

## Tool 1

# Childhood immunization and vaccination campaigns



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

**Responses:** **1.** Parent holding their child while they are getting vaccinated. **2.** Parent with a vaccinated child and vaccination card.

**Question:** *Why is it important to have your children vaccinated?*

**Responses:** **1.** Vaccinations protect children against diseases in childhood. **2.** Childhood diseases can kill or cause permanent harm.

**Question:** *What are some illnesses that vaccines can protect against?*

**Responses:** Vaccinations protect against polio, pertussis (whooping cough), diphtheria, tetanus, tuberculosis and measles.

**Question:** *What else provides your children with some natural protection against childhood illnesses?*

**Responses:** **1.** Breastfeeding exclusively for the first six months. **2.** All children must still be immunized.

**Question:** *Have your children had their routine vaccinations according to the national vaccination schedule?*

**Responses:** If yes, give approval.

If no, ask them to share what has prevented them. Encourage them to participate in National Immunization Days.

All children should be vaccinated according to the national vaccination schedule.

**Question:** *Are vaccines safe?*

**Responses:** Yes, vaccines are safe.

It is safe to vaccinate a child with cough, cold, diarrhoea, fever or malnutrition.

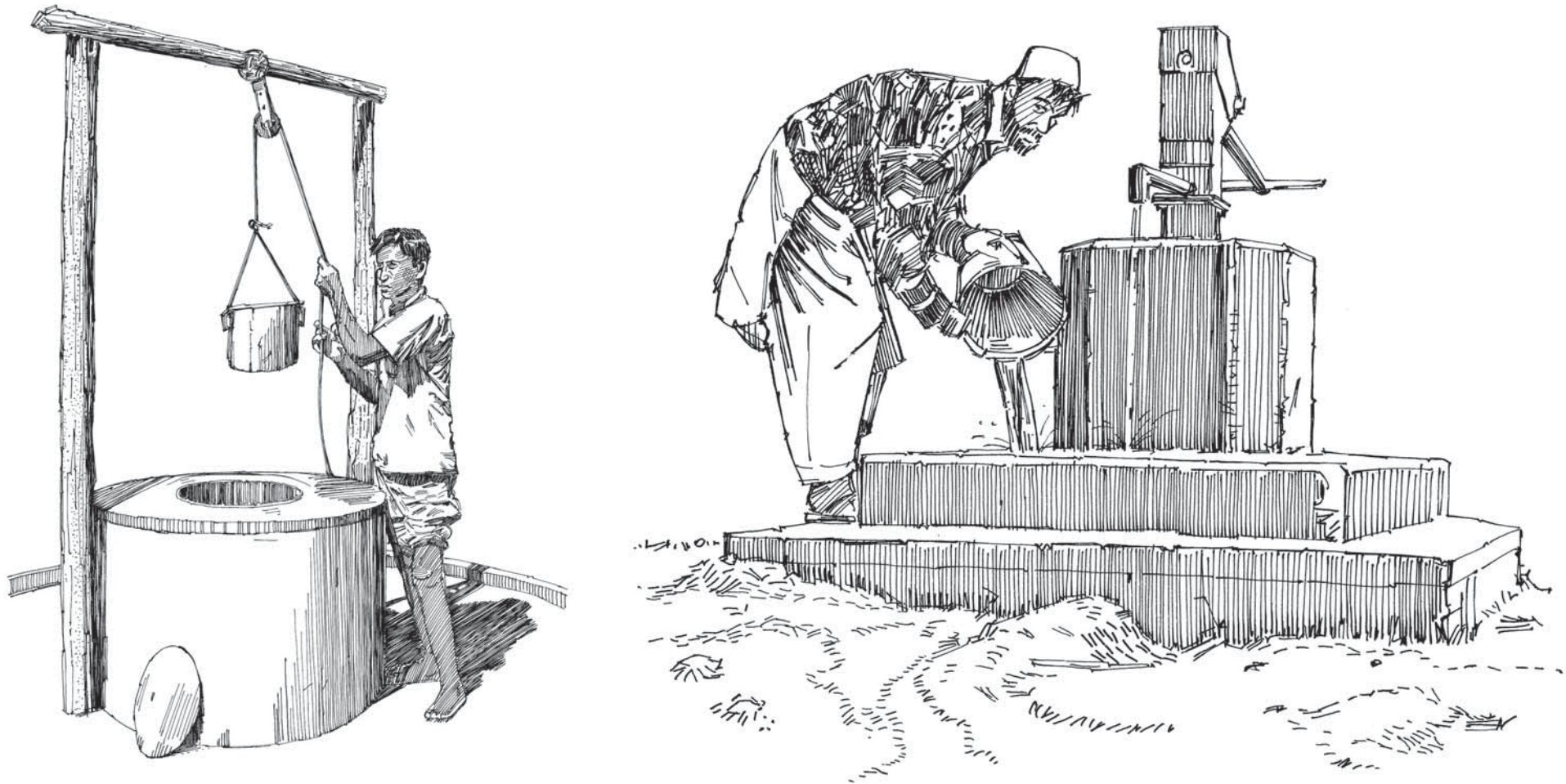
- Key messages:**
- ➔ Immunization saves lives.
  - ➔ All children should be vaccinated according to the national vaccination schedule.
  - ➔ Breastfeed babies for two years and beyond, giving breast milk alone for the first six months.
  - ➔ Participate in National Immunization Days.
  - ➔ It is safe to vaccinate a child with cough, cold, diarrhoea, fever or malnutrition.

**Take action:** Would you like more information about the next National Immunization Day and the national vaccination schedule?

*If yes, provide information.*

## Tool 1

# Safe water, hygiene and sanitation



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

**Response:** Pictures of men getting water from a public well.

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**Question:** *What do these pictures represent?*

**Response:** These are examples of sources of safe drinking water.

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**Question:** *What are some other examples of safe drinking water?*

**Responses:** Ground water, water from protected springs, rain water collected from a clean surface.

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

**Response:** Safe water can reduce diarrhoeal diseases in the community, including cholera.

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**Question:** *When should you use safe water?*

**Responses:** For drinking and when preparing food.

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**Question:** *What should you do if you do not have a source of safe water?*

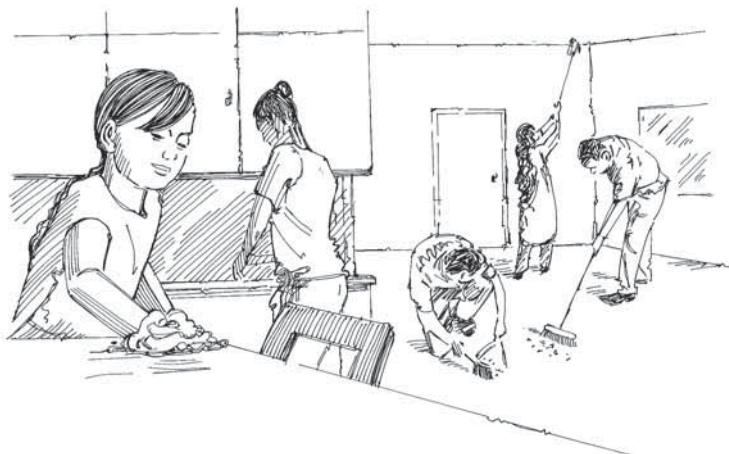
**Responses:** **1.** Boil at full rolling boil for at least one minute (three minutes at high elevation).  
**2.** Filter. **3.** Treat with a product such as a chlorine tablet, WaterGuard, Watermaker, or PUR (following directions).

- Key messages:**
- ➔ Safe water can reduce diarrhoeal diseases in the community, including cholera.
  - ➔ Use safe water for drinking and food preparation. If clean water is not available water can be treated at home (by filtering, boiling or using appropriate chemicals).
  - ➔ Keep the household clean to prevent diseases.
  - ➔ Keep toilets and latrines clean and free from faecal matter and bad odour.
  - ➔ Store water in clean containers, cover to prevent contamination and keep out of the reach of children.
  - ➔ Everyone in the community is responsible for maintaining the water supply system.
  - ➔ Wash hands at critical times:
    - before preparing food
    - before eating or feeding a child
    - after using the toilet or latrine
    - after blowing nose, sneezing or coughing
    - before and after taking care of someone who is sick
    - after handling faeces or changing a soiled child

**Take action:** What is one thing you will agree to DO to make certain your family drinks safe water?

## Tool 2

# Safe water, hygiene and sanitation



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

- Responses:**
1. Water in covered containers.
  2. Family cleaning their house.
  3. Food covered on a table.
  4. A person cleaning a bathroom.

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**Question:** *Why do you think the food and water is covered?*

**Response:** To prevent contamination from dirt and animals.

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**Question:** *Why is it important to keep your household clean?*

**Response:** It prevents germs and diseases from spreading.

- Key messages:**
- ➔ Safe water can reduce diarrhoeal diseases in the community, including cholera.
  - ➔ Use safe water for drinking and food preparation. If clean water is not available water can be treated at home (by filtering, boiling or using appropriate chemicals).
  - ➔ Keep the household clean to prevent diseases.
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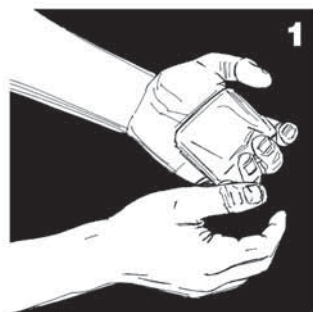
**Take action:** What is one thing you will agree to DO to make certain your family drinks safe water?  
What is one thing you will agree to DO to keep your household clean?

## Tool 3

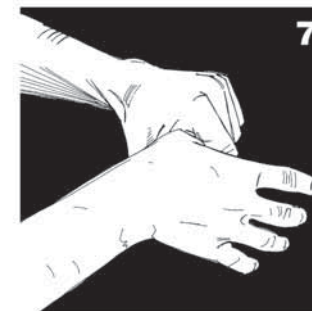
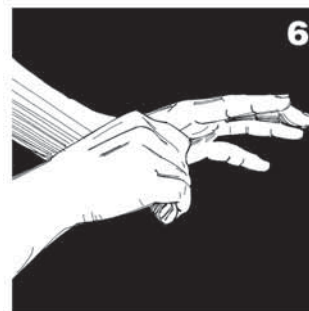
## Handwashing



or



then

**Correct hand-washing technique:**

- Wet hands with water, preferably running water.
- Use soap or ash.
- Rub hands vigorously together for at least 15 to 20 seconds.
- Scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails.
- Rinse well.
- Dry hands with a clean or disposable towel.
- Use a towel to turn off running water.

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

**Responses:** Steps for correct hand-washing.

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**Question:** *Why is hand-washing important?*

**Response:** Hand-washing prevents germs from spreading.

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**Question:** *When should you wash your hands?*

**Responses:** Wash hands at critical times:

- before preparing food
  - before eating or feeding a child
  - after using the toilet or the latrine
  - after blowing nose, sneezing or coughing
  - before and after taking care of someone who is sick
  - after handling faeces or changing a soiled child
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**Question:** *What are some other things you and your family can do to keep your bodies clean?*

- Responses:**
1. Wash my face with soap and water every day.
  2. Clean my teeth every day.
  3. Wash my clothes regularly.

**Key messages:** ➤ Wash hands at critical times:

- before preparing food
- before eating or feeding a child
- after using the toilet or the latrine
- after blowing nose, sneezing or coughing
- before and after taking care of someone who is sick
- after handling faeces or changing a soiled child

**Take action:** Would you like to learn the steps for correct hand-washing?

*If yes, demonstrate proper hand-washing technique.*



## Tool 1

# Diarrhoea and dehydration



### Point to the picture of a child with diarrhoea:

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

Responses: A child with diarrhoea.

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Question: *What causes diarrhoea?*

Responses: Diarrhoea is most commonly caused by germs from:

- drinking unsafe water
  - eating foods prepared with unsafe water
  - eating spoiled foods or uncooked meats
  - not washing hands
  - living in unclean conditions
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Question: *Why is diarrhoea dangerous, especially in children?*

Responses: **1.** Diarrhoea causes dehydration. **2.** Diarrhoea and dehydration can kill children.

### Point to picture of pinching forearm and lethargic child:

Question: *How do you know when a person is dehydrated?*

Responses: **1.** Sunken eyes with little or no tears when crying. **2.** Dry mouth and tongue. **3.** Little or no urine. **4.** Thirst. **5.** Dry skin or skin with little elasticity. When gently pinching the skin, it will stay up in a pinch and go back slowly. **6.** Feeling weak and very tired. **7.** Muscle cramps.

### Point to picture of ORS:

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

Responses: **1.** Breastfeed more frequently when a baby has diarrhoea. **2.** Give more food-based fluids to children with diarrhoea. **3.** Give the child recovering from the diarrhoea an extra meal every day for two weeks. **4.** Go to a health centre for zinc treatment (treatment for 10-14 days). **5.** Oral rehydration therapy (ORT) can strengthen a child and reduce the risk of death from diarrhoea. **6.** Go immediately to a health centre if blood is present in diarrhoea or if the child has a high fever.

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Question: *What can be done to prevent diarrhoea and dehydration?*

Responses: **1.** Use safe water for drinking and food preparation. If safe water is not available, treat at home by boiling, filtering, or using appropriate chemicals. **2.** Dispose of all faeces in a latrine or toilet, or by burying. **3.** Wash hands at critical times. **4.** Breastfeed alone for the first six months of life. **5.** Protect water from contamination by covering water storage containers and keeping animals away. **6.** Cover and store food. **7.** Clean eating utensils. **8.** Vaccinate children according to the national immunization schedule. **9.** Keep the household clean and free of rubbish.

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### Key messages:

- Diarrhoea can kill children.
- Breastfeed more frequently when a baby has diarrhoea.
- Give more food-based fluids to children with diarrhoea.
- Oral rehydration therapy (ORT) can strengthen a child and reduce the risk of death from diarrhoea.
- Go immediately to a health centre if blood is present in diarrhoea or if the person has high fever.
- Use safe water for drinking and food preparation.
- If safe water is not available, treat at home by boiling, filtering, or using appropriate chemicals.
- Prevent diarrhoea by disposing of all faeces in a latrine or toilet, or by burying.

### Take action:

What is one thing you will agree to DO to prevent diarrhoea and dehydration?

## Tool 1

# Acute respiratory infections



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

**Responses:** **1.** A child coughing. **2.** An adult coughing. **3.** The child and the adult appear sick.

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**Question:** *Why do you think they are coughing?*

**Responses:** **1.** Sometimes coughs and colds are signs of serious illness.  
**2.** They are sick with an infection of the lungs and breathing tubes.

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**Question:** *What can you do for a child who is sick with a cough or a cold?*

**Response:** Encourage children with a cough or a cold to eat and drink as much as possible and to stay warm.

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**Question:** *A child breathing rapidly or with difficulty might have pneumonia, which is a serious infection. What should you do if you notice a child breathing rapidly or with difficulty?*

**Response:** Take him/her to a health centre immediately.

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**Question:** *What are other reasons you should take a child to the health centre?*

**Responses:** **1.** For a fever that lasts seven days. **2.** Noisy breathing. **3.** Pain or aches in side. **4.** Cough for three weeks or more.  
**5.** Loss of appetite. **6.** Continuously vomits everything.

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**Question:** *What can you do to prevent pneumonia and respiratory infections in children?*

**Responses:** **1.** Breastfeeding babies for two years or more and exclusively for the first six months.  
**2.** Have children vaccinated according to the vaccination schedule.  
**3.** Protect babies from exposure to cold.  
**4.** Stay away from smoky (from cigarettes or cooking fires) or overcrowded rooms.  
**5.** Feed children nutritious foods.  
**6.** Practise good hygiene and hand-washing.

**Key messages:**

- ➔ Sometimes coughs and colds are signs of a serious illness.
- ➔ Encourage children with a cough or a cold to eat and drink as much as possible and to stay warm.
- ➔ A child breathing rapidly or with difficulty might have pneumonia. Go to a health centre immediately.
- ➔ Prevent pneumonia by breastfeeding exclusively for the first six months of life, and then for up to two years.
- ➔ All children should be vaccinated according to the national vaccination schedule.

**Take action:** What is one thing you will agree to DO to prevent acute respiratory infections?