

**TRUTH
CENTERED
TRANSFORMATION**

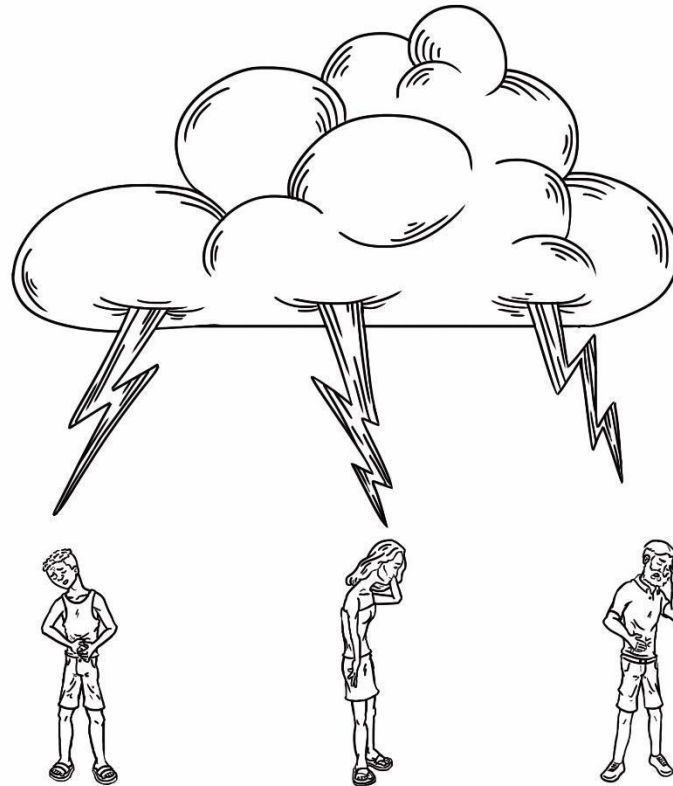
MODULE



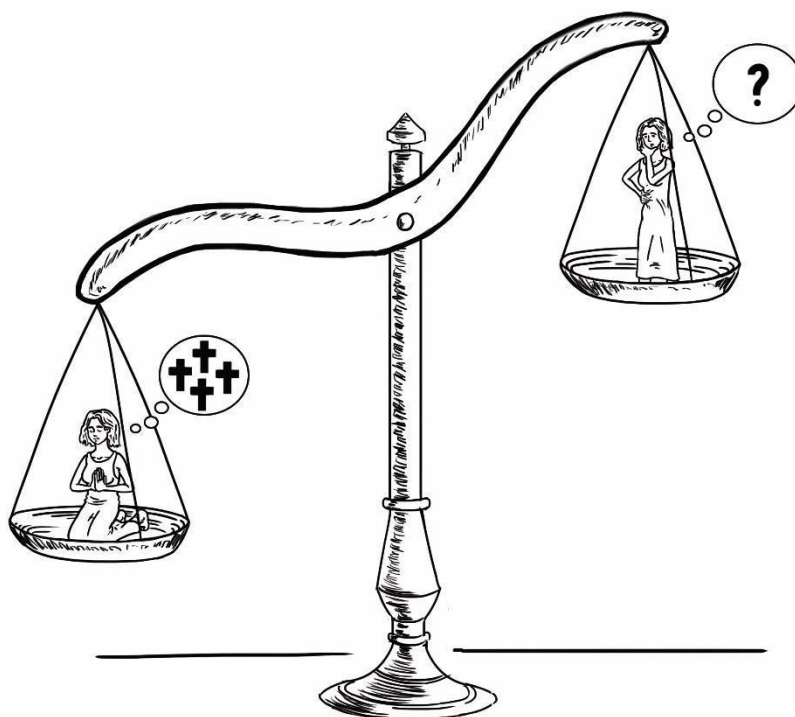
HEALTH SKILLS

VISUAL AIDS

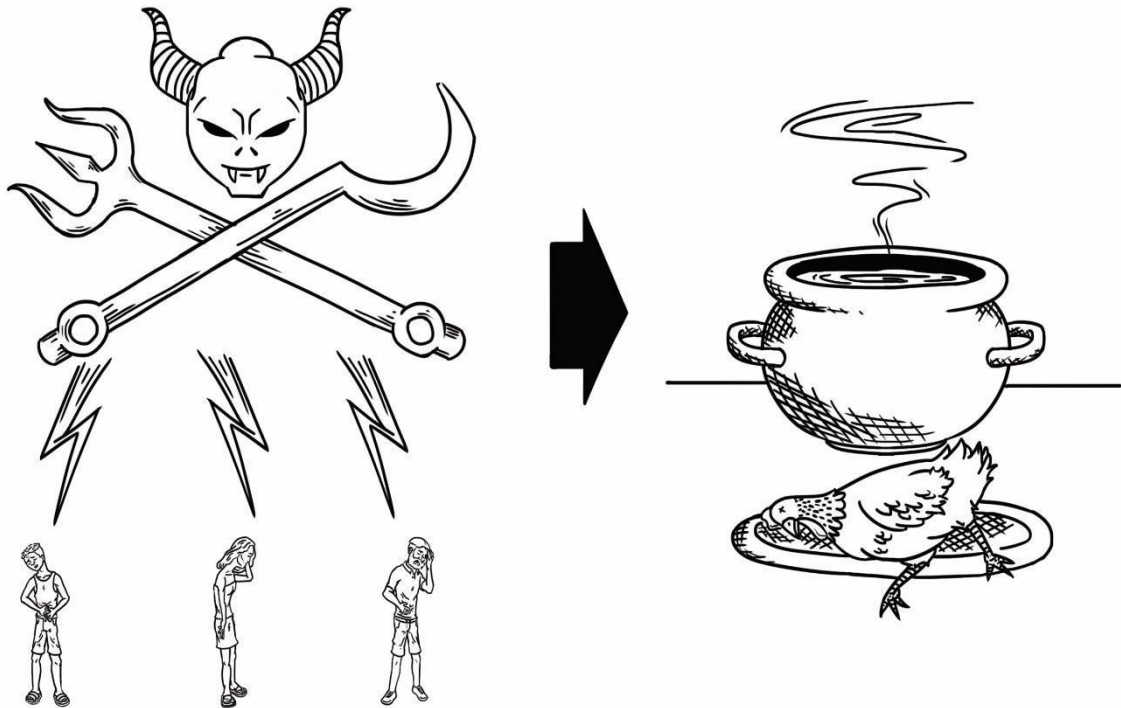
1. All Sickness is Punishment from God



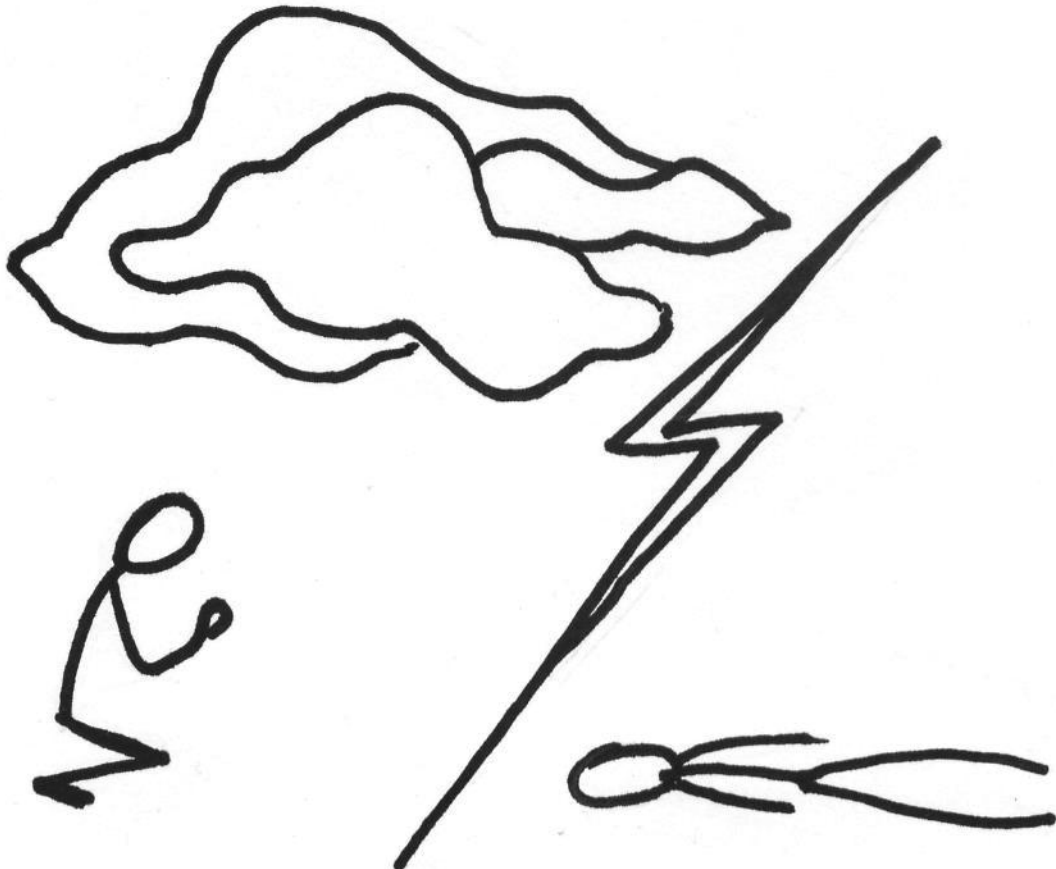
2. If We Had More Faith We Would Not Be Sick



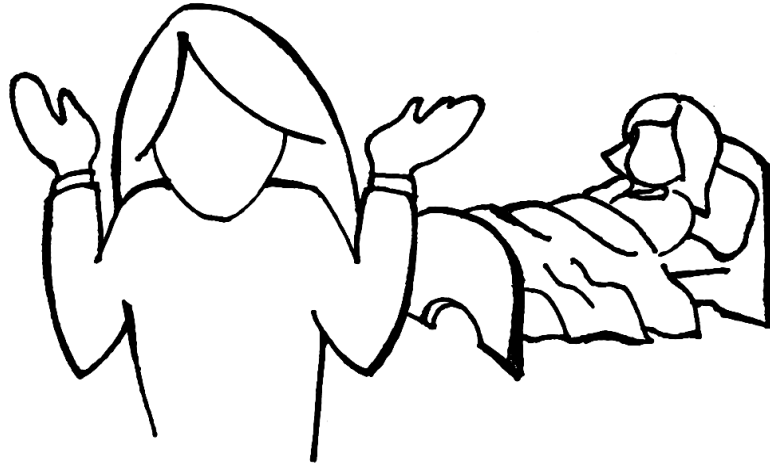
3. Sickness is Caused by Evil Spirits, So We Must Make Sacrifices



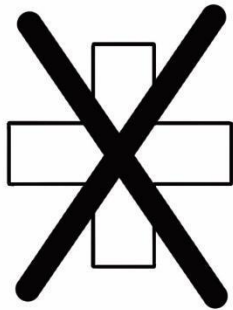
4. God Is Not Concerned About Health



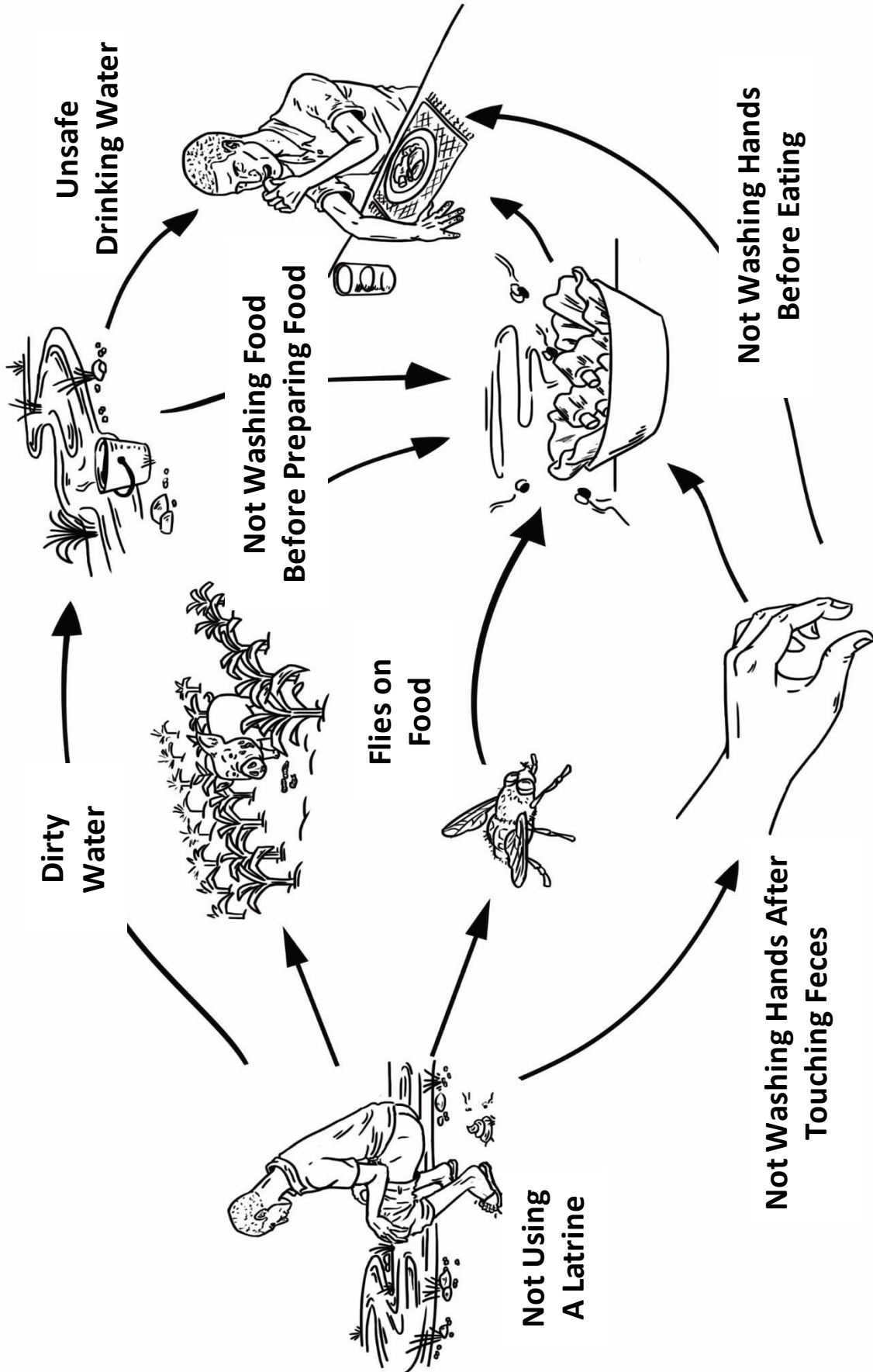
5. There is Nothing We Can Do to Prevent Illness



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

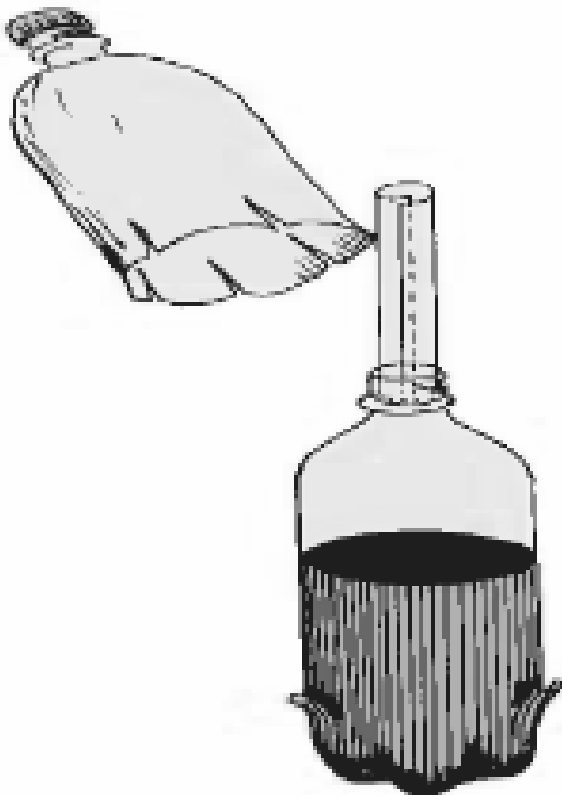


How Disease Spreads



How to Make a Fly Trap

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



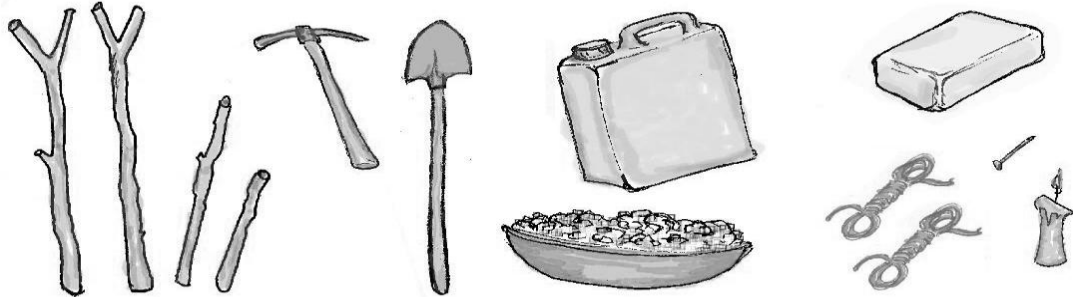
Tippy Tap



Build Your Own Tippy Tap

Materials Needed:

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



Steps:



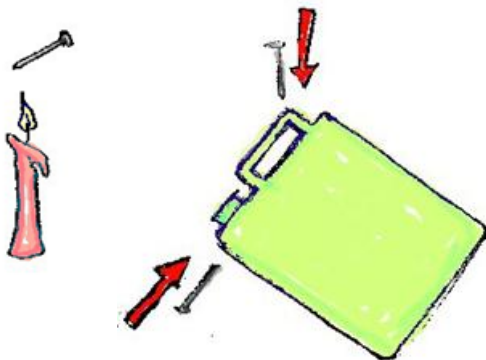
1. Dig two holes 18in deep and about 2ft apart



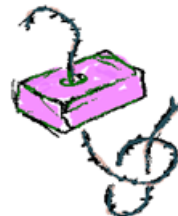
2. Place the forked sticks, ensure they are level



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



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



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



6. Hang container and soap and fill with water



7. Attach string to water container

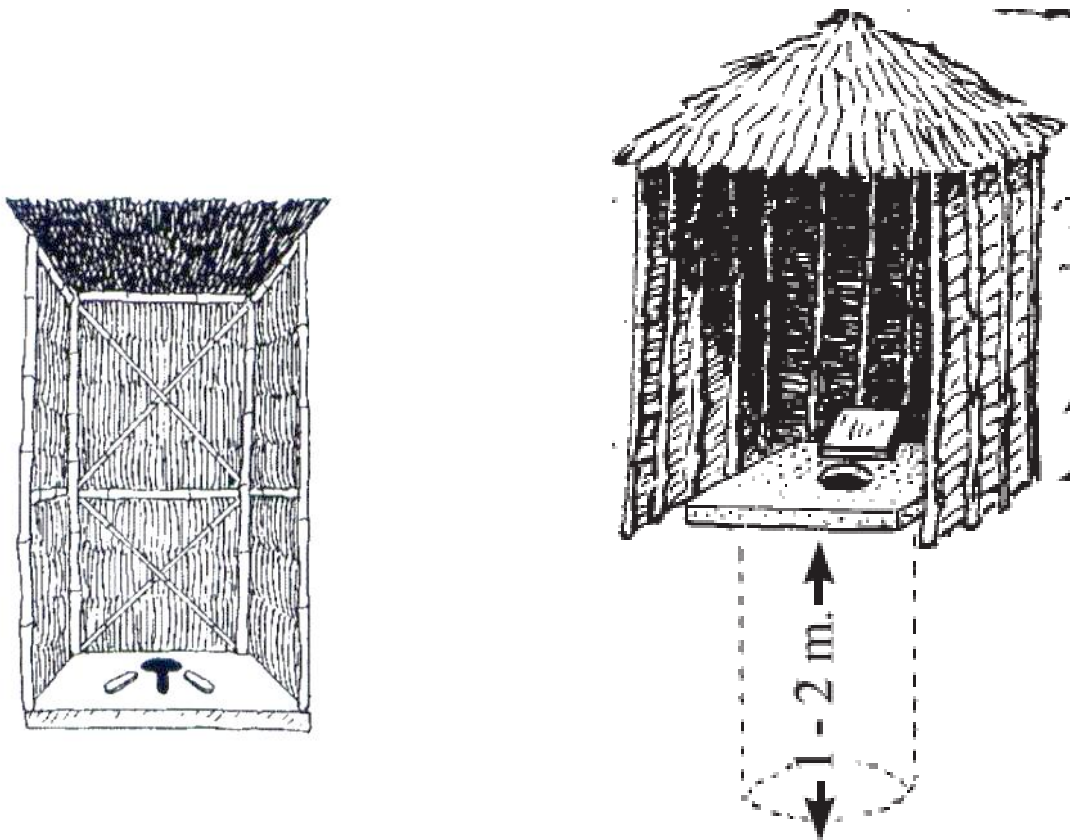


8. And to the foot lever stick

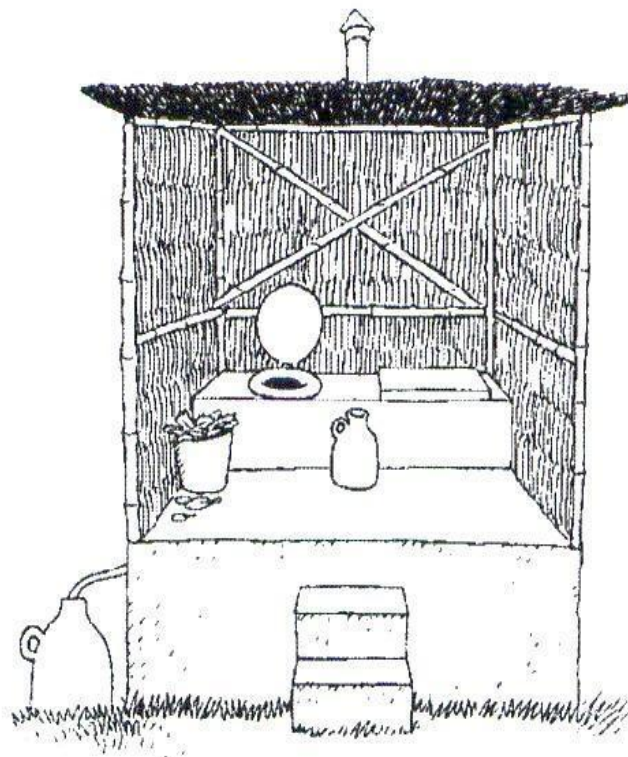


9. Use gravel as basin to capture water

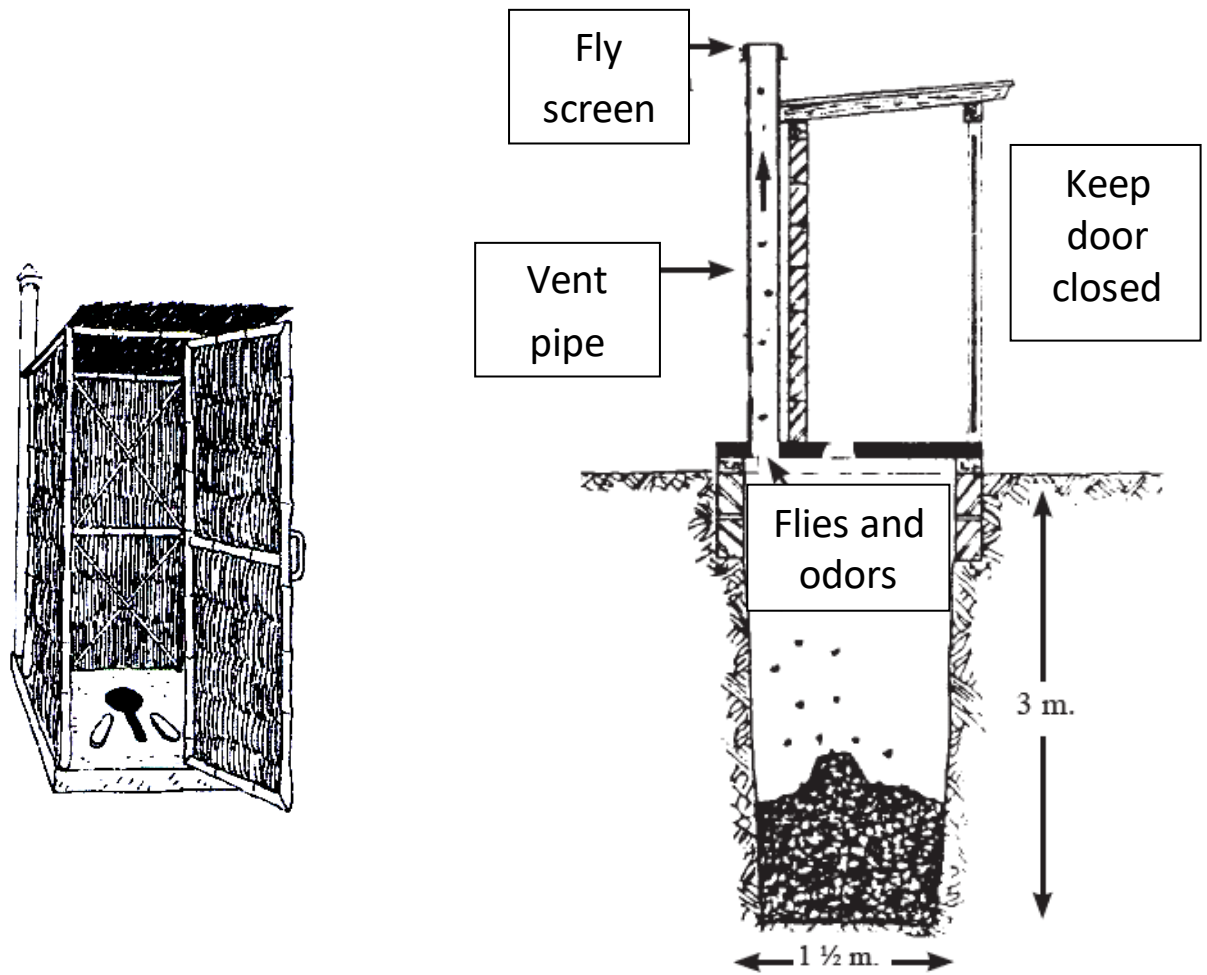
Closed Pit Latrine



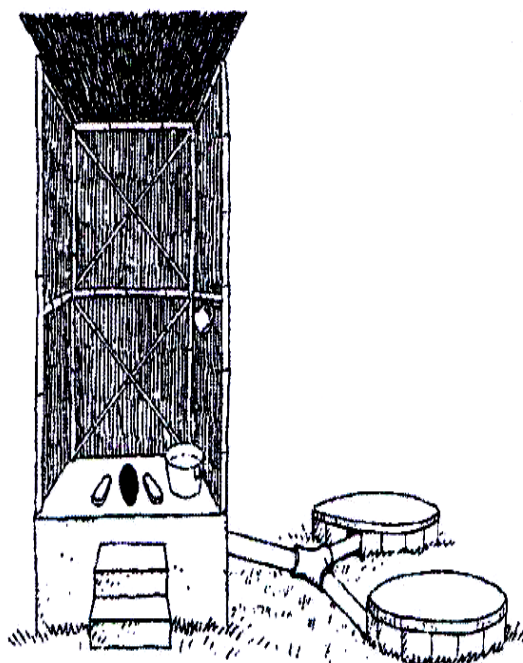
Urine Diverting Dry Latrine



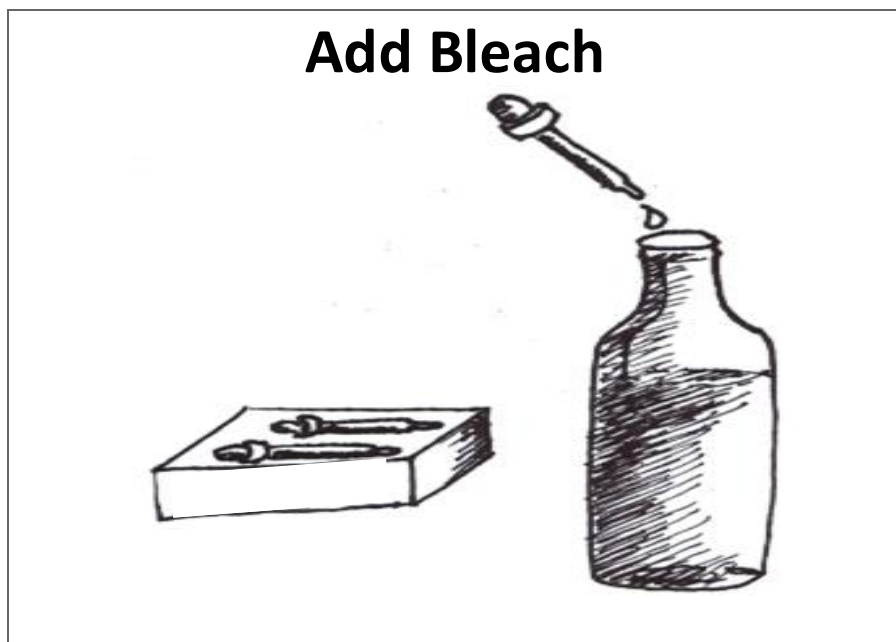
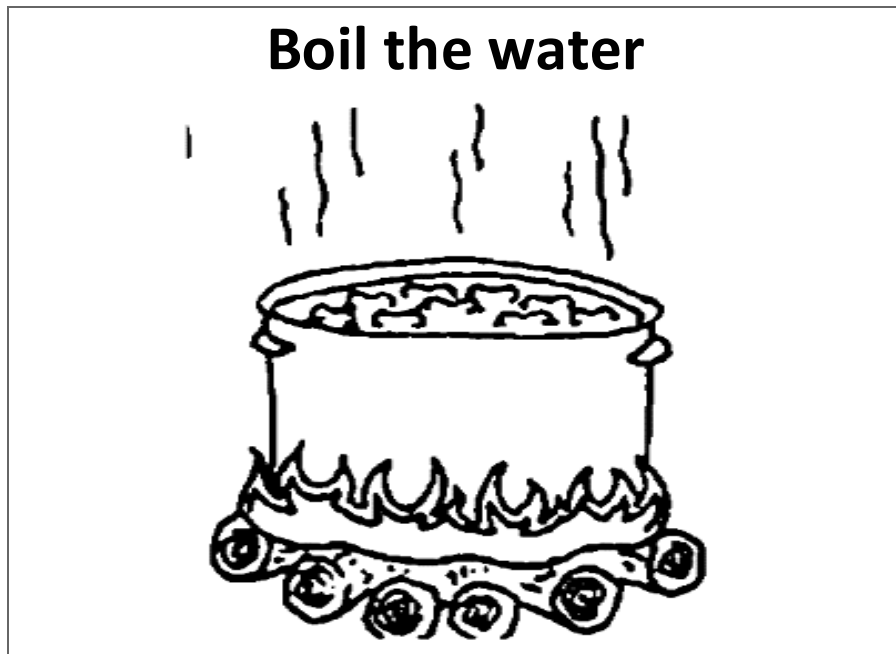
Ventilation Improved Pit (VIP) Latrine



Pour Flush Latrine



How to Clean Water



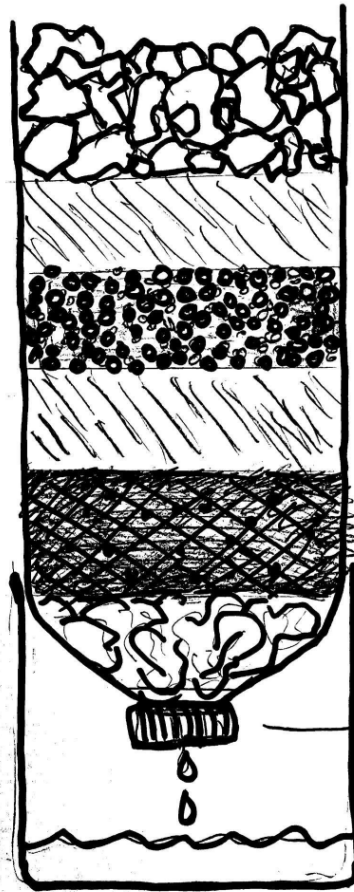
How to Use Bleach to Clean Water

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

1. Add 2 drops of bleach to 1 litre of water
2. Shake and allow to stand for at least 30 minutes (1-2 hours is best).
3. Double the amount of bleach for cloudy water or cooler water.
4. After at least 30 minutes, the water should smell slightly of chlorine. If there is too much bleach, the smell will be strong, and you should add more water.

Filter the water

cut off bottom of bottle



gravel, small rocks

fine sand

coarse sand or pebbles

fine sand

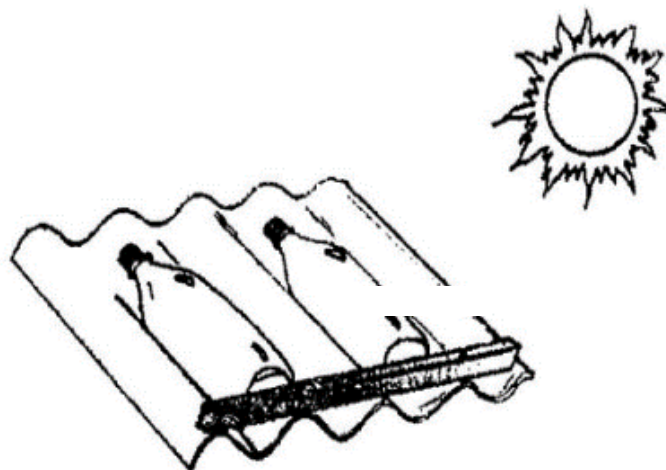
charcoal powder

cloth or coffee filter

make hole in lid

after filtering, boil water

SODIS Method



How to Use SODIS Method to Purify Water

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



Step 2: Fill the bottle 3/4 full with water



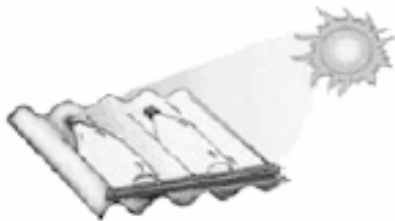
Step 3: Shake the bottle for 20 seconds



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



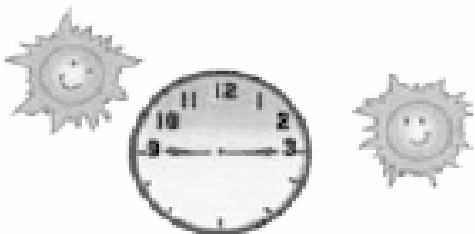
Step 5: Place the bottles on a corrugated iron sheet



Step 6: Or put them on a metal roof



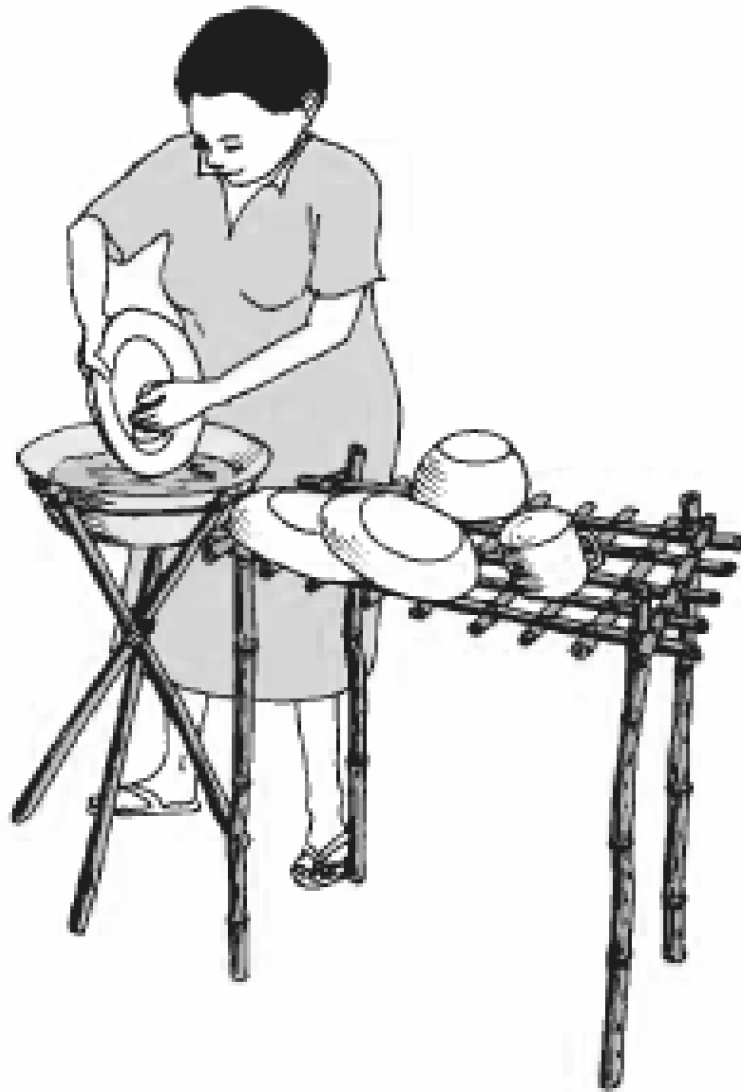
Step 7: Expose the bottle to the sun from morning until evening for at least six hours



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



Drying Rack



Gather:

- 4 large branches with a 'Y' at one end; these should be at least as long as your arm and thicker than your thumb.
- 4 medium sticks, all about the same size.
- 10-20 thinner sticks, all about the same length.
- Sisal, banana leaf, palm leaf, or any kind of twine or string you have on hand.

Build:

1. Plant the Y branches firmly in the ground with the Y up to the sky. (Remember to choose a place that is typically sunny). The sticks should make the 4 corners of a square or rectangle. These will be the legs of the drying rack.
2. Place the 4 medium sticks on the Ys to make the frame of a rectangle or square. Tie the corners together.
3. Make a crisscross pattern with the thin sticks and tie the joints together.

Maintain cleanliness and hygiene of our bodies, houses and community



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



Keep the community clean



Use a latrine



Use pure water for drinking, washing and food preparation



Safe food preparation



The First Year of Development

Before Birth



Just Born

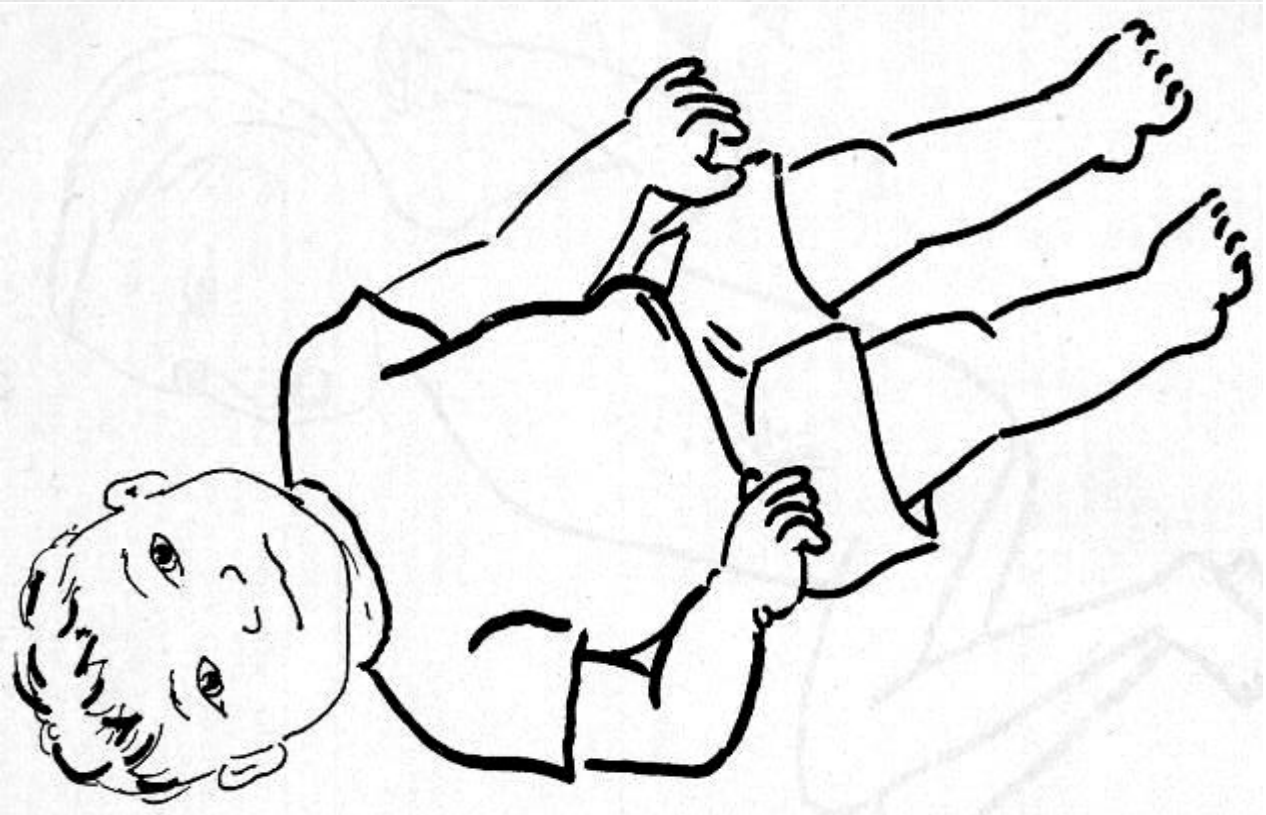
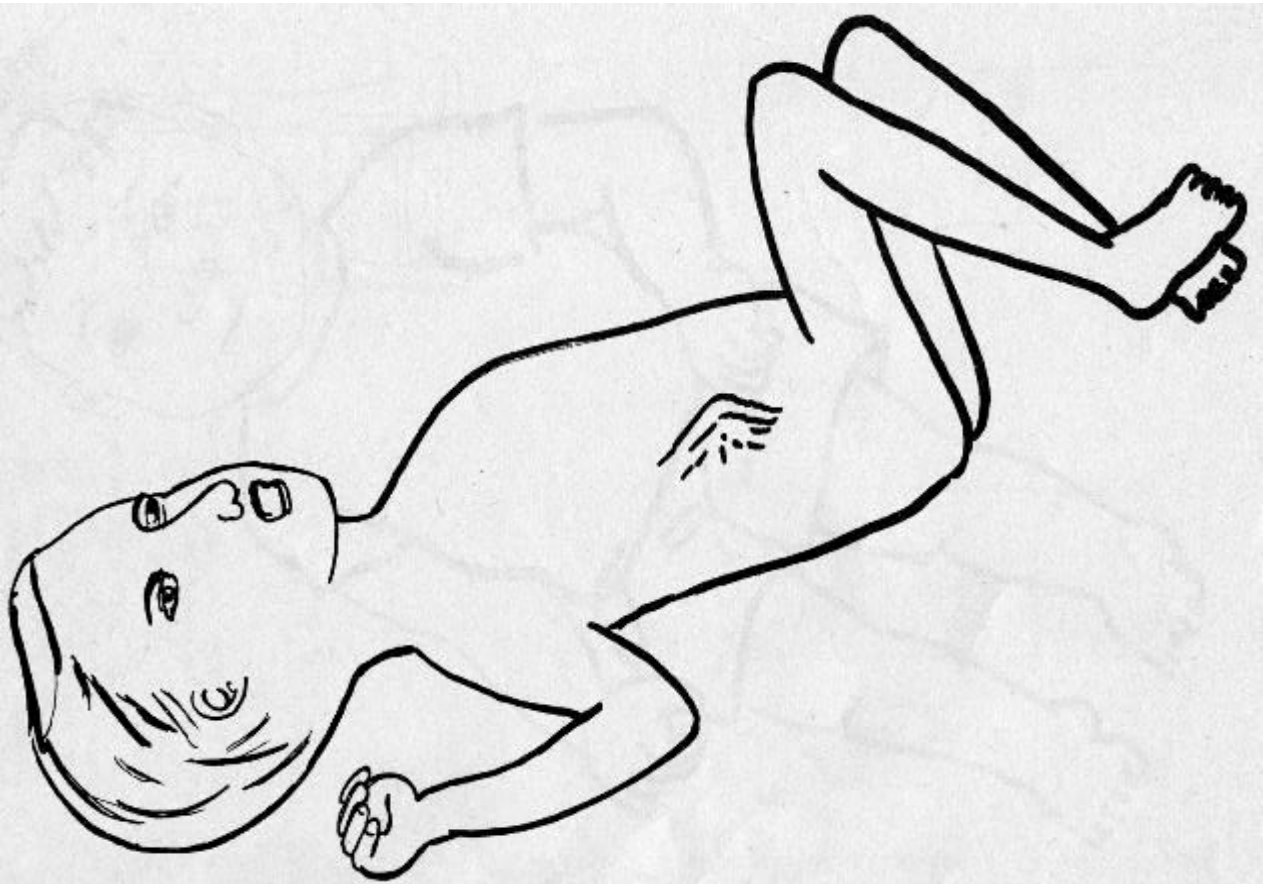


One Year

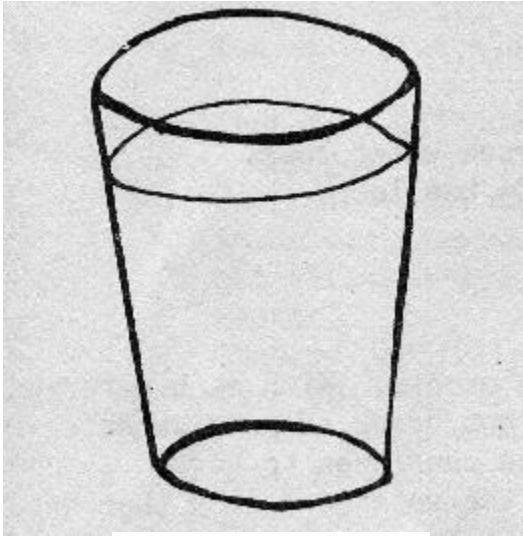
Six Months



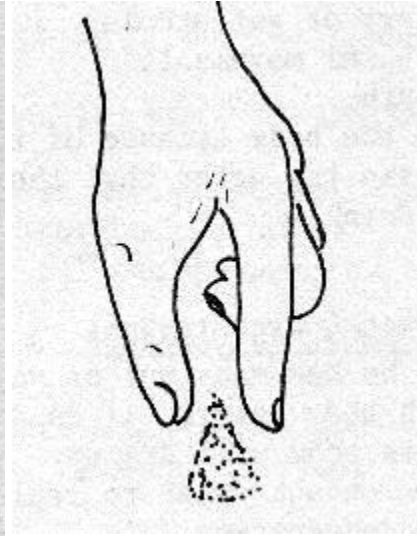
Two Children



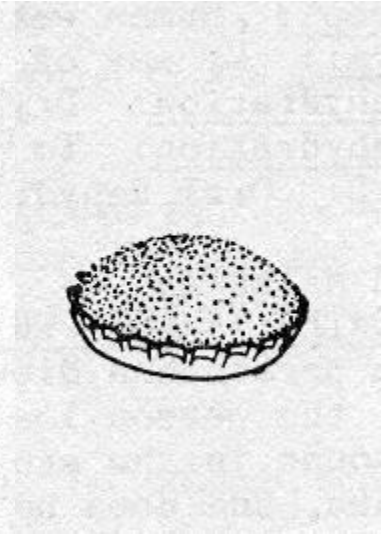
How To Make A Rehydration Drink (ORS)



Take one glass of drinking water



Put 1-2 pinches of salt



Add sugar about one Coke cola

How Much Rehydration Drink Do We Need?



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



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

REMEMBER: YOU NEED THE SAME AMOUNT COMING IN AS GOING OUT

Medical Dosages Poster

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

- 1 tablet = one whole tablet



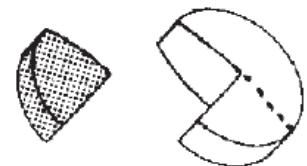
- $\frac{1}{2}$ tablet = half of a tablet



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

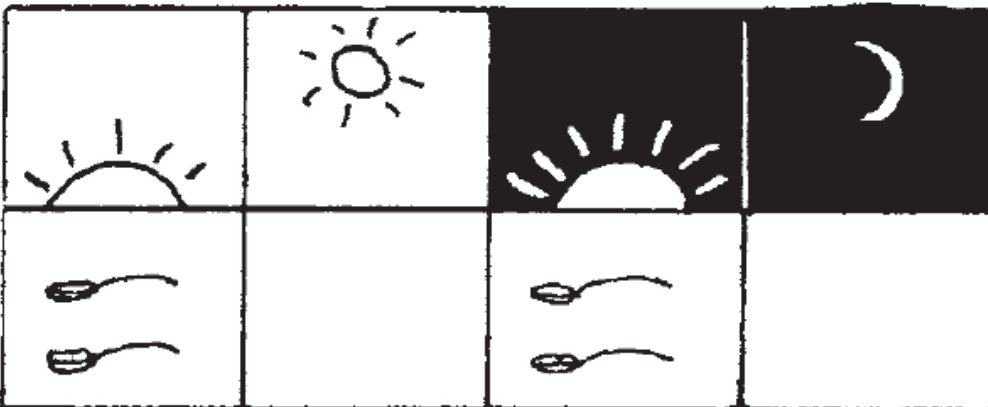
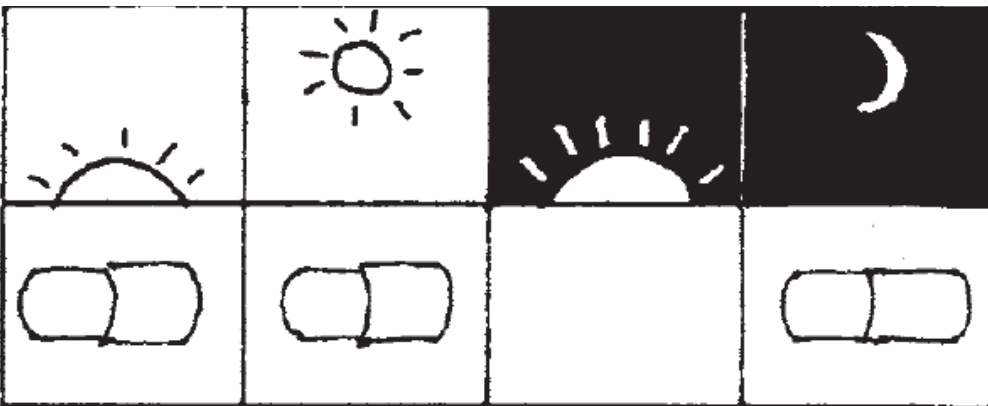
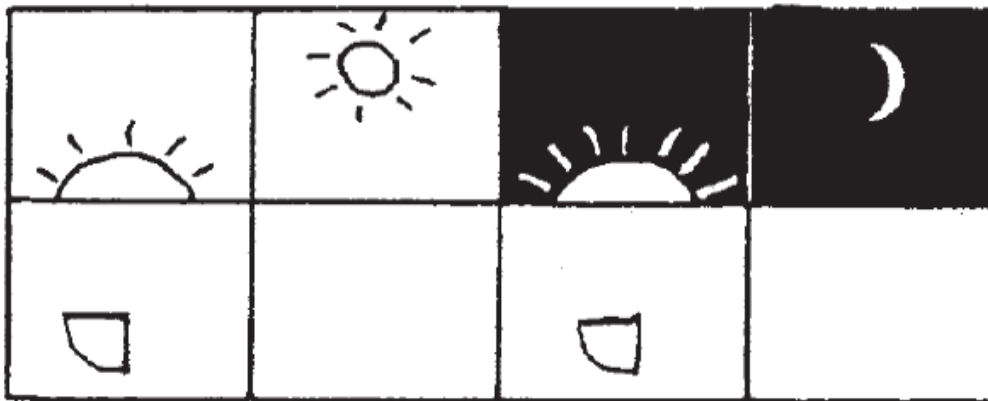
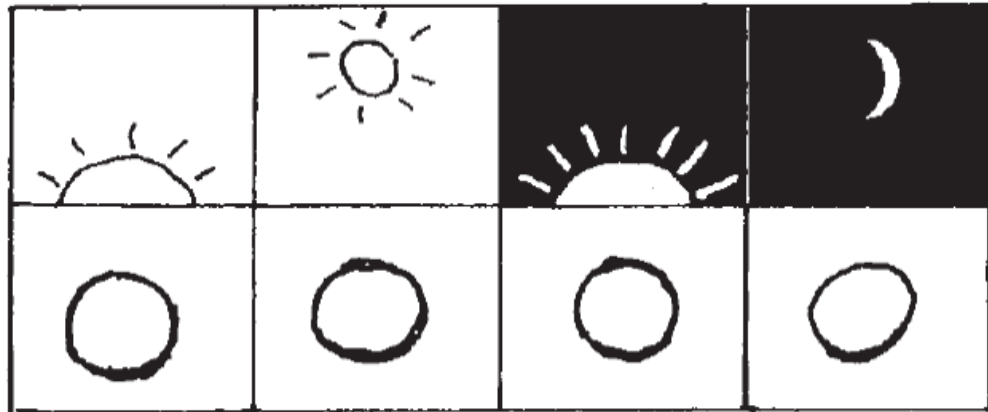


- $\frac{1}{4}$ tablet = one quarter, or one-fourth of a tablet

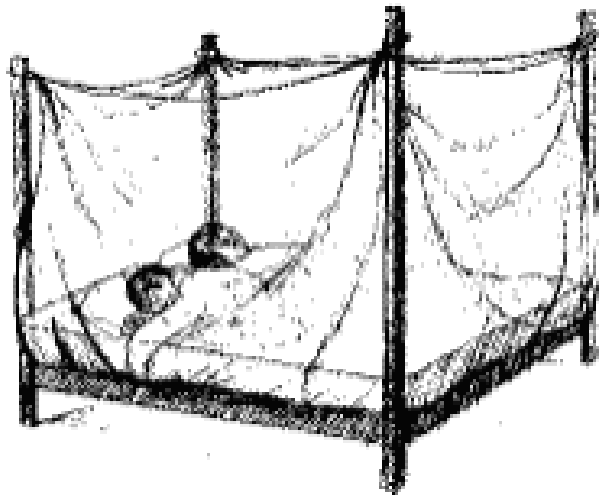
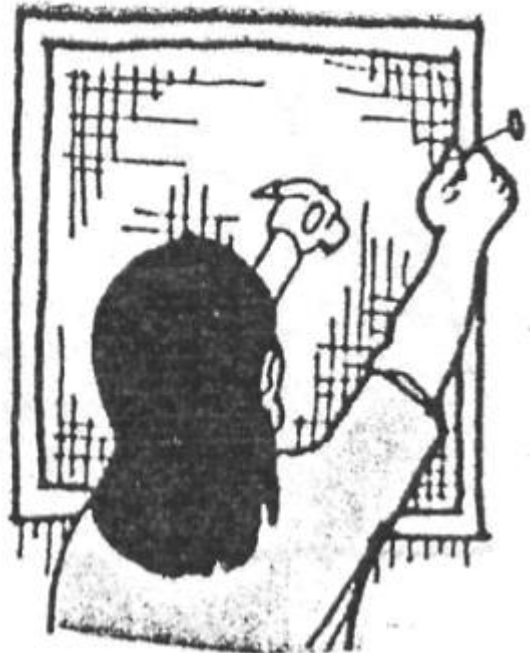
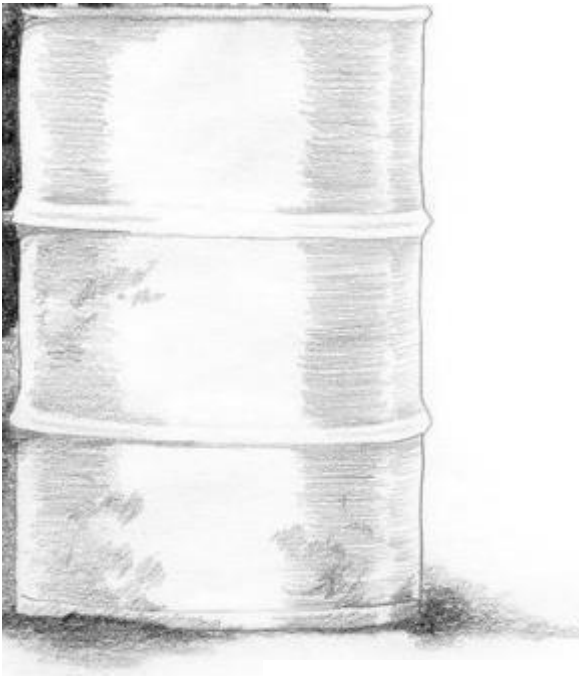


Be careful to only give medicine in the recommended amounts.

Medicine Dosage Cards



Malaria



Common Worms

1. Pinworm

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



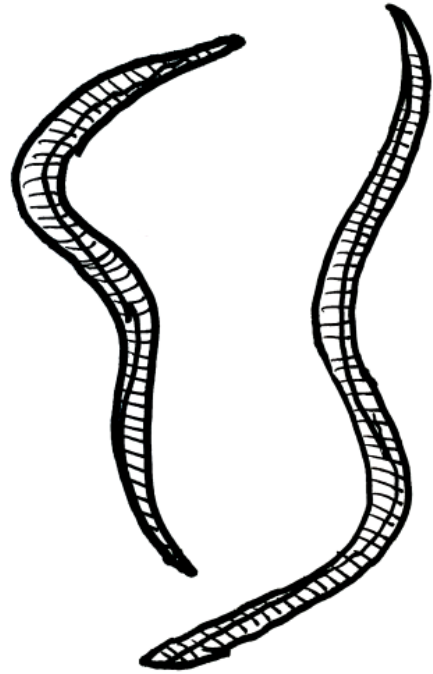
2. Hookworm

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



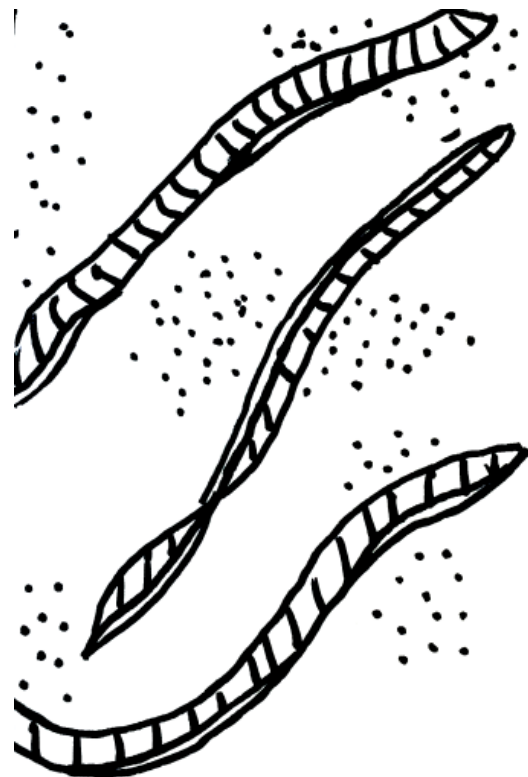
3. Roundworms

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



4. Tapeworms

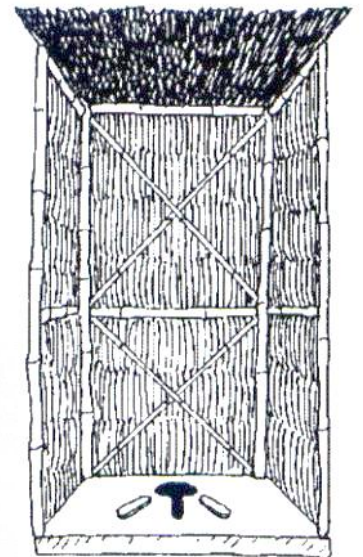
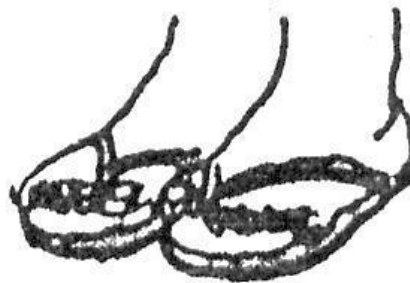
- In the intestines, tapeworms grow several metres long, but in the stool, it will look like flat, white pieces about the size of a child's fingernail.
- A person with tapeworms will have stomach pain and lose weight.



Preventing Worms

What can we do to prevent worms?

- wash hands
- wear shoes
- use a latrine and keep it clean
- practise safe food preparation
- drink pure water (use SODIS, boiling, or filter)



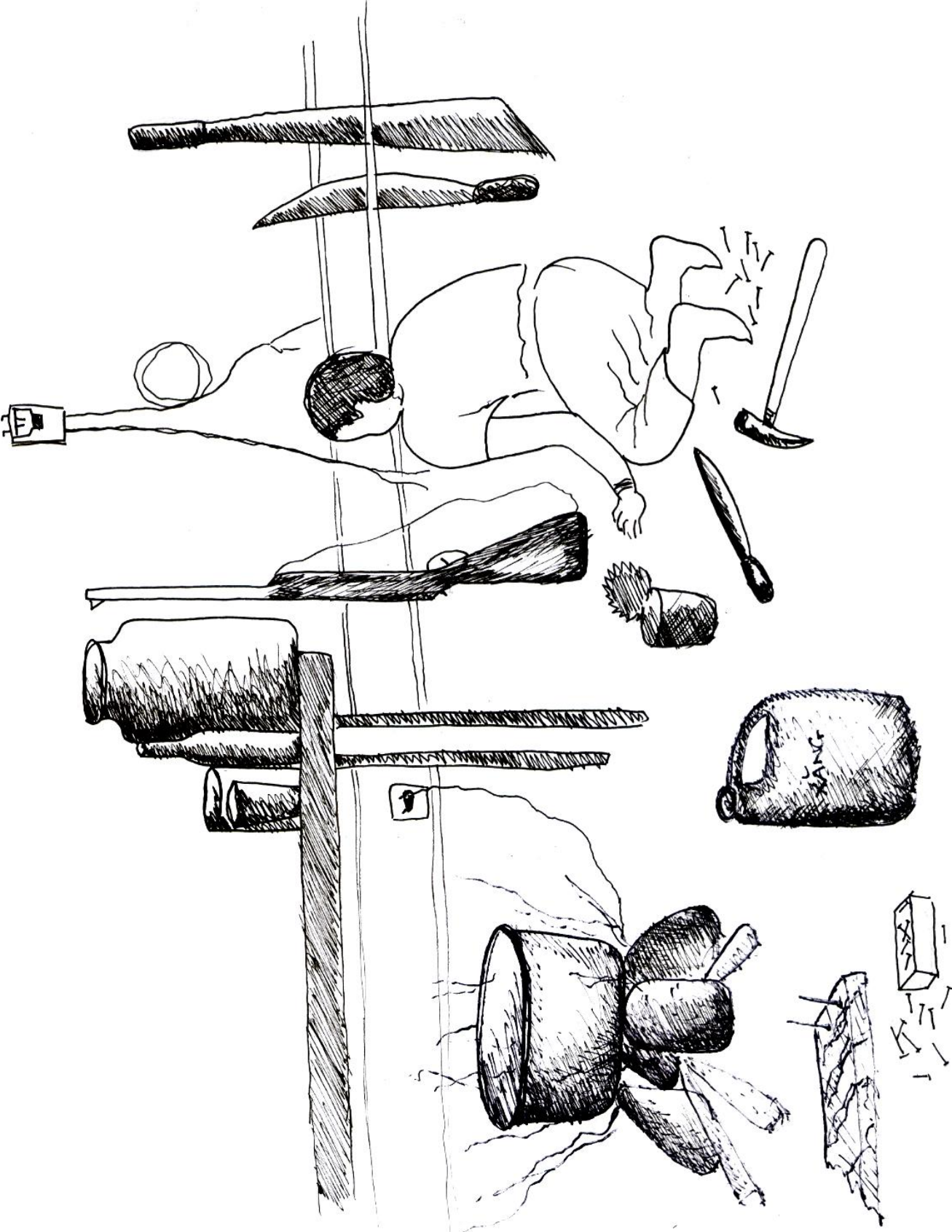
Symptoms for Tuberculosis

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

Symptoms for a Cold

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

Potential Accidents



Snake Bites

