

Community-Based Health and First Aid Flipchart

For RC 143 Community Health Team



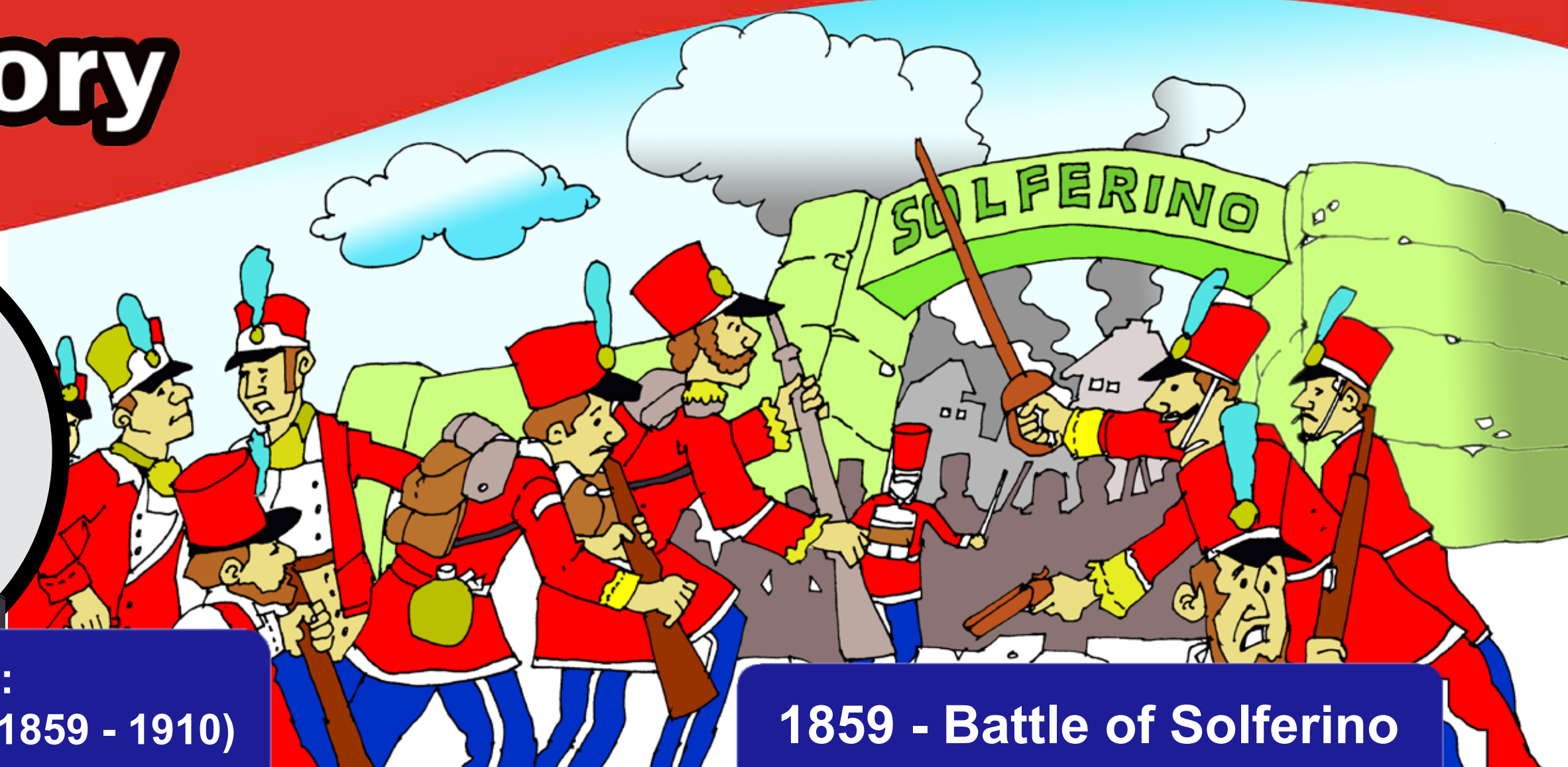
Production of this flipchart is supported by:



RC History



**Father of Red Cross:
Jean Henri Dunant (1859 - 1910)**



1859 - Battle of Solferino

International Red Cross and Red Crescent Movement

- International Committee of the Red Cross
- National Societies
- International Federation of the Red Cross and Red Crescent Societies



ICRC

International Humanitarian Law

International Humanitarian Law (IHL) is a set of rules which place restrictions on the use of weapons and methods of warfare. IHL aims to protect human dignity and to limit suffering during times of war.

Emblems



PROPER USE OF EMBLEM

Red Cross Red Crescent Red Crystal

Protection for Red Cross workers, AFP medical personnel/units, transport and hospitals in times of armed conflict

Identification for the member, objects and vehicles connected to the Red Cross

PHILIPPINE RED CROSS HISTORY

1899, February

Approval of the Constitution of the National Association of the Red Cross
- Mrs. Hilario del Rosarlo de Agulnaldo, President of The Association

1947, March 22

President Roxas signed the Philippine National Red Cross (PNRC) Charter, Republic Act 95.

15 April 1947

The PNRC had its inaugural ceremony.

2009

The consolidation of the Senate Bill 3285 and House Bill 6509 is now known as Republic Act No. 10072 or the Philippine Red Cross Act of 2009 and is authored by Sen. Richard J. Gordon and Sen. Juan Miguel Zubiri.

This act recognizes the Philippine Red Cross as an independent, autonomous, nongovernmental organization auxiliary to the authorities of the Republic of the Philippines in the humanitarian field. The Philippine Red Cross currently has 100 chapters and sub-chapters throughout the country.



ALWAYS FIRST

ALWAYS READY

ALWAYS THERE



Vision and Mission

OUR VISION:

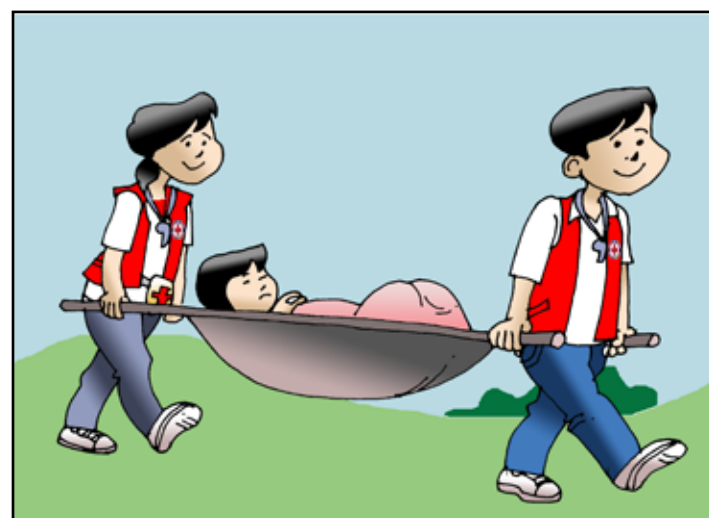
The Philippine Red Cross will be the foremost humanitarian organization in the Philippines, in services provided and number of people served.

OUR MISSION:

The Philippine Red Cross brings timely, effective and compassionate humanitarian assistance for the most vulnerable without consideration of nationality, race, creed, gender, social status or political belief.

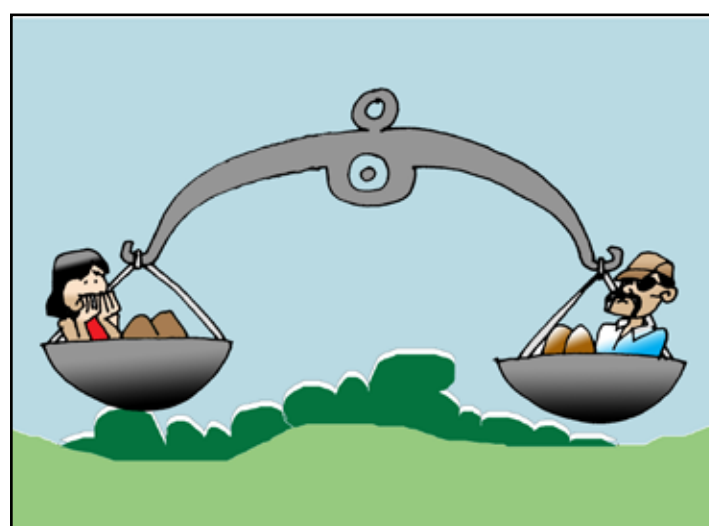
RED CROSS PRINCIPLES

HUMANITY



"We serve people but not systems."

IMPARTIALITY



"We care for the victims, and for the aggressor, alike."

NEUTRALITY



"We take initiatives, but never sides."

VOLUNTARY SERVICE



"We work around the clock, but never for personal gain."

INDEPENDENCE



"We bow to need, but not to any person."

UNITY



"We have many talents, but a single idea."

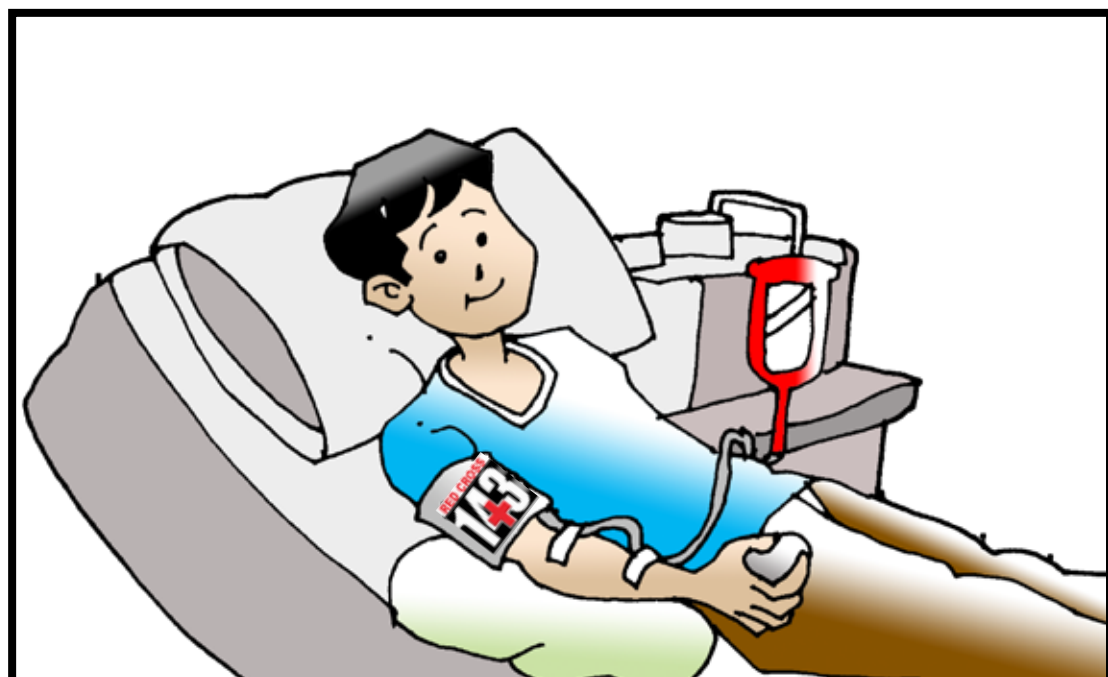
UNIVERSALITY



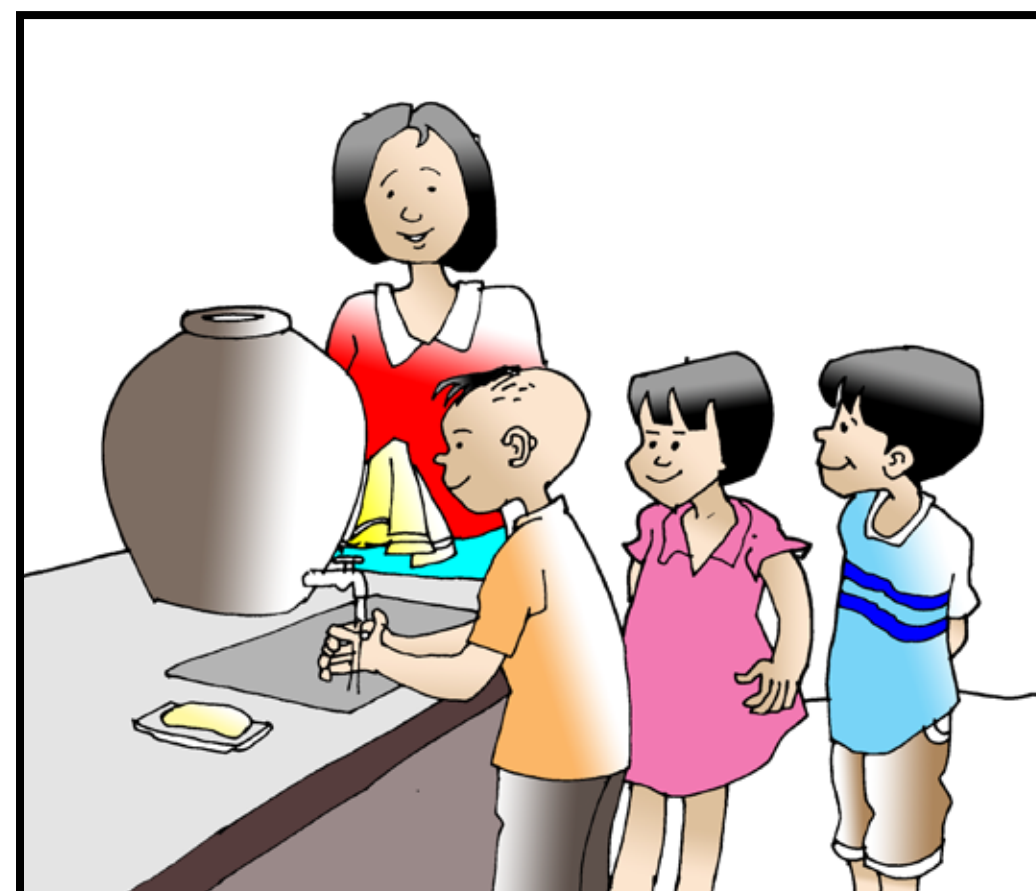
"We respect nations, but our work knows no bounds."

PRC Services

RC 143



National Blood Services



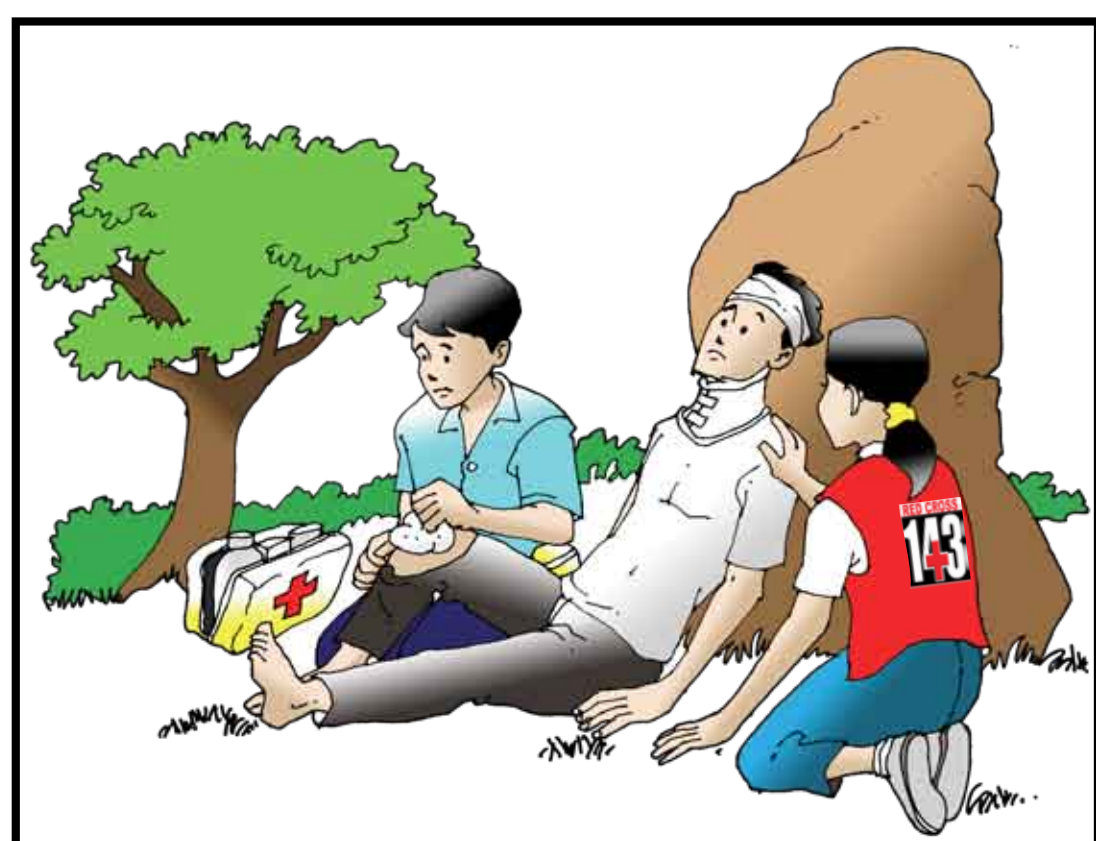
Community Health and Nursing Services



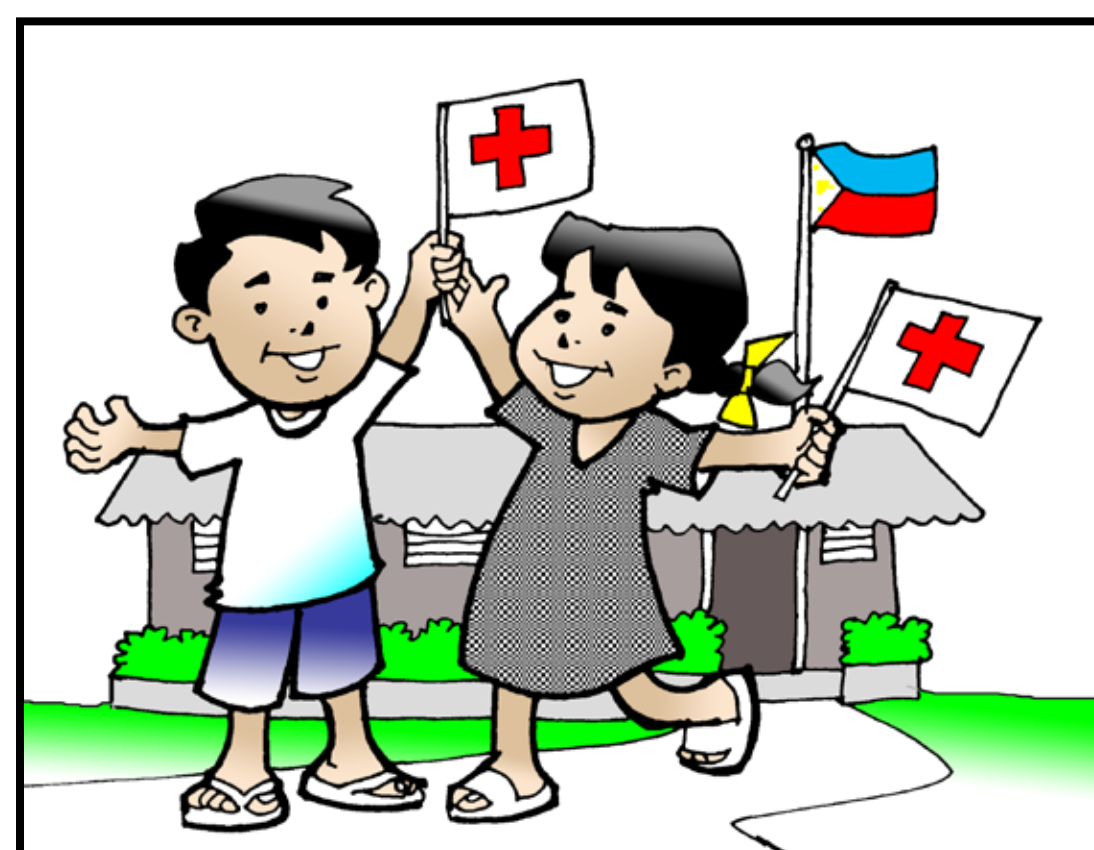
Disaster Management Services



Social Services



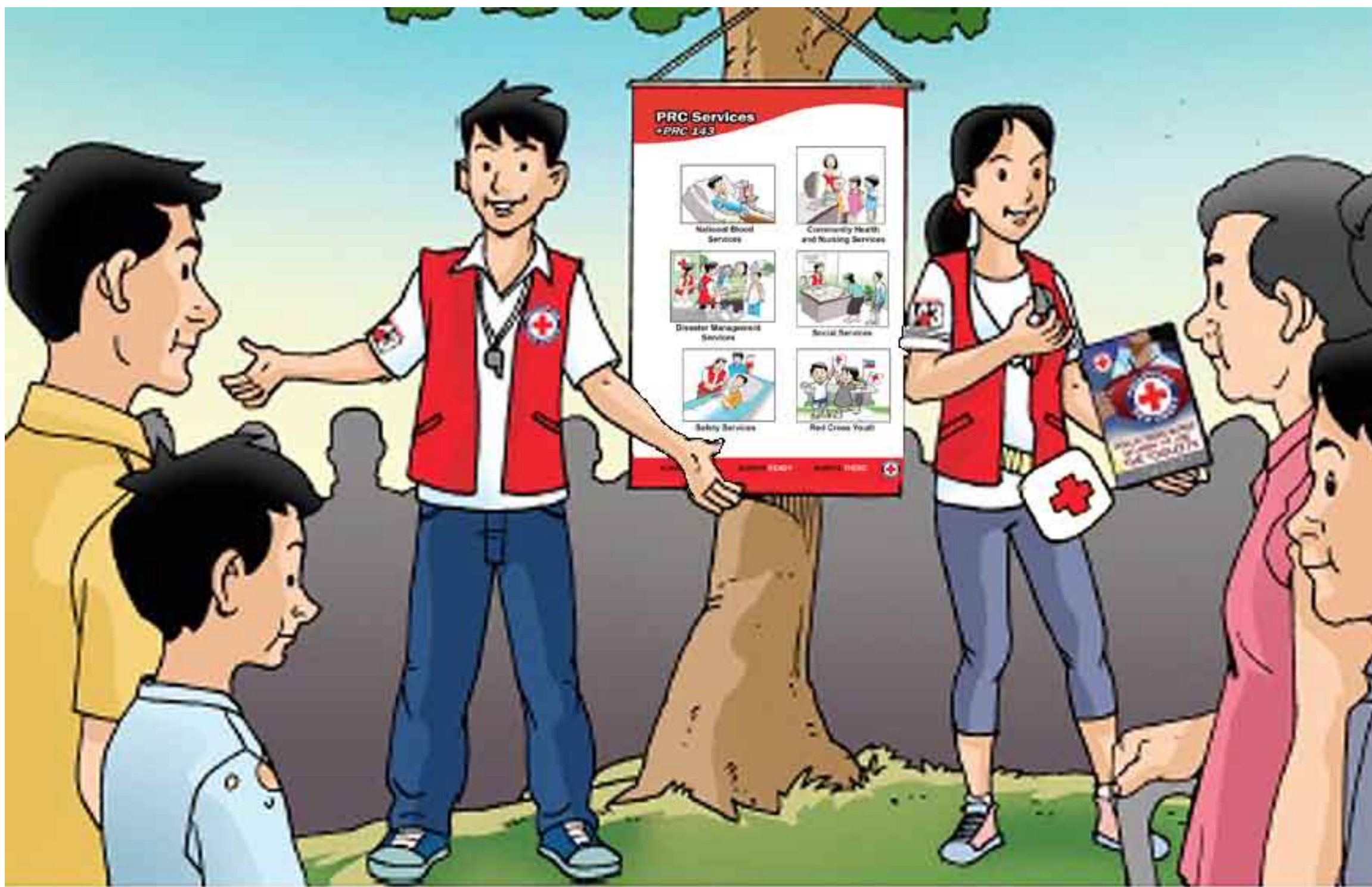
Safety Services



Red Cross Youth

How to be a volunteer?

Red Cross 143 was formulated to strengthen disaster management capacity at the community level. It aims to assist communities to prepare, plan, predict and perform in the event of a disaster.



The end goal of the Red Cross 143 is to have a corps of trained volunteers in the cities, municipalities and barangays of the country that would look into their respective communities and will be for a mobilization during non-disaster time and rapid response in emergencies and disasters including health and welfare aspects.

The barangay should have approximately 44 Red Cross volunteers composed of one team leader and 43 members that will be trained in disaster preparedness and response in health and welfare and be advocates and supporters of community-based voluntary blood donations.

The 143 volunteers will serve as the “eyes, ears, hands and feet” of the community.

To be a volunteer, just contact the NHQ at 02-5270862 or the local chapter nearest you. You can also inquire thru our website at www.redcross.org.ph or send us an email at volunteer@redcross.org.ph

To report an emergency situation, please call the Operation Center at (02)527-0000

First Aid

What is First Aid

FIRST AID is the immediate assistance given to an ill or injured person until professional medical help arrives.



PRINCIPLES of first aid management

1. STAY CALM. Do not take risks for yourself, the injured person or any witnesses.
2. MANAGE the situation to give safe access to the person.
3. Manage the person. (physically and emotionally)
4. Do things step by step.

4 STEPS for first aid

1. ASSESS safety at the scene and the condition of the person
2. PLAN first aid interventions based on assessment
3. IMPLEMENT first aid and psychological support
4. EVALUATE the effect of the first aid and monitor the person

First Aid

Basic first aid for bleeding:

HOW TO STOP BLEEDING (from wounds and injuries)

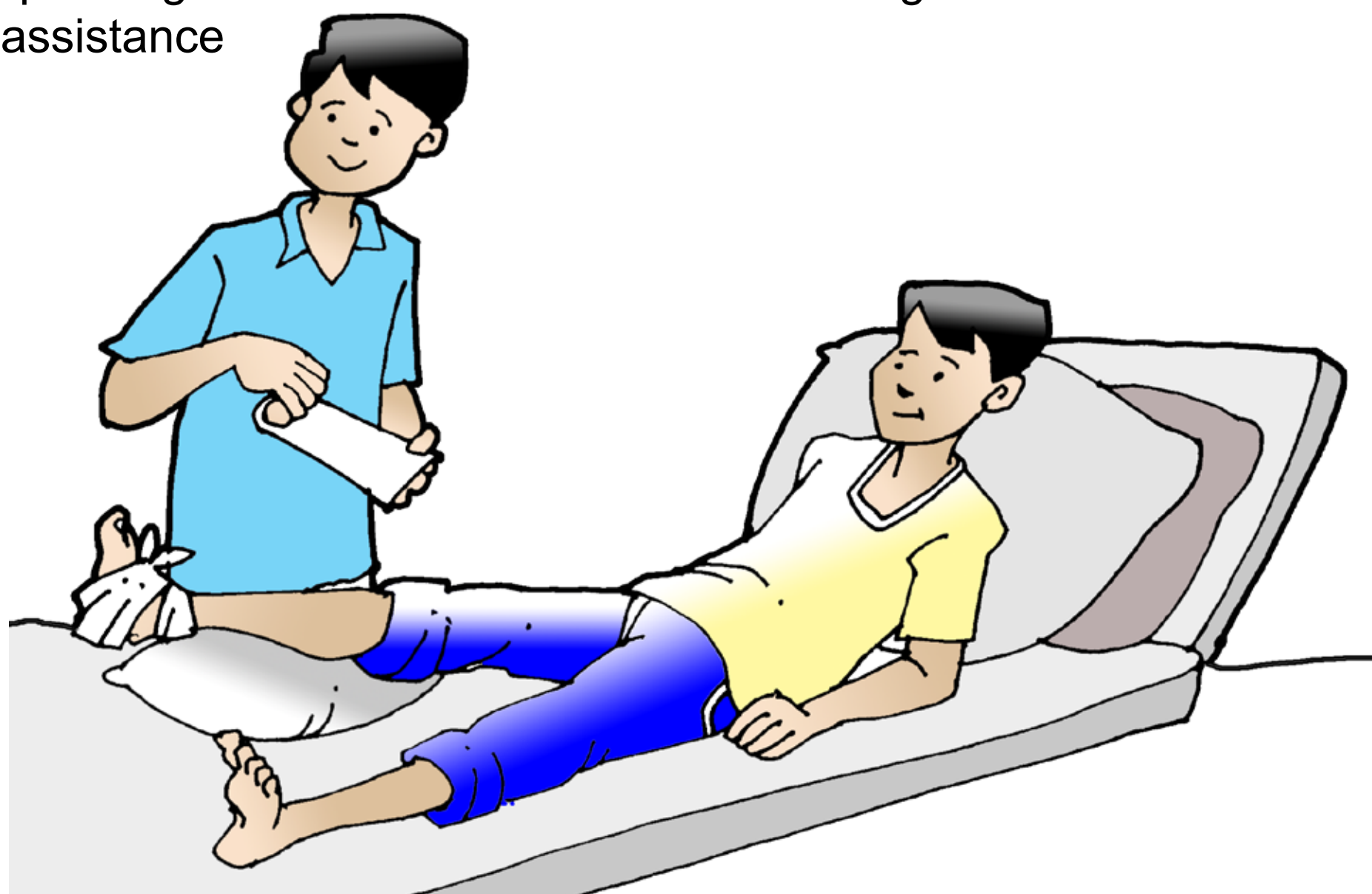
- Ask the injured person to sit or lie down
- Make sure no foreign body embedded in the wound
- Apply direct pressure over the wound; use cloth or cotton pad or your own hand
- Maintain the pressure on dressing for few minutes until the bleeding stops
- Cover the wound with bandage
- For head injuries use same procedure:
 - ♦ place absorbing cotton pad directly on bleeding wound
 - ♦ apply gentle pressure
 - ♦ place triangular bandage tightly around head
- Seek immediate medical assistance



Basic first aid for fractures:

HOW TO ASSIST PERSON WITH FRACTURES:

- Advise the casualty to keep still
- Prevent further movement of the fractured limb
- Immobilize the injured part with padding, bandages and slings
- If bleeding carefully place padding over the wound to control bleeding
- Seek immediate medical assistance

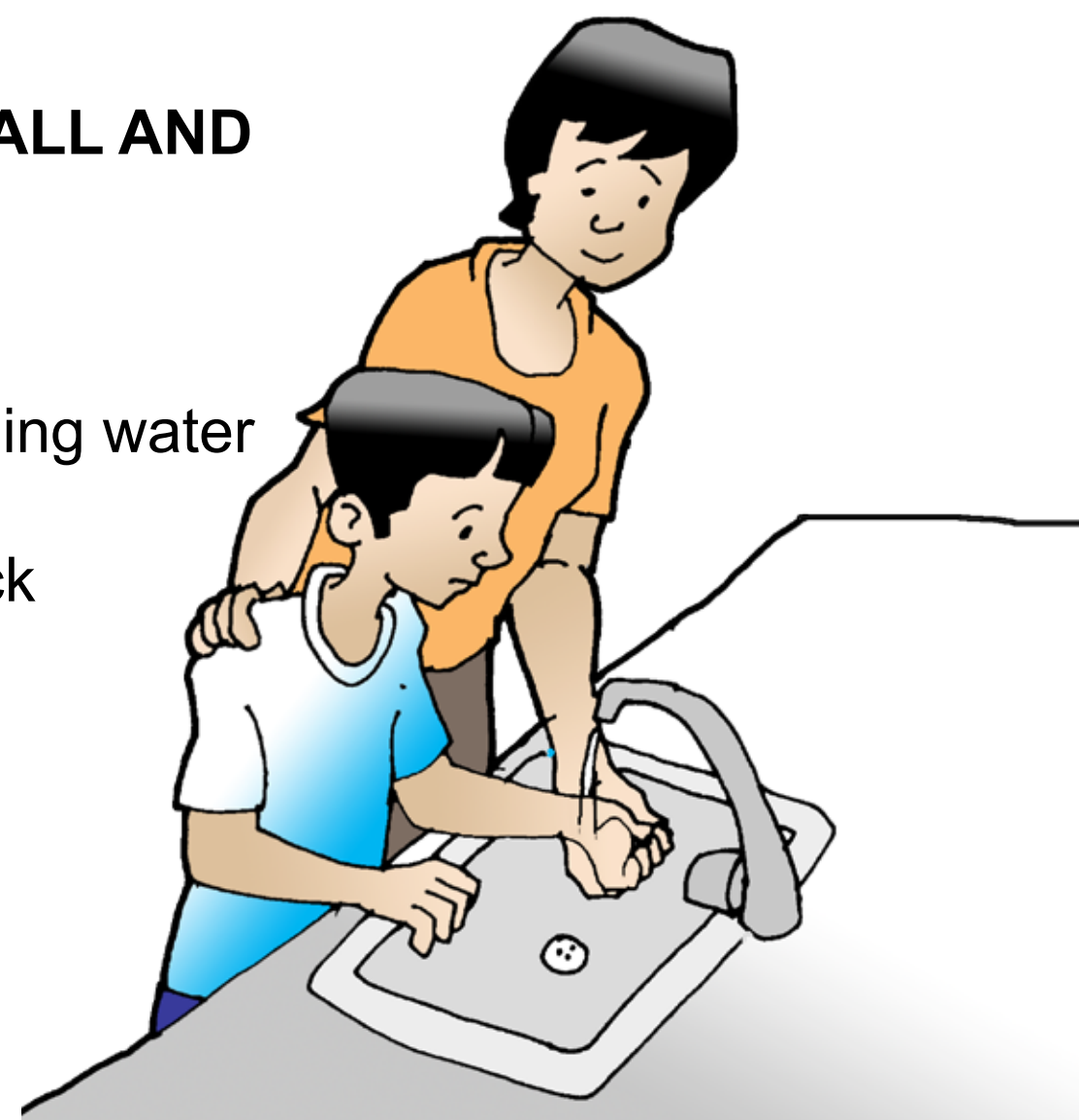


First Aid

Basic First Aid for Burns:

HOW TO ASSIST PERSON WHO SUFFERS FROM SMALL AND MINOR BURNS

- Cool the burned area quickly with cool clean and running water for 15 to 20 minutes until the pain is reduced.
- Remove any clothing or jewellery if they are NOT stuck to the skin.
- Do NOT open blisters that are unbroken.
- Do NOT apply any cream or ointments.



HOW TO ASSIST PERSON WHO SUFFERS FROM LARGE AND SEVERE BURNS

- Do NOT remove any burnt clothing.
- Do NOT immerse large and severe burns in cold water. This could cause shock.
- Cover the area of the burn. Use a moist cloth or moist towels.
- Check the person, and make sure he does not become too cold. Cover with a blanket but do NOT overheat.



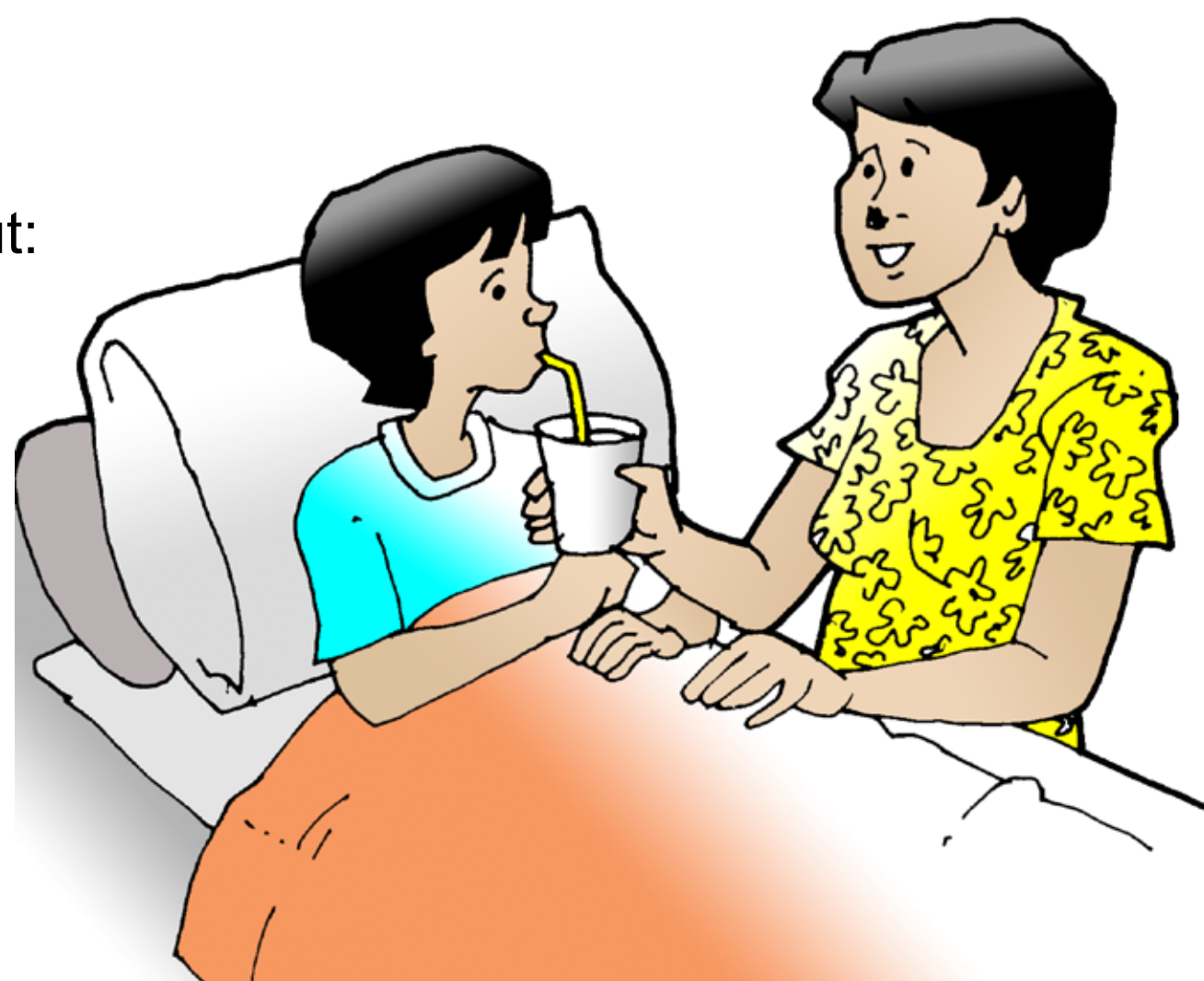
First Aid

Basic First Aid for Fever and Convulsions

HOW TO ASSIST PERSON WITH FEVER

If the person or child can drink, eat and move about:

- Give more fluids to drink than usual
- Remove any covering if the person is too hot.
- Add covering if the person becomes cold.



HOW TO ASSIST PERSON WHO IS CONVULSING

- Help the person to the ground and protect head from injury
- Remove any objects nearby to prevent injury
- Let the convulsion end. Do NOT try to stop the shaking.
- Do NOT place anything in the person's mouth
- Do NOT give any drinks, medicine or food.
- When the shaking stops, the person may sleep. Put person in recovery position and stay with them until they wake up.



First Aid

Basic First Aid for chest pain and stroke

SIGNS OF CHEST PAIN AND A HEART ATTACK

- Uncomfortable pressure or squeezing pain in the centre of the chest
- Pain spreads to shoulders, neck or arms
- Difficulty breathing or shortness of breath
- Heavy sweating
- Feeling dizzy or fainting
- Nausea (feeling sick)



SIGNS OF STROKE

- Sudden and severe headache
- Sudden weakness or numbness in the face, arms or legs
- Dizziness, confusion or blurring vision
- Loss of speech, trouble talking or understanding others talking
- Difficulty walking or keeping balance
- Sudden unconsciousness

HOW TO ASSIST A PERSON WHO IS SUFFERING FROM CHEST PAIN AND STROKE

- The person is most likely to be frightened. Give psychological first aid by reassuring the person and explaining what is happening.
- Help the person to a comfortable position, half-sitting or lying down
- Ask person to rest and try not to move.

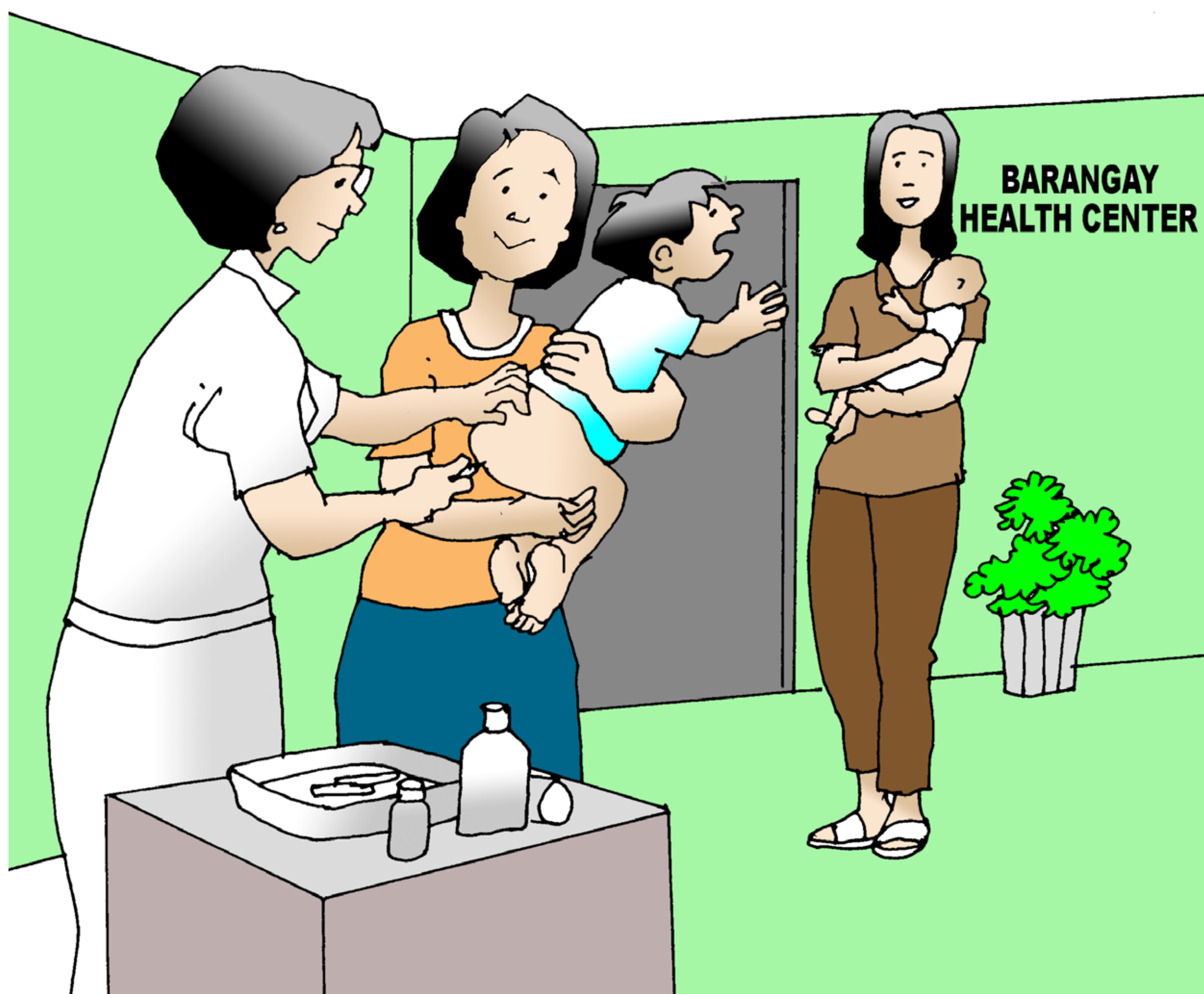


Immunization

What is EPI?

The Expanded Program on Immunization is part of the Department of Health Program aim to reduce infant mortality and morbidity through decreasing the seven (7) preventable diseases:

- Tuberculosis
- Diphtheria
- Pertussis
- Tetanus
- Polio
- Measles
- Hepatitis B



Immunization

Routine Schedule for Infants

All vaccinations should be completed in the first year of a child's life. Bring your child to the nearest Health Center to complete their immunization.

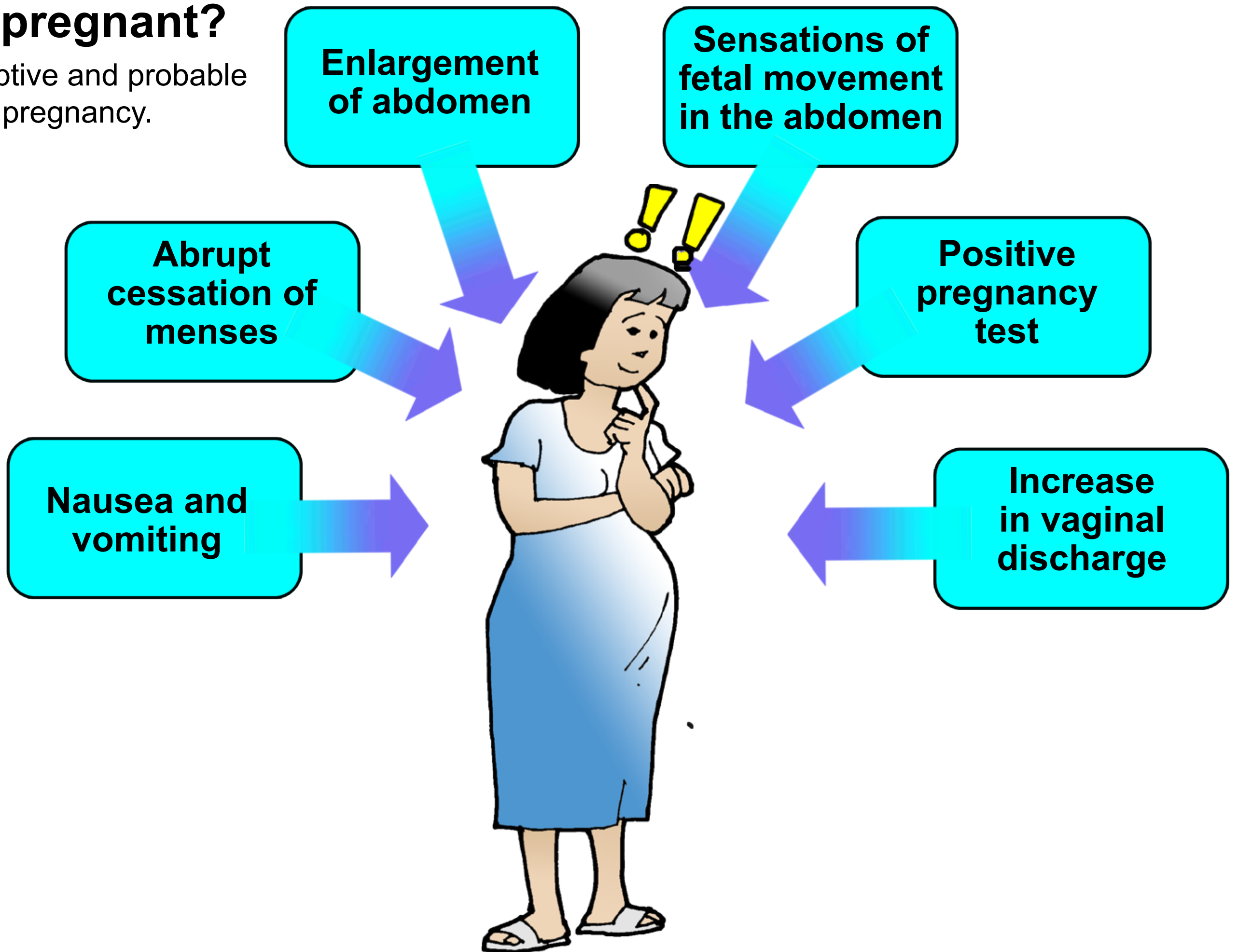
A fully immunized child must have completed BCG 1, DPT 1, DPT 2, DPT 3, OPV 1, OPV 2, OPV 3, HB 1, HB 2, HB 3 and measles vaccines.

| Vaccine | Minimum Age at First Dose | Number of Doses | Minimum Interval | Site | Reason and Importance |
|--|-----------------------------|-----------------|---|----------------------------------|--|
| Bacillus Calmette-Guérin (BCG) | Birth (anytime after birth) | 1 | | Right deltoid region of the arm | BCG given at earliest possible age protects the possibility of Tuberculosis meningitis and other TB infections in which infants are prone. |
| Diphtheria-Pertussis-Tetanus Vaccine (DPT) | 6 weeks | 3 | 4 weeks | Upper outer portion of the thigh | An early start with DPT reduces the chance of severe pertussis |
| Oral Polio Vaccine (OPV) | 6 weeks | 3 | 4 weeks | Mouth | Protection against polio is increased the earlier the OPV is given. |
| Hepatitis B | At birth | 3 | 6 weeks interval from 1 st dose to 2 nd dose. 8 weeks interval from 2 nd dose to 3 rd dose | Upper outer portion of the thigh | An early start of Hepatitis B vaccine reduces the chance of being infected and becoming a carrier. Prevents liver diseases which are more likely to develop if infected with Hepatitis B early in life. |
| Anti-Measles Vaccine (AMV) Not MMR | 9 months | 1 | | Upper outer portion of the arms | Measles is a highly contagious disease which can cause death to infants. This vaccine protects children against the measles disease. |

Mother and Child Health Care

Am I pregnant?

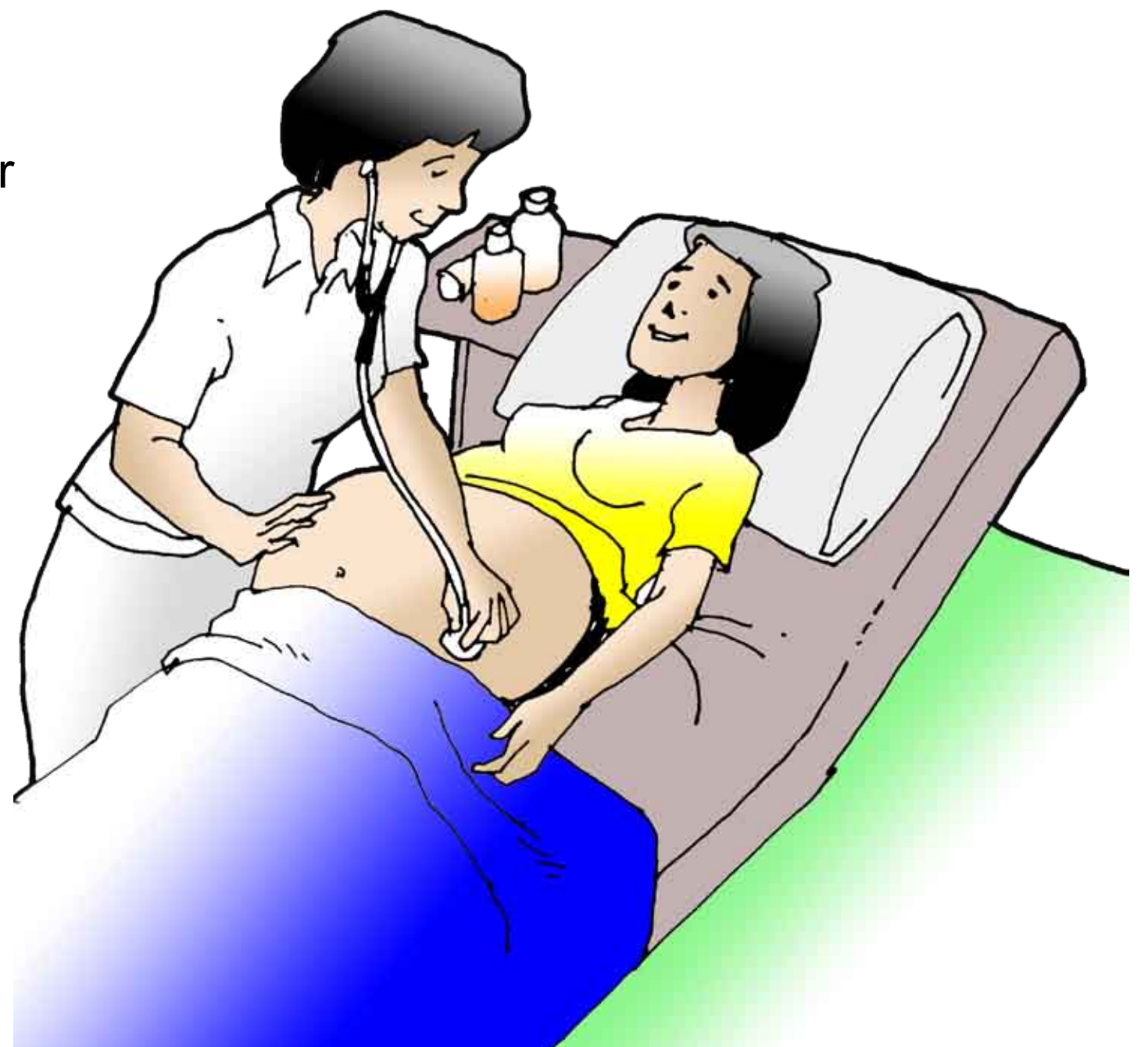
Presumptive and probable signs of pregnancy.



I am pregnant!

Positive signs and symptoms

1. Fetal Movements felt by the examiner
2. Fetal heart tone
3. Ultrasound result



Mother and Child Health Care

What do I need to do for a healthy pregnancy?

1. Prenatal Check-ups
 - Months 1-7 = Monthly
 - Months 8 = Twice a month
 - Month 9 = Weekly
2. Proper nutrition and exercise
3. Anti tetanus Vaccine



Reference:

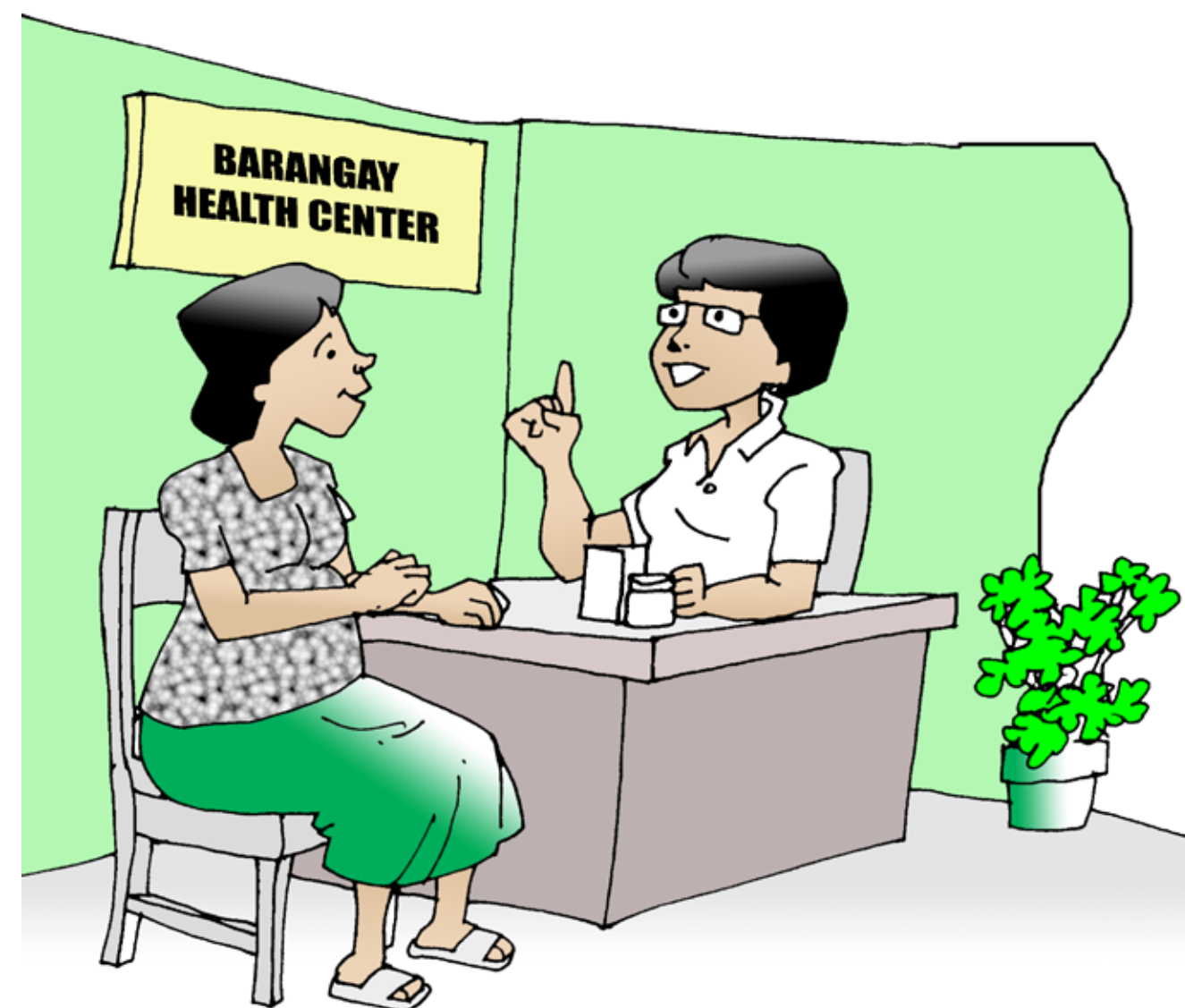
Food and Nutrition Research Institute
Department of Science and Technology

Mother and Child Health Care

Danger signs during pregnancy?

If you experience the following symptoms, it is important to go to the nearest accredited health center immediately.

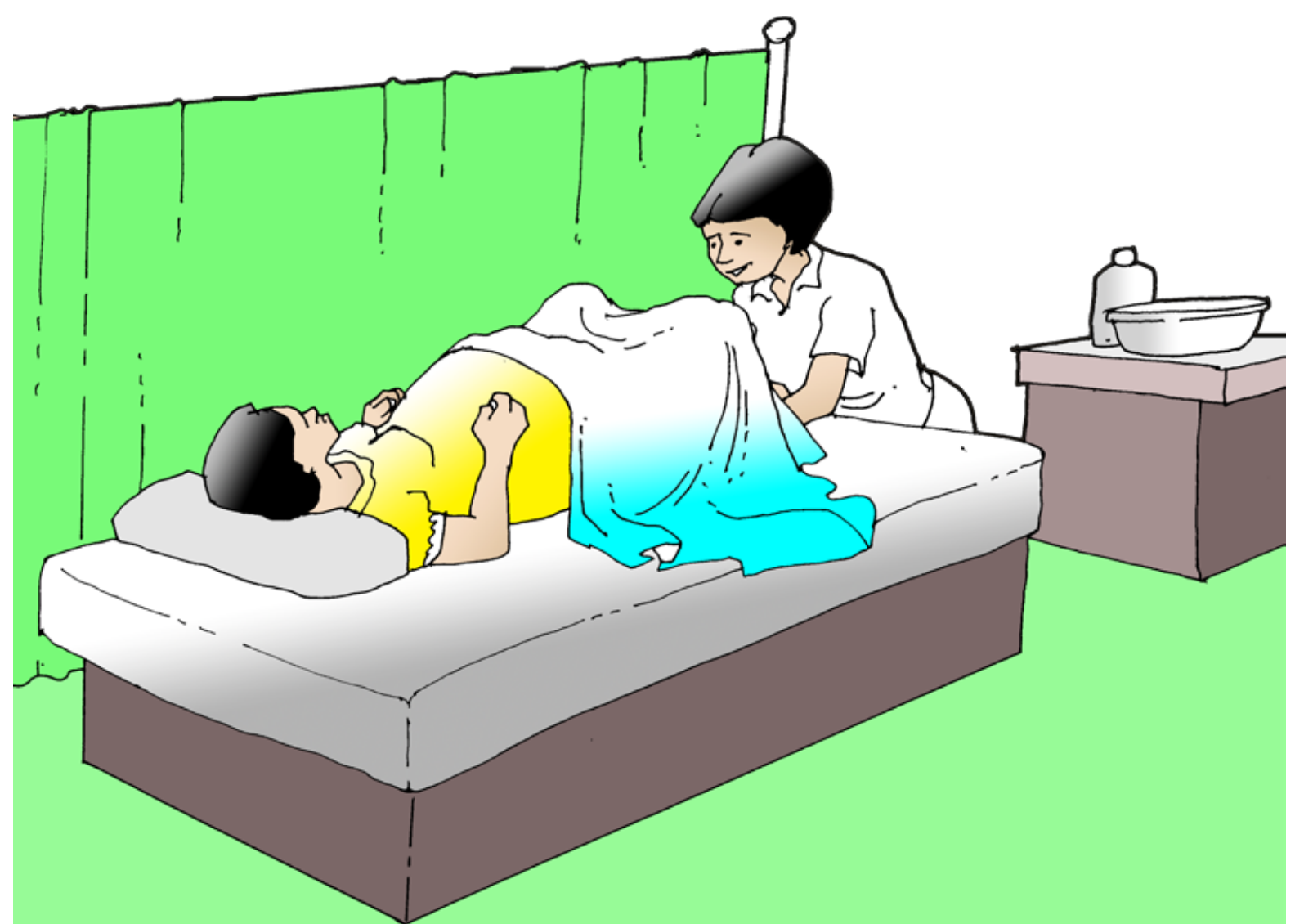
1. Fever and Chills (38°C or higher)
2. Foul smelling discharge from vagina
3. Severe headache/blurred vision
4. Decreased or no fetal movements
5. Green or brown liquid leaking from vagina
6. High blood pressure
7. Vaginal bleeding
8. Difficulty breathing
9. Convulsions, fainting
10. Severe abdominal pain



The major direct causes of maternal morbidity and mortality include haemorrhage, infection, high blood pressure, unsafe abortion and obstructed labour.

Where should I deliver my baby?

Home birth is strongly discouraged. You are advised to deliver in an accredited birthing facility.



Mother and Child Health Care

Guidelines for breastfeeding

1. Begin breastfeeding the newborn as soon as possible – 30 minutes or within 1 hour after the delivery.
2. Fully or nearly fully breastfeed for six months.
3. At six months, add other foods to breastfeeding.



Other important information

1. Wait until youngest child is at least two years old before trying to become pregnant again.
2. Make the first antenatal care visit within the first 12 weeks of pregnancy.
3. Plan ahead for family planning after delivery.
4. Prepare for child birth.

Water and Sanitation

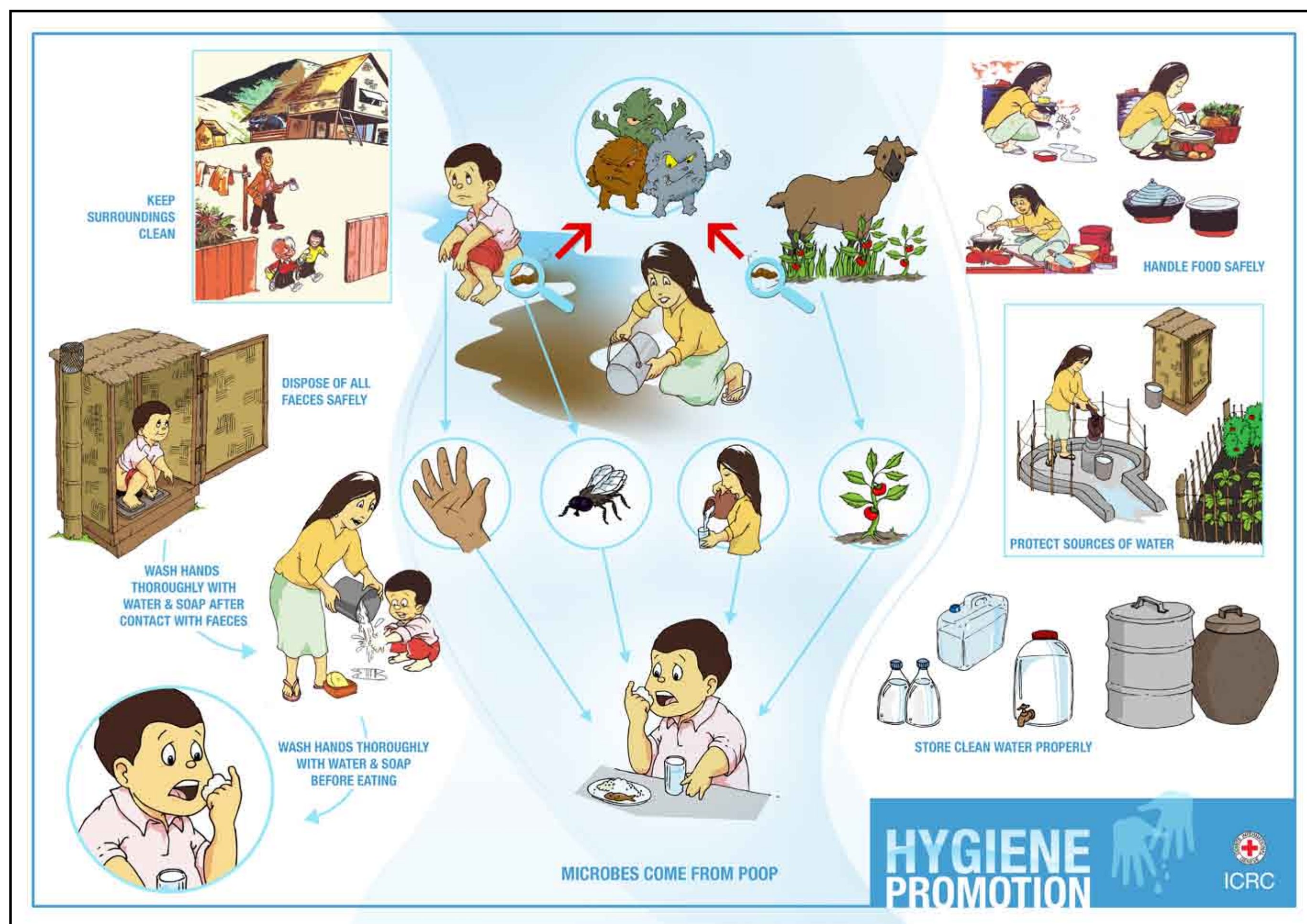
What are water borne diseases?

Diarrhea- is when you have loose or watery stool more than three times in one day.

Cholera- is a severe diarrheal infection caused by consuming contaminated food or water.

Typhoid Fever- is a disease transmitted by the ingestion of food or water contaminated with the feces of an infected person.

Transition



Water and Sanitation

Management and Treatment of Water Borne Diseases

- Replace fluid loss by drinking oral rehydration solution.
- Continue feeding and/or breastfeeding.

Danger Signs of Dehydration

If a child shows signs of dehydration, refer them immediately to the nearest health care facility.

- Lethargic or unconscious
- Sunken eyes
- Not able to drink or drinking poorly.
- Skin pinch goes back slow.



How to prepare oral rehydration salts

Ingredients:

- One table spoon of salt
- Four teaspoons of sugar
- One litre of clean drinking or boiled water and then cooled – 5 cupfuls (each cup is about 200ml)

Preparation Method:

- Stir the mixture till the salt and sugar dissolve



Water and Sanitation

Preventative Measures

HOW TO ENSURE DRINKING WATER IS SAFE

- Boiling – If the water is cloudy, it should be filtered before boiling using a clean towel, cheesecloth or other fabric. Place the water in a clean container and bring it to a full boil and continue boiling for at least 3 minutes. Boiled water should be kept covered while cooling.
- Chemical treatment
 - a. Use of Hyposol
 - b. Use of chlorine tablet



PROPER SANITATION



Dispose garbage properly.



Keep household clean to prevent diseases.



Use latrines when defecating.



Keep toilets and latrines clean and free from fecal matter and bad odor.

Water and Sanitation

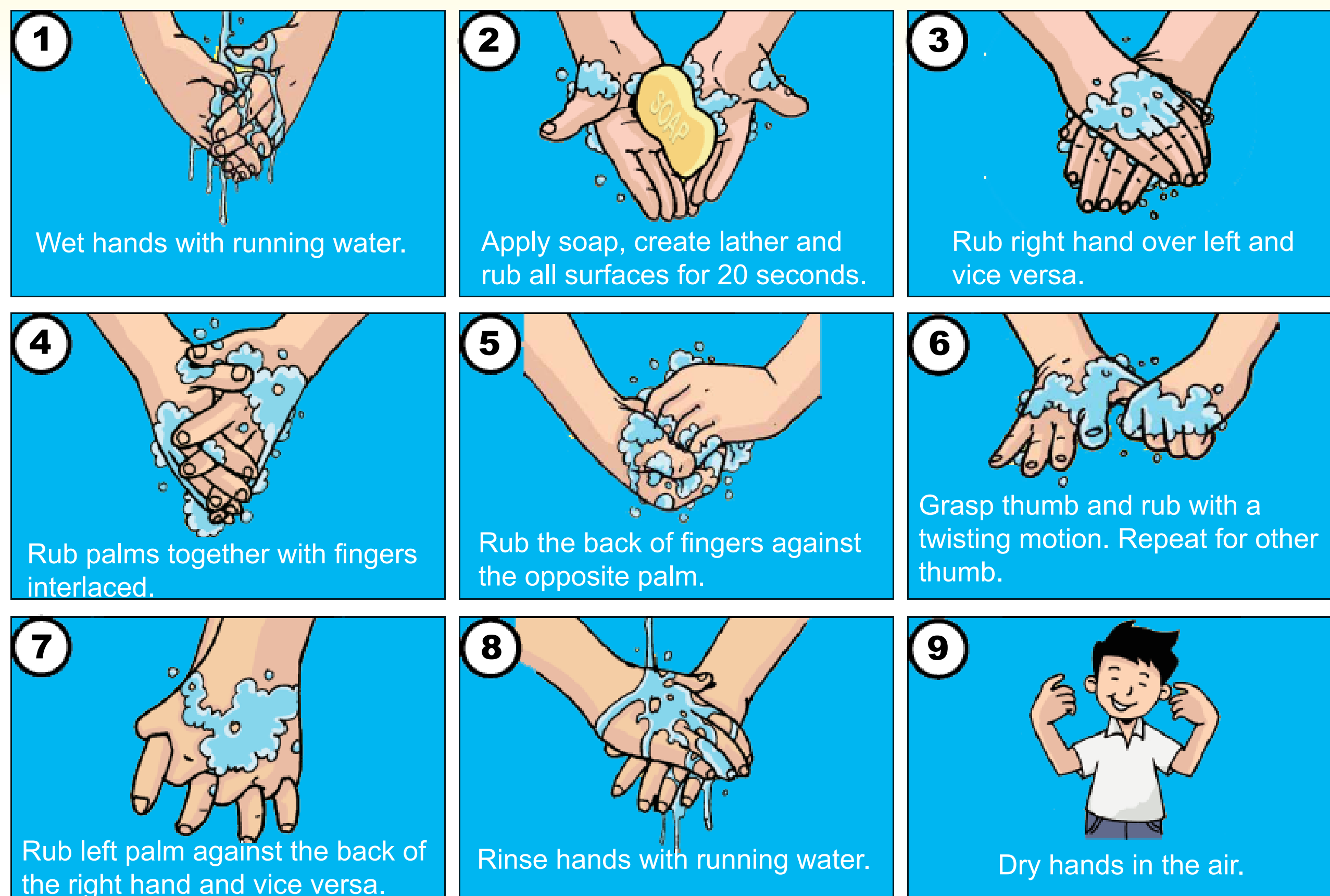
Proper Hygiene

Always wash your hands thoroughly with soap and water:



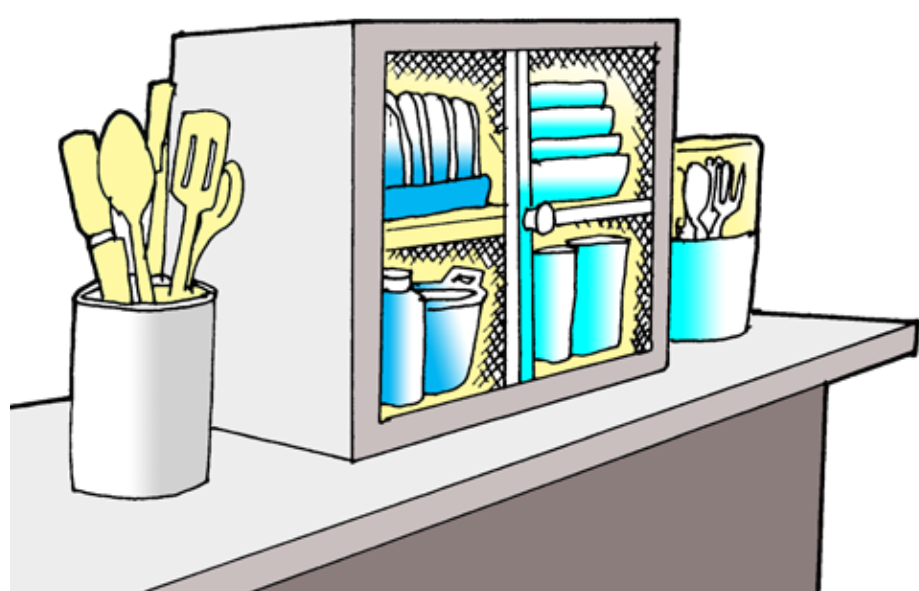
After using the toilet. After handling garbage. Before handling any food. Before eating.

Proper Hand Washing



Water and Sanitation

Proper Food Handling



Kitchen and dining utensils maintained clean and stored.



Refrigerate food with room for air circulation.



Cook food well.



Always keep food covered.



Keep poison and other food contaminants away from food and vice versa.



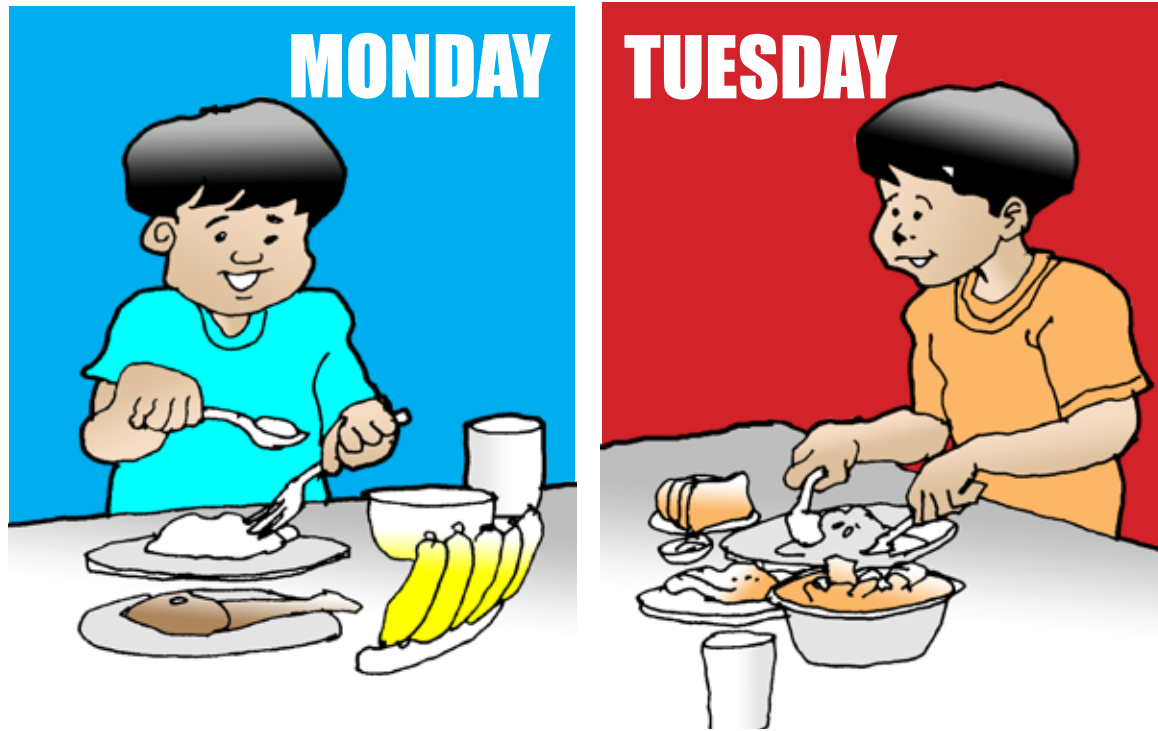
Don't cough or sneeze on food or dishes.



Store food in clean and dry places.

Nutrition

Nutritional Guidelines for Filipinos



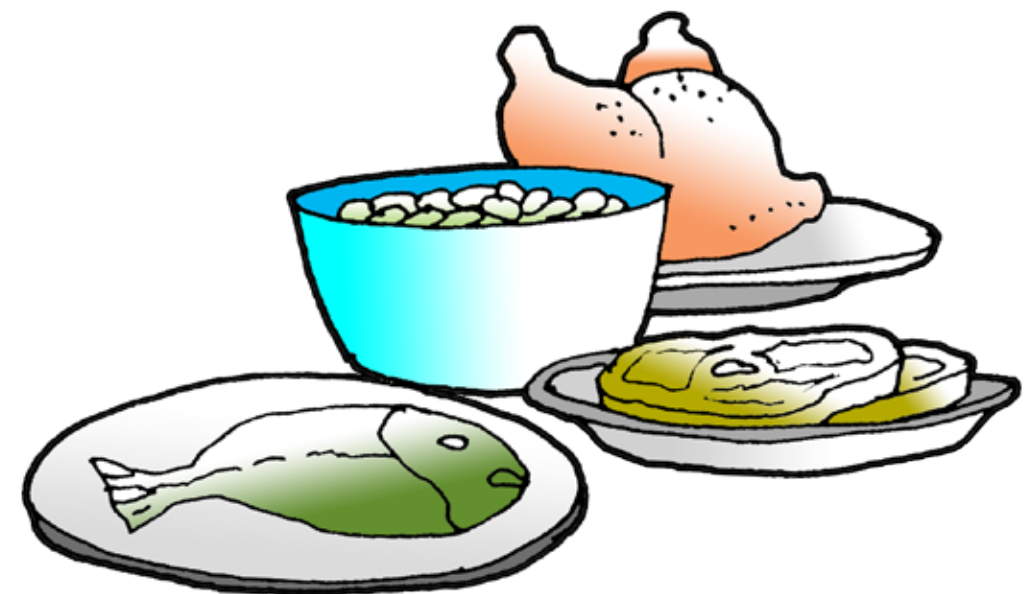
Eat a variety of foods every day.



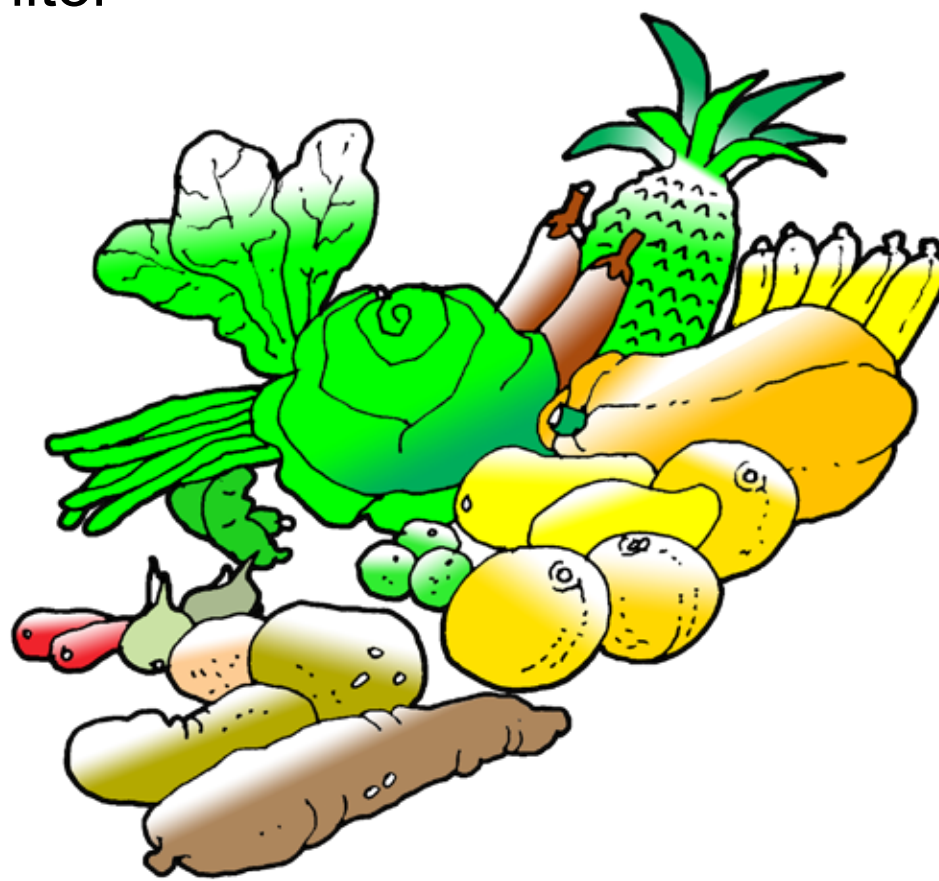
Breast-feed infants exclusively from birth to 4-6 months and then, give appropriate foods while continuing breast-feeding.



Maintain children's normal growth through proper diet and monitor their growth regularly.

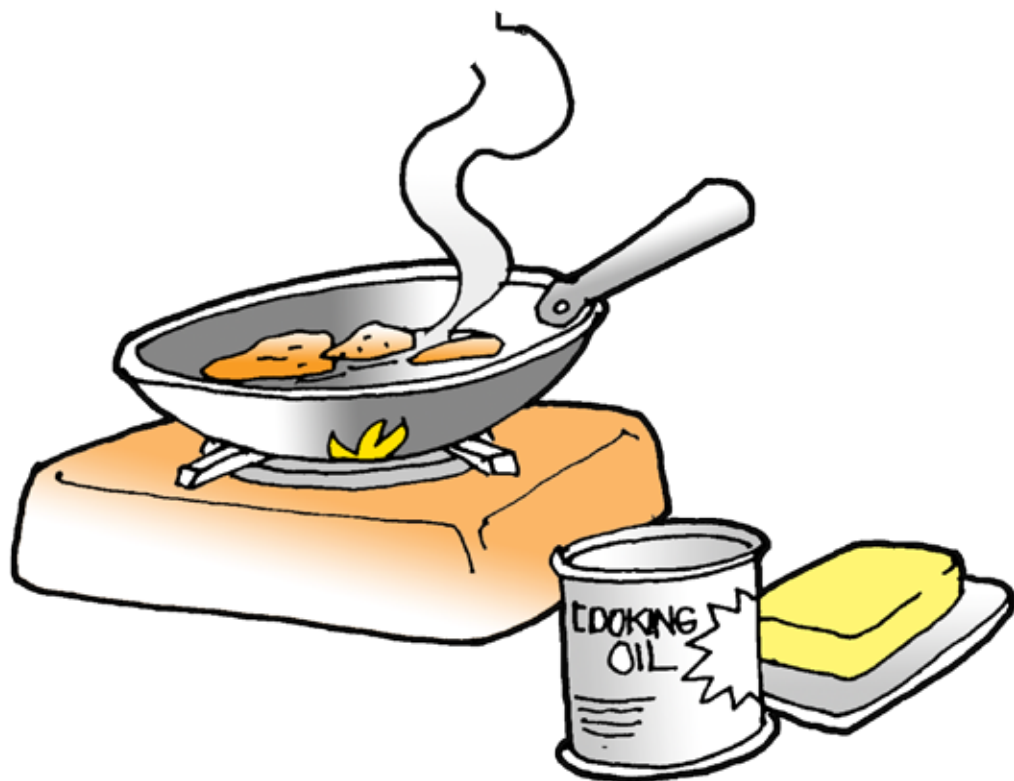


Consume fish, lean meat, poultry or dried beans.



Eat more vegetables, fruits and root crops

Nutrition



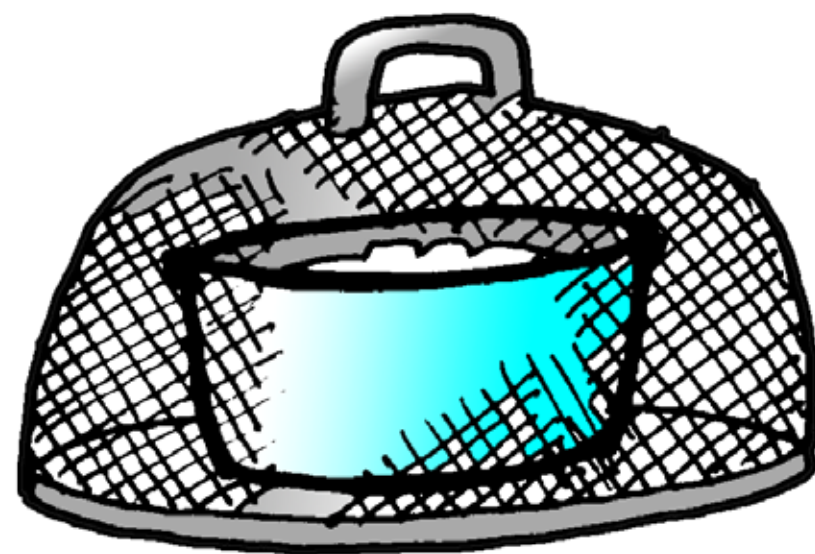
Eat foods cooked in edible/ cooking oil daily.



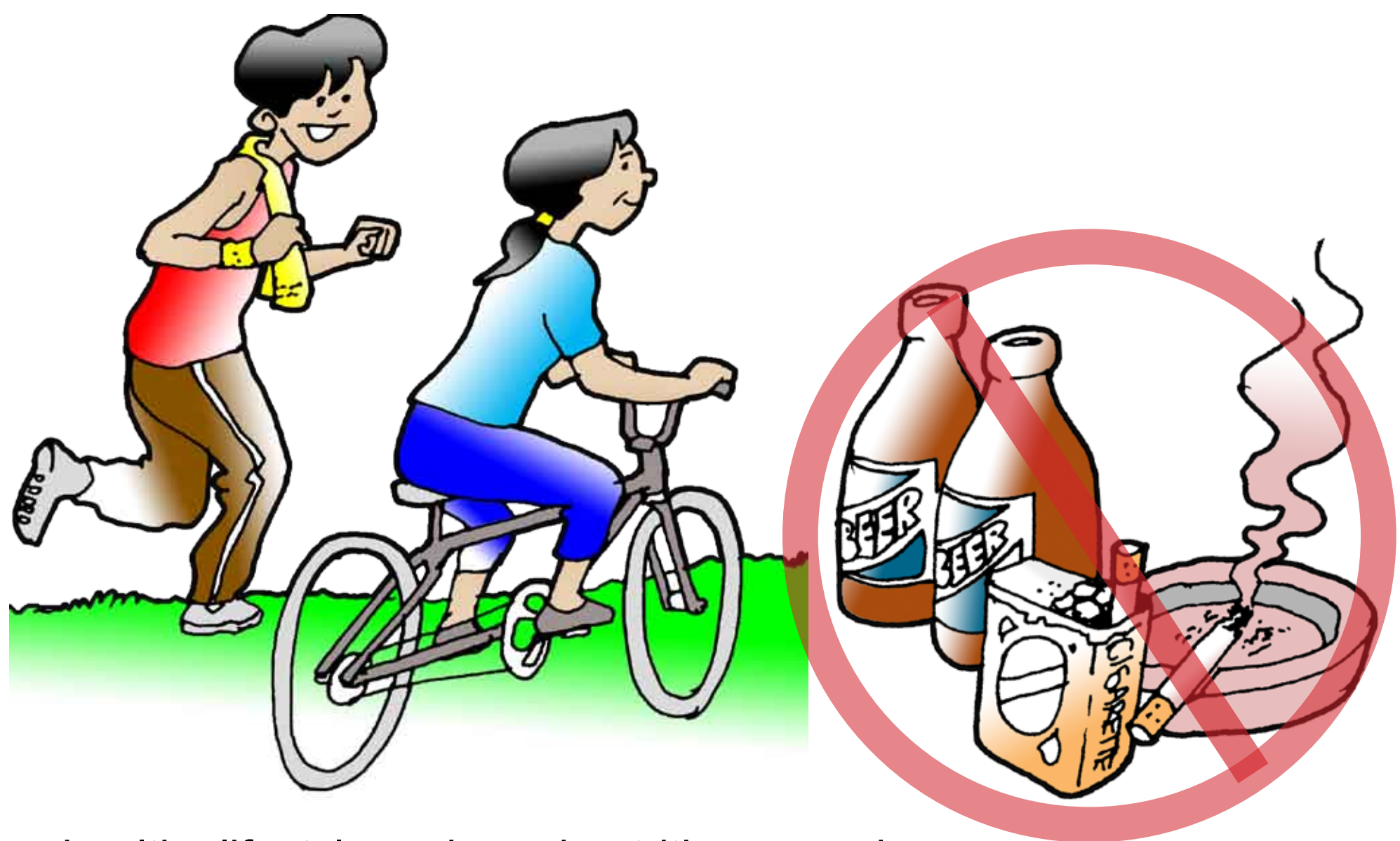
Consume milk, milk products and other calcium-rich foods such as small fish and dark green leafy vegetables every day.



Use iodized salt, but avoid excessive intake of salty foods.



Eat clean and safe food.



For a healthy lifestyle and good nutrition, exercise regularly, do not smoke and avoid drinking alcoholic beverages.

Preventing Epidemics

Epidemics

WHAT IS AN EPIDEMIC? It happens when many people in the community have the same infection at the same time. This can be a result of a disaster or by a sudden spread of infection.

EPIDEMIC PREVENTION BEGINS WITH:



Practicing good hygiene and proper sanitation.



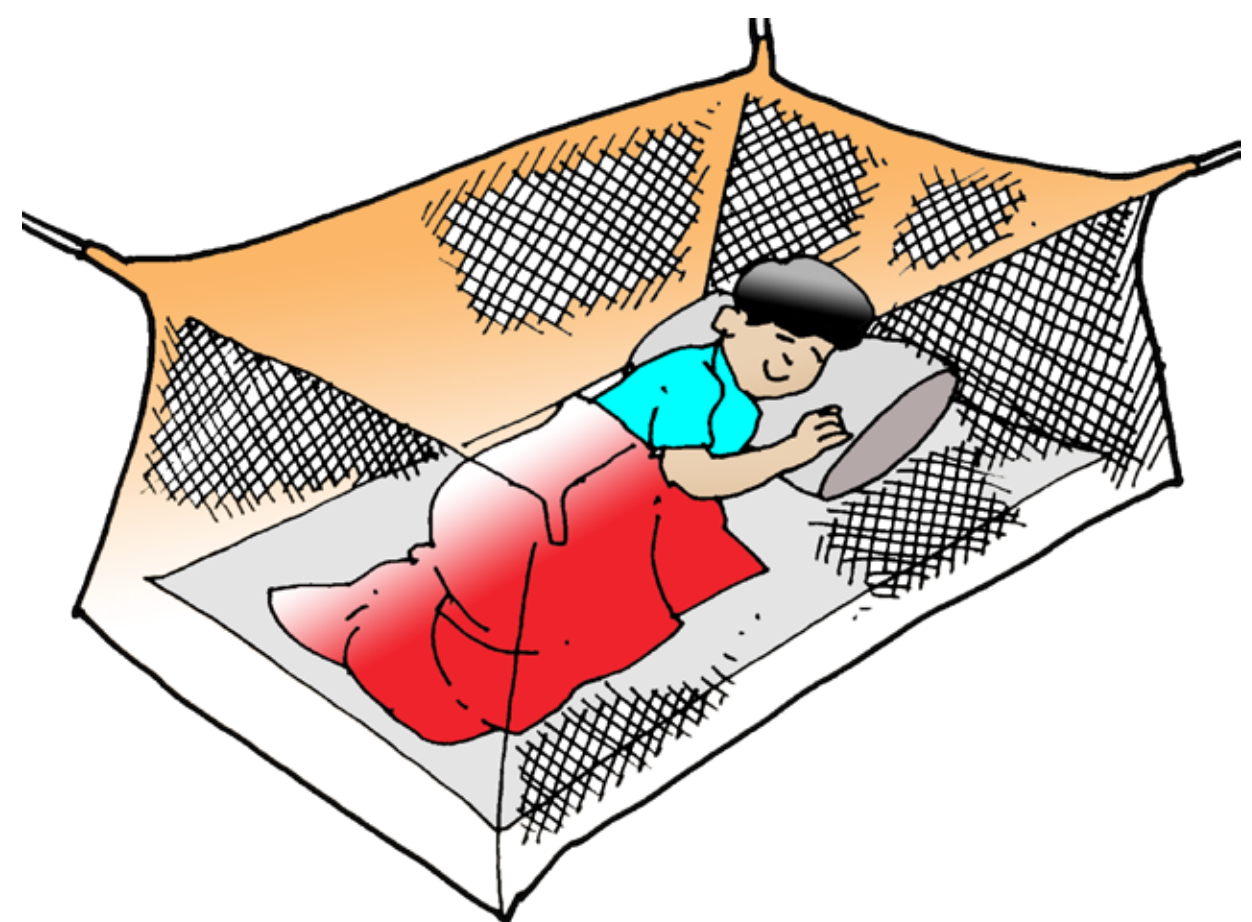
Using safe water.



Having good shelter.



Vaccinating children.



Protection from mosquito bites.

How can we reduce the bad effects of disasters?

- Epidemic prevention
- Learning disaster response first aid.
- Cooperate with rescue teams and disaster volunteers during a disaster.

Herbal Medicines

Health Benefits of AKAPULKO:

External Use:

- Treatment of skin diseases:
- Tinea infections, insect bites, ringworms, eczema, scabies and itchiness.
- Mouthwash in stomatitis

Internal use:

- Expectorant for bronchitis and dyspnoea
- Alleviation of asthma symptoms
- Used as diuretic and purgative
- For cough & fever
- As a laxative to expel intestinal parasites and other stomach problems.



Note: A strong decoction of Akapulko leaves is an abortifacient. Pregnant women should not take decoction of the leaves or any part of this plant.

Health Benefits of AMPALAYA:

- Good for rheumatism and gout
- And diseases of the spleen and liver
- Aids in lowering blood sugar levels
- Helps in lowering blood pressure
- Relieves headaches
- Disinfects and heals wounds & burns
- Can be used as a cough & fever remedy
- Treatment of intestinal worms, diarrhea
- Helps prevent some types of cancer
- Enhances immune system to fight infection
- For treatment of hemorrhoids
- Is an antioxidant and parasiticide
- Is antibacterial and antipyretic



Herbal Medicines

Health Benefits of BAWANG:

- Good for the heart
- Helps lower bad cholesterol levels (LDL)
- Aids in lowering blood pressure
- Remedy for arteriosclerosis
- May help prevent certain types of cancer
- Boosts immune system to fight infection
- With antioxidant & antibacterial properties
- Cough and cold remedy
- Relives sore throat
- Aids in the treatment of tuberculosis
- Helps relieve rheumatism pain
- Relief of toothaches
- Kills skin fungus i.e. athlete's foot
- With anticoagulant properties



Health Benefits of BAYABAS:

- Antiseptic, astringent & anthelmintic
- Kills bacteria, fungi and ameba
- Used to treat diarrhea, nosebleeding
- For Hypertension, diabetes and Asthma
- Promotes menstruation

The fresh leaves are used to facilitate the healing of wounds and cuts. A decoction (boiling in water) or infusion of fresh leaves can be used for wound cleaning to prevent infection. Bayabas is also effective for toothaches.



Note: Bayabas can cause constipation when consumed in excess.

Herbal Medicines

Health Benefits of LAGUNDI:

- Relief of asthma & pharyngitis
- Recommended relief of rheumatism, dyspepsia, boils, diarrhea
- Treatment of cough, colds, fever and flu and other bronchopulmonary disorders
- Alleviate symptoms of Chicken Pox
- Removal of worms, and boils



Health Benefits of NIYUG-NIYOGAN:

Almost all of its parts are used individually, or mixed with other ingredients, as remedy to different ailments. In the Philippines, these are taken to rid people of parasitic worms. Some also use these to help alleviate coughs and diarrhea. Medical experts, advice patients to consult their doctors as improper dosing may cause hiccups. Niyog-niyogan's leaves are used to cure body pains by placing them on specific problematic areas of the body. Compound decoctions of the leaves of niyog-niyogan are used in India to alleviate flatulence.



Health Benefits of SAMBONG:

- Good as a diuretic agent
- Effective in the dissolving kidney stones
- Aids in treating hypertension & rheumatism
- Treatment of colds & fever
- Anti-diarrheic properties
- Anti-gastralgic properties
- Helps remove worms, boils
- Relief of stomach pains
- Treats dysentery, sore throat



Herbal Medicines

Health Benefits of TSAANG GUBAT:

- Stomach pains
- Gastroenteritis
- Intestinal motility
- Dysentery
- Diarrhea or Loose Bowel Movement (LBM)
- Mouth gargle
- Body cleanser/wash



Health Benefits of ULASIMANG BATO

- Arthritis
- Gout
- Skin boils, abscesses, pimples
- Headache
- Abdominal pains
- Kidney problems



Health Benefits of YERBA BUENA

- Arthritis
- Head aches
- Tooth aches
- Mouth wash
- Relief of intestinal gas
- Stomach aches
- Indigestion
- Drink as tea for general good health.



Respiratory Tract Infections

Acute Respiratory Infections

Causes of Cough and Colds

1. Cough and colds can be caused by an allergy.
2. Cough and colds can be an effect of infection that came from either a virus or bacteria.
3. Cough and colds can be a sign or symptom of an underlying disease.
4. A person who has cough and colds may have an infection in the lungs or airway.

Always remember:

A child who experiences difficulty and fast breathing may have Pneumonia. A Pneumonia is a serious infection in the lungs.

Signs and Symptoms of Pneumonia:

1. Difficulty in breathing;
2. Abnormal lung sounds;
3. High fever; and
4. Difficulty in breastfeeding and swallowing.

What to do to prevent yourself from having Cough, Colds and Pneumonia?

1. Breastfeed your babies up to two years of age.
2. Complete all necessary vaccines.
3. Do not expose children in cold environment.
4. Avoid exposure from tobacco smoke and indoor pollution.
5. Avoid overcrowded places.
6. Ensure that children have an adequate nutrition.
7. Observe proper personal hygiene and wash your hands frequently.
8. Isolate members of the household who has cough, colds or pneumonia.

Always remember:

Visit your nearest Barangay Health Center if you or your children experience such signs and symptoms of Pneumonia .



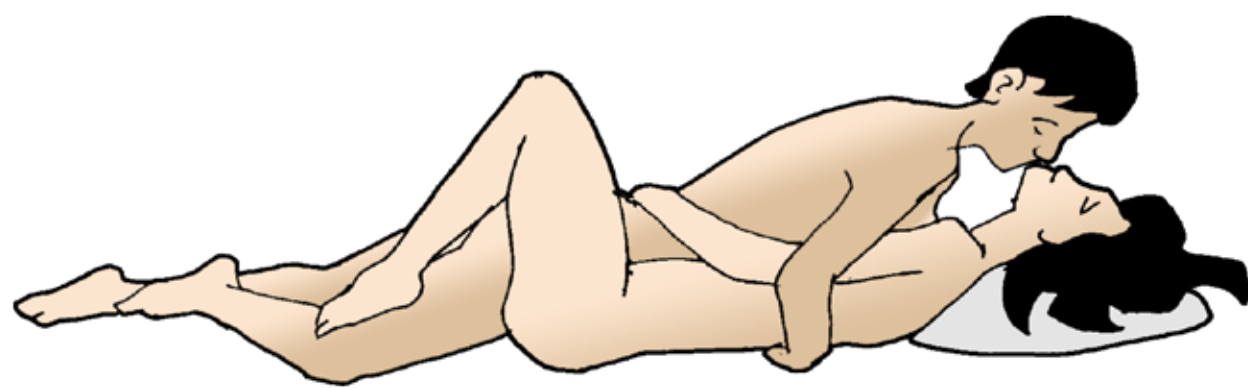
HIV and AIDS

What are HIV and AIDS?

HIV stands for Human Immunodeficiency Virus. It is a retrovirus that causes HIV infection. Its entrance into the body lowers the immunity (body defense system) or the ability to fight off disease.

AIDS stands for Acquired Immune Deficiency Syndrome. It is a condition characterized by a combination of signs and symptoms, caused by HIV contracted from another which attacks and weakens the body's immune system, making the afflicted individual susceptible to other life threatening infection.

How is HIV Transmitted?



Unprotected sexual contact



Blood transmission HIV-infected blood enters the body



Shared needles or skin-piercing instruments



Mother-to-child transmission

Methods of Preventing HIV Transmission

- A – Abstinence
- B – Be faithful (having a monogamous relationship)
- C – Condom Use
- D – Don't use shared needles
- E – Education and Information

How do I know if I am HIV Positive?

You can learn your HIV status through voluntary counselling and testing.

Sexually Transmitted Infections

What are Sexually Transmitted Infections?

These are diseases that are mainly passed from one person to another during sex (vaginal, anal and oral). Transmission occurs through the exchange of body fluids or direct contact with an infected person

STI symptoms vary, but most common are:

- Soreness
- Unusual lumps or sores
- Itching
- Pain when urinating
- Unusual discharge from the genital

Effects of STIs

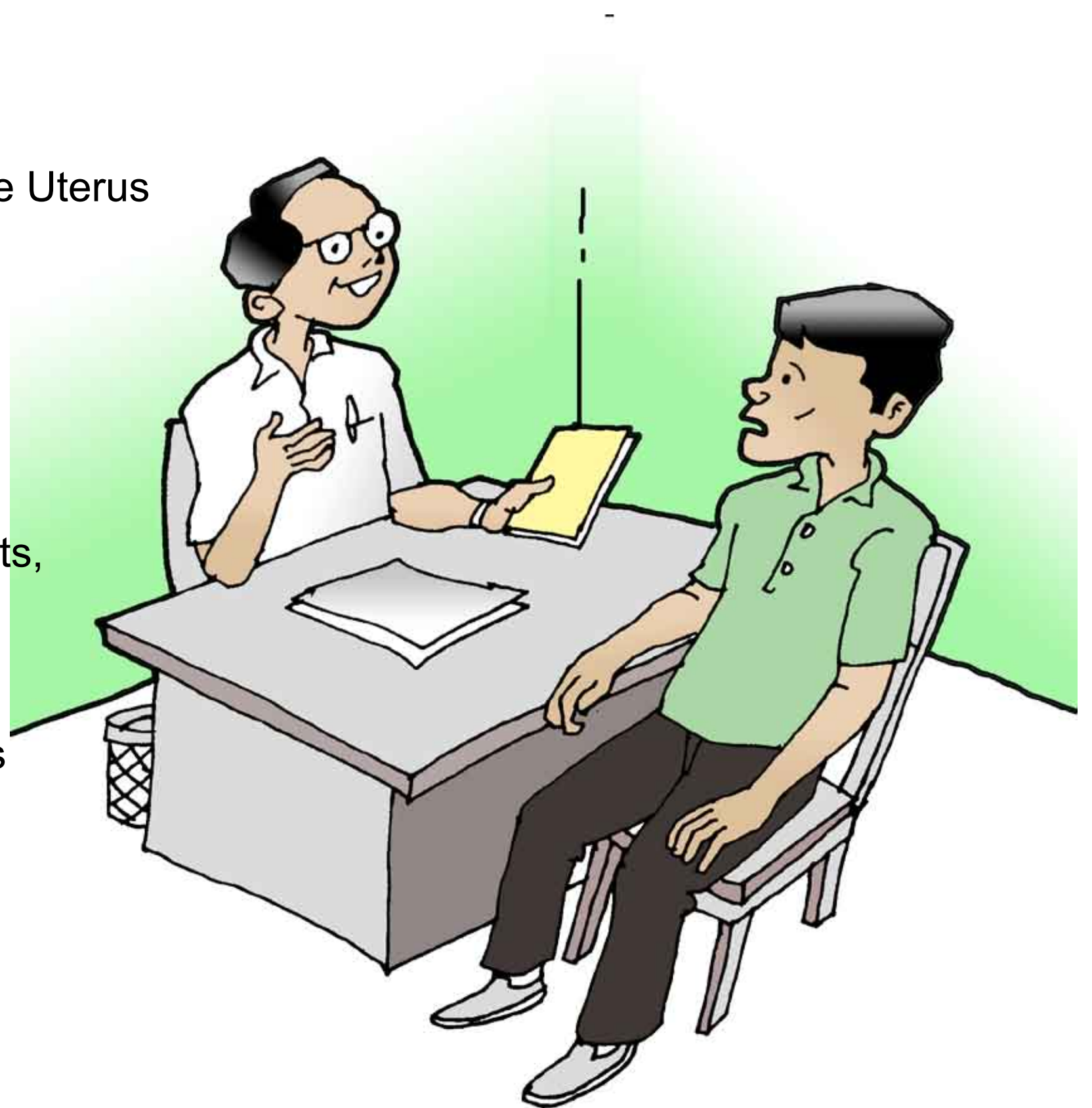
- Infertility
- Ectopic Pregnancies, Infection in the Uterus
- Eye infection in infant
- Death (worst case)

Types of STIs

1. Bacterial – Gonorrhea, Syphilis, Chlamydia, Chancroid
2. Viral – Genital Herpes, Genital Warts, Genital Molluscum, HIV, Hepa B
3. Protozoal – Trichomonas
4. Fungal – Candidiasis
5. Skin Parasite – Pubic Lice, Scabies

Prevention of STIs

- Knowledge on STIs
- Do not engage in casual sex
- Monogamous relationship
- Use of Condom
- Regular Reproductive Health Check up



If you suspect that you have STI, do not be afraid or ashamed, and consult a doctor as soon as possible.

Commonly Abused Substances



Alcohol



Cigarettes



Medicines



Illegal drugs such as marijuana, heroin & shabu

Effects of Substance Abuse

1. Persons who are under the influence of substances may have reduced judgement and may engage in risky behaviours, such as unprotected sex, or driving.
2. Substances that are injected with shared needles and syringes can put people at risk of transmitting infections like HIV.
3. Excessive alcohol use is bad for the liver.
4. Excessive alcohol use can impair judgement leading to vehicle accidents.
5. Alcohol can also make depression worse and can contribute to violent behaviour.
6. People who use substance in excess can become addicted.
7. Excessive use of substance can be life threatening.

Signs of excessive substance use

- changes in eating habits or unexplained weight loss or weight gain
- inability to sleep or sleeping too much
- smell of substance on breath, body or clothes
- extreme hyperactivity, excessive talkativeness
- needle marks on lower arm, leg or bottom of feet
- change in personality, mood or interests
- change of friends, or new friends
- secretive or suspicious behavior
- change in daily habits, activities or grooming
- motor accidents related to alcohol use

Ways to Avoid & Manage Substance Abuse

1. Seek support from youth organizations and community outreach organizations.
2. Support substance use awareness in schools and colleges.
3. Encourage young people to lead healthy lifestyles.

Published and Distributed by:



For more information, contact:

Community Health and Nursing Services

(632) 527-6353 / 5257433

www.redcross.org.ph

email: chns@redcross.org.ph

or contact your local Red Cross Chapter

Manila, June 2011

Developed by:

CONVENIO 10-C01-033 PROJECT

Supported by:

