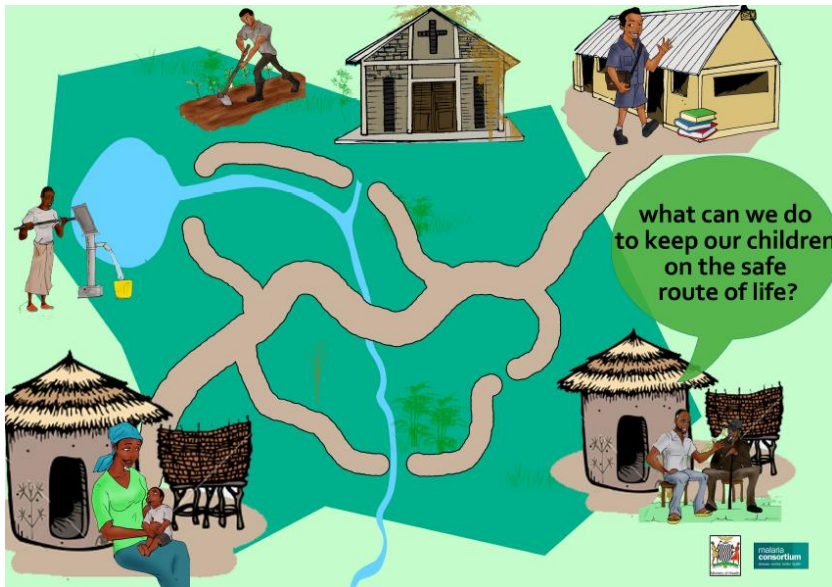


Child Health Interactive Poster & flash cards



Objective: Interactive Tool to stimulate community dialogue and sharing of personal stories from mothers/fathers/care-takers around care seeking and preventative practices for children's health.

Target audiences: Parents, care-takers of young children, key household decision makers.

Utilization: Participants in small group are asked to

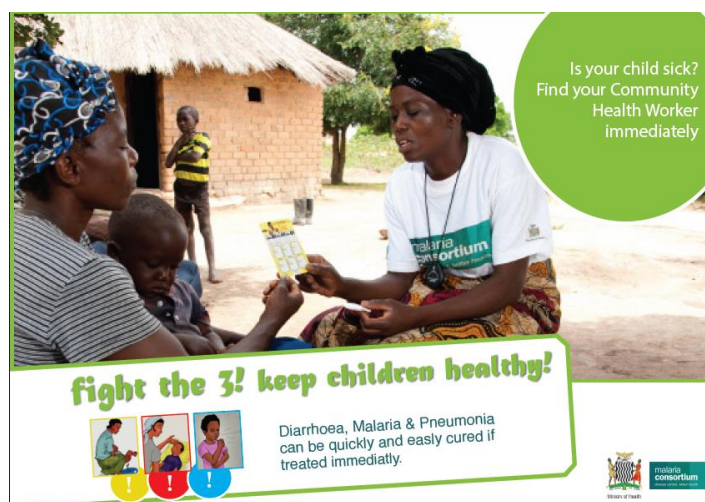
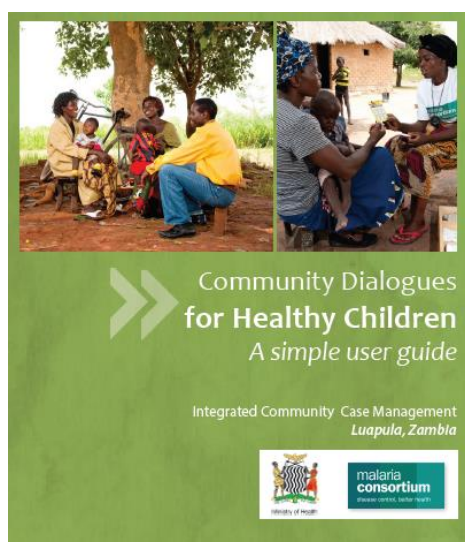
place the small cards on the Interactive poster to visualize (a) what happened the last time their child was sick, discuss if the routes taken were optimal or not and why, (b) discuss and agree on optimal care options and routes, (c) discuss and agree on optimal preventative practices to keep the child healthy.





Zambia, Luapula province, November 2012






Other tools available include:


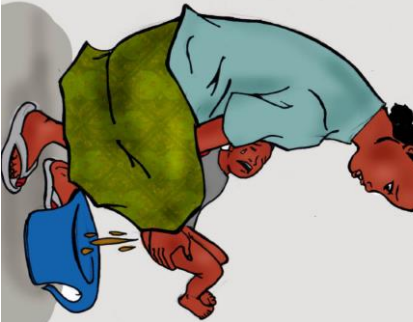



- **Guide for Training CHWs and Community Leaders on Community Dialogue;**
- **Community Dialogue Monitoring Tools.**
- **Community Dialogue Guidebook**
- **A set of 3 Posters:** General care-seeking, Diarrhoea, Pneumonia













30 Flash Cards (A6-Laminated)



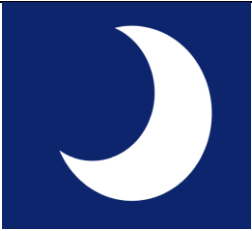
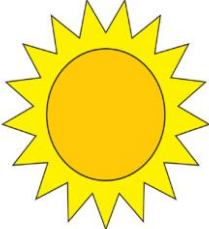

Front of Card	Back of card	Nb
	Health centres are equipped to treat children who cannot be cured by CHWs. If the CHW considers the child is severely ill, parents should go to health centre immediately. Because disease can progress very quickly in Young children.	1
	CHWs' services are free of charge because they are part of a Ministry of Health programme and supervised by the health centres. The medicines are safe and appropriate for young children. But CHWs have medicines only for 3 diseases: diarrhoea, malaria and pneumonia.	2

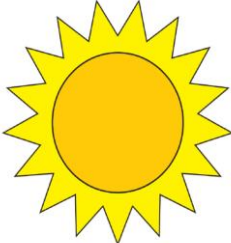

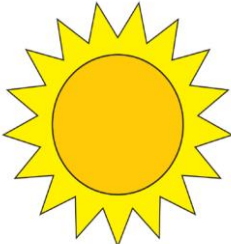
	<p>Whenever your child shows signs of malaria, diarrhoea or pneumonia, consult the CHW for advice first. The CHW' services are free for charge for these three diseases.</p>	<p>3</p>
	<p>Malaria, diarrhoea or pneumonia cannot be cured with traditional medicines. Some traditional herbs will only relieve some symptoms but cannot cure completely the child.</p> <p>Whenever your child shows signs of malaria, diarrhoea or pneumonia, consult the CHW for advice first.</p>	<p>4</p>
	<p>CHWs have been trained in using a "Respiratory timer" that will help them know if the child has fast breathing or not. Fast-breathing is the sign of pneumonia.</p> <p>CHWs will only give medicines to children who have pneumonia, not to children who have just cough.</p>	<p>5</p>
	<p>Whenever a child shows high fever or sign of malaria, bring the child immediately to the CHW or the nearest health centre for a test.</p> <p>CHWs are trained to do a rapid test to determine if the child has malaria or not. Only children with test showing malaria will be given anti-malaria drugs.</p>	<p>6</p>
	<p>If the CHW considers the child is severely ill or shows danger signs, parents should go to health centre immediately. Young children are very vulnerable, and disease can progress very quickly in their body.</p>	<p>7</p>

	<p>Parents should consult ICCM-CHWs immediately whenever a child is sick. When a disease is diagnosed and treated early, the child can recover much more quickly and the parents will save costs of complicated care. CHWs are trained to care for mild forms of Malaria, Pneumonia and Diarrhoea among children less than five years of age</p>	8
	<p>Diarrhoea can kill children by draining liquid from the body, which dehydrates the child.</p> <p>As soon as Diarrhoea starts, give the child extra fluids to drink, especially breast milk, and look for a CHW immediately.</p> <p>Give ORS to the child, properly mixed with clean or boiled water.</p>	9
	<p>High fever could be a sign of a serious disease, such as Malaria, that can kill a child in less than a day. Parents should consult ICCM-CHWs immediately.</p> <p>When a disease is diagnosed and treated early, the child can recover much more quickly and the parents will save costs of complicated care.</p>	10
	<p>Cough, colds, sore throats and runny noses are common in the lives of children. In some cases, if a child is breathing with difficulty or fast, this can be pneumonia. Pneumonia can kill children because they cannot breathe normally.</p> <p>Bring the child immediately to a CHW if he shows difficulty in breathing.</p>	11
	<p>As soon as diarrhoea starts, give ORS to the child, properly mixed with clean or boiled water.</p> <p>ORS helps the child recover from diarrhoea. Diarrhoea, treated with ORS, usually stops after three or four days.</p> <p>Also breastfeed and feeding the child more often than usual.</p>	12

	<p>Parents should follow strictly treatment advice: always give the right drug, at the right dosage, at the right time, for the right number of days.</p> <p>Make sure medicines are not stopped half way. This will not cure the child completely and the child will be at risk of falling sick again with an even more serious illness.</p>	13
	<p>Ensure the child is breastfed exclusively for the first 6 months of life, and continue breastfeeding at least up to 2 years as breast milk boost a child's body defence against diseases.</p> <p>Sick children also need to breastfeed more often than usual. This will help them recover quickly.</p>	14
	<p>A sick child, even on medication, needs to drink extra fluids (breast milk is the best) and to be fed several times a day with nutritious food to help him recover.</p> <p>Children not properly fed during and after illness become more vulnerable to diseases, and might not grow well.</p>	15
	<p>Ensure your child follows the immunization schedule regularly. This will strengthen his body to fight diseases and also avoid some killer diseases.</p>	16
	<p>Malaria is a serious disease spread through mosquitoes that bite only at night.</p> <p>Malaria can be avoided! Everybody should sleep under insecticide-treated mosquito nets every night, all year long, to avoid mosquito bites.</p>	17

	<p>Diarrhoea is mainly passed through dirty hands, unclean water and unsafe food. Hand washing is the most simple and easy way to prevent diarrhoea:</p> <p>Always Wash hands before preparing, eating, serving food or feeding a child.</p> <p>Always Wash hands each time after defecating.</p>	<p>18</p>
	<p>CHWs are trained to recognize danger signs in children. Cannot drink or swallow: is when a child is too weak to suckle or swallow when offered a drink or breast milk.</p> <p>If a child shows this sign, his life is in danger.</p> <p>Bring the child immediately to the nearest health centre, day or night.</p>	<p>19</p>
	<p>CHWs are trained to recognize danger signs in children. Chest in-drawing is when The child's chest does not move normally with breathing.</p> <p>If a child shows this sign, the child's life is in danger. Bring the child immediately to the nearest health centre, day or night.</p>	<p>20</p>
	<p>CHWs are trained to recognize danger signs in children. Convulsions is when a child has fits, a rigid body, the child's arms and legs get stiff. Sometimes the child stops breathing. The child may lose consciousness for a short time and cannot be awakened. If a child shows this sign, his life is in danger. Bring the child immediately to the nearest health centre, day or night.</p>	<p>21</p>
	<p>CHWs are trained to recognize danger signs in children.</p> <p>A child who is abnormally sleepy or difficult to wake (does not notice sounds and movements around him), or unconscious (child does not wake up or respond when touched or spoken to), is in danger.</p> <p>Bring the child immediately to the nearest health centre, day or night.</p>	<p>22</p>

	<p>CHWs are trained to recognize danger signs in children.</p> <p>Vomiting everything is when a child vomits after each feed and cannot hold down either liquid or solid food. A child who vomits several times but can hold down some fluids does not vomit everything.</p> <p>If a child shows this sign, his life is in danger. Bring the child immediately to the nearest health centre, day or night.</p>	23
	<p>CHWs are trained to recognize signs of malnutrition in children.</p> <p>Malnutrition, when children become very thin or skinny, is often due to repeated diseases. Malnutrition is a serious condition that needs special treatment at a health centre.</p>	24
	<p>Time matters! Diseases can progress very quickly in children. Whenever a child is sick look for advice as quickly as possible.</p> <p>When a disease is diagnosed and treated early, the child can recover much more quickly and the parents will save costs of complicated care.</p>	25
	<p>Time matters! Diseases can progress very quickly in children. Whenever a child is sick look for advice as quickly as possible.</p> <p>When a disease is diagnosed and treated early, the child can recover much more quickly and the parents will save costs of complicated care</p>	26
	<p>Time matters! Whenever a child shows danger sign, bring the child immediately to the health centre. Do not wait for a day or night, because the child could die.</p>	27

	<p>Time matters! Whenever a child shows danger sign, bring the child immediately to the health centre. Do not wait for a day or night, because the child could die.</p>	
	<p>Time matters! Make sure you give the right drug, at the right time, for the right number of days, as advised by your CHW or health worker.</p>	29
	<p>Time matters! Make sure you give the right drug, at the right time, for the right number of days, as advised by your CHW or health worker.</p>	30
<p>TOTAL</p>	<p>30</p>	