

# Faiths United for Health

A TOOLKIT  
FOR FAITH LEADERS IN NIGERIA  
IN THE FIGHT AGAINST MALARIA  
TRAINER VERSION

Produced by  
The Nigerian Inter-Faith  
Action Association



In collaboration with  
The Center for Interfaith  
Action on Global Poverty



In support of  
The Nigerian National  
Malaria Control Programme



In support of  
The 2010 Roll Back Malaria  
Universal Coverage Targets



# Purpose of Toolkit

This toolkit, presented on behalf of the Nigerian Inter-Faith Action Association (NIFAA), is designed to provide Nigeria's faith leaders – both Christian and Muslim – with the tools they need to help fight malaria in their own communities.

It is organized into four main sections:

1. Introduction
2. Malaria information
3. Tools for action
4. Resources

Section 1 serves as an introduction to this Faiths United for Health campaign, beginning with a call from Nigeria's top faith leaders to unite in action to prevent malaria and to promote health in our country.

Section 2 offers important general information regarding malaria and nets. It includes facts about the burden of malaria in Nigeria, broad malaria control strategies in the form of the NIFAA Key Messages, and step-by-step instructions for properly using and caring for nets.

Section 3 provides faith leaders with tools for teaching their communities—both inside and outside their houses of worship—about malaria prevention. It also includes specific instructions for how and when to use these tools.

Section 4 contains valuable resources to be used by faith leaders and faith community mobilisers trained by NIFAA.

The ultimate purpose of this toolkit is to provide faith leaders with the tools they need to spread the message of malaria prevention, as well as a specific plan of action for using them.

May your work be blessed by the power and wisdom of God as we join together in a united effort to eliminate malaria from our country.

## Table of Contents

### INTRODUCTION

A Call to Action: Letter to Faith Leaders	1
About the Campaign	2
Message from NIFAA Executive Director	3

### MALARIA INFORMATION

Facts on Malaria in Nigeria	4
NIFAA Key Malaria Messages	5
Net (LLIN) Use and Care Instructions	6

### TOOLS FOR ACTION

Using These Tools	8
Schedule for Communication	9
A Call to Action: Letter from the Sultan of Sokoto and the Archbishop of Abuja	10
Muslim Malaria Sermon Starter	11
Christian Malaria Sermon Starter	16
Group Discussion Guide	21
House-to-House Visitation Guide	22
Mobiliser Advocacy Checklist "Get a Net"	23
Mobiliser Monitoring Checklist "Use the Net"	25

### RESOURCES

Action Steps for Zonal Level Faith Leaders / Trainers	26
Workshop Attendance Sheet	27
Advocacy and Monitoring Report	29
NIFAA Contact Information and NMCP Net Distribution Information	30

# A Call to Action

A Letter from the Sultan of Sokoto  
and the Archbishop of Abuja

DEARLY BELOVED:

We greet you in peace. We are joining together to issue a call to action to fight an enemy that affects Nigerians of all faiths: MALARIA. Malaria kills hundreds of thousands of Nigerians of all ages every year, but it is a disease that can be stopped. The knowledge and tools to prevent it are available, but many Nigerians still need to learn how to take advantage of them and to protect their families.

As a faith leader, whether Muslim or Christian, you have a powerful role in the lives of people in your community. Your voice is heard, and your wisdom – drawing on your deep religious commitment – is respected. The two of us have joined together to use our voices, and to call upon you to use your voice, on behalf of the struggle to end the scourge of malaria in our country. This toolkit, produced by the Nigerian Inter-Faith Action Association (NIFAA), gives you a set of tools to help your community free itself from the curse of malaria. Please study it, use it, and share it. Incorporate its key messages into your sermons, lectures, prayers, and discussions. These messages save lives, and this is truly blessed work.

Our action to prevent malaria is a witness to ourselves, to those affected by this disease, and to others of God's love and wisdom, which gives direction to our lives. We are indeed holding up the banner of God and lifting Him for the entire world to see when we take action against malaria. We call upon all faith leaders to share the following messages with their entire communities, both inside and outside their houses of worship:

- Sleep under a long-lasting insecticide-treated net every night.
- Convince all pregnant women to go to their local clinics to receive medication to prevent malaria.
- Prevent mosquitoes from breeding by clearing your surroundings of standing water and trash.
- Go to the nearest clinic for testing and treatment whenever you have a fever or other symptoms of malaria.

Thank you for your attention to this call to action. We must not only spread these messages; we must practice what we preach and protect ourselves and those closest to us. With God's grace and our actions, we are confident that we will drive malaria away from our communities and our families.

We send you grace and peace from God, and we stand united against this common enemy, which is greater than any of our differences.

Sincerely,

HIS EMINENCE, SULTAN  
MUHAMMADU SA'AD ABUBAKAR

Sultan of Sokoto  
Co-Chair, NIFAA

HIS GRACE, ARCHBISHOP  
JOHN ONAIYEKAN

President, Christian Association of Nigeria  
Co-Chair, NIFAA

# About the Campaign

## CONTEXT

In Nigeria, malaria is the number one cause of illness and death, with about 70-110 million cases of malaria striking Nigerians of all faiths, ethnicities, and regions every year. Children suffer most, with those under age five accounting for an estimated 56 million of those cases. On average, a child in Nigeria suffers from malaria twice per year, and many of these children do not survive. The good news is that we know how to reduce this heavy burden – by using nets and taking other specific actions described in this toolkit.

Sleeping under a long-lasting insecticide-treated net (LLIN) every night is the most important action that every Nigerian can take to prevent malaria. The Ministry of Health's National Malaria Control Programme (NMCP) is working with partners from around the world, including the Nigerian Inter-Faith Action Association (NIFAA), to make nets available to all Nigerians and to make sure that they are used properly.

## NMCP NET CAMPAIGN

The NMCP is distributing 60 million long-lasting insecticide-treated net (LLINs) to households across Nigeria during 2009 and 2010. Its goal is for each household to receive two nets, free of cost. Distribution is organized on a state-by-state basis, with all 36 states and the Federal Capital Territory scheduled to be completed by the end of 2010. Once the nets are distributed, they must be hung and used correctly in order for the campaign to be a true success. The NMCP has set a target of at least 80 percent of the at-risk population sleeping under a long-lasting insecticide-treated net (LLIN). Faith leaders have a central role in educating Nigerians on why and how to use the nets to save lives.

## NIFAA'S "FAITHS UNITED FOR HEALTH" CAMPAIGN

Faith leaders from across Nigeria are uniting to bring life-saving messages about malaria prevention and treatment to millions of families and communities in the Faiths United for Health campaign. With the organizational leadership of the Nigerian Inter-Faith Action Association (NIFAA), an Abuja-based non-governmental organization, Christians and Muslims alike are actively engaged in this nationwide effort to ensure that all Nigerians know the steps they can take every day to prevent malaria.

# Message from NIFAA Executive Director

Malaria kills people of all religions, and the mosquito belongs to every religion. The mosquito worships with Muslims on Friday and goes to the church on Sunday.

Malaria has killed more Nigerians than any single disease in Nigeria; even the Nigerian civil war did not claim as many lives as malaria has claimed in Nigeria.

We have decided as people of faith in Nigeria to fight malaria, our common enemy. Through NIFAA's campaign, we are building the bridges of unity to save our people from this one identifiable killer. With determination, we can do it. We have put in place all the networks and collaboration to make this possible.

We will have a nation where malaria will no longer be our greatest cause of death. We have risen to this challenge, and we have all it takes to do this with the kind support of the international community, donor agencies, and the Nigerian government.



**BISHOP SUNDAY NDUKWO ONUOHA**

Executive Director

Nigerian Inter-Faith Action Association (NIFAA)

# Malaria in Nigeria

## MALARIA IS OUR BIGGEST HEALTH THREAT.

It causes more illness and death in Nigeria than any other disease.

## MALARIA AFFECTS US ALL.

Nigerians suffer approximately 70-110 million cases of malaria each year. About 300,000 Nigerians die of malaria every year.

## MALARIA IS AN ENDEMIC THREAT THROUGHOUT NIGERIA.

Over 97 percent of the population is at risk of malaria.

## CHILDREN SUFFER THE MOST.

Nigerian children under age five suffer about 56 million episodes of malaria per year, and one quarter of children do not live to see their first birthday because of malaria.

## MALARIA KEEPS NIGERIANS IN POVERTY.

Every year, malaria costs Nigeria about 132 billion Naira in treatment costs, lost labor, and other costs. Nigeria's prosperity and development requires this cost to decrease.

## NIGERIA ACCOUNTS FOR A QUARTER OF ALL MALARIA CASES IN SUB-SAHARAN AFRICA.

If we can fight malaria successfully here, Nigeria will be a shining example for the rest of the world.

## NETS SAVE LIVES.

In Nigeria, evidence shows that using long-lasting insecticide-treated nets (LLINs) while sleeping decreases severe malaria by 45 percent and reduces child mortality by at least 17 percent.

# Key Messages About Malaria

## MALARIA IS CAUSED BY MOSQUITO BITES

- There is only one way to catch malaria: being bitten by infected mosquitoes.
- Malaria-causing mosquitoes mostly bite people at night, while they sleep.
- Mosquitoes breed and live in wet conditions.
- Malaria is most prevalent in areas and seasons where there is a lot of rain or standing water.

## THE BEST WAY TO PREVENT MALARIA IS TO SLEEP UNDER AN INSECTICIDE-TREATED NET (LLIN)

- These nets act as a physical barrier, because mosquitoes cannot bite you through the net.
- These nets also act as a chemical barrier, since they are treated with an insecticide that repels and kills mosquitoes in the area.
- Research has shown that nets are safe to use, and the insecticides are not harmful for children or adults.
- Prevention is better than cure, so sleep under a net every night!

## THERE ARE OTHER IMPORTANT WAYS YOU CAN PREVENT MALARIA

- Pregnant women must go to the nearest health clinic during the first 3 months of pregnancy, and take the prescribed intermittent preventive treatment (IPT) drug at least twice during pregnancy.
- Keep a clean environment, so mosquitoes cannot breed --Eliminate standing water and clean up trash around your property.
- Be receptive to indoor residual spraying (IRS) of your homes, if there are any government initiatives to do so.
- Other malaria prevention methods include: covering windows with screens, spraying repellent or using coils inside your homes, wearing long sleeves or insect repellent on your arms when outside in the evening.

## IT IS IMPORTANT TO KNOW THE SYMPTOMS OF MALARIA AND TO GET TREATED IMMEDIATELY

- High fever is the most common sign of malaria. Other symptoms include: convulsions, inability to eat or drink, rapid breathing, unconsciousness, and paleness in the palms, tongue, and eyelids.
- Any high fever could be malaria, so seek treatment immediately at a clinic when feverish
- If a doctor or nurse prescribes anti-malarial drugs, take the full course of medication, even if you feel healthy.
- Return to the health facility if there is no improvement after 2 days of the recommended treatment.

# Net (LLIN) Use and Care Instructions

## NET USE

Proper use of the net is necessary to ensure that your net is able to effectively protect you from being bitten by malaria-causing mosquitoes. It is important to follow each of the steps below to properly protect you and your family from malaria.

### THE STEPS FOR USING THE NET ARE:

#### 1. AIR

Open it. Take the net out of the bag and air it out for 24 hours in a shady place before hanging and use.



① Air the Net

#### 2. HANG

Hang it up. The net has loops on the top. Tie a string to each loop. Hang the net over the sleeping area by tying each string to something on the ceiling or the wall. When you hang the net, make sure you can tuck the bottom edge under the mattress or mat.



② Hang the Net

#### 3. SLEEP

Tuck it in. When you are ready to sleep, make sure to tuck the bottom edges of the net under the mattress or mat. This will prevent mosquitoes from getting inside.

Sleep under it, ensuring the entire body is covered. Sleep under the net to protect against malaria and get a good night's rest, free from mosquitoes. Pregnant women and children under 5 should sleep under a treated net every night.



③ Sleep

## NET CARE

With proper care, your net will last 3 to 4 years. Follow these steps to properly care for your net, so it can continue to protect you and your family from malaria for many years. You should replace the net with a new one when it is torn beyond repair.



④ Roll Up

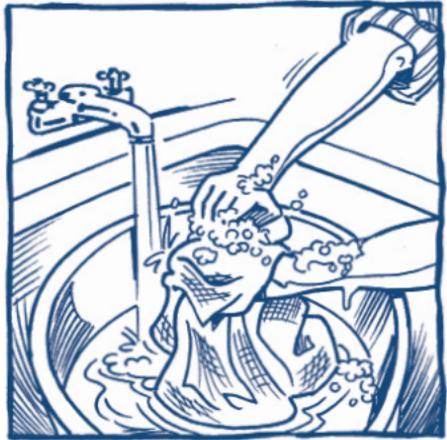
### THE STEPS FOR CARING FOR THE NET ARE:

#### 4. ROLL UP

Protect it. During the day, roll it up to prevent tearing and damage.

#### 5. WASH

Wash it. Wash the net when it is dirty. Use cold water and a mild bar soap. Do not wash the net more than 5 times a year.



⑤ Wash



⑥ Dry

#### 6. DRY

Dry it. After washing, hang the net to dry. Avoid drying the net in the direct sunlight.

#### 7. MEND

Mend it. Mosquitoes can get through holes in the net, even small ones. If the net gets a hole, sew it up quickly so the hole does not get bigger. A big hole is harder to fix.



⑦ Mend

# Tools for Action

## Malaria Behaviour-Change Communication (BCC) Tools for Faith Leaders

### USING THESE TOOLS

This section provides faith leaders and community mobilisers with tools for action, for teaching their communities - both inside and outside their houses of worship - about malaria prevention.

- **CALL TO ACTION :**

An exhortation from the Sultan and the Archbishop to people of faith to put their faith into action by working to prevent malaria, and to work together with people of other faiths towards the common goal of defeating malaria.

- **TWO SERMON STARTERS :** f or Muslims and for Christians

These guides include Qur'anic and Biblical principles that you can use to deliver a sermon to teach your mosque or church members how to protect themselves against malaria.

- **GROUP DISCUSSION GUIDE :**

Faith leaders and faith community mobilisers are to organize discussions about malaria prevention in groups within and outside their faith communities, in collaboration with other local houses of worship. Use the Group Discussion Guide as a tool for leading those discussions. Ask questions, facilitate discussion, provide answers to questions, and teach people to heed life-saving malaria control messages.

- **HOUSE-TO-HOUSE VISITATION GUIDE :**

This guide is designed to help faith leaders target, recruit, and train community mobilisers from your faith community to extend malaria prevention and net campaign messages learned within your community to the community at large, through household visits. House-to-house visits should take place before and after local net distributions.

- **MOBILISER ADVOCACY CHECKLIST :**

The advocacy checklist is designed for community mobilisers to extend malaria prevention and net campaign messages learned within the faith community to the community at large, through household visits advocating for nets in advance of the local net distribution.

- **MOBILISER MONITORING CHECKLIST :**

The monitoring checklist is designed for community mobilisers to use after the NMCP net distribution to monitor net ownership and use rates in their community. This will be accomplished through household surveys monitoring the existence of nets in the house, the status and use of nets, and the household members' knowledge regarding care and use of net(s).



# A Call to Action

A Letter from the Sultan of Sokoto  
and the Archbishop of Abuja

## TYPE OF TOOL:

Inter-faith

## USER:

All faith leaders

## AUDIENCE:

Faith community gathered for a regular weekend service

## PURPOSE:

To issue a call to action to people of faith to put their faith into action by working to prevent malaria, and to work together with people of other faiths towards the common goal of defeating malaria.

## DESCRIPTION:

Faith leaders should read this Call to Action from the Sultan and Archbishop during a weekend service at the very beginning of the NIFAA campaign.

## ACTION STEPS:

- Read the Call to Action aloud at a weekend service.

Read on (date): \_\_\_\_\_

## DEARLY BELOVED:

We greet you in peace. We are joining together to issue a call to action to fight an enemy that affects Nigerians of all faiths: malaria. Malaria kills hundreds of thousands of Nigerians of all ages every year, but it is a disease that can be stopped. The knowledge and tools to prevent it are available, but many Nigerians still need to learn how to take advantage of them and to protect their families.

Our action to prevent malaria is a witness to ourselves, to those affected by this disease, and to others of God's love and wisdom, which gives direction to our lives. We indeed hold up the banner of God and lift Him for the entire world to see when we take action against malaria. We call upon all people of faith therefore to put into practice the following malaria control behaviours:

- Sleep under a long-lasting insecticide-treated net every night.
- Convince all pregnant women to go to their local clinics to receive medication to prevent malaria.
- Prevent mosquitoes from breeding by clearing your surroundings of standing water and trash.
- Go to the nearest clinic for testing and treatment whenever you have a fever or other symptoms of malaria.

Thank you for your attention to this call to action. With God's grace and our actions, we are confident that we will drive malaria away from our communities and our families. We send you grace and peace from God, and we stand united against this common enemy, which is greater than any of our differences.

Sincerely,

HIS EMINENCE, SULTAN  
MUHAMMADU SA'AD ABUBAKAR  
Sultan of Sokoto  
Co-Chair, NIFAA

HIS GRACE, ARCHBISHOP  
JOHN ONAIYEKAN  
President, Christian Association of Nigeria  
Co-Chair, NIFAA

# Muslim Malaria Sermon Starter

For the Teaching of Faith-Based Malaria Messages  
by Muslim Leaders During Friday Prayer Service

## TYPE OF TOOL:

Faith-specific (Muslim)

## USER:

Muslim faith leaders

## AUDIENCE:

Muslim faith community gathered for a prayer service or instruction time

## PURPOSE:

To teach malaria-control messages to your Muslim faith community, drawing upon the strength and wisdom of Allah, as revealed in the Holy Qur'an

## DESCRIPTION:

Muslim faith leaders can use this guide to prepare a faith-based malaria-control sermon, which will be delivered to their faith community during a weekly service or instructive time in their mosque. This sermon ideally should be delivered in advance of the net distribution, as one of the first steps of NIFAA messaging in the local community. However, using this tool as a guide, malaria control sermons can be delivered at any time, and these messages should be repeated several times during and after the campaign.

## ACTION STEPS:

- Deliver the Malaria Sermon before the net distribution.  
Delivered on (date): \_\_\_\_\_
- Deliver the Malaria Sermon, or a variation of it, again.  
Delivered on (dates): \_\_\_\_\_

## INTRODUCTION

### BACKGROUND INFORMATION FOR FAITH LEADERS

Malaria is a killer that preys on the most vulnerable of Allah's creation. It causes more illness and death in Nigeria than any other disease. Nigerians suffer approximately 70-110 million cases of malaria each year, and 300,000 Nigerians die every year from this terrible disease. Children suffer the most: malaria is the number one killer of children under five years of age in our country, causing 56 million episodes of malaria per year among Nigerian children. Nigeria accounts for one quarter of all malaria cases in sub-Saharan Africa, but if we can fight malaria successfully here, our country will be a shining example for the rest of the world.

The good news is that we have the power to stop this destructive disease. Malaria is preventable. It can be managed if we take specific steps to avoid infection, control its spread, and treat any illnesses that do occur. We know malaria is spread by mosquitoes and we know how to control, treat, and combat this killer.

Not only do we have the power to stop the spread of this disease, we also have a responsibility to do so. As a spiritual

leader, you have an obligation to protect Allah’s creation entrusted to your care with your words, good deeds, and positive example. Your role as a faith leader also means you have great influence among your congregation and in your community. Therefore, you can help families protect their health by giving them information to make the right choices. Information is a powerful weapon in the fight against malaria. Knowing how to protect against mosquito bites that transmit malaria, how to recognize the symptoms of malaria, and how to treat the disease can make the difference between life and death.

This sample sermon will help you share the knowledge you have gained from this toolkit with your congregation and community, to help save lives. Delivering this sermon – or an adapted version of it – can help protect the health of many in your community. NIFAA’s leaders and health experts have developed four key messages about preventing and treating malaria, which are incorporated into the Sermon Starter:

1. Malaria is transmitted by mosquito bites
2. The best way to prevent malaria is to sleep under a net
3. There are other important ways we can prevent malaria, especially for pregnant women
4. If you think you have malaria, it is important to know the symptoms and to get treated immediately

Please use the following Sermon Starter to teach members of your community these key messages about malaria.



the disease they carry is one of the most important things we can do. We should not only make sure our own families are protected, but we should also do what we can to protect the young and needy among us who may not have families or resources for protection. In the Qur'an we read how Allah expects us to help orphans and the poor. Just as orphans and needy people need our help finding food, they also may need help obtaining or learning how to use nets to be protected against mosquitoes carrying malaria. We must work together to make sure that all people are protected with insecticide-treated nets, by getting the nets and by using them properly. And whatever good we do, Allah knows it.

### PREPARE FOR ALLAH'S GIFT

New life is precious. It is one of Allah's greatest gifts. The Qur'an tells us, "He it is who created you from a single being, and of the same (kind) did He make his mate, that he might incline to her; so when he covers her she bears a light burden, then moves about with it; but when it grows heavy, they both call upon Allah, their Lord: If Thou givest us a good one, we shall certainly be of the grateful ones." (Qur'an 7:189) Man and woman unite to form a child, and as parents, we should be grateful for this blessing.

We must not accept this gift lightly and fail to prepare for the birth of the child or to protect his or her health. There are many things we should do when we prepare for a new baby. The most important step is to protect the health of the mother and child while the baby is still developing in the womb. One of the biggest dangers to the baby is malaria in the mother. During pregnancy a woman is more vulnerable to malaria, which can kill her, cause her to miscarry, or to deliver a premature or undernourished baby. Insecticide-treated nets are a proven method of protecting against malaria and the mosquitoes that carry the disease. Besides nets, there are other important ways we can prevent malaria, especially for pregnant women. There is a medicine a woman can take during her pregnancy to protect her from malaria. The medicine is known as intermittent preventative treatment (IPT), and a woman should take two doses during pregnancy as directed by a healthcare provider. Studies have shown that taking this medicine can protect a woman and her baby from the dangers of malaria.

Men, you should make sure the mother of your child sees a healthcare provider during her pregnancy. As devout believers you are entrusted to protect the mother of your child. Allah calls on men and women to act as guardians and to help each other do what is right, as it is written in the Qur'an. "And (as for) the believing men and the believing women, they are guardians of each other; they enjoin good and forbid evil and keep up prayer and pay the poor-rate, and obey Allah and His Messenger; (as for) these, Allah will show mercy to them; surely Allah is Mighty, Wise." (Qur'an 9:71) And

mothers, you have a responsibility to follow this advice and take care of yourself. You should make sure you visit a healthcare provider and receive anti-malarial medication as soon as you become pregnant.

## RECOGNIZE SIGNS AROUND YOU

There are signs all around us. Signs of good and signs of danger abound. We will see and hear these signs if we open our eyes and our ears. Allah expects us to see the good He has bestowed on us and the threats and challenges we face. He communicates with His servants and we must be alert and look and listen for signs. As it is written in the Qur'an, spoken by Allah through the Prophet: "He it is who sends down clear communications upon His servant, that He may bring you forth from utter darkness into light; and most surely Allah is Kind, Merciful to you." (Qur'an 57:9) The light is there if you open your eyes.

We must seek knowledge about possible dangers around us, including the symptoms of malaria. We must seek and ask for help. "And He has made subservient to you whatsoever is in the heavens and whatsoever is in the Earth, all, from Himself; most surely there are signs in this for a people who reflect." (Qur'an 45:13) We can see signs of threats to our health, such as harmful diseases like malaria, if we reflect and remain attentive to what is around us. If you or someone you know has a fever, chills, headache, muscle aches, and fatigue, you should suspect malaria and seek treatment at a health facility. Be on the lookout for nausea, vomiting and diarrhea, as they too can be signs of malaria. In addition, malaria can cause anemia and jaundice. Look for yellow coloring in the eyes as a sign of jaundice.

If you think you have malaria, it is important to know the symptoms and to get treated immediately. If you or someone close to you has these signs of malaria, visit a healthcare provider as soon as possible. They should have medicine to treat the disease. Someone infected with malaria will have a better chance of recovery if that person takes the proper medicine as soon as symptoms are noticed. We must keep our eyes and ears open to the dangers we face, such as malaria. It can strike anyone at any time. Allah hears our prayers, but expects action and persistence from us when we are faced with a difficulty like malaria. The illness will not be healed if you do not recognize the signs and seek treatment.

## GET A NET

In order to honour Allah through putting these principles into action, protect yourself and your family from malaria by sleeping under a net every night. If you want to receive two free nets, there will be a net distribution in our area on \_\_\_\_\_ (date)  
at \_\_\_\_\_ (location).

# Christian Malaria Sermon Starter

For the Teaching of Faith-Based Malaria Messages  
by Christian Leaders During Weekend Worship Service

## TYPE OF TOOL:

Faith-specific (Christian)

## USER:

Christian faith leaders

## AUDIENCE:

Christian faith community gathered for a worship service or instruction time

## PURPOSE:

To teach malaria-control messages to your Christian faith community, drawing upon the strength and wisdom of God, as revealed in the Holy Bible

## DESCRIPTION:

Christian faith leaders can use this guide to prepare a faith-based malaria-control sermon, which will be delivered to their faith community during a weekly service in their church. This sermon ideally should be delivered in advance of the net distribution, as one of the first steps of NIFAA messaging in the local community. However, using this tool as a guide, malaria control sermons can be delivered at any time, and these messages should be repeated several times during and after the campaign.

## ACTION STEPS:

- Deliver the Malaria Sermon before the net distribution.

Delivered on (date): \_\_\_\_\_

- Deliver the Malaria Sermon, or a variation of it, again.

Delivered on (dates): \_\_\_\_\_

## INTRODUCTION

### BACKGROUND INFORMATION FOR FAITH LEADERS

Malaria is a killer that preys on the most vulnerable of God's children. It causes more illness and death in Nigeria than any other disease. Nigerians suffer approximately 70-110 million cases of malaria each year, and 300,000 Nigerians die every year from this terrible disease. Children suffer the most: malaria is the number one killer of children under five years of age in our country, causing 56 million episodes of malaria per year among Nigerian children. Nigeria accounts for one quarter of all malaria cases in sub-Saharan Africa, but if we can fight malaria successfully here, our country will be a shining example for the rest of the world.

The good news is that we have the power to stop this destructive disease. Malaria is preventable. It can be managed if we take specific steps to avoid infection, control its spread, and treat any illnesses that do occur. We know malaria is spread by mosquitoes and we know how to control, treat, and combat this killer.

Not only do we have the power to stop the spread of this disease, we also have a responsibility to do so. As a spiritual leader,

you have an obligation to protect the most vulnerable of God's children. Like the Good Shepherd, you can play an important role in protecting your congregation. Your role as a faith leader also means you have great influence among your congregation and in your community. Therefore, you can help families protect their health by giving them information to make the right choices. Information is a powerful weapon in the fight against malaria. Knowing how to protect against mosquito bites that transmit malaria, how to recognize the symptoms of malaria, and how to treat the disease can make the difference between life and death.

This sample sermon will help you share the knowledge you have gained from this toolkit with your congregation and community, to help save lives. Delivering this sermon – or an adapted version of it – can help protect the health of many in your community. NIFAA's leaders and health experts have developed four key messages about preventing and treating malaria, which are incorporated into the Sermon Starter:

1. Malaria is transmitted by mosquito bites
2. The best way to prevent malaria is to sleep under a net
3. There are other important ways we can prevent malaria, especially for pregnant women
4. If you think you have malaria, it is important to know the symptoms and to get treated immediately

Please use the following Sermon Starter to teach members of your community these key messages about malaria.

## CHRISTIAN SERMON

### SAMPLE SERMON TO DELIVER TO CONGREGANTS

#### GUARD THE TEMPLE

The Bible calls our body the temple of the Holy Spirit. Since God's spirit lives in us, we must honour God with our bodies. As the apostle Paul wrote to the Corinthians, "Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honour God with your body." (I Corinthians 6:19-20) Caring for our bodies and protecting our health is an important way to honour God.

Malaria is one of the most deadly killers among us, claiming the lives of 300,000 Nigerians every year. Malaria is caused by mosquito bites, and the mosquitoes that carry malaria are more likely to bite late at night. If we can protect ourselves and our families from mosquitoes at night, we can greatly reduce our chances of contracting malaria. The best way to prevent malaria is to sleep under a net. To be effective, the entire body must be inside the net all night, with no part exposed. It is also important to fill in standing water and to clean up trash around your home, to prevent mosquitoes from breeding. These are a few ways we can honour God and care for his Temple, as we take actions to prevent malaria.

#### PROTECT ONE ANOTHER

God calls us to protect the vulnerable, both in our own family and beyond. As healthy adults, we have the ability to make decisions for ourselves and to act on them. When we need something to protect ourselves, we can seek it out. But children, babies developing in their mothers' wombs, or unfortunate people do not have the power to protect themselves. It is up to us to provide for them. Protecting the vulnerable in our families and communities from malaria is a responsibility we cannot ignore. Children are especially vulnerable: Nigerian children suffer about 56 million episodes of malaria per year, and out of all the people in Nigeria who die from malaria each year, 85 percent of the deaths are among children under five.

Jesus tells us in the Book of John, "I am the good shepherd. The good shepherd gives His life for the sheep. But he who is not the shepherd, one who does not own the sheep, sees the wolf coming and leaves the sheep and flees; and the wolf catches the sheep and scatters them." (John 10:11-12) Jesus does not leave his flock unprotected as the wolf appears. Nor should we leave our families unprotected from mosquitoes and the disease they carry.

We should not only make sure our own families are protected, but we should also do what we can to protect the young and

needy among us who may not have families or resources for protection. In Scripture, the psalmist tells us to defend the poor and very young. “Defend the poor and fatherless; Do justice to the afflicted and needy. Deliver the poor and needy; Free them from the hand of the wicked.” (Psalm 82:3-4) Who can be more vulnerable than a small child? Our communities must work together to make sure that all God’s people are protected with insecticide-treated nets, by getting the nets and by using them properly.

## PREPARE FOR GOD’S GIFT

New life is precious. It is one of God’s greatest gifts. Scripture tells us, “Behold, children are a heritage from the Lord; The fruit of the womb is a reward.” (Psalm 127:3) We must not accept this gift lightly and fail to prepare for the birth of the child or to protect his or her health. God expects special planning for a baby long before the child is born. He expects that we are planning great things for our children just as He plans for His children. As God said to the Prophet Jeremiah, “Before I formed you in the womb I knew you; Before you were born I sanctified you; I ordained you a prophet to the nations.” (Jeremiah 1:5) God expected great things of Jeremiah and was prepared for him to be born and become a great priest and prophet, as he did. Likewise, parents should prepare for their own child and his or her health.

There are many things we should do when we prepare for a new baby. One of the biggest dangers to the baby is malaria in the mother. The mother must also be protected, since she is more vulnerable to malaria during pregnancy. She can catch the disease easily during her pregnancy, harming her and her growing baby. Insecticide-treated nets are a proven method of protecting against malaria and the mosquitoes that carry the disease. Besides nets, there are other important ways we can prevent malaria, especially for pregnant women. There is a medicine a woman can take during her pregnancy to protect her from malaria. The medicine is known as intermittent preventative treatment (IPT), and a woman should take two doses during pregnancy as directed by a healthcare provider. Studies have shown that taking this medicine can protect a woman and her baby from the dangers of malaria.

Men, you should make sure the mother of your child sees a healthcare provider during her pregnancy. As devout believers, you are expected to love your wife as selflessly as Christ loved the Church. In Ephesians, God commands, “Husbands, love your wives, just as Christ loved the church and gave himself up for her.” (Ephesians 5:25) This means you are to love her by protecting her health, and helping her live healthily, even through pregnancy. And mothers, you should make sure you visit a healthcare provider and receive anti-malarial medication as soon as you become pregnant.

## SEEK AND YOU SHALL FIND

God does not expect us to sit idly by and let our challenges go unanswered. While we must have faith in God and accept His plan for us, we can be persistent in seeking wisdom for what actions to take, including actions to prevent and treat malaria. In the Book of Luke, Jesus says, "So I say to you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, he who seeks finds, and to him who knocks it will be opened." (Luke 11:9-10) Jesus tells us to seek. We should seek knowledge, seek wisdom, and seek answers to the problems we face.

Malaria is one of our greatest earthly problems; it can strike anyone at any time, and young children and pregnant women are especially vulnerable to this destructive disease. However, we are not helpless against this powerful disease. If we know the symptoms of malaria and seek immediate treatment when we see these symptoms, we can fight it with medicine. If you or someone you know has a fever, chills, headache, muscle aches, and fatigue, you should suspect malaria and seek treatment. Also, be on the lookout for nausea, vomiting and diarrhea, as they can also be signs of malaria. Malaria can cause anemia and jaundice. Look for yellow coloring in the eyes as a sign of jaundice.

If you think you have malaria, it is important to know the symptoms and to get treated immediately. If you or someone close to you has these signs of malaria, visit a healthcare provider as soon as possible. They should have medicine to treat the disease. Someone infected with malaria will have a better chance of recovery if that person takes the proper medicine as soon as symptoms are noticed.

Like the persistent man in Luke, we must seek, ask, and knock. We must seek knowledge on the dangers we face, including the symptoms of malaria. We must seek and ask for help, knocking on the door until the deadly disease is treated. God hears our prayers, but expects action and persistence from us when we are faced with a difficulty like malaria. The door will not be opened if you do not knock. The illness will not be healed if you do not seek treatment.

## GET A NET

We are called to be like the Good Shepherd and protect our own. We are also called to defend the poor, the fatherless, and the needy. We must all do what we can to protect the vulnerable from malaria and to honour God by protecting our own bodies with the proven strategy of insecticide-treated nets. If you want to receive two free nets, there will be a net distribution in our area

on \_\_\_\_\_ (date)  
at \_\_\_\_\_ (location).

# Group Discussion Guide

For Discussion of Malaria Messages  
within Community Settings

## TYPE OF TOOL:

Inter-faith

## USER:

Faith leaders and faith community mobilisers

## AUDIENCE:

Groups within and outside the faith community

## PURPOSE:

To facilitate group discussions of malaria-control messages.

## DESCRIPTION:

Faith leaders and faith community mobilisers are to organise discussions about malaria prevention in groups within and outside faith communities, in collaboration with other local houses of worship. Use this guide to ask questions, facilitate discussion, and provide answers to questions.

## ACTION STEPS:

- Organise discussions within your community, in collaboration with other faith leaders and houses of worship (including different faiths), during the weeks surrounding the net distribution.  
Discussion(s) held on (dates): \_\_\_\_\_

## WHAT IS OUR EXPERIENCE WITH MALARIA IN THIS COMMUNITY?

- Do you know anyone who has been sick with malaria?
- How did this affect you, your family or your community?
- Did you wish that you could do something to stop malaria?

## WHAT DO WE KNOW ABOUT MALARIA?

- Before this campaign, what did you know about malaria?
- Have you learned anything new about malaria recently? What?
- What is the cause of malaria?
- What are the best ways to prevent malaria?
- Do you have malaria risks near your home? What are they?
- What are the signs that someone is sick with malaria?
- What should you do if you think someone has malaria?

## WHAT WE CAN DO ABOUT MALARIA?

- How will you use the lessons from this campaign to help prevent illness and death from malaria?
- How often do you, or do you plan to, sleep under a net? Who sleeps under the nets in your home?
- How should a pregnant woman avoid passing malaria to the baby in her womb?
- How will you improve the environment around your home in order to prevent malaria?
- What other measures will you take to prevent malaria?
- What will you do the next time you think someone is sick with malaria?

# House-to-House Visitation Guide

For Training Faith Community Mobilisers  
To Conduct Community Net Advocacy and Monitoring

## TYPE OF TOOL:

Inter-faith

## USER:

Faith leaders

## AUDIENCE:

Faith community mobilisers

## PURPOSE:

To recruit and train mobilisers from your faith community to extend malaria prevention and net campaign messages learned within your faith community to the community at large, through household visits.

## DESCRIPTION:

House-to-house advocacy and monitoring visits will be conducted by faith community mobilisers recruited and trained by faith leaders from churches and mosques in each community.

- Before the local net distribution, faith community mobilisers will partner with NMCP staff to visit households in their town or village, encouraging them to come get their free nets.
- After the net distribution, mobilisers from the faith community will monitor net ownership and use rates, by visiting houses to determine the existence of nets in the house, the status and use of nets that exist, and the level of knowledge regarding how to use and care for their nets.

## ACTION STEPS:

See below

## PRE - DISTRIBUTION ADVOCACY

To facilitate household advocacy by mobilisers, faith leaders are to:

- ❑ Recruit qualified mobilisers from your congregation, who are:
  - Capable of learning basic health promotion messages
  - Known and respected by their community members
  - Responsible and able to commit to carry out all instructions
- ❑ Train mobilisers on the process required for pre-distribution advocacy using the Advocacy Checklist, p. 23-24
- ❑ Instruct mobilisers to record and report all findings from each household on the Advocacy and Monitoring Report, p. 29
- ❑ Send all Advocacy and Monitoring Reports to your designated NIFAA point of contact, using the contact information on p. 30

## POST - DISTRIBUTION MONITORING

To facilitate household monitoring by mobilisers, faith leaders are to:

- ❑ Train the same mobilisers regarding the process required for post-distribution household visits using the Monitoring Checklist, p. 25
- ❑ Instruct mobilisers to record and report all findings from each household on the Advocacy and Monitoring Report, p. 29
- ❑ Send all Advocacy and Monitoring Reports to NIFAA, using the contact information on p. 30

# Mobiliser Advocacy Checklist — “Get a Net”

Actions To Be Taken by Faith Community  
Mobilisers Before Net Distribution

## TYPE OF TOOL:

Inter-faith

## USER:

Faith community mobilisers

## AUDIENCE:

Community members from the town or village, visited in homes

## PURPOSE:

To extend malaria prevention and net campaign messages learned within the faith community to the community at large, through household visits advocating for nets in advance of the local net distribution.

## DESCRIPTION:

Before the NMCP net distribution, mobilisers will visit households in their community, advocating for the importance of nets as part of this campaign to end deaths from malaria. Mobilisers are to provide details on the times and locations of the net distributions, to demonstrate how to use and care for the nets, and to teach neighbours about principles of malaria control. The main message for these house-to-house visits is: “Get a net!”

## ACTION STEPS:

Specific advocacy actions steps for mobilisers include:

- Before the local net distribution, visit households in your community.
- Partner with NMCP staff as requested for community mobilisation.
- Educate each household visited regarding the five items listed below.
- Record and report all findings from each house visited on the Advocacy and Monitoring Report, p. 29, and give to faith leader trainer.

## 1. WHY YOU SHOULD USE A NET:

Explain why using a net is important:

- Malaria is our biggest health threat. It causes more illness and death in Nigeria than any other disease.
- There is only one way to catch malaria: being bitten by infected mosquitoes.
- The best way to prevent malaria is to sleep under an insecticide-treated net, since mosquitoes bite people at night.
- Nets act as a barrier because mosquitoes cannot bite you through the net.
- Nets are also treated with an insecticide that repels and kills mosquitoes.
- Nets are safe to use and the insecticides are not harmful for children or adults.

## 2. HOW TO GET A NET:

Provide details of net distribution (when, where, how):

Date and Time \_\_\_\_\_

Location \_\_\_\_\_

## Instructions for Getting Your Two Free Nets:

### HOUSEHOLD VISIT

- You will be visited at home by the net campaign team
- Please provide them with the correct information
- They will give you one net card for your household:  
1 net card = 2 nets

### NET DISTRIBUTION POINT

- Take your net card to the distribution point as directed
- Join the queue and wait your turn—there are enough nets for everyone
- When it is your turn, give the workers your net card, and they will give you your two free nets

### □ 3. THERE ARE ENOUGH NETS:

Assure people that there are enough nets for two per house.

### □ 4. HOW TO USE AND CARE FOR YOUR NET:

Demonstrate how to prepare, hang, use, care for nets (p. 6-7):

Net Use: 1) AIR  
2) HANG  
3) SLEEP

Net Care: 4) ROLL UP  
5) WASH  
6) DRY  
7) MEND

### □ 5. NIFAA KEY MESSAGES:

Teach broad principles of malaria control using Key Messages.

# Mobiliser Monitoring Checklist — “Use the Net”

Actions To Be Taken by Faith Community  
Mobilisers During and After Net Distribution

## TYPE OF TOOL:

Inter-faith

## USER:

Faith community mobilisers

## AUDIENCE:

Community members from the town or village, visited in homes

## PURPOSE:

To support the NMCP net distribution in the community by monitoring net ownership, net use, and knowledge regarding proper use and care of nets in local households.

## DESCRIPTION:

During and after the NMCP net distribution, faith community mobilisers will monitor net ownership and use rates in their community. This will be accomplished through household surveys monitoring the existence of nets in the house, the status and of use nets that exist, and the household members' knowledge regarding care and use of the net(s). The main message for these visits is: “Use Your Nets!”

## ACTION STEPS:

Specific monitoring actions for mobilisers to take include:

- Visit households in the community during and after the local net distribution.
- Make observations and inquiries regarding the status and use of their nets, utilizing the four questions in the checklist below.
- Respond with appropriate action steps at the time of the visit, as indicated by the checklist below.
- Record and report all findings from each house visited on the Advocacy and Monitoring Report, p. 29, and give to faith lead trainer.

### 1. WAS THE NET RECEIVED?

NO

If not, direct them where to get it

STOP

YES

If so, proceed with the following



### 2. WAS THE NET HUNG?

NO

If not, show them how to hang it (describe and demonstrate)

STOP

YES

If so, verify that it was hung correctly (they demonstrate)



### 3. IS THE NET USED EVERY NIGHT?

NO

If not, what are the reasons it is not used? (record)

STOP

YES

If so, who sleeps under it? (record)



### 4. DO THEY KNOW HOW TO CARE FOR THE NET?

NO

If not, show them how to care (describe and demonstrate)

YES

If so, verify (they describe and demonstrate)

# Action Steps

## For Zonal Level Faith Leaders & Trainers

### INSTRUCTIONS

Below are action steps for zonal level faith leaders, who also serve as trainers of local faith leaders. These steps should correlate to the schedule on p. 9.

### COOPERATION WITH NMCP OR MOH LEADERSHIP

- Meet with state malaria programme leaders and inform them of your support and cooperation for this campaign.
- Ensure constant communication with state malaria programme leaders and NIFAA.

### MOBILISATION AND TRAINING OF FAITH LEADERS

- Send messages to your state's faith leaders about the importance of supporting the malaria campaign.
- Train 50 local faith leaders on how to carry out faith-based behaviour change communication using the 'Faiths United for Health' toolkit. Fill out attendance sheet on p. 27-28 and send to designated NIFAA contact.

### CONGREGATIONAL COMMUNICATION

- Ensure continuous delivery of life-saving key malaria messages in your own congregation through giving malaria sermons, facilitating group discussions, etc.
- Lead the campaign against malaria by example by practicing outlined malaria preventive and treatment measures. Example: use your LLINs, eliminate standing water, encourage women to go for ante-natal care and receive medications to prevent malaria when pregnant, visit the nearest health clinic when you have a fever, etc.

### COMMUNITY MOBILISATION

- Meet with faith leaders from other faith traditions to plan interfaith messaging and mobilisation within the community. Develop plan for coordinated actions.
- Train faith community mobilisers (members of your congregation or community) on how to conduct group discussions and how to use the pre-distribution advocacy checklist and the post-distribution monitoring checklist.
- Oversee mobilisers to conduct household visits, and collect data via the Advocacy and Monitoring Report, p. 29. Send to designated NIFAA contact person.
- Inform state malaria programme leaders and NIFAA of factors identified by community members and mobilisers as improving or limiting net ownership and net use.
- Interact with the broader community and members of other faith groups by carrying out malaria-related activities. Example: songs, plays, malaria day events, etc.

### COMMUNICATION THROUGH MEDIA

- Build relationships with state media outlets and spread the key messages against malaria through their networks.

# Workshop Attendance Sheet

## INSTRUCTIONS

Use the below section during faith leader trainings you lead. Have each participant sign in and provide their name as well as the name of their respective church or mosque. This will help keep track of number and diversity of faith leaders trained.

WORKSHOP LEADER: \_\_\_\_\_

DATE OF TRAINING: \_\_\_\_\_

LOCATION OF TRAINING: \_\_\_\_\_

## WORKSHOP PARTICIPANTS:

Name: \_\_\_\_\_ Church/Mosque: \_\_\_\_\_



# Advocacy and Monitoring Report

## INSTRUCTIONS

The report below should be used by trained faith community mobilisers during the house-to-house advocacy and monitoring visits. Mobilisers will fill in the report and return it to their faith leader. The faith leader is responsible for collecting reports from all of the mobilisers and returning them to their NIFAA contact.

Volunteer Name: \_\_\_\_\_

Location: \_\_\_\_\_

House of Worship: \_\_\_\_\_

Faith Leader: \_\_\_\_\_

## PRE-DISTRIBUTION ADVOCACY

Report to be submitted after all advocacy is complete:

	Name of interviewee	Date Visited	# People In House	Why	How to	Enough	Net Use	Key
				Use Net	Get Net	Nets	& Care	Messages
1.	_____	_____	_____	<input type="checkbox"/>				
2.	_____	_____	_____	<input type="checkbox"/>				
3.	_____	_____	_____	<input type="checkbox"/>				
4.	_____	_____	_____	<input type="checkbox"/>				
5.	_____	_____	_____	<input type="checkbox"/>				
6.	_____	_____	_____	<input type="checkbox"/>				
7.	_____	_____	_____	<input type="checkbox"/>				
8.	_____	_____	_____	<input type="checkbox"/>				
9.	_____	_____	_____	<input type="checkbox"/>				
10.	_____	_____	_____	<input type="checkbox"/>				

## POST-DISTRIBUTION MONITORING

Report to be submitted after all monitoring is complete:

	Name of interviewee	Date Visited	# People In House	Net Received		Net Hung		Net Use		NetCare	
				YES	NO	YES	NO	YES	NO	YES	NO
1.	_____	_____	_____	<input type="checkbox"/>							
2.	_____	_____	_____	<input type="checkbox"/>							
3.	_____	_____	_____	<input type="checkbox"/>							
4.	_____	_____	_____	<input type="checkbox"/>							
5.	_____	_____	_____	<input type="checkbox"/>							
6.	_____	_____	_____	<input type="checkbox"/>							
7.	_____	_____	_____	<input type="checkbox"/>							
8.	_____	_____	_____	<input type="checkbox"/>							
9.	_____	_____	_____	<input type="checkbox"/>							
10.	_____	_____	_____	<input type="checkbox"/>							

# NIFAA Contact Information

## NIFAA NATIONAL LEADERSHIP CONTACT INFORMATION

Leadership: Bishop Sunday N. Onuoha  
NIFAA Executive Director

Points of Contact: Maryam Oyekan  
NIFAA Project Manager  
0 704 206 5164

Njideka Maduako  
NIFAA Project Manager  
0 704 206 5163

Peter Salifu  
Administrative Assistant  
0 704 206 5161

NIFAA Telephone: 0 704 860 2002

NIFAA Email: nifaa2009@ymail.com

NIFAA Address: Plot 1207  
Yakubu Gowon Way  
Asokoro, Abuja FCT

## NIFAA STATE LEADERSHIP CONTACT INFORMATION

Point of Contact: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

## NIFAA LOCAL LEADERSHIP CONTACT INFORMATION

Point of Contact: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

## NMCP Net Distribution Details

Date: \_\_\_\_\_

Location: \_\_\_\_\_

Times: \_\_\_\_\_

## FUH Campaign Information

[www.faithsunitedforhealth.org](http://www.faithsunitedforhealth.org)