Epidemic Control for Volunteers
Pacific Toolkit

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Saving lives, changing minds.
About the Epidemic Control for Volunteers Pacific Toolkit

The Epidemic Control for Volunteers (ECV) Pacific Toolkit is for Red Cross Societies in the Pacific to prepare volunteers for their roles in preparation and response to epidemics and disease outbreaks. It encourages the use of evidence-based health promotion messages and approaches to prevent the spread of communicable diseases in Pacific communities. The Toolkit can be adapted to suit the capacity of your National Society to work within your role in the prevention and control of epidemics.

The ECV Pacific Toolkit has been adapted from the International Federation of the Red Cross and Red Crescent Societies (IFRC) Epidemic Control for Volunteers Training Manual (http://www.ifrc.org/Global/Publications/Health/epidemic-control-en.pdf) provides more detailed information about epidemics, the epidemic response cycle and actions to take before, during and after an epidemic if needed.

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The ECV Pacific Toolkit contains three sections:

**Training Tools**
- Provide background about epidemics and disease outbreaks, the role of volunteers and their protection.

**Disease Tools**
- Describe the common diseases that can cause epidemics and disease outbreaks in the Pacific, how they spread, and provide information on prevention and control.

**Action Tools**
- Include five hygiene promotion tools which are relevant for all epidemic or disease outbreak situations. The “Managing Fever” tool is for use with disease tools 14, 15, 16 and 17. The “How to Prepare and Give Oral Rehydration Solution (ORS)” tool is for use with disease tools 11, 12, 13, and 15.

Using the Epidemic Control for Volunteers Pacific Toolkit

The training tools are for use by Red Cross trainers when preparing volunteers to undertake epidemic or disease outbreak preparedness or response activities.

The disease and action tools are for use by Red Cross volunteers when they are working with households or communities.

Red Cross National Societies in close consultation with national health authorities, can use the ECV Pacific Toolkit to help prevent or respond to disease outbreaks or epidemics. The tools can also be integrated into other existing National Society programmes as required, e.g. Community Based Health, First Aid, Disaster Risk Reduction and Disaster Management.

The ECV Pacific Toolkit contains information that is general to the Pacific region. Ongoing work with your health authorities can improve this resource to suit your country’s epidemic risk profile by including the most common diseases and adapting the information to the local context.

Translation into local languages may also be necessary and the Toolkit is available in a soft copy version to aid in the process of adaptation and translation.

Ongoing communication with your health authorities will ensure that your National Society is informed about when a disease is causing a problem in the community and whether the numbers of people affected is large enough to consider it an epidemic or disease outbreak. Once an epidemic or disease outbreak is declared, close collaboration with your health authorities will ensure your National Society’s health messages are consistent and appropriate, enabling your volunteer network to play their important complementary role to enhance the reach of disease information to communities.

International Federation of Red Cross and Red Crescent Societies, Pacific Office, Suva, 2014

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Understanding Epidemics and Disease Outbreaks

The Infection Cycle

- Well Person (carrier)
- Sick Person
- Poor Environment (uncovered food, dirty water)
- Germs
- Vectors

Recovery
Medical Help Received
No Medical Help Received
Death
Question: What are germs?

Responses:
- Germs are very small organisms that we cannot see with our eyes.
- Germs can enter our bodies in different ways, for example, by mouth, from hands.
- Some germs can make us sick and cause diseases when they enter our bodies.
- Germs can travel from one person to another in different ways, for example, coughing, sneezing.

Point to “The Infection Cycle” picture

Question: How do germs spread?

Responses:
Germs can get into our bodies in lots of different ways:
- From person to person: for example, if we eat food touched by a person who is sick with typhoid, the typhoid germs from their hands can get into our bodies and make us sick.
- Through food and water: for example, rotten food, food that is not properly cooked or dirty water can have germs in it that can make us sick when we eat or drink it.
- Through contact with a vector: a vector is an animal or insect that carries diseases, such as a mosquito or a rat. For example, a bite from a dengue mosquito can transfer dengue germs to a person’s body and they can get sick.
- Through contact with the environment: sometimes we can get germs from the water we swim in, the air we breathe or the soil we walk on. For example, leptospirosis can spread from swimming in water that has germs from animal urine in it.
- Through a well person who is a carrier of a disease: some people get germs but do not get sick. They look healthy but these people can still spread the germs they have. They are called carriers.

Question: What is an epidemic or disease outbreak?

Response:
An epidemic or disease outbreak is when more people in a community have the same disease at the same time than is normal.

Question: What are some causes of an epidemic or disease outbreak?

Responses:
- Normally there is a balance between a disease, the community and the environment. This prevents a disease from spreading and causing an epidemic or outbreak.
- A change in any of these things can cause an outbreak of disease:
  - a change in a disease and its strength
  - changes to the environment we live in. For example, changes in the seasons, in water conditions, or in the number of mosquitoes being around at certain times of the year
  - changes to the way we live. People’s houses and living conditions might change and they might change their normal habits.

Question: What is vulnerability?

Responses:
- some people get sick easily from germs, while other people can resist them.
- The more vulnerable people are, the easier it is for them to get sick
- people may be vulnerable because they are poor, sick or disabled.

Question: What people in your community might be vulnerable to infections and why?

Go through the list below and think about who is vulnerable to getting sick and why.
- babies
- children
- old people
- pregnant women
- people who are poor
- farmers
- HIV + people.

Knowing which groups are vulnerable to infections is very important as it gives you an idea of who to help and how.
Communicating to Change Health Behaviours
Question: What do you see in these pictures?
Response:
- Red Cross volunteers sharing health messages with people in four different ways.

Question: What is health promotion or behaviour change communication?
Responses:
- It is sharing messages with people to help them make healthy changes to their behaviour.
- It is any activity that we do to inform people in the community about how to protect themselves better, and how to prevent a disease from affecting them and spreading to others.

Things to think about before you begin

1. What is your message?
   - Make sure your message is clear, simple and specific.
   - Make sure you ask people to make changes that are realistic and that they are able to achieve.
   - Use the Epidemic Control for Volunteers Pacific Toolkit to help you communicate your message.

2. Who will communicate the message? Who will hear it?
   - Does the person speaking know the local language and culture?
   - Is the group that is listening the best group for you to talk to? For example, people often learn better from people who are similar to them. This is called peer education.

3. Why are you communicating the message?
   - It is important for people to understand why changing their behaviour will help them. For example, you could explain to people how washing their hands helps to prevent them from getting sick from diseases like diarrhoea or typhoid.

4. How to communicate the message
   - There are lots of ways to communicate your message:
     ◆ talking, telling stories or drama
     ◆ a role play
     ◆ discussion groups that bring people together around a specific topic.

5. How often to communicate the message?
   - Once you’ve worked out your simple message, try and repeat it often so that people remember it.

6. When to communicate the message?
   - Is the person, family or group ready to change their behaviour?
   - Is there a time of day or a time of year that is best? For example, it may be useful to talk to people about preventing dengue just before the rainy season, because this is when dengue increases.

7. Where to communicate your message?
   - Schools and churches can be great places to talk about health messages with people.
   - Community groups like women’s groups, youth groups and men’s groups can also be places where you can promote behaviour change.
   - Think about where you could stick up posters that promote your message so that lots of people can see them.

Good Communication Skills
When you talk about health with people, it is important to:

- Look - make eye contact with people
- Listen - to what people say
- Learn - try to learn more about people’s problem and barriers to changing their behaviour
- Share - share knowledge, change and adapt ideas and tools
- Care - show that you respect and care about the people you are talking to.

Think about how you could use the Epidemic Control for Volunteers Pacific Toolkit

- Who could you use them with in your community?
- When would be a good time?
- Where could you use them?
Conducting Surveillance and Reporting
Epidemic Control for Volunteers
Pacific Toolkit - Training tool

Question: What do you see in these pictures?
Responses:
- people drawing a map of their community with a Red Cross volunteer
- a Red Cross volunteer sharing health messages with people in their home
- Red Cross volunteers at their branch sharing information they have gathered in the community.

Question: What do these pictures represent?
Response:
- these are activities which Red Cross volunteers do as part of surveillance.

Question: What is surveillance?
Response:
- Surveillance is a system used to find new people with a disease in the community and then refer them to the health centre or hospital. This is always done in collaboration with health authorities.

Surveillance includes:
- sharing health messages with people in the community about the disease
- actively finding sick people
- knowing what signs of illness to look for.

What you need to know about surveillance

- To do surveillance we need to collect information by observing the community and surroundings. This information is then used to make decisions about how to prepare for an epidemic.

- Firstly the community should be mapped, so you know:
  - where people live
  - the main points in the community (school, health centre, churches, water sources)
  - the location of vulnerable people most at risk
  - if possible where the epidemic started and how it is spreading
  - health hazards and risks

- Surveillance will help you to share the right health messages with the community and refer severe cases of a disease to the health centre or hospital.

Question: What is reporting?
Response:
- Reporting is a system of sharing the information you discovered while doing surveillance with your local branch and health authorities.

What you need to know about reporting

- When working in the community and doing surveillance, volunteers get information that is important for others in order to fight the epidemic or disease outbreak.

- Communicating this information to your local branch, other volunteer teams and health authorities is very important to ensure the best possible response during an epidemic.

- Remember that reporting needs to be done in an organised way. This means that everyone doing the reporting has to follow the same form so there is no confusion.

What volunteers can DO

- map the community
- identify who may be vulnerable to the disease in the community
- divide up into surveillance teams who will actively look for sick people in their sections of the community
- when people who are sick with the disease are found, assess how severely ill they are and if they need to be referred to a health centre or hospital
- if sick people can be cared for at home, show their families how to do it and give them information and supplies where possible
- record the cases you find and share with your local branch so that a clear picture can be built of how the disease is spreading in the community.

What your National Society can DO

- coordinate with health authorities about the role of Red Cross volunteers and how information will be communicated
- coordinate with health authorities about the health messages shared by volunteers and agree with them on how to refer sick people from the community to the health centre or hospital.
Referring to a Health Centre or Hospital
Question: What do you see in these pictures?
Responses:
- a Red Cross volunteer talking to a sick person and their family about a disease
- a Red Cross volunteer talking to the nurse to refer the sick person to the health centre
- a Red Cross volunteer taking the sick person to the health centre.

Question: What are some examples of when a person should be referred to a health centre or hospital?
Responses:
- when a person is really sick and cannot be treated at home by family
- when a person needs professional care from nurses and doctors
- if a person has signs of the disease causing the epidemic and it is recommended that they are referred to a health centre or hospital.

What volunteers can DO

- when doing disease surveillance, always keep the idea of referral in mind
- learn the signs of the disease causing the epidemic and when people need to be referred to a health centre or hospital
- know where the health centre or hospital close to your community is, the phone number and how to refer sick people
- carry the relevant ECV disease tool with you when you are doing surveillance so you can check the information about the disease and its signs
- explain clearly to the family what the disease is, what the signs are and why you think the person needs to go to the health centre or hospital. Give them information about the health centre or hospital and what type of transport is available.

What your National Society can DO

- coordinate with health authorities and agree with them on how to refer sick people from the community to the health centre or hospital
- visit the local health centre or hospital and talk to doctors and nurses. Tell them about your activities and how you plan to do the referrals. Take advice from them
- decide on how referrals will be done. Can the National Society provide transport? Is there public transport? Are there ambulances? Do people have money to pay for transport? What logistic support is needed?
Protecting Our Volunteers
Question: What do you see in these pictures?

Responses:
- volunteers carrying out disease prevention and control activities
- a Red Cross volunteer talking to a sick person and their family about a disease
- a Red Cross volunteer taking the sick person to the health centre
- Red Cross volunteers carrying out a community meeting.

Question: What kind of risks are associated with volunteers working in disease prevention and control activities?

Responses:
- the risk of catching a disease and getting sick or dying
- the risk of injuring themselves
- the risk of causing harm to people or property if they have not been properly trained or given proper equipment
- personal safety issues.

What can volunteers DO to stay safe?

- attend trainings on disease prevention and control and how to keep yourself safe
- learn your National Society’s guidelines on the code of conduct, community protocols and security
- become familiar with the correct use of personal protective equipment before you need to use it
- develop the behaviour of using personal protective equipment when coming into contact with people with the disease, or as recommended, when carrying out disease prevention and control activities
- hand washing with soap, or using hand sanitiser:
  - before preparing food
  - before eating, feeding children or breastfeeding
  - after going to the toilet or changing a baby’s nappy
  - before and after caring for the sick or elderly
  - after sneezing, coughing or blowing your nose
  - after playing with pets.

What can your National Society DO to keep volunteers safe?

- ensure adequate training is provided to volunteers who are likely to work in disease prevention and control, including training volunteers in the use of personal protective equipment
- coordinate with health authorities on the deployment of volunteers in disease prevention and control
- organise volunteer management processes. For example, code of conduct, insurance, community protocols, security and logistics.
You can Prevent Dengue, Chikungunya and Zika (May 2016)
Question: What do you see in these pictures?

Responses:
- rubbish, a tyre, containers and coconut shells collecting water which is attracting mosquitoes
- people cleaning around their house
- insect repellent
- a pregnant woman wearing clothing that covers her skin
- screens on windows and a door
- a woman and child sleeping under a mosquito net.

Point to the pictures of the mosquitoes flying around the rubbish and objects containing water

Question: Where do mosquitoes which carry Dengue, Chikungunya and Zika live and breed?

Response:
- they live around houses, schools and work places
- they breed in still water and lay their eggs in objects where water collects - such as tyres, empty containers, plastic bottles and coconut shells
- they only need a small amount of water to lay their eggs in – a container as small as a bottle cap holds enough water

Information to share and discuss: After heavy rains, floods and cyclones there is an increased risk of Dengue, Chikungunya and Zika because there are more breeding sites due to rainfall and water collection in debris and rubbish.

Question: What time of day do these mosquitoes bite?

Response:
- they bite during the day, especially in the early morning and around sunset

Point to the pictures of people cleaning up around their house

Question: What are some of the ways you can prevent mosquitoes from breeding near your house?

Responses:
- keep all water containers covered all the time
- clean and scrub water containers often to remove any eggs
- get rid of objects where water collects such as tyres, empty containers, plastic bottles and coconut shells

Point to the picture of people cleaning up around their house

Questions:
- What do you see in these pictures?
- Where do mosquitoes which carry Dengue, Chikungunya and Zika live and breed?
- Where do mosquitoes which carry Dengue, Chikungunya and Zika live and breed?
- What time of day do these mosquitoes bite?
- What are some of the ways you can prevent mosquitoes from breeding near your house?

Zika question: What are some things that pregnant women and women planning to become pregnant can do to protect themselves from Zika?

Responses:
- Take special care to prevent mosquito bites:
  - use insect repellent recommended by health authorities - the use of insect repellent is safe and effective for pregnant women
  - wear clothing that covers the skin – light coloured clothing if possible
  - sleep under a mosquito net at all times - especially when sleeping during the day, and in the early morning and around sunset
- pregnant women should go to the health clinic, hospital or see a health worker early in their pregnancy for advice
- pregnant women and their sexual partners who live in an area with a Zika outbreak should follow the recommendations of the health authorities
- to prevent sexual transmission of Zika virus during pregnancy, couples with male partners who live in or travel to areas with Zika outbreaks should use a condom every time they have sex during the pregnancy
- women considering pregnancy and their partners living in an area with a Zika outbreak should consider deferring pregnancy until the outbreak is declared over by health authorities.

Key messages
- Dengue, Chikungunya and Zika mosquitoes live around houses, schools and work places and breed in still water.
- To prevent Dengue, Chikungunya and Zika - Clean Up, Cover Up and Keep it Up!

Take Action
- What is one thing you will DO to get rid of mosquito breeding areas around your house?
- What is one thing you will DO to avoid getting mosquito bites?
Act on Dengue, Chikungunya and Zika (May 2016)

- fever
- pain behind the eyes
- pink/red eyes
- rash
- joint pain
- muscle pain
- headache
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Point to picture of mosquitoes biting a woman

Question: What do you see in this picture?
Response:
• mosquitoes biting a woman.

Question: What do you know about Dengue, Chikungunya and Zika?
Responses:
• they are diseases caused by the bite of an infected mosquito
• mosquitoes carrying Dengue, Chikungunya and Zika live around houses, schools and work places and bite during the day, especially in the early morning and around sunset.

Question: Do you know anyone who has had Dengue, Chikungunya or Zika?
Ask people to share their stories about Dengue, Chikungunya or Zika. If someone has a story, ask them to talk about what time of year the person got sick and the signs of the disease and the action they took. If nobody replies go to the next question.

Point to the picture of the sick woman with the thermometer in her mouth who has the signs of these diseases

Question: What are some signs of Dengue, Chikungunya and Zika?
Responses:
• When a person has Dengue the common signs are – fever, headache, pain behind the eyes, pain in the joints, pain in the muscles. It is less common for people to have a skin rash.
• When a person has Chikungunya the common signs are - fever, pain in the joints, pain in muscles, a skin rash.
• When a person has Zika the common signs are - fever, skin rash, pain in the joints, pain in the muscles, red eye or pink eye. (Only 1 out of 5 people infected with Zika will show signs of the illness).

A person may not have ALL of the signs listed above, but they may still have the disease.

Point to the picture of the woman being taken to the health centre

Question: What should you do if you or anyone you know has these signs?
Response:
• go to the health centre or hospital, or see a health worker quickly.
• parents should take sick children to see their health worker as soon as possible.
• pregnant women should quickly see their health care provider to receive information and so their pregnancy can be closely monitored.

Point to the picture of the sick woman sleeping under a mosquito net

Question: What things can you do at home to care for a person with Dengue, Chikungunya or Zika?
Responses:
• encourage them to get plenty of rest.
• give them plenty of fluids to drink (like clean water, coconut water, or soup).
• Paracetamol (Panadol) can be given to treat fever or pain. Always follow the instructions on the packet so you give the right dose.
• do NOT give the sick person aspirin or ibuprofen to treat fever or pain.
• prevent mosquitoes from biting the person while they are sick - because mosquitoes could then bite other people and spread the disease.
• while the person is sick try to:
  o ensure they sleep under a mosquito net at all times.
  o ensure they wear clothing that covers the skin.
  o ensure they use insect repellent if available.

Key messages
• Dengue, Chikungunya and Zika are diseases which are spread by the bite of an infected mosquito.
• If you see signs of Dengue, Chikungunya or Zika get to the health centre or hospital, or see a health worker quickly.
• Pregnant women should quickly see their health care provider to receive information and so their pregnancy can be closely monitored.

Take Action
• What is one thing you will DO to get rid of mosquito breeding areas around your house?
• How will you remember the signs of Dengue, Chikungunya and Zika?
You Can Prevent Malaria

[Image of a mosquito and a person sleeping under a net, indicating measures to prevent malaria.]
**Epidemic Control for Volunteers**

**Pacific Toolkit - Training tool**

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**Question: What do you see in these pictures?**

**Responses:**
- a mosquito
- a mother and baby sleeping under a mosquito net
- a pregnant woman wearing clothing that covers her skin
- screens on windows and a door.

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**Question: How do you get malaria?**

**Response:**
- the only way you can get malaria is to be bitten by an infected mosquito.

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**Question: What else do you know about malaria?**

**Responses:**
- mosquitoes carrying malaria usually bite during the night, and around sunrise and sunset
- children under 5 years and pregnant women are most at risk
- anyone who does not use a bed net is also at risk
- malaria is a serious illness which can cause death
- malaria can be treated and can be prevented.

*Point to the pictures of the mother and baby sleeping under a mosquito net, the pregnant woman wearing clothing that covers her skin and the screens on windows and a door*

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**Question: What are some of the ways you can prevent mosquitoes from breeding near your house?**

**Responses:**
- keep all water containers covered all of the time, and clean water containers often
- make sure roof guttering and drains around the house are clear
- get rid of objects where water collects such as tyres, empty containers, plastic bottles and coconut shells.

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**Key Messages**

- The only way you can get malaria is to be bitten by an infected mosquito.
- Malaria can cause death, but malaria can be treated and prevented.
- Prevent mosquito bites by:
  - sleeping under a mosquito net at night time, and around sunrise and sunset
  - wearing clothing that covers the skin at night time, and around sunrise and sunset
  - using screens on windows and doors
  - using mosquito repellent.

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**Take Action**

- What is one thing you will DO to avoid getting mosquito bites?
Act on Malaria

- fever
- chills
- vomiting
- muscle pain
- diarrhoea
- headache
**Epidemic Control for Volunteers**

**Pacific Toolkit - Training tool**

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**Question: What do you see in these pictures?**

**Responses:**
- a sick child being bitten by mosquitoes
- a sick child with signs of malaria
- taking a sick child to the health centre
- a sick child sleeping under a mosquito net.

**Question: What do you know about malaria?**

**Responses:**
- malaria is spread by bites from infected mosquitoes
- malaria is a serious illness which can cause death
- malaria can be treated and can be prevented.

**Question: Do you know anyone who has had malaria?**

Ask people to share their stories about malaria. If someone has a story, ask them to talk about what time of year the person got sick and the signs of the disease. If nobody replies go to the next question.

**Point to picture of the sick child with some signs of malaria**

**Question: What are some of the sign of malaria?**

**Responses:**
- fever and chills
- feeling like vomiting
- vomiting
- diarrhoea
- headache
- back pain
- sweats
- pain in muscles

In very bad cases:
- weakness
- loss of consciousness

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**Point to the picture of the sick child being taken to the health centre**

**Question: What should you do if you or anyone you know has these signs?**

**Response:**
- go to the health centre or hospital, or see a health worker quickly.

**Point to the picture of the sick child sleeping under a mosquito net**

**Question: What things can you do at home to care for a person with malaria?**

**Responses:**
- care for the person under a mosquito net so that a mosquito cannot bite them and then carry the infection on to another person
- help the person to take their malaria medicine at the right time and make sure that they complete the course of medicine
- give the person plenty of fluids (like clean water, coconut water, or soup) to drink
- give the person Paracetamol (Panadol) for fever and pain. Always follow the instructions so you give the right amount of medicine at the right time.

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**Key Messages**

- Malaria is spread by bites from infected mosquitoes.
- If you see signs of malaria get to the health centre or hospital, or see a health worker quickly.

**Take Action**

- How will you remember the signs of malaria?
Ko Kona n Totokoa te Bekanako, Typhoid, Korera ao Babobo A
Question: What causes diarrhoea, typhoid, cholera and hepatitis A?

Responses:
Diarrhoea, typhoid, cholera and hepatitis A are all caused by germs from:
- drinking dirty water
- eating food that has been prepared with dirty water
- eating food that has gone bad, or meat or fish that is not properly cooked
- not washing hands
- living in dirty conditions.

Point to the picture of the boiling water

Question: Dirty water spreads diarrhoea, typhoid, cholera and hepatitis A. What can be done to prevent the spread of diarrhoea, typhoid, cholera and hepatitis A through dirty water?

Responses:
- use clean safe water for drinking and preparing food
- make sure that water is clean and safe for drinking by using any TWO of these methods - straining, boiling (until the bubbles are big and fast for at least one minute), solar disinfection or chlorination
- store water in clean containers with covers
- use toilets or latrines
- avoid open defecation (pooing in fields, forests, bushes, bodies of water or other open spaces)
- make sure toilet waste does not come into contact with drinking water sources.

Point to the pictures of hand washing, covered food and water, cooked hot food, and washing the dishes

Question: Diarrhoea, typhoid, cholera and hepatitis A are spread by food, fingers, flies and poo. What can be done to stop diarrhoea spreading in these ways?

Responses:
- wash hands with soap and water:
  - before preparing food
  - before eating, feeding children or breastfeeding
  - after going to the toilet or changing a baby's nappy
  - before and after caring for the sick or elderly
  - after sneezing, coughing or blowing your nose
  - after playing with pets
- store food and water covered and away from flies
- clean pots, plates and bowls, knives, forks and spoons properly
- cook food properly and eat it while it is hot
- keep the house and compound clean.

Key Messages
- Diarrhoea, typhoid, cholera and hepatitis A are caused by germs in dirty water.
- Diarrhoea, typhoid, cholera and hepatitis A are also spread by food, fingers, flies and poo.
- Washing hands helps stop the spread of disease.
- Using clean safe water, eating safe food and keeping clean will help prevent diarrhoea, typhoid, cholera and hepatitis A.

Take Action
- What is one thing you will DO to make sure your family drinks clean safe water?
- What is one thing you will DO to help keep food safe?
- What is one other thing you will DO to help keep your family safe from diarrhoea, typhoid, cholera and hepatitis A?
Act on Diarrhoea
**Question: What is diarrhoea?**

**Response:**
- A person has diarrhoea when he or she has three or more watery poos in 24 hours. The person might also have stomach pains or fever.

**Question: Why is diarrhoea dangerous, especially in children?**

**Responses:**
- diarrhoea causes dehydration, which is when the body loses water and salts
- diarrhoea and dehydration can kill children.

**Point to picture of the mother with a sick baby and the picture of gently pinching the skin on a baby’s stomach to check for dehydration**

**Question: What are the signs of dehydration?**

**Responses:**
- thirst
- sunken eyes with little or no tears when crying
- dry mouth and tongue
- little or no urine (pee)
- when gently pinching the skin, it stays in a pinch and goes back to normal slowly
- feeling weak and very tired
- muscle cramps

**Point to pictures of the mother feeding a sick child with a spoon, the mother breastfeeding and the coconut water**

**Question: What can be done to treat dehydration?**

**Responses:**
- if a baby has diarrhoea, breastfeed the baby more often
- give food-based fluids to people with diarrhoea. Food-based fluids include coconut water, soup, porridge or rice water (boil rice in water until the rice is very soft like soup). Make sure you use clean safe water
- give a child recovering from the diarrhoea an extra meal every day for two weeks.

**Point to the packet of Oral Rehydration Solution (ORS)**

Giving ORS can reduce risk of death from diarrhoea. You can get ORS from the health centre or pharmacy. You can also make ORS at home. Use Epidemic Control for Volunteers Action Tool 2 to teach people more about ORS.

**Question: When should you take a person with diarrhoea to the health centre, hospital or health worker?**

**Response:**
- if they have a high fever or there is blood in their poo.

**Question: When should you take a sick child back to the health centre, hospital or health worker?**

**Responses:**
- if the child does not want to drink or breastfeed
- if the child still has diarrhoea and /or vomiting after 2 days
- you do not see a general improvement in 2 days.

**Key Messages**

- Give food - based fluids, such as coconut water, soup, rice water or porridge to people with diarrhoea. Make sure you use clean safe water.
- Oral Rehydration Solution can also help reduce risk of death from diarrhoea.
- Go immediately to a health centre, hospital or health worker if the person with diarrhoea has a high fever or there is blood in their poo.

**Take Action**

- What will you DO to remember the actions to take if someone has diarrhoea?
Act on Typhoid

headache
fever
stomach pain

Disease tool 7
Typhoid is a disease spread by germs in dirty water. Typhoid is also spread by food, fingers, flies and poo.

Typhoid causes fever, headache and stomach pain, and can cause death.

If you see signs of typhoid, get to a health centre, hospital or see a health worker quickly.

How will you remember the signs of typhoid?

- headache
- fever
- stomach pain
- constipation (difficulty having a poo) or diarrhoea (runny poo)
- not hungry

Question: What should you do if you notice the signs of typhoid?

- go to the health centre, hospital or see a health worker quickly
- do not allow the person with signs of typhoid to prepare food for other people.

Key Messages

- Typhoid is a disease spread by germs in dirty water.
- Typhoid is also spread by food, fingers, flies and poo.
- Typhoid causes fever, headache and stomach pain, and can cause death.
- If you see signs of typhoid, get to a health centre, hospital or see a health worker quickly.

Take Action

- How will you remember the signs of typhoid?
Epidemic Control for Volunteers
Pacific Toolkit - Disease tool 8

Act on Cholera

- weakness and tiredness
- watery diarrhoea
- muscle cramps

[Image of a child experiencing symptoms of cholera and a woman taking care of the child, holding a package of ORS (Oral Rehydration Solution)].
Point to the picture of the boy being taken to a health centre, the packet of ORS and the coconut water

Question: What should you do if you notice the signs of cholera?
Responses:
- go to the health centre, hospital or see a health worker. People with cholera can become quickly dehydrated and may need to go on an intravenous drip to replace the lost water and salts. Children are at more risk of dehydration.
- when traveling to the health centre, hospital or health worker start drinking ORS or coconut water to replace the water and salts lost by diarrhoea. Use clean, safe water to make ORS. Use Epidemic Control for Volunteers Action Tool 2 to teach people more about ORS.
- continue to breastfeed your baby if they have watery diarrhoea, even when traveling to get treatment.

Cholera is a disease spread by germs in dirty water.
Cholera is also spread by food, fingers, flies and poo.
Cholera causes lots of watery diarrhoea and vomiting and can cause death.
Children are at higher risk of dehydration and death from cholera.
If you see signs of cholera, get to health centre, hospital or see a health worker quickly.

Key Messages
- Cholera is a disease spread by germs in dirty water.
- Cholera is also spread by food, fingers, flies and poo.
- Cholera causes lots of watery diarrhoea and vomiting and can cause death.
- Children are at higher risk of dehydration and death from cholera.
- If you see signs of cholera, get to health centre, hospital or see a health worker quickly.

Take Action
- HOW will you remember the signs of cholera?
Act on Hepatitis A

- fever
- yellow eyes
- tiredness
- yellow skin
- pain in the stomach
Epidemic Control for Volunteers
Pacific Toolkit

Question: What do you see in these pictures?
Responses:
- a man with some signs of hepatitis A - he has yellow skin and eyes
- the sick man being taken to the health centre
- hand washing with soap
- boiling water
- covered food and water.

Question: What do you know about hepatitis A?
Responses:
Hepatitis is caused by germs from:
- drinking dirty water
- eating food that has been prepared with dirty water
- eating food that has gone bad, or meat or fish that is not properly cooked, or eating shellfish grown in water polluted with sewerage
- not washing hands
- living in dirty conditions.

Question: Do you know anyone who has had hepatitis A?
Ask people to share their stories about hepatitis A. If someone has a story, ask them to talk about the signs of hepatitis A they noticed. If nobody replies go to the next question.

Point to the picture of the man with some signs of hepatitis A

Question: What are the signs of hepatitis A?
Responses:
- tiredness
- fever
- pain in the stomach
- feeling like vomiting
- diarrhoea
- yellow skin; the white of the eyes are yellow (jaundice)
- dark urine (pee)
- losing weight
- itching

Question: What should you do if you notice signs of hepatitis A?
Responses:
- go to the health centre or hospital, or see a health worker quickly
- do not allow the person with signs of hepatitis A to prepare food for other people.

Key Messages
- Hepatitis A is a disease spread by germs in dirty water.
- Hepatitis A is also spread by food, fingers, flies and poo.
- Hepatitis A can cause tiredness, fever, pain in the stomach, yellow skin and can make the whites of the eyes yellow.
- If you see signs of hepatitis A get to a health centre or hospital, or see a health worker quickly.

Take Action
- How will you remember the signs of hepatitis A?
Prevent and Act on Measles

- fever
- cough
- rash
- red eyes
- runny nose
**Question: What do you see in these pictures?**

**Responses:**
- a sick child with a rash, runny nose, red eyes and a cough
- a child having a measles vaccination.

**Question: What do you know about measles?**

**Responses:**
- measles spreads quickly and easily between people
- measles spreads through the air when infected people sneeze, cough, talk or sing
- people who are not vaccinated are at most risk of getting measles
- people living in temporary crowded conditions are also at risk.

**Question: What are the signs of measles?**

**Responses:**
- high fever
- cough
- red eyes
- runny nose
- red blotchy rash appears on the third to seventh day after the fever starts. The rash starts on the head and then spreads to the rest of the body. People can spread measles before the rash appears on their body - this is why measles spreads so quickly.

**Question: What should you do if you notice the signs of measles?**

**Response:**
- go to the nearest health worker or health centre quickly.

**Question: What things can you do at home to care for a person with measles?**

**Responses:**
- give the person plenty of fluids to drink (like clean water, coconut water, or soup)
- cool the person down by wiping a sponge or a cloth soaked in warm water over the body and the forehead
- give the person Paracetamol (Panadol) for the fever. Always follow the instructions so that you give the right amount of medicine at the right time

**Question: What are some ways you can prevent the spread of measles?**

**Responses:**
- vaccination against measles is the best prevention
- in a measles outbreak all adults and children will be vaccinated.

**Point to the child having a measles vaccination**

**Key Messages**

- Measles is spread through the air when infected people sneeze, cough, talk or sing.
- If you see signs of measles go to the nearest health worker or health centre quickly.
- Vaccination against measles is the best prevention.

**Take Action**

- Have your children had their measles vaccinations?
- Check with your health worker or health centre NOW.
Prevent and Act on Acute Respiratory Infections

- headache
- fever
- runny nose
- sore throat
- difficult or fast breathing
- cough
- pain in the muscles
- pain in the chest

Wash hands frequently with soap and water.
Question: What do you know about respiratory infections?

**Responses:**
- acute respiratory infections are spread from one person to another through droplets of saliva (spit), or in the air when infected people cough or sneeze.
- Acute respiratory infections spread easily between people living in overcrowded temporary conditions.

Point to picture of the sick child with some signs of a respiratory infection

Question: What are the signs of respiratory infections?

**Responses:**
- fever, cough and difficulty breathing or fast breathing
- the person may also have a sore throat, runny nose, headache, pain in the muscles, sneezing, pain in the chest and pain when breathing in.

Point to pictures of correct ways of coughing and hand washing

Question: What should you do if you notice signs of a respiratory infection?

**Responses:**
- go to the health centre or hospital, or see a health worker
- drink plenty of fluids like clean water, coconut water or soup, and get plenty of rest
- take Paracetamol (Panadol) for the fever and pain. Always follow the instructions so that you take the right amount of medicine at the right time
- cough or sneeze into a handkerchief or into your sleeve or top so that you don’t spread germs to others – don’t cough into your hand
- wash your hands often with soap and water, especially after coughing, sneezing or blowing your nose
- stay away from groups of people at school, work or gatherings so you don’t spread germs.

Question: What can be done to prevent the spread of respiratory infections?

**Responses:**
- care for the person with respiratory infections away from those who are not sick to avoid spreading the germs
- do not shake hands with or touch people who may be sick with a respiratory infection. They may have coughed or sneezed into their hands and could pass the germs onto you
- wash your hands often with soap and water
- keep your environment clean and open the windows to let fresh air in.

Key Messages

- Acute respiratory infections are spread from one person to another through droplets of saliva (spit), or in the air when infected people cough or sneeze.
- Acute respiratory infections spread easily between people living in overcrowded temporary conditions.
- Cough or sneeze into a handkerchief or into your sleeve or top so that you don’t spread germs to others.
- Wash your hands often with soap and water, especially after coughing, sneezing or blowing your nose.

Take Action

- How will you remember the actions to take if someone has a respiratory infection?
Prevent and Act On Influenza

- headache
- fever
- muscle ache
- runny nose
- cough
- sore throat

Wash hands:

- Use soap and water.
- Rub hands for 20 seconds.
- Rinse with clean water.

Cover cough:

- Use an arm or elbow.
- Avoid touching mouth or face.

Stay home if sick:

- Do not go to work or school.
- Avoid public places.
- Rest until symptoms go away.

Seek medical advice:

- Call doctor if symptoms worsen.
- Get treatment for complications.

Monitor for serious symptoms:

- Difficulty breathing.
- Chest pain.
- Severe headache.
- Confusion.

Take precautions to prevent spread:

- Wash hands frequently.
- Cover cough.
- Disinfect surfaces.
- Avoid close contact.

Get vaccinated:

- Get influenza vaccine yearly.
- Consider additional vaccines if needed.
Question: What do you know about influenza?
Responses:
- influenza is spread from one person to another through droplets of saliva (spit), or in the air when infected people cough or sneeze
- influenza is caused by a virus, so antibiotics will not work.

Point to the picture of a sick man with some signs of influenza

Question: What are the signs of influenza?
Responses:
- a sudden fever, with either a cough or a sore throat
- the person may also have a runny nose, headache, pain in muscles and sneezing.

Point to the pictures of the correct ways of coughing and the picture of hand washing

Question: What should you do if you notice signs of influenza?
Responses:
- go to the health centre or hospital, or see a health worker
- drink plenty of fluids like clean water, coconut water or soup, and get plenty of rest
- take Paracetamol (Panadol) for the fever and pain. Always follow the instructions so that you take the right amount of medicine at the right time
- cough or sneeze into a tissue or into your sleeve or top so that you don’t spread germs to others - don’t cough into your hand
- wash your hands often with soap and water, especially after coughing, sneezing or blowing your nose
- stay away from groups of people at school, work or at gatherings so you don’t spread germs.

Question: What can be done to prevent the spread of influenza?
Responses:
- care for the person with influenza away from those who are not sick to avoid spreading the germs
- do not shake hands with or touch people who may be sick with influenza. They may have coughed or sneezed into their hands and could pass the germs onto you
- wash your hands often with soap and water.

Key Messages
- Influenza is spread from one person to another through droplets of saliva (spit), or in the air when infected people cough or sneeze.
- Cough into a tissue or into your sleeve or top so that you don’t spread germs to others.
- Wash your hands often with soap and water, especially after coughing, sneezing or blowing your nose.

Take Action
- How will you remember the actions to take if someone has influenza?
Prevent and Act on Leptospirosis
Question: What do you see in these pictures?
Responses:
- a rat
- men working outside wearing long pants, gloves and gumboots
- food that is stored in containers and in a cupboard.

Question: What do you know about leptospirosis?
Responses:
- leptospirosis is a disease caused by germs in the urine (pee) of infected animals
- some animals that carry leptospirosis are rats, mongoose, cows, horses, dogs and pigs
- leptospirosis outbreaks are more likely to occur in the rainy season when the rain washes germs into rivers or water sources.

Question: How is leptospirosis spread?
Responses:
- leptospirosis is spread through contact with the urine of infected animals which can be in water, soil or on plants
- germs from the urine can enter the body through the mouth or nose, or through a cut or scratch on the skin.

Question: What are the signs of leptospirosis?
Responses:
- fever
- headache
- feeling cold
- pain in the muscles
- vomiting
- yellow skin
- red eyes
- sore stomach
- diarrhoea
- rash

Question: What should you do if you notice signs of leptospirosis?
Responses:
- go to the health centre or hospital, or see a health worker quickly

You will be started on medicine to treat leptospirosis.

Point to the pictures of people working outside wearing protective clothing and food stored in containers in cupboards.

Question: What are some things you can do to prevent getting leptospirosis?
Responses:
- do not swim or wash in rivers or streams during floods or after heavy rains
- if you drink water from a stream or river always make sure it is clean and safe to drink by using any two of these methods - straining, boiling (until the bubbles are big and fast for at least one minute), solar disinfection or chlorination
- wear protective clothes, especially gumboots and long pants, if you work around mud, water or animals like cows and pigs. If your skin is broken from a cut or a scratch it is very important to wear protective clothing
- store food in cupboards and containers away from rats
- control rats around your home with traps.

Key Messages
- Leptospirosis is spread through contact with the urine of infected animals.
- Leptospirosis causes fever, headache, pain in muscles and other signs, and can cause death.
- Control rats, cover food, and wear protective clothing such as shoes or gumboots, long pants and gloves when outside and when around animals.

Take Action
- What will you DO to remember the signs of leptospirosis?
- What is one thing you will DO to protect your family from leptospirosis?
Prevent and Act on Ciguatera Fish Poisoning

- dizziness
- feeling like vomiting
- pain in the muscles
- lack of feeling and tingling in fingers
- unsteady movements
**Question: What do you see in these pictures?**

**Responses:**
- a man eating a reef fish
- a sick man with some signs of ciguatera fish poisoning
- taking the sick man to a health centre - the person is having trouble walking.

**Question: What do you know about ciguatera fish poisoning?**

**Responses:**
- Ciguatera fish poisoning is caused by eating reef fish which are contaminated with ciguatera poison.
- The poison cannot be smelled or tasted and cooking does not destroy it.
- Many types of fish can contain ciguatera poison, for example, coral trout, snapper, barracuda, Spanish mackerel, red emperor, wrasse, reef cod, sturgeon, trevally, kingfish, grouper and amberjack.
- Outbreaks can occur at certain times of the year, or at other times such as after storms.
- People get sick within 24 hours of eating contaminated reef fish.

**Question: What are the signs of ciguatera fish poisoning?**

**Responses:**
- Feeling like vomiting
- Vomiting
- Diarrhoea
- Pain in the muscles
- Dizziness
- Lack of feeling and a tingling feeling - in fingers, toes, around lips, tongue, mouth and throat
- Unsteady movement and staggering walk

**Question: What should you do if you notice signs of ciguatera fish poisoning?**

**Responses:**
- Go to the health centre or hospital, or see a health worker quickly.
- Tell the health worker if you have eaten a reef fish and give information about where it came from - if you know.

**Question: What can you do to prevent getting ciguatera fish poisoning?**

**Responses:**
- Avoiding eating fish from certain reef areas is the only way to prevent ciguatera fish poisoning.
- Check with local authorities to find out which fish in your area are the highest risk.

**Key Messages**

- Ciguatera fish poisoning is caused by eating reef fish which are contaminated with ciguatera poison.
- Ciguatera fish poisoning can cause vomiting, diarrhoea, pain in the muscles, numbness and tingling, dizziness and unsteady movement.
- If you see signs of ciguatera fish poisoning get to a health centre or hospital, or see a health worker quickly.

**Take Action**

- How will you remember the signs of ciguatera fish poisoning?
Managing Fever
Question: What do you know about fevers?
Responses:
- fever is the body’s reaction to infection - it is a signal that an infection is present
- fever is when the body temperature is raised. It makes the person feel hot, can cause chills (shivering) and is very uncomfortable
- fever can be serious. If it is very high it can cause seizures in young children
- fever can cause the body to lose water and salts and become dehydrated
- fever in very young children and babies may be a sign of serious illness.

Point to the pictures of the mother breastfeeding, a child being wiped with a warm cloth and the mother feeding a child water on a spoon

Question: What things can you do at home when someone has a fever?
Responses:
if the person can drink, eat and move about:
- give more fluids to drink than usual (like clean water, coconut water)
- encourage babies to breastfeed as much as possible
- encourage the person to rest
- give nutritious food
- cool the body down by:
  - removing extra clothing and keeping the person in a cool place with fresh air
  - wiping a sponge or a cloth soaked in water over the body and the forehead
  - bathing babies in warm water
- give Paracetamol (Panadol) for the fever. Always follow the instructions so you give the right amount of medicine at the right time.

Questions: What are some examples of when you should immediately take a person with a fever to the health centre or hospital or to see a health worker?
Responses:
- if the fever is high or if a baby or young child has had seizures
- if the fever does not go away or becomes worse.

Key Messages
- Fever can cause the body to lose water and salts and become dehydrated.
- If a fever is very high it can cause seizures in young children. If this happens go quickly to the health centre, hospital or to see a health worker.
- Things to do at home when someone has a fever
  - give more fluids to drink than usual
  - encourage babies to breastfeed as much as possible
  - encourage the person to rest
  - cool the body down
  - give Paracetamol (Panadol).

Take Action
- How will you remember the actions to take if someone has a fever?
How to Prepare and Give Oral Rehydration Solution (ORS)

- 1 litre of water
- half a level teaspoon of salt
- 6 level teaspoons of sugar
Question: What do you see in these pictures?
Responses:
- pictures showing how to make ORS from a packet
- the ingredients you need to make ORS at home
- a mother feeding her child with a spoon.

Question: What is ORS?
Responses:
- ORS is the first way to treat people suffering from diarrhoea and dehydration
- ORS replaces water and salts that are lost when people have diarrhoea
- ORS can be prepared from packets you get from the health centre or pharmacy, or you can make it at home from clean water, sugar and salt.

Point to the pictures of making up ORS from a packet

Question: How do you make ORS from a packet?
Responses:
- boil water or use clean, safe water
- let the water cool (if boiled)
- wash your hands with soap and water
- pour 1 litre (or the amount stated on the packet) of clean water into a clean container
- add the ORS powder into the water
- stir until dissolved with a clean spoon.

Point to the pictures of the ingredients needed to make ORS at home

Question: How do you make ORS at home?
Responses:
- wash your hands with soap and water
- pour 1 litre of clean, safe water into a clean container
- add 6 level teaspoons (small spoons) of sugar to the water
- add half a teaspoon (small spoon) of salt
- stir until dissolved with a clean spoon.

Question: How do you give ORS?
Responses:
- give a teaspoon (small spoon) every 1-2 minutes for a child under 2 years of age
- give frequent sips from a cup for an older child or adult
- if the person vomits, wait 10 minutes and then give the solution more slowly
- if the ORS is not completely used up by the end of the day, get rid of it and prepare a new batch in the morning. Do not keep it for more than 24 hours.

ORS is the first way to treat people suffering from diarrhoea and dehydration.
ORS replaces water and salts that are lost when people have diarrhoea.
ORS can be prepared from packets you get from the health centre or pharmacy, or you can make it at home from clean water, sugar and salt.

Key Messages
- ORS is the first way to treat people suffering from diarrhoea and dehydration.
- ORS replaces water and salts that are lost when people have diarrhoea.
- ORS can be prepared from packets you get from the health centre or pharmacy, or you can make it at home from clean water, sugar and salt.

Take Action
- How will you remember the steps in making ORS?
Hand Washing
Question: What do you see in these pictures?
Response:
- how to wash your hands and the most important times to wash your hands.

Question: Why is hand washing important?
Responses:
- hand washing with soap prevents germs from spreading
- germs cause diseases like diarrhoea, typhoid, cholera and hepatitis A.

Question: When should you wash your hands?
Responses:
- wash hands with soap and water:
  - before preparing food
  - before eating, feeding children or breastfeeding
  - after going to the toilet or changing a baby's nappy
  - before and after caring for the sick or elderly
  - after sneezing, coughing or blowing your nose
  - after playing with pets.

Question: What are some other things you and your family can do to keep your bodies clean?
Responses:
- wash your face and body every day with soap and water
- clean your teeth every day
- keep your clothes clean.

Key Messages
- Washing hands helps stop the spread of disease.
- Wash hands with soap and water:
  - before preparing food
  - before eating, feeding children or breastfeeding
  - after going to the toilet or changing a baby's nappy
  - before and after caring for the sick or elderly
  - after sneezing, coughing or blowing your nose
  - after playing with pets.

Take Action
- How will you remember WHEN to wash your hands?
- Demonstrate each of the steps for correct hand washing and practice together.
Promoting Hygiene
Question: What do you see in these pictures?
Responses:
- washing hands with soap
- a woman washing herself
- people cleaning a house and compound
- a woman cleaning the toilet
- a man getting rid of rubbish.

Question: Why is it important to have clean hands and bodies, and a clean environment?
Responses:
- keeping clean can reduce diseases in the community, especially diseases like diarrhoea, typhoid, dengue and leptospirosis.

Question: What are things you can do to keep your body clean?
Responses:
- wash hands with soap and water:
  - before preparing food
  - before eating, feeding children or breastfeeding
  - after going to the toilet or changing a baby’s nappy
  - before and after caring for the sick or elderly
  - after sneezing, coughing or blowing your nose
  - after playing with pets
- wash your face and body every day with soap and water
- clean your teeth every day
- keep your clothes clean.

Question: What are things you can do to keep your house and compound clean?
Responses:
- bury or burn rubbish. Try to reuse, recycle and reduce waste
- make sure toilet waste and animals aren’t in contact with drinking water
- dispose of stools safely, use a latrine and keep it clean
- keep your house and compound free of animal poo

- prevent mosquitoes from breeding near your house or in your community:
  - keep all water containers covered all the time and clean the water containers often
  - make sure roof guttering and drains around the house are clear
  - get rid of objects where water collects, such as tyres, empty containers, plastic bottles and coconut shells
  - change water in pot plants and vases often.

Key Messages
- Keeping clean can reduce diseases in the community, especially diseases like diarrhoea, typhoid, dengue and leptospirosis.
- Wash hands with soap and water:
  - before preparing food
  - before eating, feeding children or breastfeeding
  - after going to the toilet or changing a baby’s nappy
  - before and after caring for the sick or elderly
  - after sneezing, coughing or blowing your nose
  - after playing with pets.
- Bury or burn rubbish.
- Make sure toilet waste and animals aren’t in contact with drinking water.

Take Action
- What is one thing you will DO to keep your body clean?
- What is one thing you will DO to keep your compound and community clean?
Safe Water Messaging
**Question: What do you see in these pictures?**

**Responses:**
- straining water
- boiling water
- solar disinfection of water
- using chlorine tablets
- washing hands
- clean water containers with lids.

**Question: Why is it important to drink clean, safe water?**

**Response:**
- Drinking clean, safe water can prevent diseases like diarrhoea, typhoid, cholera and hepatitis A.

**Question: What should you do if water is not clean or safe, such as after heavy rain, or during flooding or drought?**

**Responses:**
- Use any TWO of the methods below to make sure that water is clean and safe for drinking.

1. **Straining water**
   - This is an important first step if water looks muddy or dirty.
   - Pour muddy or dirty looking water through a piece of fine, clean cotton cloth to remove some of the visible dirt.
   - Washing the cloth between uses will make straining more effective.
   - Straining alone does not make contaminated water completely safe to drink. ONE more of the methods below will be needed before the water is clean and safe to drink.

2. **Boiling water**
   - Boil water until the bubbles are big and fast for at least one minute.
   - Boiling will kill all germs that cause disease.

3. **Solar Disinfection (also called the SODIS system)**
   - Wash a clear plastic or glass bottle. Fill the bottle with water and close the lid.
   - Place the bottle in sunlight for about 5 hours, around midday.
   - For greater effectiveness place the bottle on a corrugated iron roof.
   - If a bottle is not available the water can also be held in a clean and clear plastic bag.
   - Solar disinfection will kill most germs that cause disease if exposed to the sun for long enough.

4. **Chlorination**
   - It is important to get training or to follow the instructions on the packet to make sure that the right number of chlorine tablets and the right amount of water is used.
   - Chlorine tablets are easy and safe to use.
   - Do not allow the chlorine to come into contact with the eyes. Store these products out of reach of children.

**Point to pictures of hand washing and the water containers**

**Question: What are other things you need to do to keep water clean and safe?**

**Responses:**
- Always wash your hands before handling drinking water.
- Store clean, safe water in containers with covers.
- Regularly clean the water containers.
- Keep the water containers out of reach of children.
- If possible use a different container for collecting water and storing water.

**Key Messages**
- Drinking clean, safe water can prevent diseases like diarrhoea, typhoid, cholera and hepatitis A.
- If water is not clean or safe use any TWO of these methods to ensure that water is clean and safe for drinking – straining, boiling, solar disinfection or chlorination.
- Always wash your hands before handling drinking water.
- Store clean, safe water in containers with covers.

**Take Action**
- What will you DO to keep water safe and clean?
Food Safety Messaging
Question: Why is it important to eat safe food?  
**Responses:**
- Food that is not safe can have germs that cause sickness such as diarrhoea, typhoid, cholera, and hepatitis A.

**Point to the picture of washing hands with soap**

Question: What things can you do to keep food safe?  
**Responses:**
- **Keep Clean**
  - wash your hands before handling food and often during food preparation
  - wash your hands after going to the toilet
  - wash and clean all surfaces and equipment used for food preparation
  - protect food preparation areas and food from insects, pets and other animals.

**Point to the picture of raw and cooked food being prepared on the same chopping board**

- **Separate Raw and Cooked Food**
  - separate raw meat, poultry and seafood from other foods
  - use separate equipment, knives and cutting boards for handling raw foods
  - store food in containers to avoid contact between raw and prepared foods.

**Point to the picture of the food boiling**

- **Cook Food Well**
  - cook food well to kill germs - especially meat, poultry, eggs and seafood
  - bring foods like soups and stews to boiling
  - for meat and poultry, make sure that juices are clear, not pink
  - reheat cooked food well.

**Point to picture of piping hot food being served and eaten**

- **Keep Food at Safe Temperatures**
  - do not leave cooked food at room temperature for more than 2 hours
  - put all cooked and perishable food in the fridge, if possible
  - keep cooked food piping hot before serving

**Do not store food too long, even in the refrigerator**
- **Use Safe Water and Foods**
  - use safe water: to make sure that water is clean and safe for drinking use any TWO of these methods - straining, boiling (until the bubbles are big and fast for at least one minute), solar disinfection or chlorination
  - wash fruits and vegetables, especially if eaten raw
  - select fresh and healthy foods
  - choose foods processed for safety, such as pasteurized milk
  - do not use food beyond its expiry date.

**Key Messages**

- Food that is not clean and safe can have germs that cause sickness such as diarrhoea, typhoid, cholera and hepatitis A.
- Things you can do to keep food safe and clean:
  - keep clean
  - separate raw and cooked food
  - cook food well
  - keep food at safe temperatures
  - use safe water and foods.

**Take Action**

- What will you DO to keep your food safe?
Keeping Your House, Compound and Community Clean
Question: What do you see in these pictures?
Responses:
- rubbish, tyres and containers with pools of water attracting mosquitoes and rats
- a man clearing up rubbish
- people cleaning up their community.

Question: Why is it important to live in a clean environment?
Responses:
- keeping your community clean can help reduce diseases, especially diseases like diarrhoea, typhoid, dengue and leptospirosis
- rubbish can attract rats and mice and create a breeding area for flies and mosquitoes
- animal poo around houses and in the village increases the number of flies and insects that carry the germs that cause diseases and contaminate water sources
- mosquitoes that carry malaria and dengue fever breed in still water.

Question: What things can you do to keep your community clean?
Responses:
- bury or burn rubbish. Try to reuse, recycle and reduce waste
- clean the area around water sources and protect water sources from animals and toilet waste
- create and maintain water soak pits around water sources
- dispose of stools safely, use a latrine and keep it clean
- keep areas around houses free of animal poo
- clear vegetation from river banks or ponds near the community
- prevent mosquitoes from breeding near your house or in your community:
  - keep all water containers covered all the time and clean water containers often
  - make sure roof guttering and drains around the house are clear
  - get rid of objects where water collects such as tyres, empty containers, plastic bottles and coconut shells
  - change water in pot plants and vases often.

Question: What can your community do to keep the environment clean?
Responses:
- organise regular clean up days and target these areas:
  - roads/streets
  - around homes
  - sea walls
  - beside rivers
- help vulnerable people (for example, elderly and disabled people) to keep their houses and compounds clean.

Key Messages

- Keeping your community clean can help reduce diseases, especially diseases like diarrhoea, typhoid, dengue and leptospirosis.
- Bury or burn rubbish.
- Clean the area around water sources and protect water sources from animals and toilet waste.
- Create and maintain water soak pits around water sources.
- Keep areas around houses free of animal poo.
- Keep the community free of mosquito breeding areas.

Take Action

- What will you DO to keep your house, compound and community clean?