus 11:27-28, 32-33 – what to do about dead animals

Leviticus 15:2-5 – rules about treating someone with a discharge

Leviticus 13:47-52 – what to do with mouldy fabric

- God gave specific laws about cleanliness
 - *Because He cares about the health of His people.*
 - *So the Israelites could be an example of cleanliness and health.*
- God created our bodies and knows what is best for them.
 - *If God's people followed these laws, they would be healthier.*
 - *If we seek to obey God and honour Him by caring for our bodies, we will be healthier.*

BIBLICAL TRUTH: God is holy. He has provided ways to keep His people clean and prevent illness spreading to others.

Wrong belief 5: If we are sick, we should only pray and not go to the doctor or use medicine.

- When we believe this, we do not take medicine or go to the doctor. We do not steward our bodies as God intends. We only pray for the sick.
- We don't show sick people God's love if we do not care for their physical needs.

THE GOOD SAMARITAN (from Luke 10:25-37)

- Jesus taught people to 'love your neighbour'. When someone asked, 'Who is my neighbour?', Jesus told this parable: A man was attacked, robbed, beaten, and left for dead on the road. A religious leader saw him and crossed on the other side of the road. Another church leader did the same. Then a Samaritan—someone from an enemy tribe—stopped to help the man.

Luke 10:33-35

But a Samaritan, as he travelled, came where the man was; and when he saw him, he took pity on him. He went to him and bandaged his wounds, pouring on oil and wine. Then he put the man on his own donkey, brought him to an inn and took care of him. The next day he took out two denarii and gave them to the innkeeper. 'Look after him,' he said, 'and when I return, I will reimburse you for any extra expense you may have.'

- The Samaritan did not only pray for the injured man. He showed mercy by soothing (with oil), cleaning (with wine), and bandaging his wounds. He took him to receive care and paid for his care.
- Jesus did NOT say the Samaritan should have prayed for the man instead. He said, 'Go and do likewise' (Luke 10:37).

BIBLICAL TRUTH: We are encouraged to give physical help as well as pray for God's healing. God heals in different ways, sometimes miraculously, and many times through medicines and doctors.

Conclusion

- God can heal with miracles, but does not always work that way.
- We are to act to prevent illness and to care for people's physical needs.
- As we obey, people will feel the love of the church and the church will have a good reputation and good relationship with the community.

Note to Pastors: Begin teaching health lessons after preaching this sermon. Health lessons are not sermons. They should be taught after church or during the week. After teaching at least 3 or 4 health lessons, preach the next (final) sermon about health.

Lesson 4: The Church's Role in Building Healthy Communities

Main Idea

Caring for health is an important way to show God's love to our community.

Review

- Lesson 1: The Bible teaches us to honour God by taking care of our physical bodies and caring for the sick.
- Lesson 2-3: It is common to have wrong beliefs about health (like 'we should only pray for the sick', 'there is nothing we can do to prevent illness', and 'sickness is caused by evil spirits'). We must replace wrong beliefs with the truth from the Bible review. The truth is that God is concerned about our physical health and, as the Creator of our bodies, He knows what is best for us. Jesus cared for people's physical health and commands His followers to do the same.
- **Pastor:** *If your church has done any health-related Acts of Love, commend them and remind them of the fruit that has already been seen.*

Key Ideas

We must share what we have learned with others.

1 Peter 4:10

Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms.

- God has given us new health knowledge.
- This gift of health is not only for ourselves, but to serve our community.

Matthew 5:14-16

'You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

- If we keep what we learn to ourselves, it is like hiding our light.
- We are to shine the light to bring glory to God.

Caring for health as an Act of Love can open doors for the gospel.

Galatians 6:9-10

And let us not grow weary of doing good, for in due season we will reap, if we do not give up. So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith.

- We are called to keep working. We must use every opportunity we have to do good for others.
- We must not demand people hear a gospel presentation during an Act of Love, but serve with genuine love and concern for health.

1 Corinthians 15:58

Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labour is not in vain.

- God will use our deeds to bring a harvest for the Kingdom in His perfect time.

Story Examples

Although Marare village had a well, it had become polluted with silt, rubbish, and debris. Because of this, the community was prone to water-borne diseases. Most people believed that the government, an NGO, or the water committee needed to address the problems with the well. Two youth leaders from the local church attended the TCT training and their youth group showed God's love to their community by cleaning the well one Saturday. When women came to draw water, they saw the teens working and joined to help. When the local water committee saw some community members taking responsibility for the well, it encouraged them to actively maintain it again. After this one Act of Love, the community members were motivated to take care of the well themselves. One mother was overheard teaching her child, 'We can be responsible for our own health'. Praise God for transformed thinking and improved health in Marare!

- The community members believed that others should maintain the well.
- When they saw the church youth taking care of the well, they realised that they could take responsibility too.

The wife of Pastor Mpasu was trained as a nurse but did no medical work because there was no clinic in her small community of Mombala. The church decided to all contribute to provide her with a stethoscope. Each Sunday after worship, she helped children and adults who had minor health problems. Community members began to call her for assistance or advice about whether or not it was necessary to go to the hospital, which is located quite far from the village. Other members of the church did what they could to assist each individual who came seeking health care. They not only helped them physically, but also prayed for each person and told them about Jesus. The membership of the church doubled. One family in the community saw the impact of this work and offered the church a brand-new Blood Pressure machine in order to improve the health of the community. People in surrounding villages began to come for advice as well.

- Pastor Mpasu's church recognized the resources God had already given them.
- They shared what they had (Mama Mpasu's training, and willing hearts to help and pray) and God multiplied their resources.

- People were more open to the gospel when they knew that the church cared about them.

As they studied the TCT health module, the churches in Kyabahesi village learned that hygiene is important in a community because it creates a healthy environment. The churches worked together to build latrines, bathing places, hand washing stations, drying racks for dishes, and compost pits. This was done in five homes, and it improved the families' hygiene. Now, the churches are being looked to as agents of change and community development in this area. Opportunities for evangelism are growing. The pastor explained, 'We learnt that our actions show love better than just our words. People in our community can see that we surely have the love of God. Therefore, the gospel is preached better in actions than in just words'.

- When people see the result of improved health, they become more willing to learn and try new things. We must set an example.
- When people see our concern for the community's health, they will be open to learning more about God.

Conclusion and Application

We have learned much about why the church should care about health. Now we can:

- Set an example for the community.
- Teach what we are learning to others.
- Do Acts of Love that prevent illness for the whole community.

Pastor:

- *Encourage people to attend the health lessons and to invite neighbours.*
- *Invite people to help plan or do a health-related Act of Love.*
- *Pray to have God's heart for the sick. Pray that He would help you build a healthier community. Ask God for wisdom for what to do.*

Introduction to Health Mini-Lessons

NOTE TO PASTORS: The first four lessons of this module can be preached as sermons or taught in small groups. They teach about God’s concern for our physical health, wrong beliefs about health, and that God wants churches to help build healthy communities. **The first three sermons are very important, because they help the church know why it is important for Christians to learn about health and to adopt healthy practices.**

The rest of the lessons in this module are health skills lessons. They are very practical and useful, but they are not sermons. They do not provide biblical teaching. Many churches teach these skills lessons:

- on Sunday afternoons, inviting the whole community to join.
- in the ladies’ group, as it is very important for mothers to know these skills.
- other times when many people are available to come and learn—in small groups, midweek services, at the community centre one night every week, in savings groups or other community groups, etc.

Consider: What method of sharing the health lessons can ensure that as many people as possible (both in and outside the church) are able to get the teaching?

Even if you are not an expert in health, you will be able to teach the health lessons in this module. When your church sees that you or other church leaders (e.g. the women’s group leader, the youth pastor, small group leaders) can teach about health, it will help give them courage to share what they’re learning with others. Encourage church members to share what they learn in the health lessons with their families, neighbours, and others in the community.

There are many organisations that provide excellent health skills training. You may want to use those trainings instead or add more lessons to the ones provided. Any health skills training is good. **The most important thing is to preach the first three sermons before starting specific health skills lessons.**

If any of the following lessons cover something already commonly practised in your area, skip that lesson. For example, if hand washing is very well practised in your area, you do not need to teach Mini Lesson: Clean Hands.

Health Skills Section 1: PREVENTION

Mini-Lesson: Germs Cause Sickness

Main Idea: We can help stop the spread of germs that cause sickness.

Materials

- A very small pebble
- Visual Aid: How Disease Spreads

Introduction: Understanding Germs

GAME

Ask the people to stand very close together in a circle and pass around a small object (like a pebble) behind their backs. Choose one volunteer to stand in the middle of the circle; they must watch and guess who has the pebble as it is passed around. When the volunteer guesses correctly, choose someone else to stand in the middle. Play the game a few times.

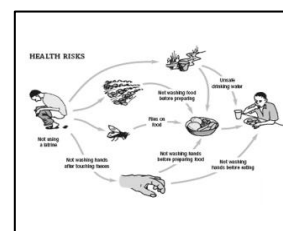
The pebble we passed around represented a germ. Germs:

- are too small to see.
- can get inside of us and make us sick.
- can be passed from person to person very easily without us ever knowing.
- are carried by animals and insects as well as other people.

Ways Germs Make Us Sick

Show **VISUAL AID:** *How Disease Spreads*

This diagram shows the 7 most common ways that germs can be passed into our bodies and make us sick.



1. **Not using a latrine** (*man squatting on the left*). Relieving ourselves outdoors leaves waste in the open, where it can spread germs to the land around it, the water, and our hands, feet, and bodies. Animals most of all also carry germs.
2. **Not washing hands after touching faeces** (*the hand on the bottom*). We may touch faeces (human or animal waste) *even if we can't see it* when:
 - we work in the field or with animals
 - children play outside
 - clean a baby's bottom
 - relieve ourselves
3. **Not washing hands before preparing food** (*the hand and the bowl of food*). Germs get passed to the food we are preparing for our family.

4. **Flies on food** (*The fly and the bowl of food*). Flies land on human and animal waste and then carry the germs to whatever they land on.
5. **Not washing food with pure water before preparing it** (*the dirty water at the top and the bowl of food*). If food is contaminated and we do not wash it—or if we wash it with dirty water—we pass on the germs.
6. **Unsafe drinking water** (*the dirty water at the top and the man drinking water*). Unsafe water is one of the most common ways to pass disease and sickness.
7. **Not washing hands before eating** (*the hands and the man eating and drinking*). Germs from anything we have touched get passed to the food we are eating.

Application

- Which of these are common problems in our community?
- What 1-2 things can you and your family start practising to stop germs from causing sickness?
- Who can you explain germs to this week?

Mini-Lesson: Clean Homes

Main Idea: We should keep our homes clean to keep sickness from spreading.

Materials

- At least 20 small rocks, leaves or any other object that is easy to hide.
- Visual Aid: How to Make a Fly Trap
- Materials for making a fly trap

Introduction

GAME

Before anyone arrives for the lesson, hide very small objects (like pebbles) all around the room. When people arrive, remind them of the ‘pass the germ game’ from last time. Ask them to find the ‘germs’ hidden all around (hold up an example of what you have hidden). Give people a few minutes to look for ‘germs’. Then call them back together and have them see how many they found.

Like these pebbles, germs can hide very well around our homes. Today we are going to talk about how to get rid of germs in our homes so they do not make our families sick.

Ways to Keep Our Homes Clean

1. **Do not spit on the floor.** There can be germs in our saliva.

- *Demonstrate the proper way to cough and sneeze (into the bend of your elbow). Have students practise it.*

2. Keep sheets, blankets, cots, and beds clean.

- Hang sheets and blankets in the sun often.
- If there are bedbugs, pour boiling water on the cots and wash all the sheets and blankets.
- Delouse the whole family often. Lice and fleas carry many diseases.

3. Use a latrine and keep it clean. If you do not have a latrine, build one. Teach children to use the latrine. Cover the latrine hole to prevent flies and clean the area often.

4. Clean the floors, walls, and furniture. Clean the whole house often. Sweep and wash the floors. Wipe down the walls and wipe off the furniture. Houses need to be cleaned regularly.

5. Properly dispose of rubbish. Compost and burn all you can. Rubbish that is not appropriate for composting or burning needs to be put in a rubbish pit. This prevents it from scattering around and keeps flies and rats away from the home.

How to dig a safe rubbish pit:

1. Pits should be about the size of two doors (2 x 2–3 metres) and one metre deep. This size will last an average household several years.
2. Pits should be dug at least 20 metres (20 large steps) from water supplies and 20 metres from homes.
3. Pits should be dug on higher ground, so they are less likely to fill with water during the rainy season.
4. Cover the rubbish regularly with a thin layer of soil to avoid smells and reduce flies. Build a fence or hedge to keep out young children and animals.

6. Keep animals and insects outside.

- Do not let animals come into the house.
- Keep animals in a fenced area if possible.
- Fill in cracks and holes in the floor or walls where roaches, bedbugs, and scorpions can hide.
- Quickly clean up any animal waste in or near the home.
- Reducing flies is one key way to prevent sickness.

*(Practise making a fly trap together. Use **VISUAL AID:** How to Make a Fly Trap)*



ACTIVITY

Come up with hand motions for the 6 ways to keep homes clean. Practise them together.

Application

WITH A PARTNER

- Which of these practices do you already do to have a clean home?

- What 1-2 new actions will you take this week to have a cleaner home?

Mini-Lesson: Clean Bodies

Main Idea: By keeping our bodies and clothes clean, we can prevent sickness.

Review

- Can we name all seven ways we learnt that germs are spread?
- What ways do you recall to keep our homes and compounds clean?
- Does anyone want to share some action they have taken to prevent sickness?

Introduction

- When you were a child, how often were you made to take a bath? To brush your teeth?

The habits we learned in childhood are typically what we continue all our lives. But in order to steward well the bodies God gave us, we may need to learn new habits and teach them to our children.

Habits for Good Personal Hygiene

Wash Our Bodies – to remove germs and help prevent rashes.

- Wash your face every day.
- Wash your body and hair at least 2-3 times per week using soap, especially when it is hot. Use a different cloth to wash each child to prevent germs from spreading.

Clean Teeth – to prevent tooth loss, bad breath, and toothaches.

- Start cleaning your children's teeth as they appear and teach them to clean their own when they begin school.
- Use a brush or a chewing stick. Use toothpaste from the pharmacy or make a paste by mixing equal parts salt and bicarbonate of soda (baking soda). Brush gently in all directions for at least two minutes each time. Clean teeth morning and night.

Protect Feet – Think of all the places we step! Bare feet can carry many germs and parasites.

- Wear flip-flops or shoes, especially in the latrine and in areas where hookworms are common. These worms will enter through the soles of the feet.
- Wash feet every night and when they feel dirty.

Wash Clothing – Our clothes need regular washing. Drying them in the sun on a bush or line helps to kill pests such as lice, bed bugs, and scabies.

ACTIVITY

Come up with hand motions for the 4 ways to keep bodies clean. Practise them together. (See if students can remember the 6 hand motions for clean homes, and do all 10 together!)

Application

WITH A PARTNER

- Which of these practices do you already do in your family?
- What 1-2 new practices will you begin this week to help your family avoid sickness?

Mini-Lesson: Clean Hands

Main Idea: Wash hands to prevent germs and sickness from spreading.

Materials

- Visual Aid: the Tippy Tap
- Visual Aid: Build Your Own Tippy Tap

Review

- What new practices have you begun to prevent germs from spreading, to have a cleaner home, or to have cleaner bodies in your family?
- Was it easy or difficult?

We cannot make a change for only one week. We must continue healthy practices to see good results and less sickness in our community. Don't give up!

Introduction

GAME

Challenge the group to call out things they have touched with their hands today. Name as many things as possible in 1 minute.

Because we touch so many things, germs that we cannot see get on our hands and from there can get into our mouths, eyes, ears, noses...and onto other people. That is why **washing our hands is the most important thing we can do to prevent sickness.**

Good Handwashing Practices

Make sure that your hands get clean when you wash them.

- **Use soap.** Washing with only water will not kill germs.

- **Scrub for 20 seconds** before rinsing. Sometimes it helps to sing a song with your children that is about 20 seconds to teach them how long to wash their hands. (*Have the group suggest good hand washing songs.*)
- Clean between the fingers and **under the nails** where germs can hide.
- **Rinse with clean water.** Don't rinse your hands using the same water in the basin, since it has germs in it.
- Wash your hands away from food preparation and food eating areas.

When to Wash Your Hands

Wash your hands AFTER: (*See how many students can name before telling the rest.*)

- Using the latrine.
- Cleaning the latrine.
- Any contact with faeces from animals, babies, etc.
- Handling raw, uncooked meats.
- Working in the field.
- Cleaning up rubbish.
- Caring for sick people.
- Coughing, sneezing, spitting, or blowing nose
- Touching flies, insects, animals.

Remember, in all these activities we touch and can spread germs. There are three activities we must always wash our hands **before** doing:

1. Before cooking or preparing food
 2. Before eating food
 3. Before feeding a baby
- Why do you think we need to wash our hands before these three activities?
 - *Because germs can easily get inside our bodies through the mouth.*

Story example

Ruth 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 of 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 Ruth to wash her hands?
- What ideas do you have to help Ruth wash her hands?
- Are any of these problems your family has experienced?

Make Handwashing Easy and Tippy Taps

If we're going to wash our hands (and faces and feet) at all those times, we need to make it as quick and easy as possible. We can make handwashing stations:

1. near the latrine.
2. near where you prepare and eat your food (but not too close).

Show the **VISUAL AID** (or make a Tippy Tap ahead of time to show the class).

- Do you have something like this near your latrine?
- What would be the advantages of a Tippy Tap compared to a bowl of water?
- Would it be helpful to have something like this?



Application

If the students are interested in the Tippy Tap, plan a time to make some together. **VISUAL AID:** Build Your Own Tippy Tap has instructions. Make sure the group plans ahead to bring the materials needed.

- What makes good handwashing hard? How can we solve those problems?



Mini-Lesson: Clean Community

Main Idea: We can take action to prevent sickness in our community.

Review

Ask for volunteers to share what they have done to have a cleaner home and to make sure everyone in the family is washing their hands well and at the right times.

- Has it been easy or hard to take these actions?
- Are there things you intended to do, but were not able to?

Introduction

- On your way here today, did anyone see any rubbish? Did anyone smell any bad smells? Did you pass by any areas with uncut grasses and weeds?
- Whose responsibility is it to clean up those things?

A clean community keeps sickness from spreading so we can all have good health. Rather than wait for someone else, we can take action right away.

Ways to Keep Our Communities Clean

Possible answers are listed for the discussion questions. These are not the only good answers. The goal is to help the group think through the problems that exist and how they can solve them. Review problems caused by human waste, animal waste, and rubbish:

- Germs spread sickness.
- Attracts flies and other insects that spread sickness.
- Water contaminated with waste and germs gives us diarrhoea.

What places do human waste, animal waste, and rubbish build up in our community?

STREETS

- What are some of the reasons why our streets aren't clean?
 - *People drop rubbish.*
 - *Animals wander and leave droppings.*
 - *People or children spit, urinate, or poop on the streets.*
 - *Flies and pests.*
- What could be done to make these areas cleaner and keep them clean in the future?
 - *Clean the streets.*
 - *Educate the community about keeping the streets clean.*
 - *Build community latrines.*
 - *Dig community rubbish pits.*
 - *Designate/participate in a community clean-up day each month.*

WATER AND DRAINAGE AREAS

- What are some things that are making our water dirty? Is there dirty water collecting anywhere in our community?
 - *People go to the toilet in the creek or river.*
 - *Rubbish gets washed downhill when it rains.*
 - *Water points get clogged with silt and rubbish.*
- What could be done to clean these areas and keep them clean in the future?
 - *Clean water points and drainage areas.*
 - *Educate the community to use latrines and not to contaminate the water.*
 - *Protect water points.*
 - *Pen animals.*
 - *Get rid of standing water and tall grasses - this is where mosquitos and other pests breed.*
 - *Designate a community clean-up day each month.*

SCHOOL COMPOUND

- Is the school compound clean? If not, what could be done?
 - *Build latrines at the school.*
 - *Build hand-washing stations at the school.*
 - *Cut tall grass around the school*

- *Remove standing water and rubbish.*

MEDICAL CLINIC (If there is a medical clinic nearby)

- Is the clinic clean inside and out? If not, what could be done?
 - *Have a 'clean the clinic' day*
 - *Cut back tall grasses*
 - *Removing standing water and rubbish*
 - *Wash the walls, floor, and surfaces inside and out.*

Application

- Of all the things talked about today, what do you think is the biggest problem or need in our community?

Encourage the group to make a plan of when and how they will take action to have a cleaner community. Help them to focus on one thing at a time and make a plan that is likely to succeed.

Mini-Lesson: Latrines

Main Idea: Everyone, including children, needs to use latrines to prevent the spread of sickness.

Materials

- Visual Aid: Four Types of Latrines (2 per page)

Introduction

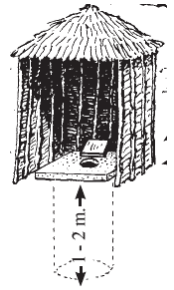
- How many families have latrines?
- What are some reasons why it's good to use a latrine? Do you remember from earlier lessons?
 - *To prevent germs and sickness from spreading.*
 - *So people won't relieve themselves near the water source or road.*
 - *To keep our homes clean.*
- What are the reasons people don't use latrines?

Four Types of Latrines

Show the **VISUAL AIDS:** *Four Types of Latrines* as you explain them.

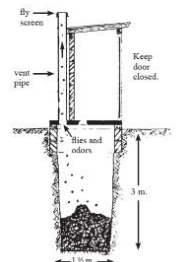
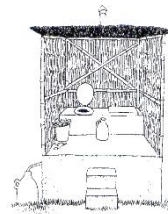
Latrine Type 1: Closed Pit Latrine

- Has a platform made of wood, concrete, or logs.
- Has something to cover the hole (to keep flies out and the smell in).
- Once full you must build a new latrine (you can plant a tree in the old spot).



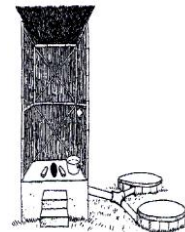
Latrine Type 2: Urine-Diverting Dry Latrine

- Above ground structure.
- Two chambers that separate urine and faeces.
- Best in areas where there is a problem with flooding.



Latrine Type 3: Ventilation Improved Pit (VIP) Toilet

- Has a vent pipe which carries away the smells and flies.
- Because it is dark inside, flies fly towards the light and are trapped and die.
- Must be dark inside to effectively get rid of the flies.



Latrine Type 4: Pour Flush Latrine

- Has a water seal trap, a platform and 1-2 deep pits.
- Good where the groundwater is deep.
- Good where people use water for flushing or cleaning.

All latrines should be built at least 20 metres from homes and from where people get drinking water.

Keep Latrines Clean

- What are some ways to keep the latrine clean? *(If any of these are not mentioned by the group, point them out.)*
 - Wash the slab often.
 - Be sure the hole has a cover that is kept in place. It can be made of wood.
 - Throw lime, dirt, or ashes in after each use to reduce odour and flies.
 - Always wear shoes in the latrine.

Children and Latrines

- Young children often do not use the latrine. What makes it harder for children?
 - Not able to open the door.
 - Afraid of the dark or falling in the pit.
 - Don't like the smell.
 - Can't get there in time.
- Why is it important for children to use latrines? *(If any of these are not mentioned by the group, point them out.)*

- *Develop good habits.*
- *To not pass germs that cause sickness—even children’s faeces carries germs.*
- How do children learn about using latrines? What can we do to encourage our children to use a latrine?
 - *Be the example.*
 - *Teach them patiently.*

One way to help young children is to build a children’s latrine not far from the house.

- Dig a shallow pit, about 1/2 metre deep.
- Build a slab of concrete, mud, or sticks. Provide a cover for the hole.
- No walls are needed for children.
- Teach children to always use this and to replace the cover each time.
- Once the hole is full, move the slab to a new hole. Fill the used hole with soil. (A tree planted in the hole will thrive!)

Application

- Does your home have a latrine? If so, what type? If not, what type could you build? What materials would you need?
- How could we help other families practise using the latrine regularly?
- What is one thing you learned today that you can share with others this week?

Mini-Lesson: Safe Water

Main Idea: Clear water is not always pure water. We need to purify and protect our water.

Materials

- Visual Aid: Four Ways to Clean or Purify Water
- Visual Aid: How to Use SODIS to Purify Water
- Other materials
 - 2 clear glasses of safe drinking water; one containing salt
 - De-silted water for SODIS demonstration
 - Bottles for SODIS demonstration. Encourage the group to bring their own.

Introduction – Clear Water is Not Always PURE water

Prepare 2 glasses of safe drinking water – one with 2 spoons of salt dissolved in it and one without salt. Put them on a table to show everyone. Do not tell them that one has salt in it.

- Is the water the same in both glasses?
- Does the water look clean enough for drinking?

Ask volunteers to take a drink of the water. Assure them that it is safe.

- Was the water in the glasses the same?
 - No. One glass had salt in it but it looked the same.

Like the salt, germs are too small to see. Water may look clean but still have germs that cause diarrhoea.

Clean and Purified Water

- Where do we get our water?
- Is it possible it is not clean? What could have made it dirty? *(If any of these are not mentioned by the group, point them out.)*
 - Animals go near and leave droppings.
 - People relieve themselves near the water.
 - Insects breed there.
 - It isn't clear. It has silt.
 - There is rubbish in the water.
 - Chemicals from farming.
 - Soap from washing clothes/bathing.

We can't be sure that clear water is clean. We should purify our water before drinking it to prevent diarrhoea.

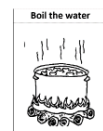
First, de-silt the water. (This will NOT yet make it safe for drinking.) There are two simple methods:

1. Let muddy water settle for a day; pour off the clearest water into a clean container. Repeat.
2. Filter the water through a clean cloth.

Next, purify the water. Here are 4 simple ways. (Use **VISUAL AIDS:** *How to Clean Water.*)

1. Boil the water: Once water bubbles, boil for 10 minutes. Cover and let cool before drinking.

- What are the advantages and disadvantages of this method?
 - Advantages – easy to do, have all the implements available.
 - Disadvantages – makes the house hot, have to collect or pay for fuel, some water boils away.



2. Bleach: Be very careful to use the right amount: 2 drops of bleach for 1 litre of water. Too little will not kill germs; too much can harm people. Bleach can burn our skin and eyes and ruin clothes. Water purified with bleach is NOT good for drinking, but is very good for washing hands and dishes.

- Has anyone tried this method? What are the advantages and disadvantages?



- Advantages – Easy to do, quick and effective.
- Disadvantages – Not good to drink, need to measure carefully, must be able to buy bleach.

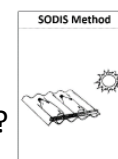
3. Filter:

- Does anyone use this method? What are the advantages and disadvantages?
 - Advantages – Easy to use and uses local resources.
 - Disadvantages – Need to set up and need to keep clean.



4. SODIS: Sunlight can kill germs just as well as boiling water!

- Has anyone tried this method? What are the advantages and disadvantages?
 - Advantages – Easy to do in hot and sunny places.
 - Disadvantages – slow; not effective on cloudy or rainy days.



Practise SODIS

Have everyone bring a bottle to try SODIS. Use **VISUAL AID: How To Use SODIS Method to Purify Water**. SODIS Method instructions:

1. Choose the right bottle:
 - 1-2 litre bottle. If it is any bigger or smaller it will not work correctly.
 - Clear bottle, plastic or glass; remove any labels.
 - Not too old. If plastic is too old, your water will taste bad.
2. Wash the bottle well the first time you use it.
3. Fill the bottle $\frac{3}{4}$ full of clear water. SODIS will not work if there is silt in the water.
4. Shake the bottle for 20 seconds.
5. Now fill the bottle fully and close the lid.
6. Place the bottles on a corrugated iron sheet or on a metal roof.
7. Expose the bottles to full sun for at least 6 hours. It is now safe to drink!



Drink all the water within 1-2 days so that germs do not start to grow again.

Application

WITH A PARTNER

- Do you clean or purify your water? If not, why not?
- Can you try one of these methods this week? Which one will you try?
- Who is one person you could share this information with this week?

Mini-Lesson: Safe Food

Main Idea: Properly preparing, cooking, and protecting food prevents sickness.

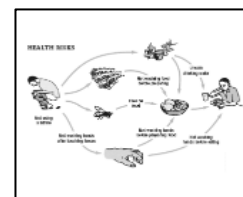
Materials

- Visual Aid: Dish Drying Rack
- Visual Aid: How Disease Spreads
- Dish Drying Rack supplies: Four large branches with a 'Y' at one end, four medium straight branches, other smaller branches, rope.

Introduction

Show **VISUAL AID**: *How Disease Spreads*

- How can we make sure that our food won't make us sick?



Protecting our Families by Providing Safe Food

People can get worms, diarrhoea, and other serious sickness from food. But when we learn how to do some simple activities, we can make sure we are providing safe food for our families. Here are ways to make sure your family eats safe food.

1. **Wash hands before cooking or eating.** Germs travel easily from hands to food.
2. **Wash fruits and vegetables.** Wash all fruits and vegetables with pure water before eating, especially if you will eat them raw.
3. **Cook all meat, chicken, eggs, pork, and seafood thoroughly.** Germs in meat are killed by thorough cooking. How to know if meat is cooked:
 - The juice is clear.
 - There is no red (for meat) or pink (for chicken/pork) parts inside.
4. **Keep raw meat, chicken, and seafood away from other foods.** Cut fruit and vegetables in a different place than raw meat. Do not use the same knife or utensils on raw meat and other foods. Wash your hands after touching raw meat.
5. **Cover food and do not let it sit out.** Do not leave cooked food out for more than 2 hours. It is best to keep cooked meats and anything made with milk hot until they're eaten. Do not let flies or other bugs land or crawl on food. Flies and bugs carry germs and spread sickness. Keep foods covered or in boxes or in cabinets with wire screens to protect them.
 - What are some ways to make sure that meats stay hot once they are cooked?
 - What do you use to cover or protect food?
6. **Use clean utensils and dishes.** A dish can look clean but still have germs that we cannot see. We need to make sure that there are no germs on the utensils and dishes used to feed our families.
 - How do you (or can you) clean dishes and keep them clean between meals?
(Point out and explain any not said by the group.)
 - Wash dishes with soap.

- Use hot water to rinse dishes (heat kills germs).
- Use pure water to rinse dishes (purified by boiling, bleach, or SODIS).
- Do not let clean dishes touch the ground.
- Dry dishes in the sun (remember, God gives us sunlight to kill germs!). This is much better than drying with a cloth that might have germs on it or putting dishes away wet, where germs and mould can grow on them.
- Store dishes on a drying rack covered with a cloth. If there is a cupboard available, store pots, bowls, and glasses upside-down to prevent insects, mice, and other pests crawling into them. Utensils should not be left lying on the ground.

Drying Racks

If possible, make a dish drying rack together using the instructions on the **VISUAL AID:** Dish Drying Rack. Make sure you have gathered all the materials in advance.



How to Use the Dish Drying Rack:

1. Place the dishes upside down on the rack after they have been washed so they drain and dry in the sun.
2. When the dishes are dry, place the dishes inside the house OR cover them with a clean cloth so the dishes will not get dirty.

Application

- What can you start doing this week to provide safer food for your family?
- What one or two things you learned today can you share with others this week?

Mini-Lesson: Nutritious Food

Main Idea: Nutritious food is needed for a person to grow well, work hard, and stay healthy. Many common illnesses come from not eating enough nutritious food.

Materials

- Foods from each type of helper food (example, bring in nuts, beans, and a vegetable)

Introduction

- How can you tell if a child is well fed?
 - Full of energy, running around, playing, asking many questions.
 - Bright eyes, chubby cheeks.
- How do they look and act when they do not have enough food?
 - Lethargic, whining, constantly asking for food, no energy.

- *Dull eyes, dry lips, swollen bellies.*

A person who does not eat enough nutritious food will become weak and often sick. This is called **malnutrition**. Along with the things we mentioned, malnutrition has other effects.

- Children do not grow tall or strong.
- Children do poorly in school because they cannot learn or remember well.
- Our bodies are too weak to fight off germs and sickness—so we get sick more often, and the illnesses are more severe.
- Babies are born small and weak when the mother is malnourished.
- Nursing mothers are more tired or even unable to produce enough milk.

Providing Nutritious Food

We can do two things to help provide our families the nutrition that their bodies need.

1. **Feed children more often**—Children do not eat as much at meals, so they are healthiest when they eat more often.
2. **Add Helper Foods to our Main Foods.**

MAIN FOODS

- What is the main food that your families eat? (*Examples: rice, maize, cassava, potato, banana.*)

Main foods are good sources of energy and make us feel full. **However, the main food alone is not enough to keep a person healthy.** God designed our bodies to need many different foods to be healthy.

HELPER FOODS

- What other foods does your family regularly eat in addition to the main food?

The more different foods we eat, the healthier we will be. Everyone needs helper foods, but they are especially important for growing children, women who are pregnant or breast-feeding, and older people. We will look at three important helper food groups.

(Show examples of foods in each group.)

1. **High energy foods.** These give us energy and help children to learn, remember, and develop well. High energy foods include foods that are oily, fatty, or sweet.

Examples:

- *Oils and fats (See if the class can name any: oils, butter, ghee, lard, meat fat)*
- *Creamy or oily foods (olives, avocado)*
- *Nuts (coconut, groundnuts, almonds, walnuts, cashews)*
- *Seeds (pumpkin, melon, sesame, sunflower)*
- *Sugars (sugar, honey, molasses, sugar cane, jaggery, fruit)*

- What high energy foods do you already eat?
- How could you add more high energy foods to what you eat in your family?

2. Body-building foods have protein. Our muscles are made of protein, so foods with protein help our bodies grow taller and stronger.

Examples:

- *Meat, chicken, eggs, fish*
- *Milk, cheese, yoghurt*
- *Beans and lentils*
- *Nuts (lots of foods, like nuts, help us in more than one way)*

- How often do you eat these kinds of body-building foods?
- How could you provide more body-building foods for your family?

3. Protective foods are fruits and vegetables. They contain vitamins and minerals to keep us healthy and make our skin, hair, and eyes bright and healthy. Different vitamins and minerals that we need make fruits and vegetables different colours, so try to eat fruits and vegetables in many different colours.

- What colours are the fruits and vegetables you regularly eat?
- Do you have a garden to grow your own colourful protective foods? What colours are in your garden? What colours do you need to add more of?

Application

- Which helper foods are difficult to provide for your family regularly?
- What makes it difficult? How could you overcome these challenges?
- How could you work together to help each other and those in the community who are most vulnerable to malnutrition—elderly, young children, and pregnant/nursing mothers?

Mini-Lesson: Healthy Habits Review

Main Idea: Healthy habits can prevent sickness and improve our overall health.

Materials

- Visual Aids: Healthy Habits (4 pages)

Introduction

- What new ideas have you put into practice over the past few weeks to stay healthy and to keep your family healthy? How often do you do them?
- Have these new practices had a good effect?

Healthy Communities Practise Healthy Habits

We must turn healthy actions into healthy HABITS. A habit is something that we do without having to think about it. When we have taken the same action many times, we no longer have to think about it; it is a habit.

ACTIVITY INSTRUCTIONS:

1. As you go through the lesson below, show the **VISUAL AID: Healthy Habits** as you review each practice that has been learnt over the past few weeks.
2. For each healthy habit, ask the group to decide if it is a common practice. Put the posters into piles for 'most do this', 'some do this', or 'few do this'.
3. After all posters have been put into one of the three piles, look at the habits in the 'few do this' pile. Ask them to think of reasons why people do not practise this and ways to overcome those barriers.

REVIEW 7 HEALTHY HABITS

1. Maintain cleanliness and hygiene of our houses and compounds.

- Regularly wash clothing and bedding
- Use latrines
- Rubbish pit
- Keep animals penned



2. Wash hands.

- Hand washing area with soap near food preparation and eating areas
- Hand washing area with soap near latrine



3. Keep the community clean.

- Clean water, roads, school compound, and clinic



4. Use a latrine.

- Latrines should be far away from water and food sources
- Even children use the latrine
- Keep the latrine clean and control flies



5. Use pure water for drinking, washing, and food preparation.

- Purify water with boiling, bleach, filter, or SODIS



6. Safe food preparation.

- Drying racks for dishes
- Keep raw meat from spreading germs to other foods
- Cook meat thoroughly to kill germs
- Keep flies and bugs away from food



7. Provide nutritious food for the whole family.

- Fats and sweets for energy
- Protein for strength
- Coloured fruits and vegetables for health
- Feed children several times per day



Read out the posters in the 'most' area. Lead the group to cheer and celebrate this.

Application

Look at the cards in the 'some' and 'few' categories. Pick 1-2 important practices and discuss:

- What obstacles keep people from doing this?
- What could we do to help each other overcome these obstacles?

Pray about these obstacles, ask God for help to overcome the challenges. Take time to listen to God to receive wisdom.

Mini-Lesson: Care for Pregnant and Nursing Mothers

Main Idea: Pregnant and nursing mothers need special care.

Introduction

- Do you know anyone who has died in childbirth or shortly after?

Pause to pray for grieving families, and for expectant mothers and those with newborns.

Caring for Pregnant and Nursing Mothers

Caring for a baby starts before it is born. Pregnant women's habits affect the baby growing inside them.

- Can a baby inside the womb breathe air? (*no*) Can it eat food? (*no*) Who does these things for the baby? (*the mother*)

A pregnant woman's actions affect the baby inside of her. A pregnant woman should:

- NOT drink alcohol, use drugs, or smoke. These can cause babies to be born too early, or with birth defects, or with addictions to drugs or alcohol.
- Drink plenty of fluids and eat extra body building foods and fruits and vegetables. This will make the mother stronger and will help the baby grow.
- Get plenty of sleep. Feeling nauseous or tired during pregnancy is normal at times. Extra sleep will help keep the mother and baby healthy.

After giving birth, new mothers' bodies must recover and regain strength.

1. New mothers should rest for a whole week after delivery. They should get plenty of sleep and only do light work. The husband, older children, and neighbours can help with things like gardening, lifting heavy things, carrying water, and looking after small children.
2. A new mother needs to eat lots of helper foods and needs to eat more often in order to produce milk for her baby and regain her strength. A mother needs a lot of proteins, fats, and fruits and vegetables.
3. New mothers must drink plenty of clean water, juice, or coconut water. Producing breast milk takes a lot of water from the body.
4. The majority of mothers who die from childbirth die in the first 2-7 days after delivery. The first 48 hours after a woman delivers are the most important! If you see any of these signs, go to the medical clinic immediately:
 - Fever
 - Severe headache with blurred vision
 - Difficulty breathing
 - Heavy vaginal bleeding is normal after birth, but it should decrease over the first few days. If it *increases*, there may be something wrong.
5. Women who are breastfeeding should not take any medicines, alcohol, or drugs. Anything they eat or drink—including medicine—will make its way to their breast milk, and medicines are not safe for newborn babies.
 - Which of these ideas are commonly practised in our community?
 - Which are not well known?
 - How can we help new mothers put into practise the ideas that are less common?

Application

- What new idea did you learn in this lesson?
- Are there any pregnant women or new mothers you know of? How could the church show them love?

Mini-Lesson: Care for Babies

Main Idea: Babies need special care for the first year of life.

Materials

- Visual Aid: First year of development (4 pictures of baby)

Introduction

- How common is it for babies to die during birth or soon after?
- How does this affect the family?
- How does the community respond?

Pause to pray for families who have lost children and babies.

Caring for Newborns

God wants all children to live and grow. Not all newborn deaths can be prevented, but many can. Let's look at what we can do to help babies live and grow healthy. Show **VISUAL AID: The First Year of Development.**

Before it is born

- What did we say in our last lesson about baby health in the womb?
(Pregnant women should eat green vegetables, extra eggs or meat, and drink plenty of clean water so the baby will develop as God intends.)
- Babies who are healthy in the womb can better survive and stay healthy once they are born



As soon as a baby is born

KEEP IT CLEAN AND WARM

- Wipe the baby clean with pure water, dry it gently with a soft, clean cloth, and give it to the mother. Skin-to-skin contact with the mother helps the baby to be warm enough. If the room is cold, put a blanket over the baby and mother.
- Is it true that a newborn baby should not be bathed until the cord falls off?
(TRUE! The stump of the cord should be kept dry until it falls off. The baby can be gently cleaned with a clean, soft, damp cloth.)



BEGIN BREASTFEEDING RIGHT AWAY.

- Breast milk is God's perfect food for babies. Even if it seems like no milk is coming at first, continue to offer the baby the breast—even a very small amount of first breast milk (thick and yellow) will help the baby be healthy.
- Breastfeed often – at least every 2 hours to help mama's second milk (white and thinner) to come in and continue.
- Give babies **ONLY** breast milk for the first 6 months. It is God's perfect food for them with everything they need to grow and be healthy. Do **NOT** give them any other food or liquids. It is best not to give extra water or tea, even in hot weather.

Six Months

DON'T STOP BREASTFEEDING

- Severe malnutrition occurs most often in babies who stop breastfeeding before one year. Some mothers stop breastfeeding



because they think that their milk is not good enough for their baby or that they're not making enough milk. **Don't stop. DO increase the amount of food and water given to the mother, to help her produce enough milk.**

START GIVING OTHER FOODS IN ADDITION TO BREAST MILK.

- Always give breast milk first, and then the other foods. Start with a thin porridge made from the main food such as maize meal or rice cooked in water or milk. Over the next few months, slowly introduce new foods that the family eats (new foods need to be well cooked and mashed). **Do not stop giving breast milk suddenly.**

Until 1 year old

KEEP BREASTFEEDING

- Breast milk will be the main source of nutrition for the baby until they are about one year old.
- If it is not possible to breastfeed a baby, feed her with a cup and spoon. Do not use a baby bottle. Think about healthy habits: what is harder to keep clean, a cup or a baby bottle? (*it is harder to keep clean and more likely to cause an infection*).
- Keep giving breast milk, if possible, until the baby is 2 or 3 years old.



KEEP THE BABY CLEAN

- Try to keep them from putting dirty things in their mouths.

DO NOT GIVE BABIES MEDICINES UNLESS PRESCRIBED BY A DOCTOR.

Application

- What new idea did you learn in this lesson?
- How can the church support families with newborn babies?

Section 2: COMMON ILLNESSES

Mini-Lesson: Dehydration & Diarrhoea

Main Idea: Diarrhoea and dehydration can lead to death, especially for babies and children, but it is easy to treat with ORS.

Materials

- Two flowers (or another plant) - one healthy and one dead
- Visual Aid: Two Children
- Visual Aid: How to Make A Rehydration Drink – ORS
- Yoghurt container (or similar) with a hole in the bottom and tape or a sticker over the hole (if you do not have tape, stop the hole with your finger)

- Bottle or cup with extra water in it
- Water, salt, sugar, and cups to make ORS rehydration drink

Introduction - Dehydration

Before the class, put a healthy flower (or plant) in a glass of water and a dead flower in an empty glass.

- Why is one flower dead while the other flower is alive? *(Allow the group to keep answering until they realise that the difference is **water**.)*

Show **VISUAL AID:** *Two Children*

- Which of these babies is healthy? How can you tell? *(the other looks skinny and dry).*
- What is needed by both the flower and the baby? *(water)*



Just like the flowers, people need water to live. We are healthy when we have enough water in our body. When our body loses too much water, it is called dehydration, and it is very dangerous.

Hold up the container with the hole and fill it with water (either have the hole covered with a piece of tape or cover it with your finger). Now unplug the hole and allow the water to drip out. Say:

When a person has diarrhoea or vomiting, their body loses a lot of water.

Pour water into the container as water goes out the bottom.

If the same amount of water goes into the body as is going OUT from diarrhoea or vomiting, then their body will not become dry. The person will not die. If the body becomes dry, then they can die. **People do not die from diarrhoea but from dehydration.**

Treating Diarrhoea with ORS (Rehydrating Drinks)

ORS can help keep people from getting dehydrated.

- The water in our body is a little salty and a little sweet. When you have diarrhoea, you need to replace what is lost with water that has a little salt and sugar in it.
- This mixture is called ORS. If you drink enough ORS when you have diarrhoea, your body will not become dry. ORS can save lives!
- ORS is easy to make and not expensive.

Show **VISUAL AID:** *How to Make ORS Rehydration Drink. Demonstrate the proper procedure for the class. In groups of 2-3, practise making ORS.*



To make ORS Rehydration Drink, mix together:

- 1 cup of pure water
- 1 pinch of salt
- 1 tsp of sugar

Add the salt to the water and taste. If it is saltier than tears, do not drink it. Too much salt will harm the body. Instead, add more water until it tastes like tears, remembering to add a little extra sugar as well. Stir, and it is ready to drink.

Facilitator Instructions: Show bottom of **VISUAL AID:** *How to Make ORS Rehydration Drink.*

How much ORS do we need?

1. When a person has diarrhoea, give ORS after every watery stool. **Do not wait for signs of dehydration—begin giving ORS right away.**
 - Adults need 1 or 2 glasses for every watery stool (8 glasses/2 or more litres per day).
 - Children over 2 years of age need 1 glass of ORS following each watery stool.
 - Children under 2 years of age need ½ glass of ORS after every stool, as well as breast milk.
2. When a child is vomiting, you should also give them ORS. Even if the child vomits after drinking the ORS, not all of it will be vomited up. When vomiting, a lot of water is lost from the body. Without ORS, the child will become weak and dehydrated. Give the ORS in small amounts all day and night.

If dehydration gets worse or other danger signs appear, go for medical help immediately.

Here are a few more tips for caring for a person with diarrhoea:

1. **Give lots of liquids to drink.** Along with ORS, other liquids are also helpful: fruit juice, coconut water, and thinned cereal.
2. **At first the diarrhoea may increase.** That is because the body has more water (just like the water dripping out of the cup increased when I poured more water in). Do not worry! **Keep giving ORS.**
3. **Keep giving food.** As soon as the sick person can eat food, allow him to eat.
4. **For babies, keep giving breast milk.** Offer the baby the breast often and before offering other liquids. Use a clean spoon to give ORS or other liquids, not a bottle.
5. **Keep giving ORS day and night as long as diarrhoea or vomiting continues.**

Review

Hold up the picture of the dehydrated baby again.

- What are some signs of dehydration? *(tell them any signs the group does not say)*
 - *Thirst, dry mouth, urinate less or not at all, urine is dark yellow, sunken eyes or tearless eyes, soft spot on the head is sunken down, skin loses elasticity*

- If a young child does not have diarrhoea, but they show these symptoms of dehydration, we should give them ORS, juice, and other liquids right away.
- What is ORS? (*Water with salt and sugar*)
- Why should we use it? (*To replace what is lost, to prevent dehydration*)
- How do you know if you have used the right amount of salt in the ORS? (*It should taste like tears, no saltier*)
- How much sugar do you use in one glass of water? (*1 tsp*)
- How much ORS should you give an adult? (*1 or 2 glasses after every watery stool*)
- How much ORS should you give a child? (*up to 1 glass after every water stool*)
- What should you do if the person begins to vomit? (*keep giving ORS, a sip every few minutes*)

Mini-Lesson: Fever

Main Idea: Learn to recognise and treat fevers and decide when a sick person might need a doctor.

Introduction

For the next few lessons, we are going to talk about common illnesses, like colds and flu. Do you know any symptoms for these illnesses? (*If any of these are not said, point them out.*)

- | | | |
|----------------------|----------------------|---------------------|
| ○ <i>Fever</i> | ○ <i>Earache</i> | ○ <i>Vomiting</i> |
| ○ <i>Headache</i> | ○ <i>Sore throat</i> | ○ <i>Tiredness,</i> |
| ○ <i>Stuffy nose</i> | ○ <i>Coughing</i> | <i>lethargy</i> |
| ○ <i>Runny nose</i> | ○ <i>Sneezing</i> | ○ <i>Achy body</i> |

These are all things we can care for at home. We can help the sick person feel more comfortable, and usually the sickness will go away on its own in a few days. In this lesson we will focus on how to treat a fever.

Fever

A fever is a common symptom for many illnesses. It is the body's way of fighting germs that have gotten inside the body and are causing sickness. It helps us know that something is going on in the body that we need to pay attention to.

If you do not have a thermometer, you can test to see if someone has a fever by putting the back of your hand on your head and the other hand on the head of another person. If they feel hotter than you (and you are healthy), they have a fever.



WITH A PARTNER

Practise testing for a fever with your partner.

- Does anyone in the class have a fever?
- What are some of the ways people in this community treat a fever?

How To Treat A Fever:

Most cold and flu fevers do not need any treatment and will usually go away on their own in a few days. If a person says they feel cold, but they feel hot when you touch them, they have a fever. Help them feel comfortable. MOST IMPORTANT: Give plenty of liquids like water, coconut water, juice, or ORS. A person with a fever can become dehydrated. We must replace the water that is lost.

If a person is *very* hot, we need to help cool them down—**especially if the person with a fever has been working in the hot sun. It is important to reduce this fever right away.** We should:

1. Wipe the person with a wet cloth. Remove clothing and wipe the person with a wet cloth. Dip more cloth in cool water and place on head, arms, chest, and under arms.
 2. Remove most clothing leaving only cool, light clothing on the person.
 3. Open windows and put the person where there is a breeze. Fan the person.
 4. Give paracetamol. Paracetamol can help lower a high fever. Make sure you do not give too much. The right amount of medicine will depend on the age of the person and the strength of the medicine.
 5. NEVER wrap a person with a high fever in blankets or clothing. Wrapping keeps the heat in, which is dangerous and may cause convulsions. This is especially dangerous for young children.
- When should you take someone with a fever to get medical help? *(If any of these are not said, point them out.)*
 - *If you suspect malaria – the person may need to start taking medicine immediately*
 - *If it is a baby less than 2 months*
 - *If the fever in a child is high for more than 24 hours*
 - *If the fever in an adult is high for more than 3 days*
 - *If the person starts to convulse or shake violently*
 - *If there is a stiff neck with the fever*
 - *If there is swelling or a wound on the body and the person has a high fever*
 - *If there is a bad cough and/or rapid breathing with the fever*
 - *If there is vomiting or diarrhoea with the fever and ORS does not help*

Application

- Who is one person who you could teach about fevers and how to treat them? Tell the person sitting next to you who you plan to share this with.

Mini-Lesson: Stuffy Nose, Sore Throat, and Coughing

Main Idea: Learn to treat a stuffy nose, sore throat, and coughing to make a sick person more comfortable and help them recover faster.

Introduction - Review

- Does anyone remember ways to treat fever?

Fever is a symptom of many illnesses. Today we'll learn about other common symptoms.

Other Common Symptoms of Illnesses

Ask people how they treat runny noses, sore throats, and coughing, then add new ideas that weren't mentioned.

Stuffy or Runny Nose

1. **For babies and young 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.
2. **Older children and adults:** Mix 2 finger pinches of salt with a glass of water. Put a little salt water in your hand and sniff. This loosens mucus and allows it to drain out.

Sore Throat

- Gargle several times per day with 1 teaspoon of salt dissolved in a glass of warm water (you may add turmeric as well). Gargle by mouthfuls, then spit it out. **Do NOT swallow the saltwater.**
- Drink herbal tea, hot water with honey and lemon, or warm bone broth.

Coughing

1. Drink water, tea, and bone broth.
2. Boil some water, pour it into a bowl, hold your head over the bowl, and cover with a towel to make a tent. Breathe in the warm, moist air for 15-30 minutes. Repeat several times a day. Mint or eucalyptus leaves may be added to the water. (Do not use eucalyptus or *Vaporub* if the person has asthma. They make asthma worse.)
3. For a dry cough: Mix equal parts honey and lemon juice. Take a small spoonful every 2-3 hours.

4. If the cough does not go away after 2 weeks, go to the doctor. Some coughs are caused by illnesses that need a doctor's attention:
- Bronchitis
 - Asthma
 - Pneumonia
 - Measles
 - Smoking
 - Tuberculosis

PREVENT THE SPREAD OF GERMS

Along with treating these symptoms, we can help stop the spread of sickness to others by:

- Sneezing or coughing into our elbows.
- Washing hands often.
- Wash anything that has been in the sick person's mouth.
- The sick person should not share a glass, dish, utensils, or a bed with anyone else.

Application

- What is one thing you learned today that you can share with others this week?

Mini-Lesson: Vomiting and Headaches

Main Idea: We can treat vomiting and headaches to make a sick person more comfortable and help them recover faster.

Introduction

GAME

I'm going to tell you a practice, and I want you to raise your hand if you agree it is a good way to make sure food is safe to eat.

After each item, give the group a chance to raise their hands. Then share the correct answer.

Should we?

- Wash hands before preparing food (*YES!*)
- Eat fruit right off the tree—it is already clean because it grows on trees. (*NO. All fruits and vegetables that you don't peel need to be washed with pure water*)
- Cook meat thoroughly (*YES. When juices run clear, the meat is safe to eat.*)
- Keep flies away (*YES! Flies spread germs that make us sick.*)
- Stack dishes in a cupboard or crate immediately after washing (*NO! Allow dishes to dry in the sun first. Sunlight kills germs.*)
- Use clean dishes and utensils (*YES!*)
- Put a garbage pit near your cooking area to make cleaning up easy. (*NO! Don't put the pit too close to where you cook; it attracts flies and has germs.*)

Vomiting

Vomiting is often caused by spoiled food. Like diarrhoea, it is most often caused by germs that get into our bodies through food, water, or unwashed hands. If we carefully practise food safety, vomiting will be much less common. But we do need to know what to do when vomiting does occur. When vomiting:

- Sip ORS, cola drink, carbonated water, or herbal tea
- Do not eat anything when vomiting is severe or violent

Occasionally, vomiting can be a sign of a serious illness. Seek medical help if:

1. Severe or violent vomiting lasts more than 24 hours
2. Vomit includes blood
3. Dehydration occurs that you cannot improve with fluids

Headaches

- Have you ever had a headache?
- Are there certain times of the day or certain seasons when you most often get headaches?

Headaches are a symptom of dehydration. Headaches are also common with sickness that causes fever. To treat a headache:

- Rest.
- Drink water, herbal tea, coconut water, juice, or ORS.
- Use a cloth soaked in hot water on the back of the neck.
- Take paracetamol. Be sure to follow the directions for the correct dose.
- Gently massage the head, neck, and shoulders.

Headaches that keep coming back 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. They can last for hours or even days. Treat a migraine headache as soon as first symptoms begin:

- 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.
- If the headache does not go away after a day or two, ask a pharmacist for migraine medicine and take it consistently as prescribed until the headache goes away.

ACTIVITY

Divide into two groups. Give each group a few minutes to remember everything they can about either vomiting or headaches. Then the 'vomit' group will tell everything they remember. The other group will tell them if they forgot any details or got anything wrong. Then the groups will switch roles and the 'headache' group will tell about headaches.

Application

WITH A PARTNER

- Which of these ideas have you tried when you have had a headache or vomiting?
- What new idea would you like to try next time you or a family member has these symptoms?

Mini-Lesson: Home Remedies and Pharmacy Medicine

Main Idea: Know how and when to use home remedies and pharmacy medicine to treat illnesses effectively and safely.

Materials

- Visual Aids: Medicine Dosage and cards (cut the 4 cards apart)
- Optional: Cups for everyone, and lemon ginger medicinal drink (enough for everyone to try – water, lemons, fresh ginger, honey, and garlic)

Introduction

- Do you make any special drinks when people get sick? What are they?
- What other home remedies do people commonly use?

ACTIVITY (Optional – if this drink is commonly used skip this activity)

Explain that this is a common type of drink made around the world for when people are sick. Demonstrate how to make lemon ginger medicinal drink or ask some of the women in the church to make this drink so everyone has some of the drink to try.

1. Squeeze juice from 1 large lemon or 2 small lemons into a cup
2. Boil in 2 cups water for several minutes:
 - a. The lemon peel
 - b. 1-2 Tbsp grated or finely cut up ginger
 - c. 1 Tbsp garlic of finely cut up garlic (optional)
3. Remove from heat and add the lemon juice.
4. Pour it in a glass using a sieve or strainer.
5. Add honey to desired taste, mix and serve hot both morning and evening.

Home Remedies

When we talk about home remedies, we are NOT talking about witchcraft or traditional religion healers that use ceremonies, incantations, and worship of other gods or talking with spirits. We are talking about ways to use natural things to help people feel better. **God has**

created many things that can keep us healthy and help us recover quickly when we are sick:

- **Colourful fruits and vegetables** have nutrients our bodies need to fight illness.
- **Sleep** is the time for our bodies and minds to be restored. We should always try to get enough sleep. When someone is sick, they often need to sleep more.
- **Fluids**—drinking plenty of water and other liquids helps the body fight sickness and ensures the sick person does not become dehydrated. Here are two helpful medicinal drinks:
 - Ginger and honey – for evaporating mucus, helping a cough, or soothing sore throat (some people add lemon).
 - Basil, garlic, and honey – for a severe cough.

Here are some more home remedies that work well:

- A drop of garlic or onion juice into the ear for an earache.
- Gargling warm saltwater for a sore throat.
- Steam inhalation for a cough, stuffy nose, or sore throat.
- Warm bone broth — soothes a sore throat; good for someone who isn't able to eat.

Medicine from the Pharmacy

Some diseases can be treated better with medicine from the pharmacy. If home remedies do not seem to be helping, it is best to get medical help. However, pharmacy medicines can be harmful if they are not used correctly. **It is very important to carefully follow the instructions for how much medicine to take and when to take it.** Taking too much medicine can cause serious harm or death.

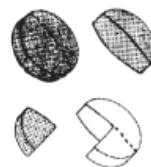
Pregnant women, elderly people, and young children should NOT take any pharmacy medicine without a doctor's or nurse's approval. If any medicine is making you feel worse, immediately get help from a doctor or nurse.

How to Measure and Give Medications

Show **VISUAL AID:** *Medicine Dosage and explain.*

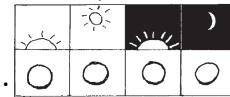
Be careful to only give medicine in the recommended amounts. Instructions are sometimes written with parts of a whole tablet or capsule.

- 1 tablet = one whole tablet
- 1/2 tablet = half of a tablet
- 1 1/2 tablet = one and one-half tablets
- 1/4 tablet = one quarter, or one-fourth of a tablet

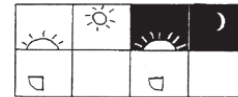


Make sure you understand the instructions for giving medicine very clearly. Repeat what you understand about how and when to give the medicine. If you do not read, ask the nurse or pharmacist to draw the instructions. For example:

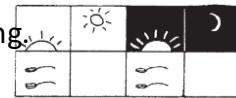
This means 1 tablet 4 times a day – morning, midday, evening, night.



This means ¼ a tablet 2 times a day – morning and evening



This means 2 spoons of medication 2 times a day – morning and evening.



Mix the dosage cards up, show them one at a time, and have the group tell how much and how often to give medicine.

Relying on God and Asking Him to Heal Us

Recognising symptoms and knowing how to care for people when they are sick is a way that we can show God's love to our family and the most vulnerable. We also want to remember that God our Father is our healer. He can give miraculous healing, but often He wants to give us wisdom so we can use our health skills and make changes in our lives to be healthier. We can ask Him to help us.

Read Philippians 4:6-7, James 1:5, and James 5:13-16.

- What do these verses teach us about prayer?
- Why do we pray for the sick?
- How can prayer help our families to be healthy?

When we pray, we can ask God to help us take care of our health. We can ask Him to help us develop healthy practices, and we can ask Him to heal our bodies from sickness. He can give us wisdom at all times, and He has the power to heal the sick.

Application

If you know someone who is sick, pray for them, and ask God what you can do to help them.

Mini-Lesson: Malaria

Main Ideas: Malaria is serious, especially for children, and must be treated by a medical clinic. We can prevent malaria if we work together to control mosquito growth and protect our skin at night.

Materials

- Visual Aid: Preventing Malaria

Use the group discussions to see what the group already knows and does well. Skip parts that they know and focus on new information, challenges they have, and what they can do to prevent malaria.

Introduction

- Do you know anyone that has malaria right now?
- Have you had malaria?

Let's see how well you know this enemy! Can you get malaria from:

- Eating certain foods? (*no*)
- Touching or being around another person with malaria? (*no*)
- Drinking from the same cup as a person with malaria? (*no*)
- Sharing a bed or clothes with a person who has malaria? (*no*)
- A curse? (*no*)
- Mosquito bite? (*yes!*)



Malaria is spread by mosquitoes, and **the only way to get malaria is from a mosquito bite.**

Symptoms of Malaria

- What are some of the symptoms of malaria for adults? For children?

Adults:

- Joint pain (general ache)
- Headache
- Backache

- Fever (may have a chills-fever-sweat cycle recurring every 1-2 days)
- Nausea

- Possibly vomiting and diarrhoea.
- No appetite
- Muscle weakness
- Anaemia
- Eye pain

Children:

- Fever
- No appetite
- Sweating at night

- Possibly vomiting and diarrhoea

- Possibly swelling of arms, legs, or face.

Treatment for Malaria

- What do you do to treat malaria at home?
- How do you know if someone with malaria needs to go to the doctor?

If you suspect malaria, go to a health centre right away. Malaria medicine works well when it is given right away when symptoms start. The longer you wait to get medicine, the worse the sickness will be. Malaria is most dangerous for children under six years and pregnant women.

If malaria is common in your area and there is no clinic nearby, treat any unexplained high fever as malaria. Buy malaria medicine (tablets) at the pharmacy and follow the dosage directions on the package. Keep giving the tablets for the full course of treatment.

Let the sick person rest and eat whatever they are able to. Encourage them to drink as much fluids (water, coconut water, juices, ORS) as possible. A fever will dry out the person's body very rapidly. Who remembers the signs of dehydration? Who remembers the recipe for ORS?

Preventing Malaria

- What are some things you already do to prevent malaria?

Two ways to prevent malaria:

1. Prevent mosquitoes from biting us, especially between 6pm-6am and during the rainy season. Malaria mosquitoes thrive during the rainy season and usually bite at night.
2. Prevent mosquitoes from hatching. Mosquito eggs are laid in shallow, still water with no movement. To reduce mosquitoes, remove any still water.

Use **VISUAL AID:** Preventing Malaria.

- Which of the four pictures can keep mosquitoes from biting us?

- Sleep under a mosquito net (ideally treated with insecticide)
- Use screens on windows



- What are other ways we can prevent mosquitoes from biting us?

- Cover the body while sleeping
- Keep the windows/doors closed from 6pm to 6am
- Wear protective clothing if out at night or early morning
- Use mosquito repellents
- Grow Neem bushes which, when burned, act as a natural mosquito repellent
- Breastfeed babies. Breastfed children are less likely to get malaria.



- Which of the four pictures can prevent mosquitoes from hatching?

- Empty and destroy tin cans, old pots and other things that can collect rainwater
- Trim weeds and grass near homes and the edges of the community



- What other things can we do to prevent mosquitoes from hatching in our community?

- Drain or fill swampy areas, small ponds, potholes and pools of standing water.
- Keep water tanks and pots covered.
- Keep animal troughs away from the house.
- Straighten the stream banks so that there will be a rapid flow of water.



Application

Make a list of places you can think of in your community where water puddles or tall grasses and weeds grow. Make a plan together to do one thing to prevent malaria.

Mini-Lesson: Worms

Main Idea: Worms cause serious sickness and even deaths. Cleanliness and healthy habits help prevent worms.

Materials

- Visual Aid: Common Worms (4 pictures on 2 pages)
- Visual Aid: Preventing Worms

Introduction

- What types of intestinal worms are common in our community?
- Why are worms bad for you?
 - *They steal the food that the person eats, so the person with worms will become malnourished—thin, weak, and sick.*
- What do you do to treat someone who has worms?

Types of Worms

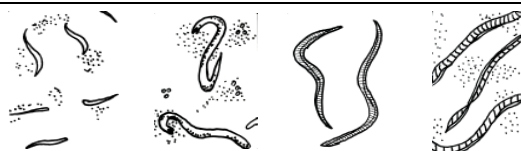
There are four common types of worms:

Pinworm

Hookworm

Roundworm

Tapeworm



ACTIVITY

Use the **VISUAL AID:** *Common Worms*, covering the information so that only the picture is showing. You can tape pieces of paper over the words, fold it so the words do not show, or cover it with your hand. Say, “Which worm is the roundworm, pinworm, hookworm, and tapeworm?” After the group guesses, reveal the answers.

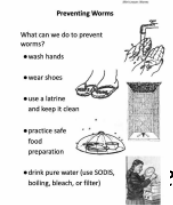
- How to recognise **pinworms**:
 - They look like a white pin or a thread and can be seen in the stool.
 - They cause severe itching at the anal opening.
- How to recognise **hookworms**:
 - They are too small to be seen in the stool.
 - They make a person feel over-tired and weak. They cause stomach pain and diarrhoea. A person with hookworms will have pale gums, nails, and palms.
- How to recognise **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.
- How to recognise **tapeworms**:
 - In the intestines, tapeworms grow several metres 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 Getting Worms

Show **VISUAL AID:** *Preventing Worms to emphasise these points.*

- How do people get worms? How can we prevent them?
 - *Unwashed hands (wash hands)*
 - *Contact with faeces (use latrines and keep them clean)*
 - *Unsafe food preparation, including uncooked or undercooked n safe food preparation)*
 - *Contaminated water (drink pure water (use SODIS, boiling, bleach, or filter)*
 - *Walking barefoot—hookworms in the dirt burrow into the bottoms of the feet (wear shoes)*



Treating Worms

It is best to prevent worms through healthy habits. If someone does show symptoms of having worms, try these things:

- For **pinworms**, wash the anal area daily and use Vaseline (petroleum jelly) in and around the anus at bedtime to help stop itching. OR put a small piece of tape over the anus before bedtime; in the morning the worms and egg are often stuck to the tape. Do this for 6 weeks.
- **Roundworms** can be treated with this mixture: add 2 tablespoons of papaya juice and 2 tablespoons of honey or sugar to a large glass of warm, pure (boiled) water and drink. This is a one dose treatment but may be repeated one week later if necessary.
- **Areca nuts** work against most worms. Is this nut common in your area? To make the medicine, pick ripe seeds, remove the outside, slice, and allow to dry for two days (or you can buy dried seeds at the market). Crush the seeds to powder and mix two spoons of powder with food or juice. Give once a day for three days anytime worms are suspected.
- Many common medications are sold at the pharmacy to treat worms: Ketrax, Padrax, Antepar, Piperazine, or Mintezol for most worms. Talk with someone at the pharmacy to pick the right one and **follow their instructions for dosing**.

Sometimes a child can have worms for years. Because the worms have been there so long, the effects of the worms may seem normal for that child. Therefore, it is a good idea to treat every child for worms at least once a year, just in case.

Application

- What is one thing you can do this week to prevent worms for you and your family?

Mini-Lesson: Tuberculosis (TB)

Main Idea: Tuberculosis is very contagious. We can prevent, recognize, and treat someone with TB.

Materials

- Visual Aid: Symptoms of TB and Common Cold (cut in half to make 2 separate cards)

Review Activity

We are going to play a game to see how well we remember the healthy habits we learned.

Divide the group into 2 teams and remind them that there are 7 healthy habits (Mini-Lesson: Healthy Habits Review). Anyone who remembers a healthy habit and/or steps within the habit (for instance, 'keep latrine clean' is a step under 'use latrine'—both are good answers) should stand up and say the habit/step to get a point for their team. The team with the most points after all the habits have been said wins. At the end, remind them of any healthy habits that were not mentioned by either team.

Practising these healthy habits helps prevent many illnesses including Tuberculosis.

What is Tuberculosis?

- Have you heard of Tuberculosis or TB?
- Has anyone had TB or do you know someone who had or has TB?

Tuberculosis is a serious, long-lasting disease that anyone can get. TB is very dangerous for people between 15-35 years old who are weak, poorly nourished, or have HIV. Many people die from this disease every year.

Tuberculosis is very contagious. It is very easy to spread it to others.

There is medication that will treat TB. You **MUST** take all of the medication until it is finished. Anyone infected with TB and not taking their medicine can easily spread TB germs to others through coughing, sneezing, and living together.

Tuberculosis can be prevented

Healthy habits prevent TB. More ways to prevent the spread of TB:

1. Have children immunised against TB soon after birth (within one month).
2. TB patients must get medicine and take their medicine **even after they feel better**.
3. Coughing spreads germs. Cough into elbow with the head lowered. Teach children to do this, too.
4. Spitting spreads germs. Teach your family not to spit.

Tuberculosis can be treated

Learn to recognise the signs of TB. The symptoms are:

- 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, weight loss
- Weakness (person gets tired easily)
- Pale skin
- Coughing up blood (usually in the later stages)
- Hoarse voice (very serious)

In addition, children may show these signs:

- Swelling or lumps in the neck or belly
- Frequent fever and cough that comes and goes

If you suspect TB because of these symptoms, go to a health centre right away. A doctor will prescribe a combination of medicines that must be taken continuously for up to one year.

Do not stop taking the medicine, even if you feel better. Take the medicine until a doctor says to stop.

ACTIVITY

Choose a volunteer. Give the volunteer the **VISUAL AID**: Symptoms card (either for TB or a cold – mix them up so it is random) and instruct them not to let the group see the card.

Have the group call out yes/no questions, like 'Has your cough lasted more than a month?' or 'Does your chest hurt?' The volunteer will answer using the symptoms on the card. Once the group has asked multiple questions or thinks they know if it's TB, they can call out the answer. Let them know if they are right or wrong, and review the symptoms.

Play 3-4 times with different volunteers until the class easily gets the answer right.

Application

- What is one fact you learned about TB today that you didn't know before?

- What one thing can you begin to practise to prevent TB from spreading?

Section 3: First Aid

Mini-Lesson: Preventing Accidents

Main Idea: We can prevent accidents and protect our family and the community.

Materials

- Visual Aid: Potential Accidents

Introduction

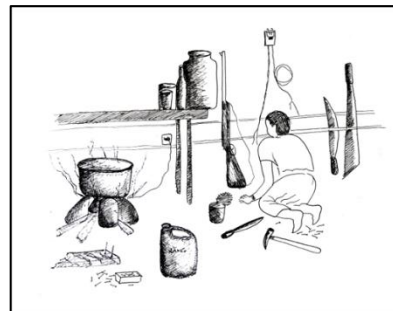
- Have you, your family, or neighbours had any accidents recently?
- What were they?
- How did they happen?
- What could have prevented the accident?

Keep asking the group until they have thought of as many examples as possible. If they cannot think of anything recent, then ask them to think back even further to the last few years.

Potential Accidents

Use the **VISUAL AID**: Potential Accidents

1. Circle all the examples of things that could cause accidents.
 - *Poison within reach of children (sometimes in an unmarked bottle)*
 - *Fire and hot pot on the fire*
 - *Electric cords, exposed wire, and electrical outlets*
 - *Nails sticking up through a board*
 - *Knife and hammer left on the floor*
 - *Nails on the floor under the man's feet*
 - *Jagged can (and other sharp objects)*
 - *Machete and sword on the wall*
 - *Heavy objects easy to pull off a table or ledge*
 - *Liquid in the pot near something electric*
 - *Gun on the wall*



2. For each of the things circled, what injuries could happen? What could be done to prevent accidents?

3. What other things not in this picture commonly cause accidents in our homes or community?

Preventing Accidents, Burns, and Poisoning

Preventing Accidents

- Remove glass, nails, and sharp objects from around the house, school, and compound.
- Collect, burn, and bury all garbage.
- Put fences around water holes, wells, and steep areas where children might fall.
- Pound out or bend down nails that stick out of anything.
- Cut long grass that can hide sharp objects, snakes, or chiggers.
- Keep knives, sharp tools, or glass where children cannot get to them.
- Be sure that electrical wiring is out of reach. Never touch anything electric when you are wet. Water lets electricity shock a person easier.
- Teach children to stay away from the road when cars come.
- If your house is raised, put a rail around the areas where children can fall out.

Preventing Burns

- Keep hot tea pots, hot pans, and hot drinks where young children cannot reach them.
- Keep matches, chemicals, and kerosene on a high shelf.
- When you burn an oil lamp or candles, keep children away or put them where children cannot reach.
- Keep oil lamps away from mosquito nets and bedding which can burn easily.
- Do not leave a child by themselves near an open fire.

Preventing Poisoning

- Write the name of medicines and chemicals on the container (or draw a symbol).
- If you are not sure what is in a container, do not taste it.
- Do not ever keep kerosene or gasoline in containers that people use for water. Never put water in a container that has had insecticide, poison, or petrol in it.
- Do not let children eat strange berries or mushrooms.

Application

WITH A PARTNER

- Choose two things that you can do to prevent accidents in your family.
- What is needed to make these changes? Who can help you? When can you do it?
- What one or two things did you learn today that you can share with others this week?

Take time in the next few days to walk around your home with your family and find anything that could cause accidents. Talk about them with your children and make any changes that are needed. You could also walk with your family around the community and do the same thing.

Mini-Lesson: Basic First Aid for Cuts and Burns

Main Idea: Stop bleeding and clean cuts. Cool, clean, and cover burns. Get medical help for serious injuries.

Materials

- Water, cloths

First aid skills are best learned by practising. If possible, have people practise on each other.

Introduction

- Have you or your family ever been cut or burned? What did you do to treat the injury?

When a person is hurt, it's important to help quickly. The right help can prevent an injury from getting worse.

Protect Yourself

Some diseases (like HIV) are passed through the blood. If someone with a disease is bleeding, and their blood mixes with your blood, you could become infected. You should protect yourself while helping someone who is bleeding:

1. If you have an open cut on your hand or arm, use the other hand to give first aid.
2. Be careful to not cut or prick yourself with anything when you are giving first aid.
3. If you do get blood on you, thoroughly wash it off with soap and water as soon as possible.

Treating Cuts

As you discuss each point, demonstrate and have people practise in pairs.

1. **Stop the bleeding.** For deep cuts, this is the most important thing to do.
 - Use a clean, thick cloth to cover the wound.
 - Elevate the wound above the heart to slow the bleeding.
 - Press very firmly directly over the wound until the bleeding stops.
 - This method will stop the bleeding of nearly all wounds.

- The bleeding may stop in a minute or two. For deep cuts, it may take 20 minutes or more. Keep the pressure on until the bleeding stops. Applying pressure can be hard work—do not give up!
- If the cut is severe, send someone to get help while you KEEP PRESSURE ON. Never use mud, animal faeces, kerosene, lime, or coffee to stop bleeding. These can cause infections!

2. After bleeding stops, **clean the wound**:

- Gently but thoroughly wash the cut with soap and cool, pure (drinking) water. It is necessary to get all the dirt out of the wound to prevent an infection. (Rubbing alcohol or peroxide from the pharmacy can also help to prevent infection).
- Cover with a clean cloth or bandage. Do not tie it too tight, though. If the person's skin starts to feel cold past where you tied the bandage, loosen the bandage.
- Change the cloth or bandage daily to keep it clean. Always wash your hands before changing the bandage.

3. If germs get into a cut as it heals, it can become infected. **Infections are dangerous.**

- If the wound is red, hot, swollen, or if it has pus drainage or starts to smell bad.
 - Use peroxide or alcohol from the pharmacy to reclean the cut. Cover again with a clean bandage.
- If redness begins to spread away from the wound OR if the person develops a fever and/or chills, then the infection is spreading. **Take the person to a clinic.**

Treating Burns

As you discuss the steps to treat burns, demonstrate and have people practise in pairs.

How to care for a burn:

- Right away, cool the skin with cool water. Keep splashing cool water for several minutes or hold the burned skin under cool water.
- After a few minutes, cover the burn loosely with a clean, cool, wet cloth.
- Do NOT put any Vaseline or ointment on the burn. However, the pulp from an aloe plant can help in healing.
- Do NOT break any blisters.
- Just like cuts, burns need to be kept clean and bandaged as they heal.

Take the person to a clinic if the burn:

- is black, brown, or white.
- covers a large area of their body or face.
- looks leathery.
- was caused by a chemical or electricity.

Application

- What is one thing you learned that you can share with others this week?

Mini-Lesson: Basic First Aid for Poison and Snake Bites

Main Idea: Act immediately if someone has swallowed poison or has been bitten by a snake.

Materials

- Visual Aid: Snake bites

Introduction

- Has anyone you know been bitten by a snake or accidentally taken poison? What happened?
- Who do you think is most at risk of these things?

Children are most at risk because they put lots of things in their mouths and sometimes wander into dangerous places. Because their bodies are smaller, the poison is also more dangerous for them.

Poisoning

- What are some common poisons to watch out for around your home or in the community? (*Help the group think of things in and outside of the house and in the community.*)
 - Bleach
 - Iodine
 - Lye
 - Salt (*too much is dangerous for babies*)
 - Pharmacy medicines (*too much is dangerous*)
 - Cigarettes
 - Kerosene
 - Paint thinner
 - Petrol
 - Lighter fluid
 - Rat poison
 - Insecticides
 - Poisonous leaves or berries
- Which of these poisonous things are around your home?
- What can you do to keep them away from your children?

TO PREVENT POISONING:

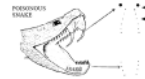
1. Keep all poisons (and pharmacy medicines) out of reach of children.
2. Never keep kerosene, gasoline, chemicals, detergents, or other poisons in cola or soft drink bottles because children may try to drink them.

TREATMENT: If you suspect someone has swallowed poison, do the following immediately:

1. If the person is awake and alert, give him **water** to drink to dilute the poison (about 1 glass of water every 15 minutes). If you have **activated charcoal**, give it right away, mixed into a glass of water. Keep giving lots of water all day!
2. If you know they have drunk poison and there is a clinic nearby, take them to the clinic.
3. Do NOT make a person vomit. This may cause more problems.
4. If the person is unconscious, lay him on his side and take him to the clinic right away. Take along the poison container for the health worker to see.
5. If a chemical has gotten on the skin or in the eyes and feels like it is burning, rinse the area over and over again with water for at least 20 minutes.

Snake Bites

When someone has been bitten by a snake, try to find out if the snake was poisonous or harmless. Their bite marks are usually different. (Show the **VISUAL AID: Snake Bites** to show the fang marks for poisonous snakes.) Poisonous snakes usually have two fang marks with other smaller teeth marks. If the bite marks or the snake look poisonous:



1. **Send for help right away.**
2. **Stay still; do not move the bitten part.** The more it moves, the faster the poison will spread through the body. If the bite is on the foot, the person should not walk at all.
3. **Wrap the bitten area with a clean cloth to slow the spread of poison.** Keeping the arm or leg very still, wrap it tightly, but not so tight it totally stops the blood flow to that area.
4. **Carry the person, on a stretcher if possible, to the nearest health centre.** If you can, also take the snake, because different snakes may require different medications.

Insect bites and stings are not typically dangerous for adults. They can, however, be dangerous for small children and some people who react by fast swelling. In these cases, get medical help right away.

Practise

Have groups or partners create a role play in which one person has drunk poison, gotten burning chemicals on their skin, or been bitten by a snake. Have each group perform their role play. After each role play, ask the larger group, 'Did they treat the person properly?' Make sure all remember:

- WATER for poison.
- STAY STILL for bites.

Application

- What is one thing you learnt that you can share with others this week?

Mini-Lesson: How to Help with Choking

Main Idea: We can learn to save someone's life when they are choking.

Materials

- A baby doll

Choking



- Have you ever seen anyone choking? What did you do?

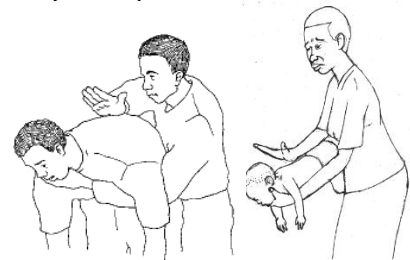
If a person gets something stuck in their throat, it can be very dangerous. **If they CANNOT make any sound, it means they can't breathe.**

1. If the person is coughing, crying, or making some sound, coughing will clear the airway. They are not in serious danger.
2. If they can't make any sound or if they grab their throat with big eyes, their airway is blocked, they cannot breathe, and they need help right away. We can only live for a few minutes without breathing, so you must act very quickly!

Use some volunteers to pretend to demonstrate these methods as you explain them. (Do not use full force.)

If a child or baby cannot make any noise:

1. Bend the child over your knee or lay a baby on your arm. Their head should be lower than their chest.
2. Use the palm of your hand to give firm blows to the middle of the back.



For an adult or teen, use this method:

1. Stand behind the person and wrap your arms around their waist.
2. Make a fist above the navel and below the ribs.
3. Put the other hand over the fist and make a sudden, strong upward jerk to force the air out of the lungs. Repeat until the blockage comes out.



This can be painful for the person being helped, so you should never use this method on someone who is able to cough or make noise.

Practise

Have partners practise these two methods on each other—but ONLY PRETEND to jerk the air out of the other person in method 2. If possible, have a baby doll and make sure that each partner pair also has a chance to practise on the baby. Remind them as they practise to keep the baby's head lower than their chest and use very firm back blows.