



Village Health Team

Help close to your home

Keep good health **enjoy life!**



Objective.

The objective of this flipchart is to inform, educate and effectively communicate to community members about childhood diseases.

Key content areas.

The flipchart covers general questions about childhood diseases such as malaria, pneumonia, diarrhoea, their causes, treatment, prevention and how village health teams can help.

How to use the flipchart?

Display the flipchart with pictures facing the people you are talking to and the text sheets facing you. The text sheet facing you has the questions you should ask as well as answers you will use to inform and educate people.

Leading sessions.

Participation and discussion are essential to adult learning. Suggestions below can guide in improved interaction.

Group discussion.

- When a person speaks up, thank that person for speaking, as people like to feel appreciated.
- Avoid interrupting people while they are talking.
- Try to have as many people as possible to participate in the discussion. Encourage this by saying, "I'd like to hear from someone who has not spoken yet."
- Listen carefully to what people say and give honest answers, so you too will learn to understand their situation better.
- Ask questions so discussions clear doubts and leave the key messages with the people.

Showing a picture.

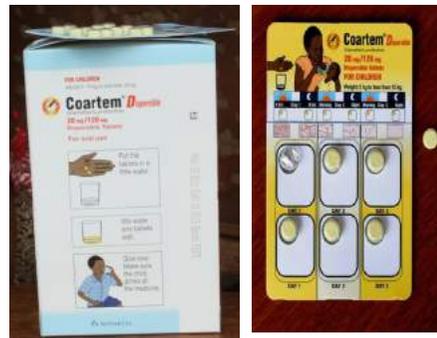
- Pictures help people remember and understand more clearly what you are saying.
- As you talk about the picture, hold it up so that everyone can see.
- If the group is large, walk around so that everyone can get a closer look.

Asking questions.

- Pause after asking a question to give members time to think of their answers. Look around the group as you wait for someone to answer.
- If no one responds, ask the same question using different words and pause again, waiting for them to answer.
- Once someone gives a response, explain a little, before moving to the next question.
- When someone gives an answer that is wrong, continue by asking if someone else has a different answer. When the correct answer is given, repeat it; so the correct information is emphasised.
- If you don't know the answer to a question that is asked, you can tell the group you will find an answer for them, and refer to your training guide or a health professional for guidance.



Malaria



Pneumonia



Diarrhoea



What services can VHTs provide?

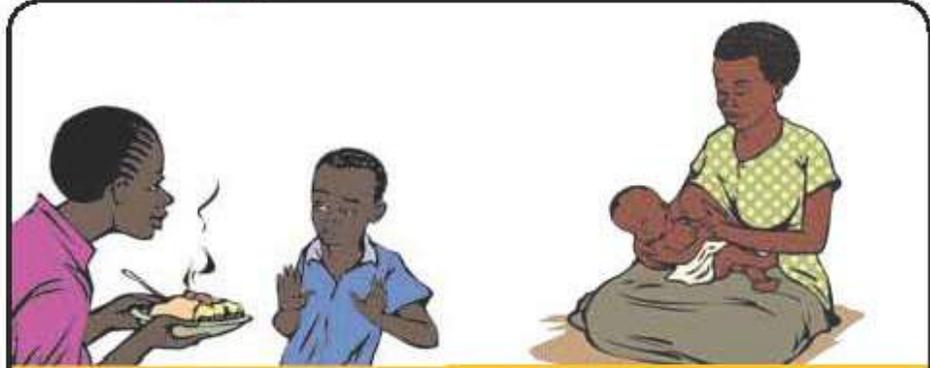
- All VHTs can now test and treat children under-five years for three common illnesses (malaria, pneumonia and diarrhoea), as they have received an intensive training for six days by Ministry of Health
- VHTs also visit new-borns at least three times in the first week of birth to ensure infants are in good health and talk to parents on ways to keep them healthy.
- All VHTs are regularly supervised by health facility staff to ensure they provide good quality services.
- All products and services provided by VHTs are free of charge.

When should you take your child to the VHT?

If your child is less than five years and shows signs of sickness or fever, you must immediately go to a VHT. VHTs are situated within the community and if you live far away from a health facility, they can provide the first point of care.



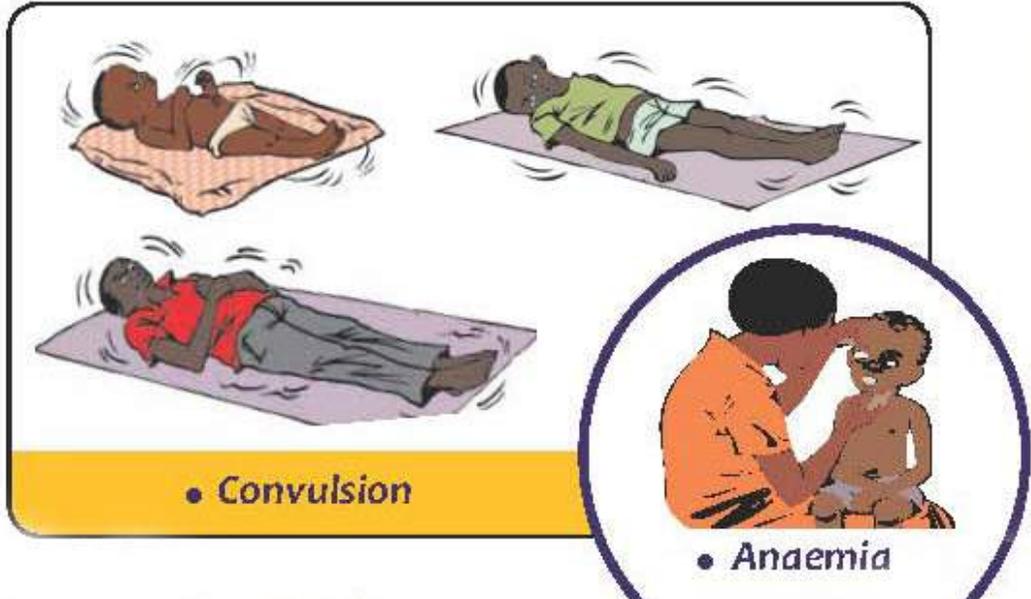
General danger signs



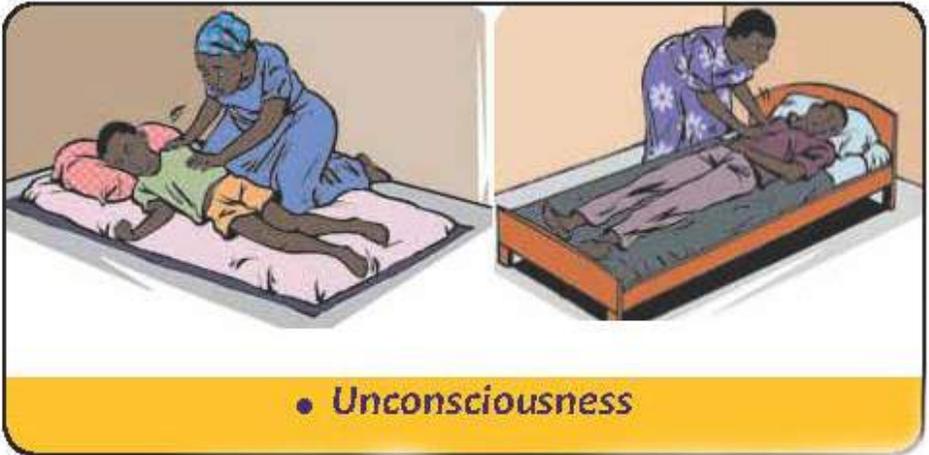
- Not eating
- Not breastfeeding



- Vomiting



- Convulsion
- Anaemia



- Unconsciousness

When should you go to a VHT?

All children with fever need to be tested and treated immediately, so, if your child gets sick, you must see a VHT immediately. Since young children do not have the same capacity to fight illness as older people do; if they are not treated early, the illness can turn severe, putting the child's life in danger.

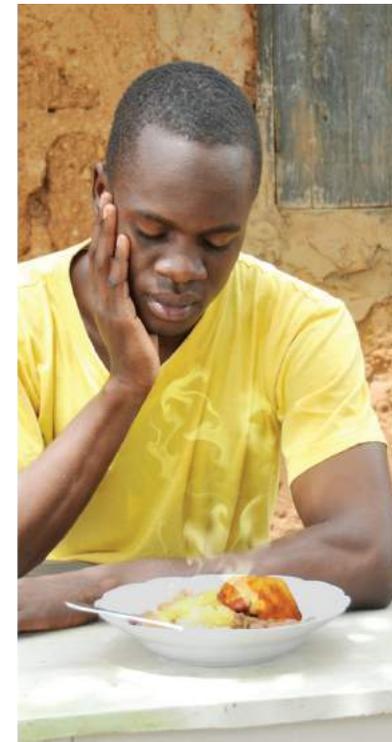
VHTs are trained to handle only simple forms of malaria, pneumonia and diarrhoea. Severe cases will need attention of health workers at a health facility. But, always see your VHT first, so the child gets first aid treatment from the VHT, before going to the health facility.

And when should you go to a health facility?

You should go to a health facility if the VHT advises you to do so.

Since VHT services are only for children under five years, everyone above five years of age should go to the nearest health facility without delay.

What you need to know about malaria?



What is malaria and how is it caused?

Malaria is a serious disease spread by some types of mosquitoes, which bite mostly at night. Malaria can kill people if not treated quickly.

Are there any other ways to contract malaria?

No. You can't get malaria from drinking water, eating mangoes, walking in the rain, shaking hands or sharing food.

Who is most at risk of getting malaria?

Anyone getting bitten by mosquitoes that cause malaria is at risk of malaria. But pregnant women and young children (under five years) are more likely to be severely affected as their bodies are less strong.

How will you know if you have malaria?

Fever, sudden chills, sweating, tiredness, headache, loss of appetite and joint pains are some symptoms that signify you might have malaria. However, all fevers are not malaria. The only way to be sure is to get tested, as recommended by the Ministry of Health.



What is an RDT?

A Rapid Diagnostic Test or RDT is the fastest way to know if you have malaria. It is a simple test that can be done by trained people such as VHTs in the community or health workers in a Government health facility.

How is the RDT test done?

A malaria test is done by taking a finger prick blood sample and placing the blood on a small cassette. The results take just 15 minutes to show up.

How reliable are RDTs for detecting malaria?

When the test is carried out properly by a trained person and correct time given for results to show up, you can be sure of what the test says.

What should you do if RDT shows you have no malaria?

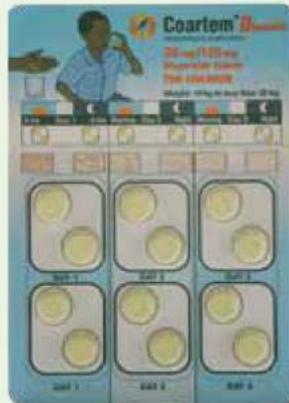
If the short test shows that you don't have malaria, then the health worker will look for another disease.

Dosages

Coartem® dispersible



3 months to less than 4 years



4 - 9 years

Coartem® tablets



9 - 12 years



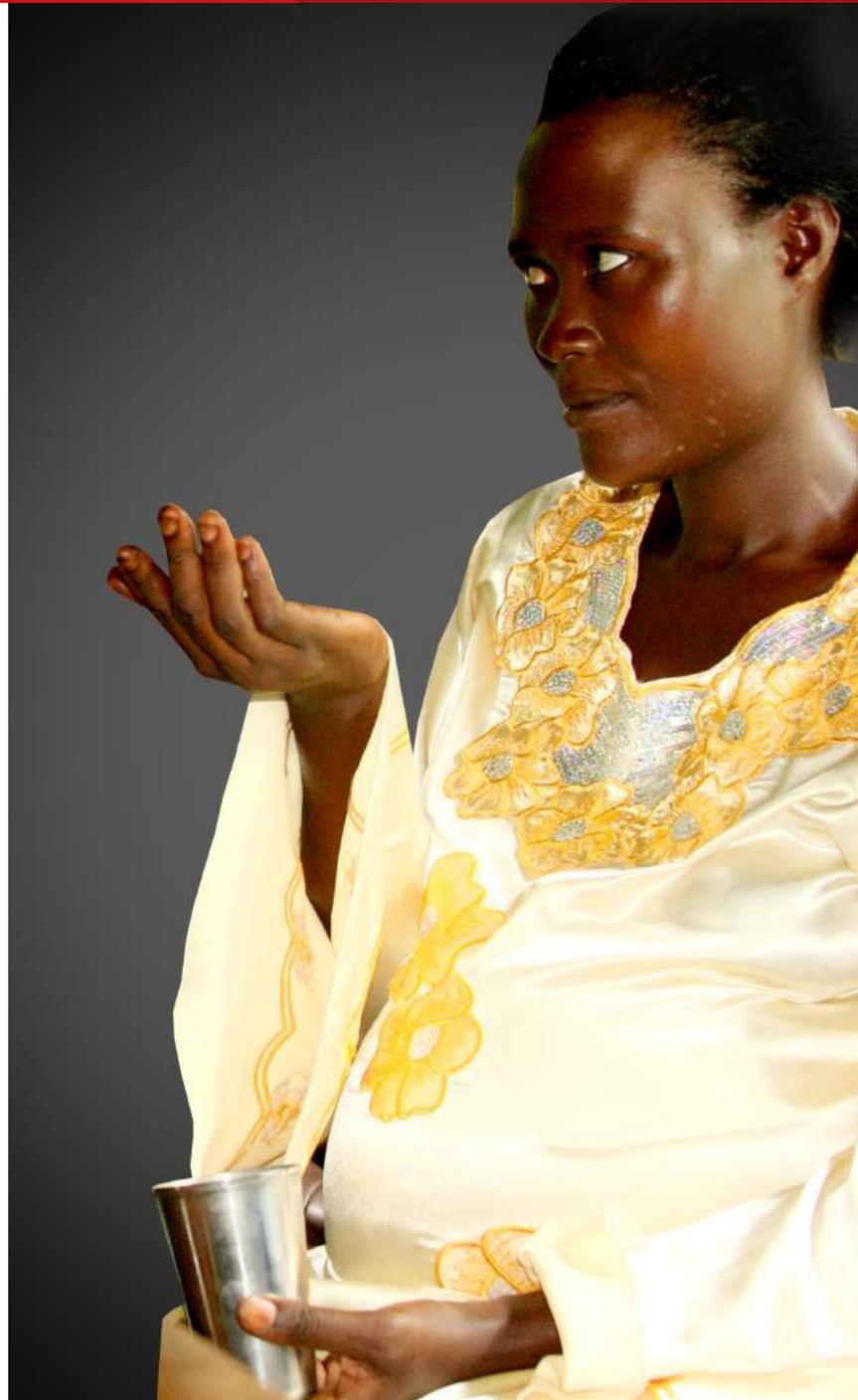
12 years and more

What should you do if the test shows you have malaria?

If the RDT shows that you have malaria, you will need to start the three day treatment immediately. This medicine has to be taken two times per day during three days

What are the danger signs during malaria that will need immediate attention?

Danger signs during malaria are vomiting everything, convulsions, not interested in feeding or eating and loss of consciousness. In children, these conditions can lead to death within a few hours. Children with danger signs must be taken to the VHT immediately for pre-referral treatment. Some VHTs can also help rush these children to nearest health facility, as they have a bicycle.



How do you prevent malaria?

You can effectively prevent malaria by:

- Sleeping under a Long Lasting Insecticide-treated Net (LLIN) every night all year long. This is very effective, because mosquitoes that transmit malaria bite only during the night.
- Visiting a health facility if you have fever, to get tested for malaria. If not, you can get the right treatment for your illness.
- All pregnant women should go for at least 4 antenatal visits, starting early in pregnancy to get at least two doses of preventative treatment (SP/Fansidar) for malaria during pregnancy.
- Making sure your house gets sprayed, if a spraying campaign is going on in your village

What you need to know about pneumonia?



What is pneumonia?

Pneumonia is an infection caused by bacteria that leads to difficulty in breathing.

How is pneumonia caused?

Pneumonia is spread from person-to-person, mainly through droplets containing germs that cause pneumonia. These germs get passed on from one person to another through coughs or sneezes.

What are the signs?

Signs of pneumonia include cough with fast or difficult breathing, fever, and chills. If the child has severe pneumonia he may be unable to breastfeed or drink and may have chest in-drawing (when the chest goes deep inside when the child takes in a breath). When this happens, you must first visit the VHT or a nearby health facility, if it is closer.

Common cold with fever and cough is sometimes mistaken for pneumonia. If a child has a cold and is not breathing fast, he does not need the medicines that are with the VHT. VHTs will only treat if a child has both cough and fast breathing, not just cough. When this happens, you must immediately visit the VHT or a nearby health facility.

**AMOXICILLIN TABLETS FOR
ORAL SUSPENSION USP 125 MG**
3 X 10 TABLETS

Age: From 12 months to 60 months (1-5 years)					
Time	Day 1	Day 2	Day 3	Day 4	Day 5
	3 tabs				
	3 tabs				

**AMOXICILLIN TABLETS FOR
ORAL SUSPENSION USP 125 MG**
2 X 10 TABLETS

Age: From 2 months to 11 months					
Time	Day 1	Day 2	Day 3	Day 4	Day 5
	2 tabs				
	2 tabs				

What is a Respiratory Timer? How does it help the VHT?

A Respiratory Timer is a small tool that helps VHTs or health workers to know if a child is breathing faster than normal. A child who is breathing faster than normal has pneumonia.

How does a VHT treat Pneumonia?

The VHT uses amoxicillin which comes in two different packs for two age groups. This medicine must be given to the child for five full days. If the child does not complete the treatment, the disease will get even more severe.

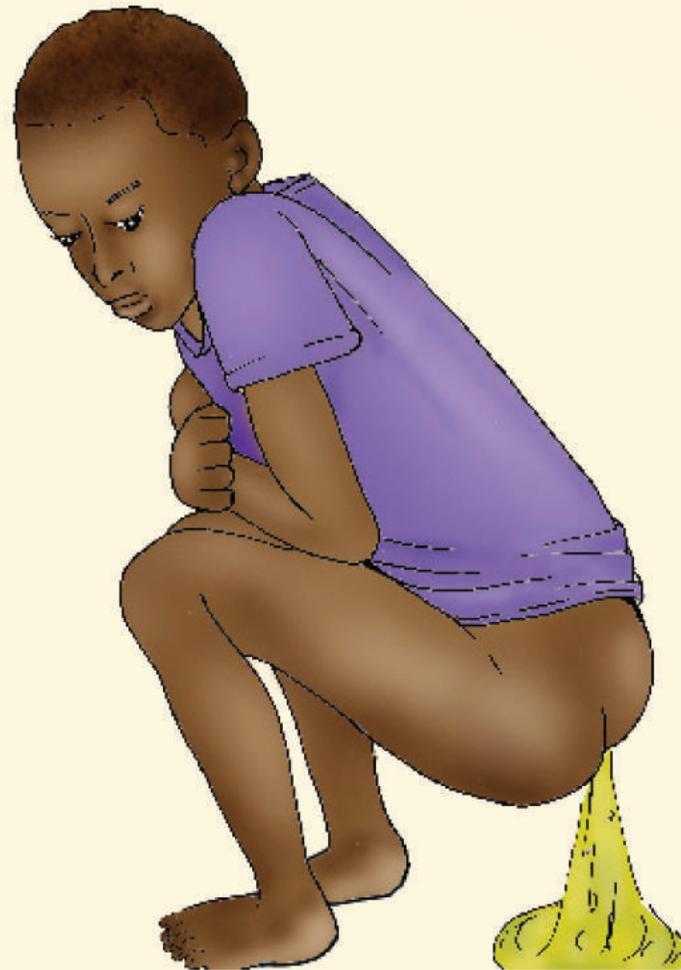


How do you prevent pneumonia?

You can prevent pneumonia by

- Ensuring the child is only breastfed without any other food for the first six months of life, and continue to breastfeed for two years as it boosts a child's capacity to fight diseases.
- Ensuring the child gets all vaccinations in his first year
- Avoiding cooking in the main house, so children are not exposed to smoke

What you need to know about diarrhoea?



What is diarrhoea?

Diarrhoea is when a child passes three or more loose or watery stools per day, or more than normal. In small children, severe diarrhoea lasting just a day or two can lead to dehydration or loss of essential liquids from the body which can lead to death.

How is it caused?

Diarrhoea is mainly caused by unwashed, dirty hands, unclean water and unsafe food. Flies that settle on faeces and then land on food pass germs that cause diarrhoea. Among small children, it often occurs when they start to crawl, touch things and play around.

When should parents or caregivers seek help for diarrhoea?

If a child passes three or more loose or watery stools per day you should immediately consult a VHT. The VHT will confirm it is diarrhoea before providing oral rehydration salts (ORS) and zinc.



What is the best treatment for diarrhoea?

The best treatment for diarrhoea is to give lots of liquids and oral rehydration salts (ORS), mixed well with clean water. Zinc tablets also help to reduce the severity of the illness. A child with diarrhoea should never be treated with other medicine unless given by a trained health worker.

Why is it important to give fluids during diarrhoea?

Giving children extra liquids during diarrhoea, especially breast milk, and regular nutritious foods is very important as this helps replace liquids lost and helps in faster recovery.

When does a VHT ask caregivers to take a child to a health facility?

A VHT cannot treat a child who has blood in a loose, watery stool or other danger signs. The VHT will ask caregivers to take the child to a health facility for specialized care. It is important to follow the advice of the VHT.

What are the danger signs for diarrhoea?

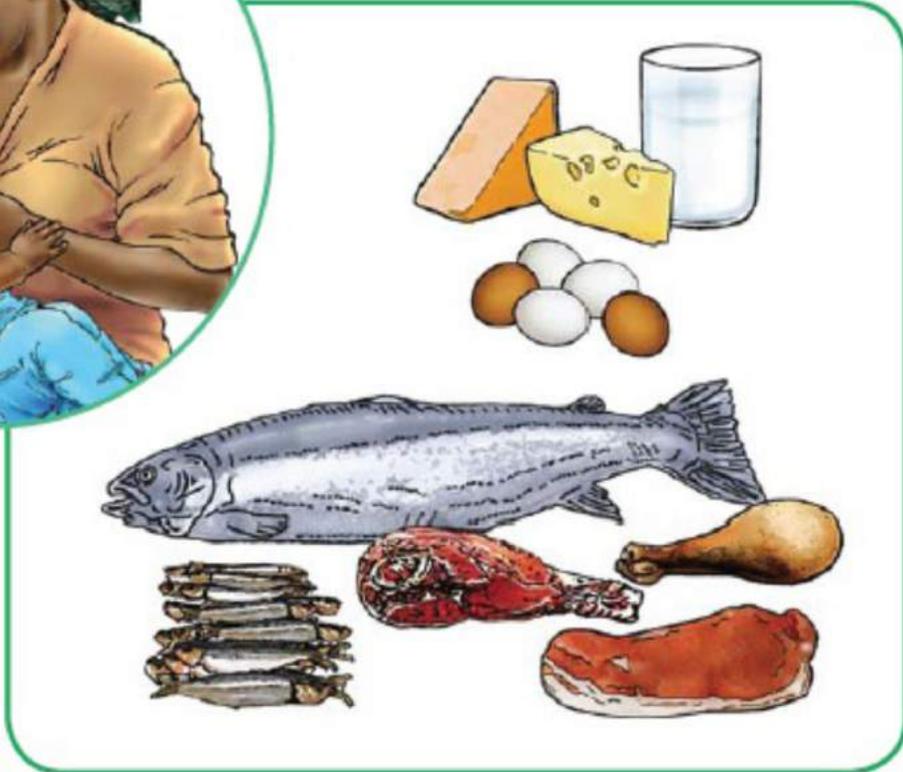
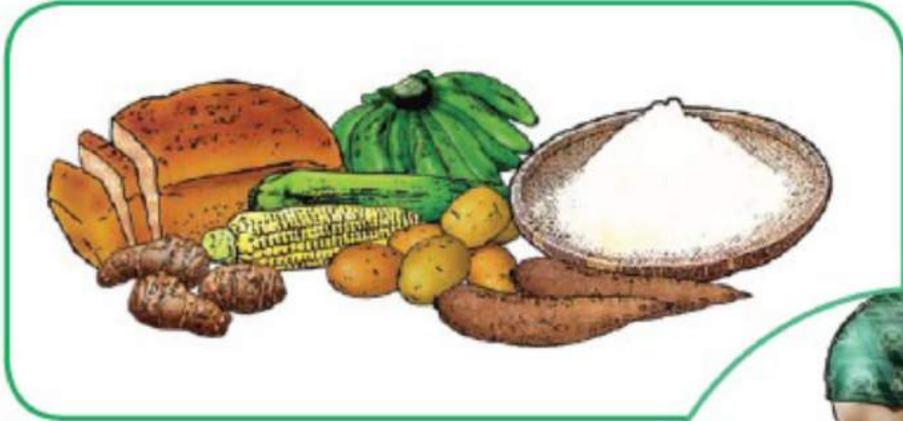
Several watery stools within an hour, blood in stool, fever, refusal to drink or eat are signs that child's life is in danger. Children with any of these signs need immediate help from a trained health worker. You must see your VHT first to get proper advice and treatment.



What are the best ways to prevent diarrhoea?

Diarrhoea can easily be prevented by:

- Ensuring infants are breastfed without any extra food or drinks in their first six months
- Ensuring children get all their vaccinations within the first year
- Boiling water before drinking
- Washing hands before preparing, eating, serving or feeding a child/others
- Keeping food covered to keep off flies
- Washing hands each time after using the toilet
- Disposing off faeces, including those of infants and young children in a latrine or toilet, or by burying



General advice

What can you do to help your sick child to recover quickly?

- A sick child, while on medication, needs to drink extra fluids (breast milk is the best) and eat nutritious foods often. This will give the child strength and energy to fight the disease. As soon as the child gets better, he needs to be fed one extra meal per day for the next two weeks to regain lost energy. Children not properly fed during and after illness become more vulnerable to diseases, thereby affecting their growth.
- As caregivers, you should make sure medicines are not stopped half way through, kept for another day or shared. If the child does not get the full treatment, the disease will survive inside the child or return later.



1 Wash hands before cooking, eating and after using toilets to stop diarrheal diseases.



4 Before your child is one year, make sure they receive six vaccinations.



7 Ensure everyone in your family sleeps under a Long lasting Insecticidal treated net- LLIN every day, every night



2 If pregnant, get two doses of preventive treatment for malaria at an ante natal clinic.



5 If your child is sick and less than five years of age, get to the VHT right away.



3 Feed your child only with breast milk immediately after birth and for the first six months of life.



6 If you have fever and older than five years, get a test for malaria at a hospital or health facility.

**Want to keep good health?
Just follow 7 simple steps!**

KEEP GOOD HEALTH *enjoy life!*

If you have any question, please contact the nearest health centre.
Health workers will give you more information.

Developed and produced with support from **MALARIA CONSORTIUM**
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