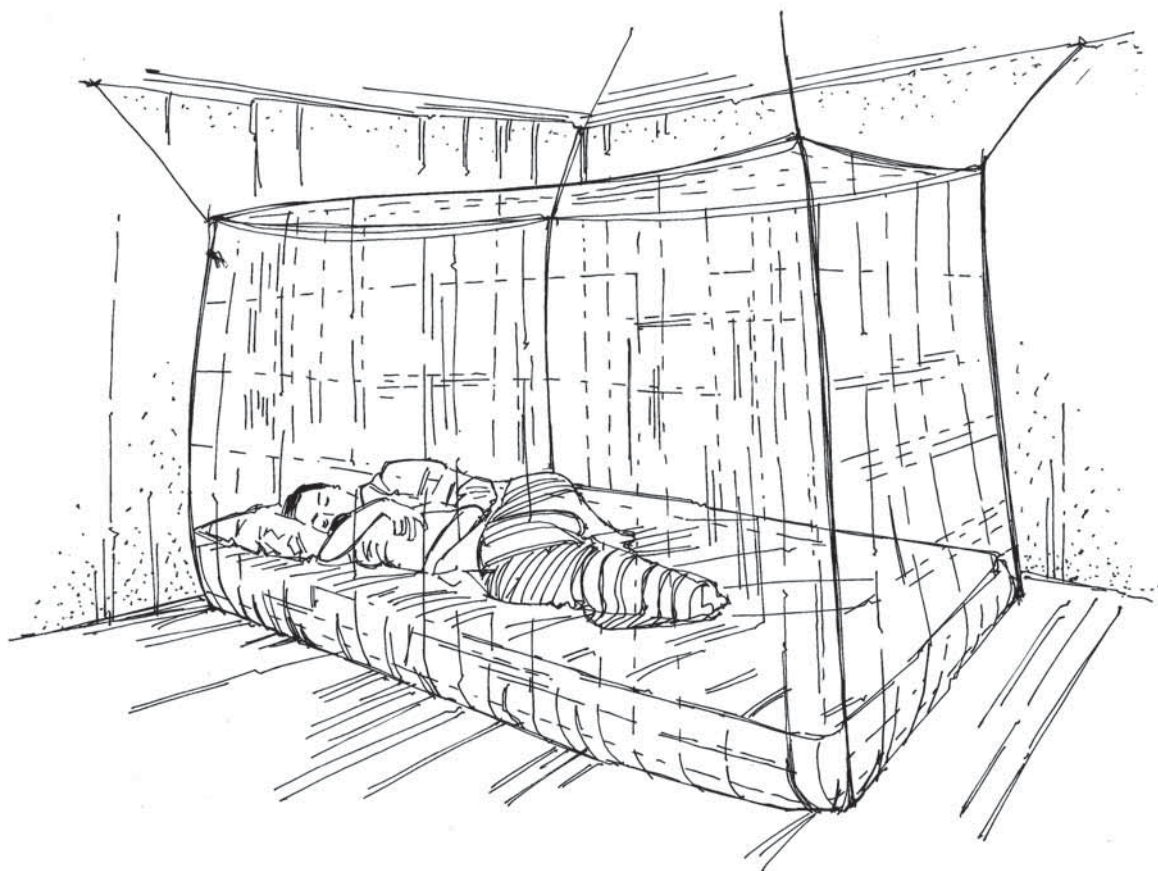


Tool 1

Malaria prevention and control



| | |
|------------|---|
| Question: | Point to first picture: <i>What do you see in this picture?</i> |
| Responses: | 1. A small child who looks very sick. The child is sweating and shaking. There are mosquitoes flying around the room. The child has a fever. |
| Question: | <i>Why do you think the child is sick with a fever?</i> |
| Responses: | 1. The child may have malaria, because there are many mosquitoes and the mother and child are not protected from the mosquitoes. 2. The child may have been bitten by an infected mosquito. 3. Malaria frequently causes fever. |
| Question: | <i>Do you know anyone who has had malaria?</i> |
| Responses: | If yes, ask to share their story. Listen for signs of malaria and seriousness of illness. If no, skip to the next question. |
| Question: | <i>What are some other signs of severe malaria in a child?</i> |
| Responses: | 1. Unable to drink or breastfeed. 2. Vomiting. 3. Drowsiness or unconsciousness. 4. Convulsions. 5. Weakness. |
| Question: | <i>What should you do if your child has any of these signs?</i> |
| Response: | Take the child immediately to the local clinic or health centre for treatment. |
| | Point to second picture: |
| Question: | <i>What do you see in this picture?</i> |
| Responses: | A mother and her child under a bed net. The net is protecting them from mosquitoes in the room. |
| Question: | <i>What do you think is important about this picture?</i> |
| Response: | The mosquitoes cannot bite the woman and child when the two are protected under the net. |
| Question: | <i>Do you and your family sleep under a mosquito net every night?</i> |
| Responses: | If yes, give approval. If no, identify any barriers to using a bed net. Offer to provide information about where nets can be obtained. |
| Question: | <i>What are some other ways to prevent mosquitoes from biting?</i> |
| Responses: | 1. Put screens on windows and doors, especially in rooms where people sleep. 2. Wear long-sleeved clothes. 3. Use mosquito repellent on the skin. 4. Burn mosquito coils. |

Key messages:

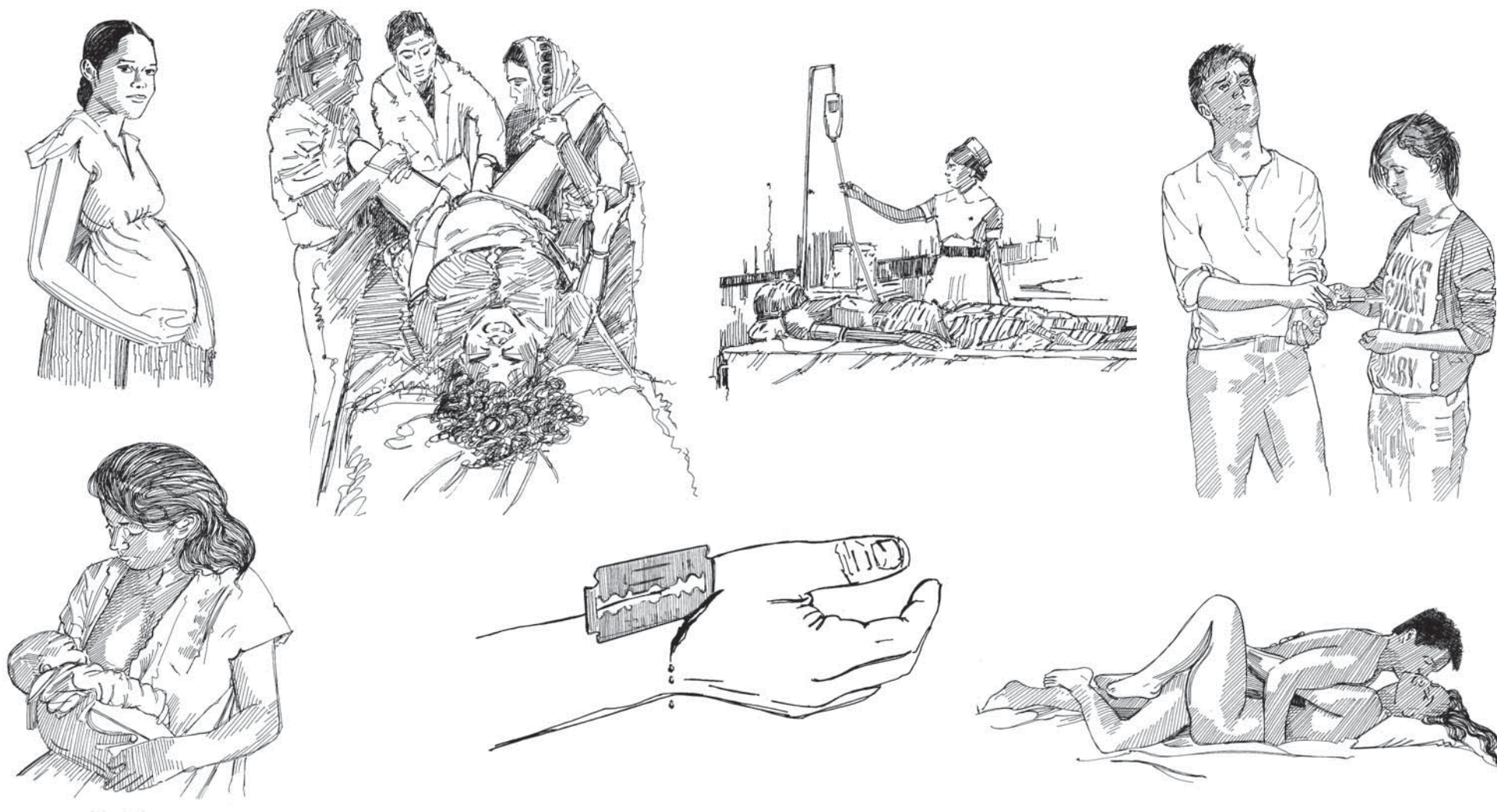
- ➡ The only way you can get malaria is to be bitten by an infected mosquito.
- ➡ Malaria frequently causes fever.
- ➡ Malaria is treatable. If a person has symptoms of malaria, refer him/her to a health centre for treatment immediately (within one day). Do NOT discontinue treatment even if you feel better.
- ➡ All people are at risk of getting malaria. Children under five years of age and pregnant women are at greatest risk of dying from malaria.
- ➡ Sleeping under an insecticide-treated mosquito net is the best way to prevent malaria. Priority should be given to children under five years of age and pregnant women.

Take action:

What is one thing you will agree to DO to recognize early signs of malaria?
 What is one thing you will agree to DO to prevent mosquito bites?
Provide information about where long-lasting, insecticide-treated bed nets can be obtained in the community.

Tool 1

HIV and sexually transmitted infections



| | |
|------------|--|
| Question: | <i>What do you see in these pictures?</i> |
| Responses: | <ol style="list-style-type: none"> 1. Pictures of different ways in which HIV, the virus that causes AIDS, can be transmitted from one person to another. 2. Pictures of different ways sexually transmitted infections can be spread from one person to another. |
| Question: | <i>What can increase the risk of getting HIV during sex?</i> |
| Responses: | <ol style="list-style-type: none"> 1. Having sex without a condom. 2. Having a sexually transmitted infection. |
| Question: | <i>What are some signs that a person may have HIV?</i> |
| Responses: | <ol style="list-style-type: none"> 1. A person can live with HIV for many years without having any signs of HIV. 2. Feeling tired all the time. 3. Fever or night sweats. 4. Increase in number of infections. 5. Rashes and sores on the skin. 6. Sudden loss of weight. 7. Long-lasting diarrhoea. 8. White patches inside the mouth and throat. 9. Women may have an increased number of vaginal yeast infections. 10. Getting sick with tuberculosis (TB). |
| Question: | <i>How does someone know if they are HIV-positive?</i> |
| Response: | Go for voluntary counselling and testing. |
| Question: | <i>Why is knowing your HIV status important?</i> |
| Responses: | <ol style="list-style-type: none"> 1. Knowing your HIV status can prevent transmission to sexual partners and infants, and prevent reinfection. 2. Knowing your HIV status gives you access to prevention, treatment, care and support services. |
| Question: | <i>Do you know your HIV status?</i> |
| Responses: | <p>If yes, provide praise for getting tested.</p> <p>If no, offer to provide information about voluntary counselling and testing centres in the community.</p> |

Key messages:

- ➔ HIV is the virus that causes AIDS and damages the body's immune system.
- ➔ HIV can enter a person's bloodstream through the vagina, penis or anus.
- ➔ HIV infection can occur during unprotected sex with an HIV-positive person.
- ➔ Unprotected sex with multiple partners greatly increases the risk of HIV infection.
- ➔ Having an STI can increase the risk of transmitting HIV.
- ➔ There is no cure for HIV, but it is possible to prevent HIV infection.
- ➔ Use condoms correctly and consistently to prevent sexual transmission of HIV and STIs.
- ➔ If you have HIV, use condoms to protect your partner from infection and protect you from re-infection.
- ➔ Abstinence and having only one HIV-negative sexual partner can also prevent HIV infection.
- ➔ Do NOT share needles or sharp instruments, such as razors.
- ➔ Get tested. Knowing your HIV status can prevent transmission to sexual partners and infants, and prevent re-infection.
- ➔ Get tested. Knowing your HIV status gives you access to prevention, treatment, care and support services.
- ➔ Mothers with HIV should discuss breastfeeding and replacement feeding with their healthcare provider. Replacement feeding may not be feasible in some circumstances, in which case exclusive breastfeeding for the first six months is recommended.

Take action:

What is one thing you will agree to DO to prevent HIV and STI infection?

What is one thing you will agree to DO to provide information about where voluntary counselling and testing is offered in the community?

Tool 1

Reducing stigma and discrimination



| | |
|------------|---|
| Question: | <i>What do you see in this picture?</i> |
| Responses: | Pictures of people who are isolated or rejected by others. Different forms of stigma or discrimination. |
| Question: | <i>How do you think the people who are alone in these pictures feel?</i> |
| Responses: | Sad, lonely, depressed, isolated, discriminated against, rejected, forgotten and condemned. |
| Question: | <i>What are some reasons people may shun or reject others?</i> |
| Responses: | 1. Misunderstandings. 2. Not having sufficient information or making assumptions. 3. Making a judgment about a person's appearance and associating the person with a group. 4. Fear of death and disease. 5. For having HIV or for being associated with others who may have HIV. |
| Question: | <i>Have you or someone you know ever been discriminated against?</i> |
| Responses: | If yes, ask to share their story. Listen for how being stigmatized affected them and the reasons they were stigmatized. If no, go on to the next question. |
| Question: | <i>What are some effects of HIV-related stigma?</i> |
| Responses: | 1. Discourages people from getting tested for HIV. 2. Keeps people from looking for ways to prevent HIV and asking about using condoms. 3. Keeps people from looking for ways to get HIV treatment early and asking for support services. 4. Keeps people who are HIV-positive from sharing their HIV status with potential sexual partners and risking infecting others. 5. Can lead those who are stigmatized towards substance abuse and suicide. |
| Question: | <i>What are some ways you can help to reduce stigma in the community?</i> |
| Responses: | 1. Learn about HIV and AIDS and how it is transmitted and how it is not transmitted. 2. Learn about how stigma can affect others. 3. Talk to people who are HIV-positive and provide support |

- Key messages:**
- ➔ The Red Cross Red Crescent Movement does NOT tolerate discrimination against people living with HIV (PLHIV) or other vulnerable groups (sex workers, gay men, men who have sex with men, drug users, prisoners, transgendered people, and migrants).
 - ➔ The Movement welcomes PLHIV and vulnerable populations as members of Red Cross Red Crescent National Societies and supports their empowerment as partners in the HIV response.
 - ➔ Gender inequality, sexual and gender-based violence must stop.
 - ➔ PLHIV need to be fully involved in the community's response to HIV and in their own care.
 - ➔ PLHIV have the right to continue living their sexual and reproductive lives.

Take action: What is one thing you will agree to DO to prevent stigma in your community?

Tool 1

Tuberculosis



Question: *What do you see in this picture?*

Responses: **1.** A man sick with tuberculosis (TB) taking his pills regularly. **2.** A well-ventilated room. **3.** A woman coughing and spreading germs.

Question: *What is tuberculosis?*

Responses: **1.** Tuberculosis is an infection caused by a germ that can damage the lungs and other parts of the body.
2. Tuberculosis is a serious illness.

Question: *How does a person get tuberculosis?*

Response: Tuberculosis spreads from person to person through the air by coughing, sneezing and spitting.

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

Responses: If yes, ask to share their story. Listen for signs of tuberculosis and seriousness of illness. Listen for story of how the person was treated.
If no, go on to the next question.

Question: *What are some signs of tuberculosis?*

Responses: **1.** Coughing for more than three weeks. **2.** Coughing up blood. **3.** Fever. **4.** Chills. **5.** Pain in the chest. **6.** Night sweats (even in cold weather). **7.** Loss of appetite and weight loss. **8.** Children may stop growing. **9.** Feeling tired.

Question: *Can tuberculosis be cured?*

Responses: **1.** Yes, tuberculosis can be cured with treatment given by a health worker. Treatment for TB must be taken regularly.
2. People on TB treatment must finish the entire course. **3.** A person can die from tuberculosis if it is not treated.

Question: *What should you do if you notice signs of tuberculosis in any member of your household?*

Responses: **1.** Take them to a health centre. **2.** People living with HIV should be especially aware of TB signs.

Key messages:

- ➔ Tuberculosis spreads from person to person through the air. Cover your mouth when coughing and sneezing.
- ➔ If you have cough for more than three weeks go to a health centre.
- ➔ Tuberculosis is curable. Go to a health centre if you notice signs of TB.
- ➔ People being treated for tuberculosis should complete ALL of the treatment. Do NOT stop treatment even if you feel better.
- ➔ People living with HIV should be especially aware of TB signs.
- ➔ People with TB should have access to voluntary counselling and testing for HIV.
- ➔ Know the side effects of tuberculosis treatment. Inform your TB supporter if you have side effects.

Take action: What is one thing you will agree to DO to recognize signs of TB?
What is one thing you will agree to DO to support people on TB treatment?

Tool 2

Tuberculosis



CORRECT



CORRECT



INCORRECT

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

Responses: **1.** A woman who is covering her mouth and nose correctly when coughing and sneezing.
2. A woman who is coughing incorrectly.

Question: *Why is this picture important?*

Response: Covering one's mouth and nose when coughing and sneezing is one way to prevent the spread of germs like tuberculosis.

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

Responses: **1.** Opening windows to let fresh air flow.
2. Recognizing signs of tuberculosis and getting prompt medical attention.
3. Going to the health centre if exposed to somebody with tuberculosis.
4. Completing the entire course of your TB treatment.

Question: *How can people with tuberculosis prevent their illness from spreading?*

Responses: **1.** Getting treated for their tuberculosis.
2. Completing all of their TB treatment.

Key messages:

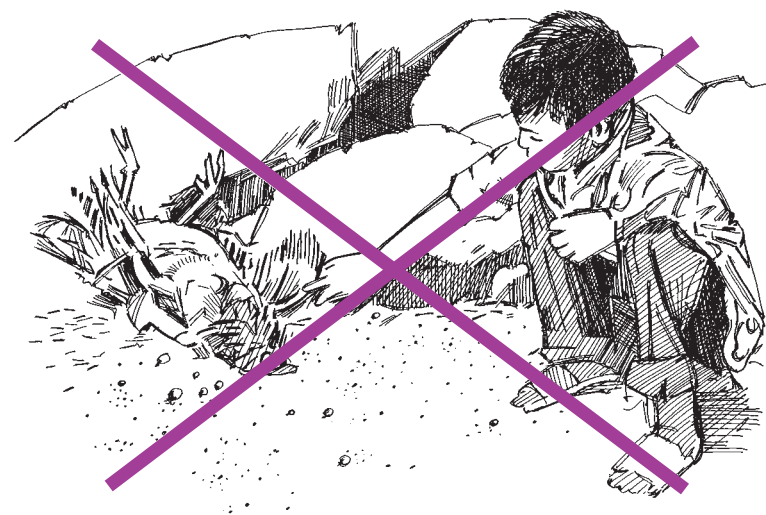
- ➔ Tuberculosis spreads from person to person through the air. Cover your mouth when coughing and sneezing.
- ➔ If you have cough for more than three weeks go to a health centre.
- ➔ Tuberculosis is curable. Go to a health centre if you notice signs of TB.
- ➔ People being treated for tuberculosis should complete ALL of the treatment. Do NOT stop treatment even if you feel better.
- ➔ People living with HIV should be especially aware of TB signs.
- ➔ People with TB should have access to voluntary counselling and testing for HIV.
- ➔ Know the side effects of tuberculosis treatment. Inform your TB supporter if you have side effects.

Take action:

What is one thing you will agree to DO to prevent the spread of tuberculosis?
What is one thing you will agree to DO to recognize signs of TB?
What is one thing you will agree to DO to support people on TB treatment?

Tool 1

Avian influenza



Question: *What do you see in this picture?*

Responses: **1.** A man holding a sick or dead bird. He is wearing protective clothing.
2. A child playing with a sick or dead bird.
3. A family cooking poultry meat.

Question: *Why do you think the man is wearing protective clothing?*

Response: To protect himself from getting infected with avian influenza (bird flu).

Question: *What are some ways that avian influenza can spread from birds to people?*

Responses: **1.** Direct contact with sick poultry. **2.** Eating undercooked or uncooked poultry products such as eggs or meat.
3. Handling poultry products such as raw meat, eggs, feathers or faeces.

Question: *What can you do to prevent the spread of avian influenza?*

Responses: **1.** Eat only fully-cooked poultry meat and eggs. **2.** Wash hands with soap and water after touching any poultry or bird and before eating. **3.** Do not handle sick or dead poultry. **4.** Do not kill sick poultry. **5.** Do not eat sick poultry.
6. Do not use chicken droppings for fertilizer.

Question: *What should you do if you notice sick or dead birds?*

Response: Report sick birds to the health authorities immediately.

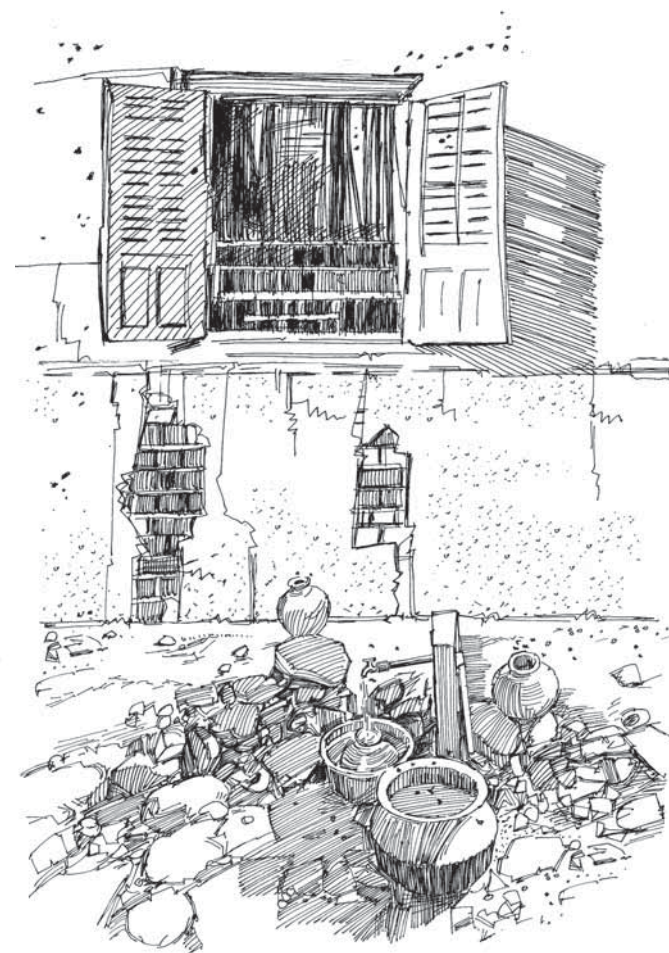
Key messages:

- ➔ Eat only fully-cooked poultry meat and eggs.
- ➔ Wash hands with soap and water after touching poultry and before eating.
- ➔ Report to community and health authorities about sick poultry immediately.
- ➔ Do NOT handle sick or recently dead poultry.
- ➔ Do NOT slaughter sick poultry.
- ➔ Do NOT eat sick poultry.
- ➔ Do NOT use chicken droppings for fertilizer.

Take action: What is one thing you will agree to DO to prevent the spread of avian influenza?

Tool 1

Dengue prevention and control



Question: *What do you see in this picture?*

Responses: **1.** A mosquito. **2.** Open pots and debris with mosquitoes flying around.
3. A man cleaning up. A man dumping stagnant water.

Question: *What kind of mosquitoes live in and around houses and breed in clean water?*

Response: Mosquitoes that cause dengue fever.

Question: *Why is it important to know about dengue fever?*

Response: Dengue fever can be fatal.

Question: *Do you know anyone who has had dengue fever?*

Responses: If yes, ask to share their story. Listen for signs of dengue fever and seriousness of illness.
If no, go on to the next question.

Question: *What are some signs of dengue fever?*

Responses: **1.** High fever. **2.** Severe headache. **3.** Pain behind the eyes. **4.** Pain in the joints. **5.** Muscle and body aches, back pain. **6.** Nausea and vomiting. **7.** Skin rash.

Question: *What should you do if you or anyone in your household has any of these signs?*

Response: Go to the health centre or see a health worker immediately.

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

Responses: **1.** Keep all water containers covered all the time. **2.** Clean water pots, barrels, and buckets regularly.
3. Drain standing water, drains, roof drains and vegetation in and around house. **4.** Dispose of objects where water collects such as plastic bottles, empty containers, tyres, coconut shells.

Key messages:

- ➔ Protect from mosquito bites. Sleep under mosquito nets at all times. Put screens up on doors and windows.
- ➔ Dengue mosquitoes live in and around houses and breed in clean water.
- ➔ Keep all water containers covered all the time.
- ➔ Clean water pots, barrels and buckets regularly.
- ➔ Drain standing water, drains, roof drains and vegetation in and around house.
- ➔ Dispose of objects where water collects, such as plastic bottles, empty containers, tyres, coconut shells.
- ➔ Dengue fever can be fatal; see a health worker immediately.

Take action: What is one thing you will agree to DO to eliminate mosquito breeding areas around your household?
What is one thing you will agree to DO to avoid getting mosquito bites?