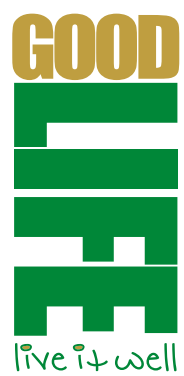


Health Information Cards





*Developed and Produced by BCS Project in collaboration with the Family Health Division
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HOW TO USE THIS CARD SET

- ❖ These cards contain health information that will help your community understand important health messages
- ❖ You can use this card set to educate one person or a group
- ❖ Use these cards to guide your discussions or conversations
- ❖ Hold the cards up when using them so that the pictures face the audience and the text faces you
- ❖ Do not hide behind the cards when using them. Let your audience see your face as well. Hold the card to the side or at your chest.



MATERNAL NEONATAL AND CHILD HEALTH

Keeping Healthy During Pregnancy

Discussion Question: What can you do to make sure you stay healthy when you become pregnant? What foods will you eat to stay healthy while you are pregnant?

When a woman becomes pregnant, the life of the baby growing inside her body depends on her. She must now care for herself and the baby growing in her.

A Pregnant Woman should:

- ❖ Eat well, and eat one more additional meal during pregnancy. The meal should be a mixed diet with starches (e.g. rice, yams, plantain and cassava), proteins (e.g. meat, eggs, fish, beans, and groundnuts), fruits (oranges, mangoes, pawpaw, bananas) and green leafy vegetables (e.g. kontomire and alefu)
- ❖ Sleep under an ITN (Insecticide-Treated Nets) every night
- ❖ Get more rest than usual, at least 1 hour everyday
- ❖ Avoid hard work like carrying heavy loads
- ❖ Drink plenty of clean water
- ❖ Wear comfortable loose clothing
- ❖ Avoid drinking alcohol, smoking or using other hard drugs. These things are very harmful to the baby
- ❖ Avoid taking medicines unless they are given to you by the health worker
- ❖ Take daily baths for freshness and wellbeing
- ❖ Brush her teeth 2 times a day or use chewing sticks each day (After morning meal and before bed to prevent tooth decay and gum disease)
- ❖ Do safe exercise such as brisk walking, swimming for 20-30 minutes, everyday.

Key Message: It is important to keep healthy when pregnant.



Ante-Natal Care: Healthcare during Pregnancy

Discussion Question: How do women in this community make sure that their baby is born healthy?

Why should you go for Ante-Natal Care?

Ante Natal Care prepares you for a safe and successful delivery. It is during Ante-Natal Care that you receive all the necessary medicines and care that keep you healthy during pregnancy.

When should you visit the clinic for Ante Natal Care?

- ❖ As soon as you feel or think you are pregnant visit the health facility for ante-natal care
- ❖ Visit the ante -natal clinic regularly at least four times during pregnancy, or whenever you are asked to go back by the health worker.

What kind of care should you receive during pregnancy?

The health worker is trained to help you prevent problems during pregnancy. The health worker can treat the pregnant woman if she has any difficulties. The health worker will help you prepare a Birth and Emergency Preparedness Plan. Talk to the health worker about it.

- ❖ You will be examined to find out how well you and your baby are doing
- ❖ You would be asked to do some tests such as blood, urine, HIV, etc. tests to enable you get treatment for any health problem you might have
- ❖ You would be given some drugs, such as iron folate to prevent anaemia (Paleness under the eyes). It helps your body to make enough blood for you and your baby
- ❖ Take only medicines given to you by a trained health worker who knows that you are pregnant
- ❖ Ask the health worker about your immunization against tetanus
- ❖ Talk to the health care worker about getting your IPT treatment (SP-Sulfadoxine Pyrimethamine tablets to protect you and the unborn baby from malaria)
- ❖ Sleep under an ITN (Insecticide-Treated Nets) every night

A husband/partner can give support to the pregnant woman in these ways:

- ❖ Help with the household chores by carrying heavy items such as gallons of water and shopping baskets
- ❖ Ensure that she has one additional nutritious meal everyday and rest at least one hour every day
- ❖ Encourage her to take her medicines and injections regularly and do the right exercises as the pregnancy progresses
- ❖ Support her to prepare for and use her birth and emergency preparedness card in Maternal Health Book
- ❖ Ensure that she attends ante-natal clinic early and visits at least 4 times before delivery
- ❖ Reduce the workload the pregnant woman has to do at home and at work.

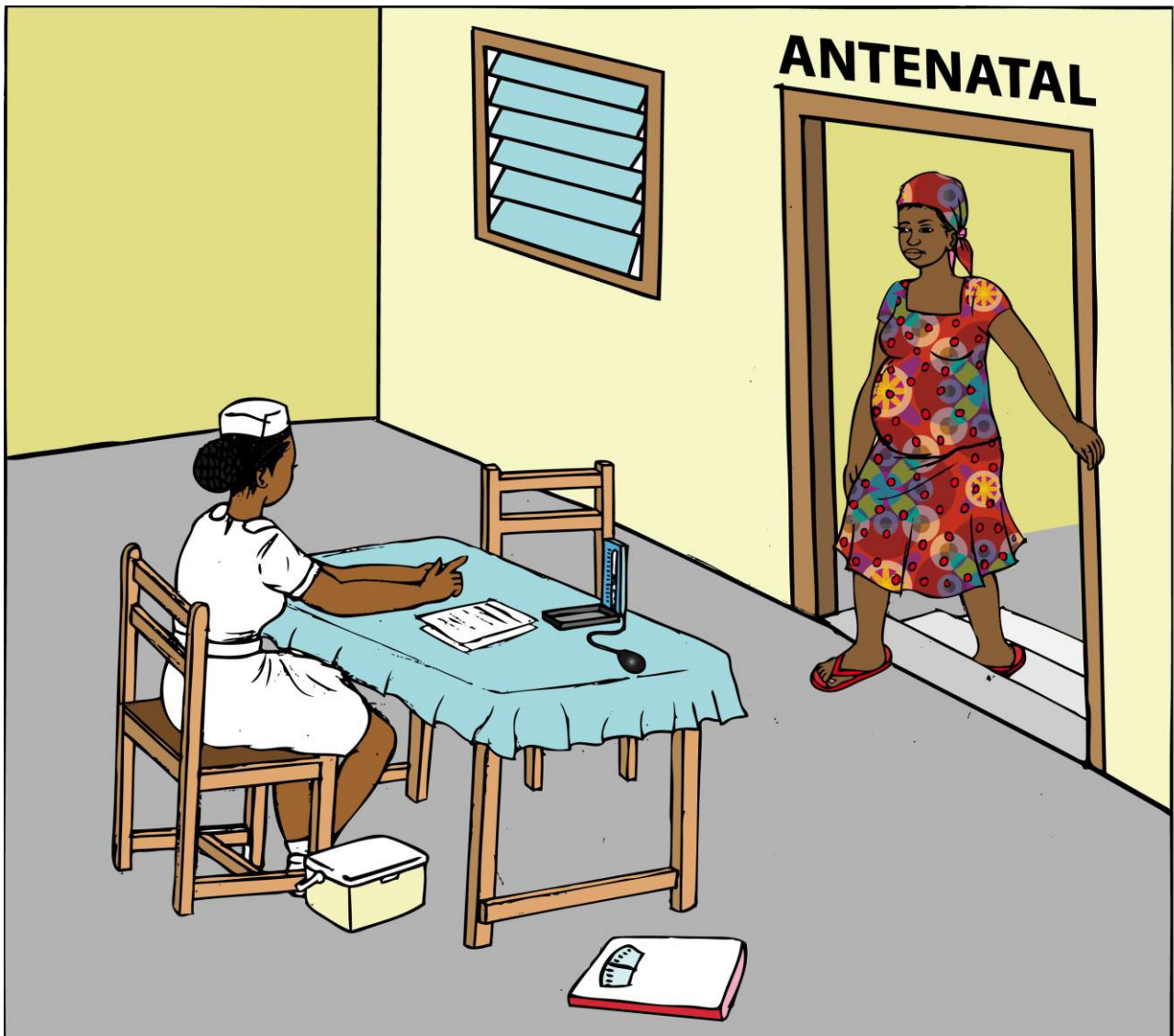
DANGER SIGNS

Go to the nearest health facility if you have:

- Bleeding
- Unusual vaginal discharge and/or sores in your private parts
- Severe waist pains
- Fever, Swollen feet, hands and face

- Severe headache
- Blurred vision
- Epi-gastric pain
- Uneven heartbeats (palpitations)
- Yellowish eyes and itching all over the body
- Continuous vomiting, dizziness and fainting

Key Message: As soon as a woman knows she is pregnant, she should visit the clinic immediately for Antenatal Care.



Important Medicines for Pregnant Women

Discussion Question: What kinds of foods can you find in the market that has a lot of iron? How can you get Iron Folate pills?

At the Ante-Natal clinic, your health worker will talk with you about pregnancy, listen to your problems and help you solve those problems. The health worker will also examine you, ask you to do some tests, and give you some medicines and injections. These medicines and injections help women to have safer pregnancies, delivery and a healthier baby. When you go to the clinic for Ante-Natal Care, you would be given these three medicines; Iron-Folate tablets, SP, and Tetanus Toxoid vaccine.

Iron-Folate Tablets

The pregnant woman should:

- Visit the nearest health facility as soon as she realizes she is pregnant
- Take all of the iron tablets pills given her according to the instructions of the health worker
- Take the pills between meals. They are more effective that way
- Eat more fruits such as mangoes, oranges, lemons, guava, and tomatoes. These fruits have a lot of vitamin C and will help the body to absorb the iron
- Avoid smoking, drinking alcohol, or coffee. It is dangerous for the baby.

Iron tablets can cause some side effects such as stomach discomfort, diarrhoea, constipation or black stool. These are normal and would stop when your body get used to the pills.

SP – Anti Malarial for pregnant women

(SP) is given to pregnant women to prevent malaria. The medicine is given at the clinic only.

- The first dose of SP is given when the baby moves in the tummy (at about 4 months)
- SP protects unborn babies from malaria and helps the baby to be healthy and plumpy after birth
- SP protects pregnant women from malaria that can cause anemia and possible death
- The health worker will give you 3 doses of 3 SP tablets, 1 month apart.

Women that are pregnant for the first or second time are more likely to have malaria and should go for IPT treatment.

Tetanus Toxoid Vaccine

- Ask your health worker about Tetanus Toxoid vaccine. The health worker will give you these shots based on your needs
- This is given at 1 month intervals in order to be well protected against tetanus
- This vaccine protects the baby also from developing tetanus (muscle spasms) after birth
- The protection is passed on through the blood of the mother to the baby
- During these visits you would be offered HIV test. If positive there is medicine to protect you and your baby.

Key Message: When you go to the clinic for Ante-Natal Care, you will get medicines that will help you and your unborn baby to be healthy. These medicines help women to have safer pregnancies, deliveries and healthier baby. You should start taking them as soon as the health worker gives them to you.



Safe Delivery

Discussion Question: What do women in this community do to prepare for safe deliveries? How can families make sure that the women in this community have safe deliveries?

Deliveries can be dangerous even when pregnancy is without problems. Qualified health workers help women to have safe pregnancies and deliveries.

Tips for safe delivery:

- ❖ Deliver under the care of a midwife or a trained traditional birth attendant if there is no midwife
- ❖ The midwife will help the mother deliver under clean conditions
- ❖ The health worker knows what to do in case of any difficulty
- ❖ Buy the things needed for a safe and clean delivery, ahead of time (A clean birth kit).
- ❖ A clean birth kit contains:
 - Cord ties
 - A clean cloth
 - Sanitary pads
 - Razor blades
 - Gauze
 - Baby oil, and
 - A water proof (Politin) bag.
- ❖ Bathe and wear clean clothes when labour begins and before you go to the clinic
- ❖ Eat light locally available foods and drink every one hour such as water, fruit juice, honey, tea, and soups. This gives you energy and strength that you will need during labour.

Emergency Readiness Plan:

- ❖ Know and report to your health worker when you see any of the **DANGER SIGNS** below
- ❖ Arrange for transportation to the clinic before hand
- ❖ Arrange for blood donation in case of an emergency
- ❖ Arrange for a family member to help take care of the other children at home (if necessary).

Go IMMEDIATELY to the health facility if you begin to experience any of these labour signs:

- ❖ Regular painful contractions (lower abdominal pain that comes on and off, then more often and lasting longer)
- ❖ Blood stained discharge (“the show”)
- ❖ May be sudden gush of water from the vagina (breaking of the waters).

DANGER SIGNS!!!

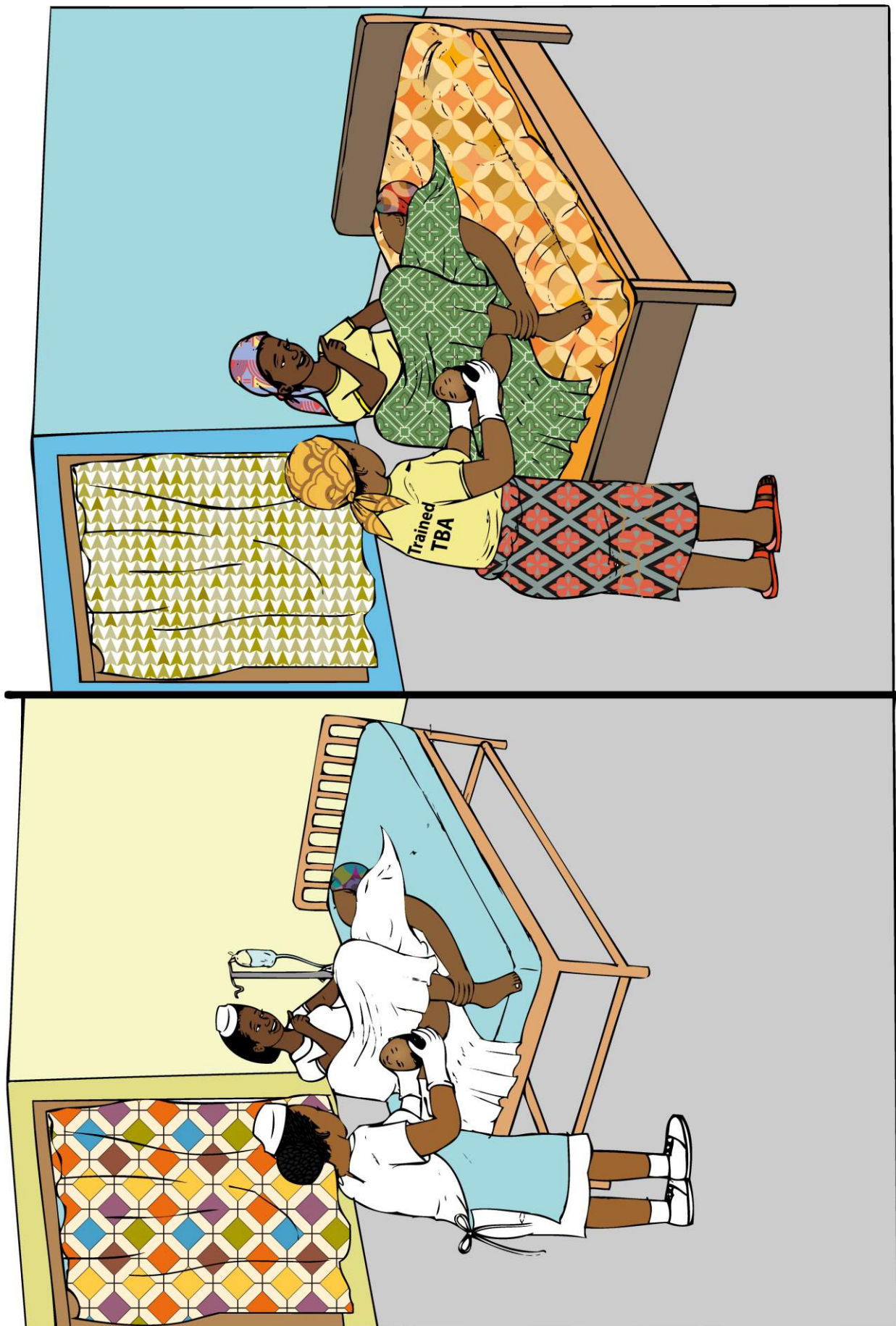
During Labour

- Bleeding Effects like: dizziness, shivering, loss of appetite and feeling like you are stepping in holes
- Fever
- Labour lasting for more than 12 hours
- Other parts of the baby’s body coming first (hands, cords and feet)
- Not strong enough to push during delivery or having convulsions
- Reduced movement of the baby during delivery.

After Labour

- An unusual amount of blood loss (Effects like: dizziness, shivering, loss of appetite, nausea, and feeling like you are stepping in holes)
- Weakness or fainting
- Reduced movement of baby after delivery
- Placenta does not come out within 30 minutes after the baby is born
- Foul smelling discharge after delivery.

Key Message: It is important that you deliver under the care of a skilled health worker. Know and recognize the DANGER signs, and go to the clinic immediately when you see any of them!!



Care for the Mother after Delivery

Discussion Question: What should you do to take care of yourself after the birth of your child?

After giving birth, a mother needs time to recover so that she can take care of herself and the baby. The mother may experience changes as she recovers from delivery. The husband could also play a key role in taking care of the new mother.

After delivery SHE SHOULD:

- ❖ Go for a check up with a health worker within 2 days or very early in the first week and then again 7 days after delivery. Other follow up visits up to 6 weeks after delivery
- ❖ Get plenty of rest. If too tired and weak, rest as often as possible
- ❖ Drink enough liquids to satisfy her thirst (fruit juice, water, soups etc)
- ❖ Avoid hard physical activity that takes a lot of energy. Start her usual routine when she feels able to
- ❖ Ask for information about family planning during checkups. Another pregnancy too soon after giving birth is dangerous for the mother and the newborn child
- ❖ Ask for information on Vitamin A supplementation
- ❖ Discuss with the health worker any problems with breastfeeding or the health of the new baby.

Danger Signs after Delivery:

Report to the nearest facility if you have any of these signs after delivery:

- | | |
|--|---|
| ❖ Vaginal bleeding (heavy or sudden increase | ❖ Pain in the calf with or without swelling |
| ❖ Breathing difficulty | ❖ Pain on urination/urine coming in drops |
| ❖ Fever | ❖ Breast that are red hot and /feel painful |
| ❖ Severe abdominal pain | ❖ Abnormal behavior/threats may harm herself/her baby/seeing things that do not exist (hallucination) |
| ❖ Severe headaches and/blurred vision | ❖ Feeling especially sad or unable to care for herself or the baby |
| ❖ Convulsion/loss of consciousness | |
| ❖ Foul smelling discharge from the vagina | |
| ❖ Painful and tender wound | |

As a husband, I CAN make sure:

- ❖ She eats nutritious foods
- ❖ She is seen by a midwife/doctor 2 days and again 7 days after delivery for checkup
- ❖ She gets enough rest
- ❖ I help with the household chores and care for the baby at night
- ❖ I bring her to the clinic when she needs to be there
- ❖ I encourage her to do her recovery exercises.

Key Message: A new mother should go to the clinic for a check- up 2 days and again 7 days after delivery. This checkup should include getting some information and counseling about family planning.



Care after a Miscarriage or Abortion

Discussion Question: What do families in this community do to help a woman when she loses her baby through a miscarriage or abortion?

A woman's life is at risk after a miscarriage or abortion. She can also lose the ability to have children in future due to complications after a miscarriage/abortion. Therefore, it is very important for her to seek the advice of a midwife/doctor in case she has problems with an unplanned pregnancy.

After a Miscarriage/Abortion:

- ❖ Take all the medicines as directed by the health worker even after you feel better (this is to ensure full discovery)
- ❖ Use sanitary pads or clean pieces of cotton cloth until the bleeding stops (this may take a few days)
- ❖ Rest and avoid strenuous physical activity
- ❖ Do not put anything inside your vagina to avoid infection
- ❖ Do not have unprotected sex until 3 days after bleeding stops. If you feel comfortable to have sex use condoms to avoid unplanned pregnancy
- ❖ It is okay to report to the nearest health facility when mild pain and cramps in your lower abdomen (lower belly) turns severe
- ❖ Maintain good personal hygiene to avoid infections
- ❖ Eat nutritious meals and drink locally available liquids (water, juices) to help you recover quickly
- ❖ Do exercise that helps to tighten the muscles of the womb.

Go to the clinic immediately if you have any of these signs:

- ❖ A bad smelling discharge from your vagina
- ❖ Heavier bleeding in your periods
- ❖ Severe pain in your abdomen (lower belly)
- ❖ Feeling dizzy or faint
- ❖ Cold and feverish feeling
- ❖ Vomiting and nausea.

After treatment, know that:

- ❖ You can get pregnant before your next period
- ❖ You can avoid unplanned pregnancies by going to the clinic for family planning information and services
- ❖ There are safe short-term, long-term and after-delivery methods that you can use
- ❖ The health worker will counsel you on which method is suitable for you.

Key Message: Seek the advice of a midwife/doctor in case you have problems with unplanned pregnancy. Take appropriate care of yourself after a miscarriage or abortion to avoid complications.



Newborn Care

Discussion Question: What do mothers do when a new baby is born? How do you take care of the newborn baby?

After baby is born:

- ❖ Wipe dry with clean cloth or towel, smear the body with oil and delay bathing till the next day. After the first bath, bathe once a day, everyday
- ❖ Put the baby to the breast within 30 minutes after birth
- ❖ Breastfeed frequently, as often as the baby wants to
- ❖ Keep the newborn baby warm always by wrapping him/her in a clean dry cloths and keeping the baby close to the mother
- ❖ Clean the cord with only methylated spirit twice a day until the wound heals. Avoid applying other substances like shea butter, dusting powder and herbs
- ❖ Immunize your new born against polio and tuberculosis at the times the health worker asks you to
- ❖ Inform the health worker if you have Sickel Cell Disease
- ❖ Maintain a clean environment and good personal hygiene
- ❖ Wash your hands with soap and water, every time and cover foods
- ❖ Use chlorine bleach as disinfectant.

Take your newborn to the health facility immediately if the baby:

- ❖ Has a weak or abnormal cry, yellow eyes and poor suckling
- ❖ Has pus discharge from eyes, cord or skin
- ❖ Does not pass urine or stool within the first day of birth
- ❖ Has breathing difficulty
- ❖ Has convulsion
- ❖ Is difficult to wake up

- ❖ Has an abnormal lips, feet, head or abdomen
- ❖ Has swollen joints, limbs or skull
- ❖ Feels cold to touch or hot to touch/fever
- ❖ Has persistent vomiting
- ❖ Has bleeding spots/patches in skin
- ❖ Has paleness and diarrhoea.

Breastfeeding Facts:

- ❖ Breast milk is the best food for the baby in the first six months. It provides all the food and water the baby needs
- ❖ Colostrum – the first thick yellowish milk is good for the baby. Do NOT throw it away!!
- ❖ Breast milk helps the baby grow and protects the baby from diseases
- ❖ Babies need ONLY breast milk for the first 6 months. Other foods and water can make the baby sick
- ❖ Breastfeeding strengthens the bond between the baby and mother.

Tips for Breastfeeding:

- ❖ Put baby to breast within 30 minutes after birth. Proper positioning is important
- ❖ Allow baby to stay close to you so the baby can suckle anytime she/he wants
- ❖ Continue breastfeeding even if you have problems with your breast. Seek help immediately from the clinic. Do not delay!

Signs of a Healthy New Born:

- ❖ Baby cries immediately after birth
- ❖ Baby's entire body is pink
- ❖ Baby moves very actively
- ❖ Baby is able to suck deeply.

Key Message: Keep the newborn baby close to your body for warmth and feeding. Take your newborn baby to the health facility, 2 and 7 days after delivery



Immunization and Vitamin A

Discussion Question: What have you heard about immunizations; (injections or medicine drops to prevent disease)?

Take your newborn baby to the health facility for immunizations. It protects babies from dangerous childhood diseases.

Complete your child's immunization before the 1st birthday. Continue to give Vitamin A every six months until age 5.

IMMUNIZATIONS AND VITAMIN A					
Age Period	Vaccine	Date Given	Date of Next Visit	Batch No.	Place Given
At Birth	BCG				
	Polio				
6 Weeks					
	Polio				
	DPT/HepB/Hib 1 (5 in 1)				
	Pneumococcal				
10 Weeks	Rotavirus				
	Polio				
	DPT/HepB/Hib 2 (5 in 1)				
14 Weeks	Pneumococcal				
	Rotavirus				
	Polio				
6 Months	DPT/Hepb/Hib 3 (5 in 1)				
	Pneumococcal				
9 Months	Vitamin A				
12 Months	Measles				
	Yellow Fever				
18 Months	Vitamin A				
	Vitamin A				
	Measles				

VITAMIN A CONTINUED

Vitamin A							
Age	2 years	21/2 years	3 years	31/2 years	4 years	41/2 years	5 years
Date							
Other Vaccines							
Age							
Date							
Vaccine							
Batch #							
Date Given							
Date of Next Visit							



- ❖ Take your baby for a post-natal check up 2 days and then 7 days after birth
- ❖ During your postnatal check up, the health worker will give the baby eye drops in both eyes to fight infections
- ❖ At 6 months, start to give your baby Vitamin A and should continue every 6 months till he/she is 5 years old
- ❖ Vitamin A capsules are available at the clinics and can be given to the baby by a health worker when you visit. It is also given on National Immunization Days (NID)
- ❖ Get a dose of Vitamin A (blue capsule) when they are 6 months and again at 12 months
- ❖ Get a dose of Vitamin A (red capsule) every six months when they are between 1 until 5 years old
- ❖ Get Vitamin A capsules if they are being treated for malnutrition and measles
- ❖ Get Vitamin A capsules when the child has had diarrhea for more than 2 weeks.
- ❖ Continue feeding Vitamin A rich foods like:

Vitamin A rich foods



Key Message: An important way to protect your child against childhood killer diseases is to make sure that he/she receives all immunizations before the 1st birthday and begin taking Vitamin A after 6 months till age 5.

Exclusive Breastfeeding 0-6months

Discussion Question: What do mothers in this community know about breastfeeding?

Breast milk has all the nutrients for the growth and development of your baby in the first 6 months.

Breastfeed exclusively for the first six months of the baby's life. Breast milk is the **ONLY** food the baby needs for the first six months. No other foods **OR** water are needed!

- ❖ Start breastfeeding within 30 minutes of birth
- ❖ Breast milk is the most appropriate food for the baby in the first six months.

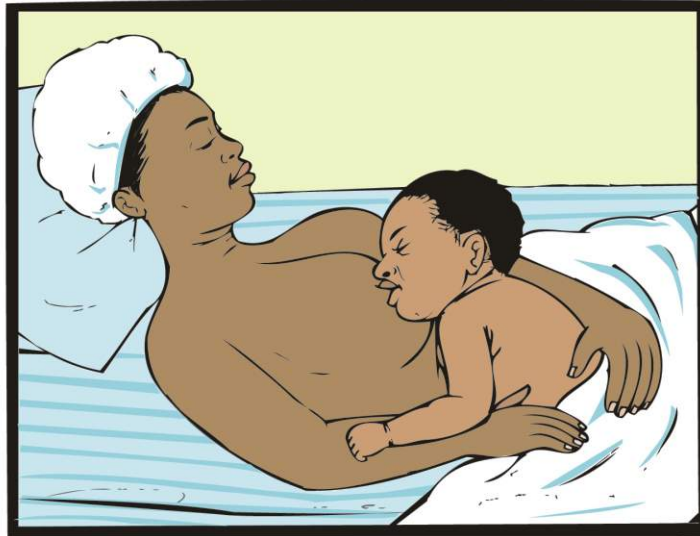
How to breastfeed your baby:

- ❖ Sit or lie down comfortably and put baby to the breast
- ❖ Be sure that most of the dark area around the nipple and the nipple itself is in the baby's mouth
- ❖ Let your baby suck until he/she go off the breast by him/herself.

When to breastfeed your baby:

- ❖ Whenever he/she seems hungry or thirsty offer the baby breast milk
- ❖ Feed the baby as often as he/she wants, day and night
- ❖ Continue breastfeeding even when the baby is sick
- ❖ Go to the clinic if you have any problems with your breast or with how the baby feeds.

Key Message: Your baby needs ONLY breast milk for the first 6 months. Give no water, any other liquids or food!!



Feeding the Baby: 6 months - 2years

Discussion Question: What kinds of foods do you feed your children in this community?

It is always important to feed your child with foods that will help him/her grow well and stay healthy.

0 - 6 months

- ONLY breast milk. No other food. No water!!!
- Give only breast milk as often as the child wants at least **10 times** during the day and night
- Breastfeed long enough to empty the breast at each feed (at least **10 times**).

6 months - 12 months (1year)

- Continue breastfeeding as often as the child wants, 8 times during the day
- Give other foods like thick porridge enriched with foods like, e.g. ground nut paste, mashed beans, ground meat, fish powder, milk, oil or foods such as mpotompoto. Feed new foods patiently
- Feed the baby at least 3 or 4 times a day
- Give the baby 1 snack a day
- Give the baby fruits such as bananas, pawpaw, oranges or mangoes (mashed or squeezed)
- Use clean plates and spoons to feed the baby
- Wash both the adult's and child's hands with soap and water before feeding
- Do not give water just before breastfeeding or other feeds.

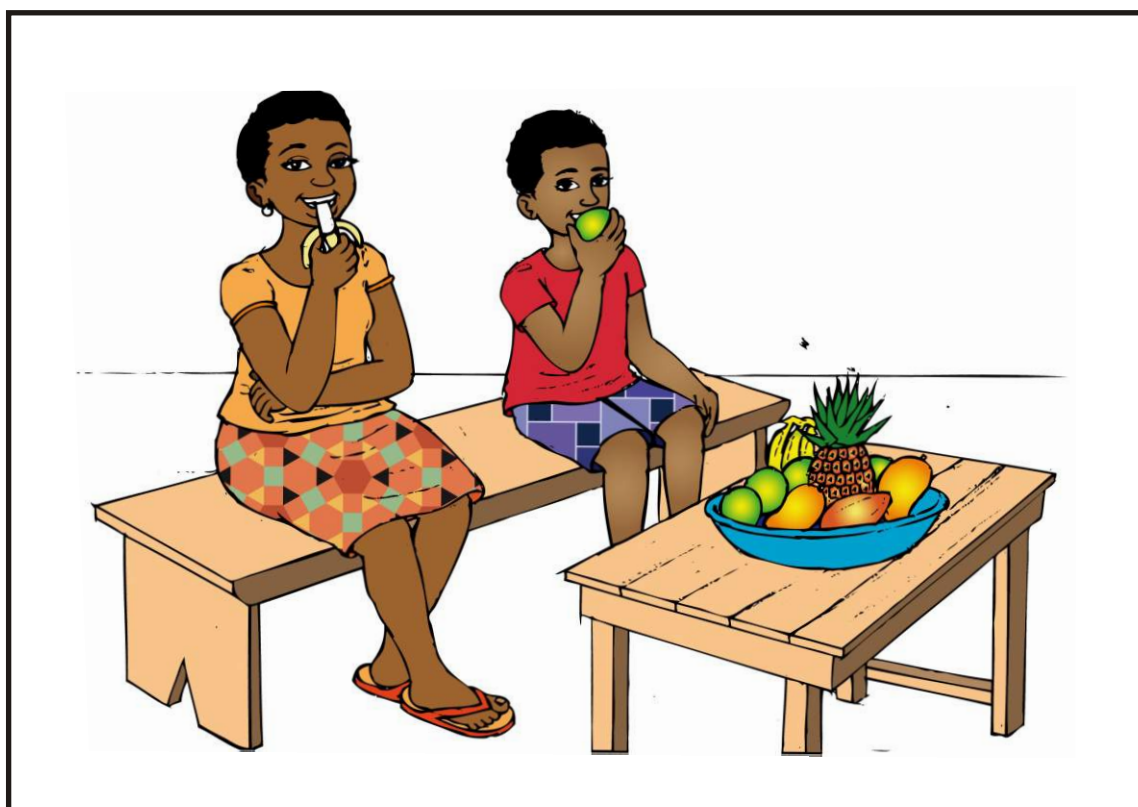
1 year – 2 years

- Continue to breastfeed as often as your child needs
- Give the child a variety of foods 3 times a day
- Give washed fruits (mashed or squeezed) in addition to meals everyday
- Give snacks in between main meals
- Introduce family foods and soups
- Begin to serve in a separate clean bowl
- Wash both the adult's and child's hands with soap and water before feeding
- Do not give water before breast-feeding or other foods
- Do not use feeding bottles.

2 years and Above

- Continue to breastfeed the child if he/she is not completely weaned
- Give a variety of family foods 3 times a day
- Give snacks in between main meals
- Give washed fruits in addition to meals everyday
- Wash both the adult's and child's hands with soap and water before feeding
- Give the child enough food in his/her own separate clean bowl
- Do not force-feed the child.

Key Message: If your child refuses to eat or breastfeed take him/her to the clinic.



Watch your Children Grow

Discussion Question: How often should you bring your child to be weighed?
How can you make sure your child is weighed regularly?

Parents use different ways to find out how well their children are growing. Children who do not get a mixed and balanced diet, or enough food to eat do not grow well and will lose weight. This is dangerous to your child's health.

The most reliable way to know if your child is growing well is to get your child weighed and have the weight marked on the child's growth chart.

When to Weigh your Child

- ❖ Children between 0 and 1 year should be weighed every month
- ❖ Children between 1 and 3 years should be weighed every two months
- ❖ Older children should be weighed every 3 months, until they are 5 years.

Key Message: The most reliable way of to know if your child is growing well is to get your child weighed and have the weight marked on the child's growth chart.



Understanding and Using the Growth Chart



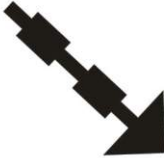
Discussion Question: How would you know if your child is growing well? When should you bring your child for weighing?

It is important that mothers (and caretakers) learn how to read their child's growth chart. The Growth Chart marks the child's weight for the first years of his/her life. When a mother can read her child's growth chart, it helps her to know how well her child is growing. She can take action before the child becomes sick.

HOW TO READ A CHILD'S GROWTH CHART

This is a child's growth chart. The lines show you how your child is growing in weight. This chart shows the growth of three children marked in different colors:

- ❖ Child A is marked in green : Child A is growing well. This line is going up. This is good
- ❖ Child B is marked in blue : Child B is not gaining weight. This line is flat. This is dangerous for the health of the child and the child needs help
- ❖ Child C is marked in red: Child C is losing weight. This line is going down. This is very dangerous for the health of the child.

Watch the direction of the line showing the child's growth		
A  Good Child growing well Congratulations	B  Danger Not gaining weight Discuss with health worker	C  Very Dangerous Losing weight Take action fast

Discuss the weight of your child with the health worker; make sure she marks the progress on the chart.

Key Message: If your child is not gaining weight as she/he grows, or loses weight, talk with your health about how often and what the child eats and what to do when the child is sick.

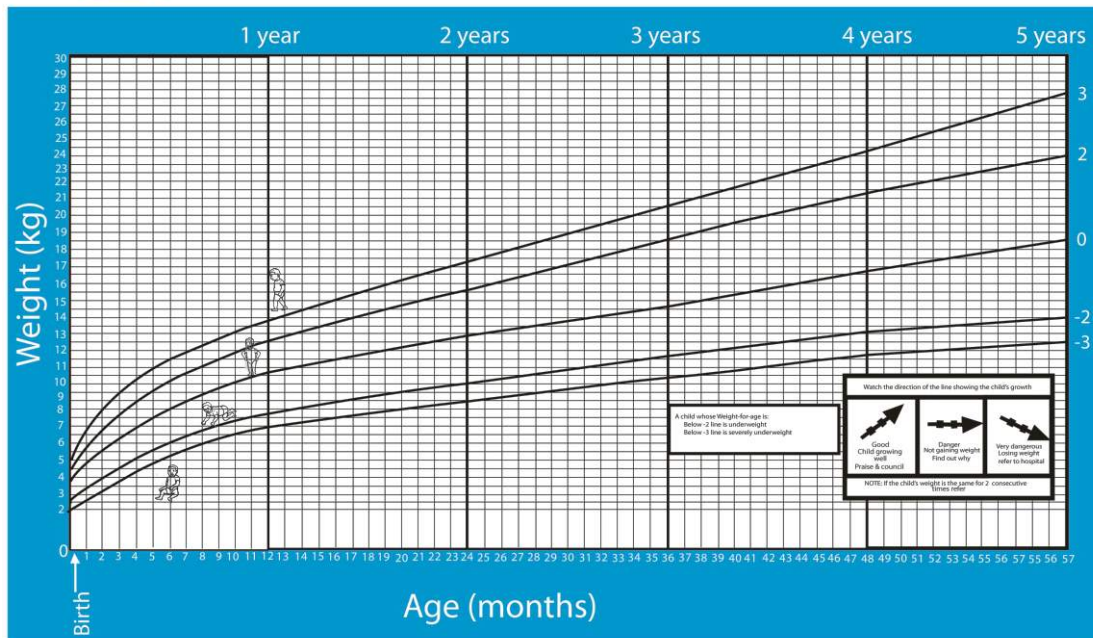
A Growth Chart



Weight - for - age BOYS

Birth to 5 years (Z-scores)

DATE OF BIRTH:



Weight - for - age GIRLS

Birth to 5 years (Z-scores)

DATE OF BIRTH:



Have your child weighed often and the weight marked on the Growth Chart

Childhood Illnesses

Discussion Question: What kinds of illnesses are common among children in your community?

Take your child to the nearest health facility immediately if he/she has any of the following signs:

- ❖ Unable to drink or breastfeed
- ❖ Is vomiting everything he/she eats
- ❖ Has difficult or fast breathing
- ❖ If the body turns yellow
- ❖ If the umbilical cord is wet and has a bad odor
- ❖ Wheezing or whistling sound when the child breathes
- ❖ Has a convulsion or fit
- ❖ Is unusually sleepy or difficult to wake up
- ❖ Has fever that does not go away after treatment for malaria within a day
- ❖ Becomes breathless on feeding.

Childhood Illnesses

Iodine Deficiency Disorder (IDD). Lack of Iodine causes serious health problems like goiter, slowness in learning, deaf (mutism) and cretinism (low energy and retarded growth). These can affect everyone in the family. IDD is easy to prevent. Use iodized salt to prepare food.

Coughs and Colds could mean pneumonia, which kills many children in Ghana each year. If a child with a cough is breathing more rapidly than normal or is having difficult breathing, then the child is at risk. Take him/her to the health worker immediately!

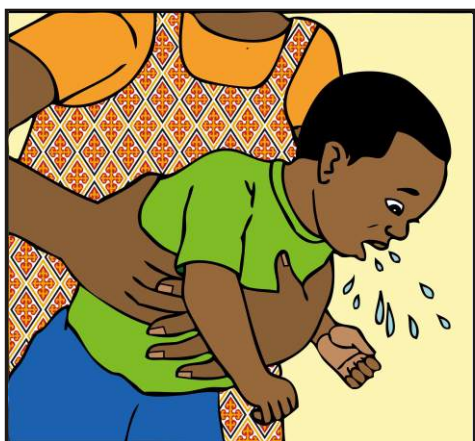
Malaria is a serious illness that kills so treat it immediately. It is very harmful to young children and pregnant women. Malaria is transmitted through mosquito bites. The symptoms include fever, headache, general aches and pains, shivering and sweating. When a child is sick with fever/malaria, sponge the child with water at room temperature (not hot, not cold), starting from the feet up to the head. Give Artesunate Amodiaquine (AA) and paracetamol if available or see your health worker/ Community –Base Agent (CBA- trained health worker, Chemical Seller, etc.) Continue feeding the child and give medicines as told by the CBA. In case the sickness gets worse, sponge again, insert rectal Artemisinin if available and rush the child to the nearest health facility. Pregnant women and children should sleep under ITNs every night.

Diarrhoea begins with a running stomach, loose and frequent stools. It takes away the water and salts from your child's body which causes dehydration. The most important thing to do during diarrhoea is to replace the fluids and salts. Prepare and give the child Oral Re-hydration Salt (ORS) and zinc to treat it. You can also use locally available liquids like rice water, light porridge, clean water and fresh fruit juice e.g. coconut juice.

Acute Respiratory Infections (ARI) starts as a mild infection with a running nose, sore throat, or coughs that could be treated at home. Some serious respiratory infections include whooping cough, tuberculosis and measles. These can be prevented by making sure your child is given all necessary immunizations before the age of one year .

Sickle Cell Disease (SCD) is the most common blood disease that children can inherit from their parents in Ghana. The problems with SCD start to show usually six months after birth. These problems include: yellowing of the eyes, mouth and palm and other parts of the body, swelling of the arms and feet, frequent shortage of blood, protrusion of the abdomen. Children with SCD easily get sick with malaria, pneumonia, swelling of bones and other infections. The best way to tell if your child has SCD is to get a laboratory test done for the baby.

Key Message: Fevers, diarrhoea or coughs can kill children under 5 years. Take the child to see a health worker if he/she shows signs of the above sicknesses.



Diarrhoea: Prevention and Treatment

Discussion Question: How can you prevent your child from getting diarrhoea? Where can you get ORS (Oral re-hydration Salt) in your community?

Preventing Diarrhoea:

Diarrhea is dangerous and can kill the child. To help prevent your child from getting diarrhoea, you can:

- ❖ Breastfeed exclusively for the first 6 months, and continue breastfeeding your child for at least 2 years
- ❖ Never use feeding bottles
- ❖ Wash your hands and the child's hands with soap and water before preparing food, and feeding your child
- ❖ Give your child clean drinking water
- ❖ Cover foods and water to protect from flies
- ❖ Wash vegetables and fruits with clean water before feeding them to the child
- ❖ Defecate in a latrine or far away from the house or water sources and drinking water. Throw the child's feces in a latrine or cover it in a hole
- ❖ Wash your hands and the child's hands with soap after using the latrine and after wiping the child
- ❖ Do NOT dig pit latrines close to wells
- ❖ Maintain good personal and environmental hygiene.

Diarrhoea takes away water and salts from your child's body. To stop the child getting “dry” (dehydration) and possibly dying replace the water and salts in the child's body.

Home treatment of Diarrhoea: Give your child plenty of fluids:

- ❖ If you are still breastfeeding, continue to do so more frequently and for longer periods, both day and night
- ❖ If your child is exclusively breastfeeding, you can give your child ORS in addition to breast milk to prevent dehydration
- ❖ If your child is not exclusively breastfeeding, you can give clean water, soup, rice water, coconut juice in addition to ORS
- ❖ You should add Zinc tablets to treat diarrhoea at home. Dissolve the zinc tablets with a little water or breast milk if the child is still breastfeeding. Continue Zinc treatment for 14 days even if the diarrhea stops
- ❖ Continue to give these extra fluids until the diarrhea stops. If your child vomits, wait 10 minutes and continue giving fluids more slowly

Continue giving plenty of food to prevent malnutrition:

- ❖ Feeding your child during diarrhoea will replace the food being lost and will give your child strength
- ❖ If your child is younger than 2 years, continue breastfeeding
- ❖ Encourage your child to eat and drink more.

Take your child to a trained health worker if the child does not get better in 24 hours and has any of these symptoms.

- ❖ Vomits everything
- ❖ Refuses to breastfeed or drink
- ❖ Passes little urine
- ❖ Blood in stool
- ❖ Sunken eyes
- ❖ Has fever and is very weak.

Key Message: Give children with diarrhoea plenty of fluids to drink. Keep your environment clean and develop good hygiene practices to prevent your child from getting diarrhoea.



How to Prepare and Use ORS and Zinc to Treat Diarrhoea

Discussion Question: How do women in this community treat diarrhoea? How would you prepare and use packaged ORS?

ORS is the best fluid to give a child with diarrhoea. ORS is a powder that dissolves in water to make a drink which replaces body fluids lost when a child becomes sick with diarrhoea. When your child has diarrhoea it is important to give him a lot of fluids to replace what the body loses. In addition to ORS you can also use Zinc tablets to treat diarrhoea at home.

NOTE: If you are exclusively breastfeeding and your child has diarrhea, it is ok to give the baby ORS. It will prevent the baby “drying up” (dehydration).

ORS – Oral Rehydration Salt

- ❖ Wash your hands and utensils with soap and water
- ❖ Pour all the ORS powder from one packet into a clean container
- ❖ Use any available container, such as a jar, a deep bowl or bottle (600ml)
- ❖ Measure one beer bottle or two mineral bottles of clean water
- ❖ Pour the water into the container with 1 packet of ORS and mix well until completely dissolved
- ❖ Give ORS to child as often as she/he will take it
- ❖ Give frequent small sips with spoon or cup. If the child vomits, wait 10 minutes and continue
- ❖ Give ORS until diarrhea stops
- ❖ Mix a new ORS packet each day
- ❖ Throw away what is left at the end of the day if the child does not drink everything
- ❖ Give Zinc.

What You Need

- ❖ Clean drinking water
- ❖ Spoon
- ❖ Measuring jug (1 beer bottle or 2 mineral bottles)
- ❖ A cup or deep bowl
- ❖ A packet of ORS.

Zinc Tablets.

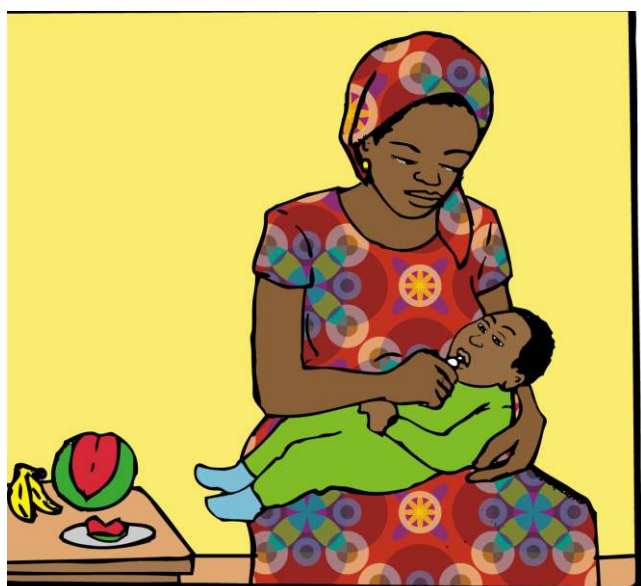
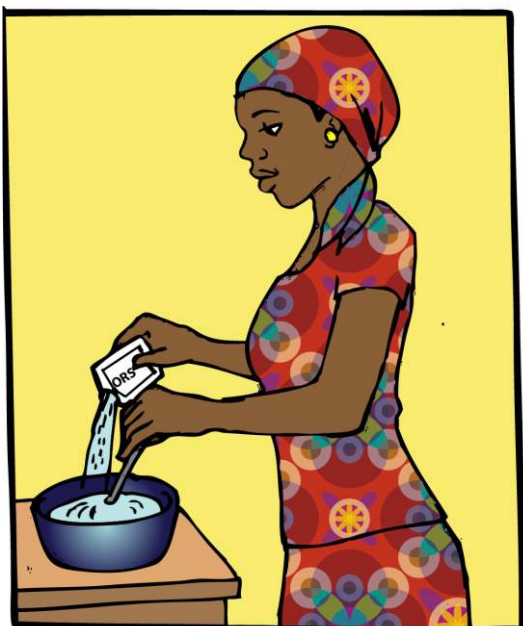
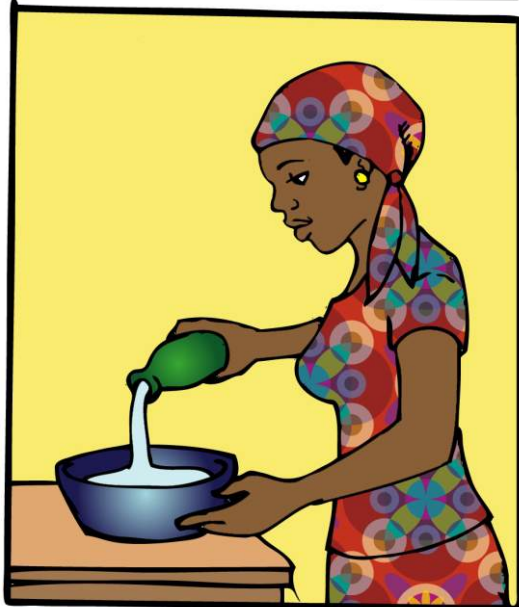
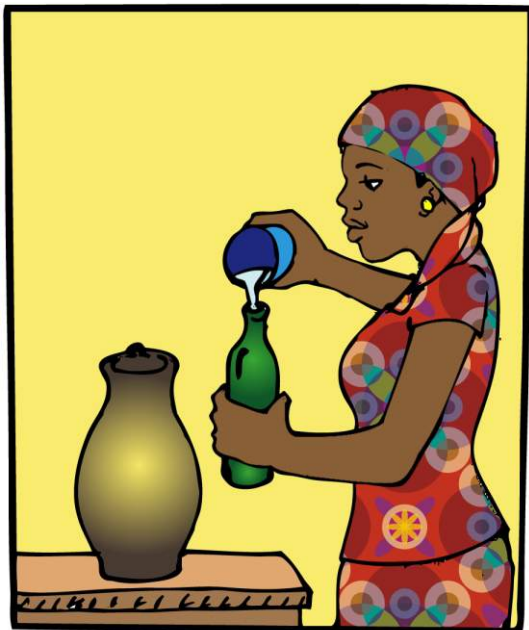
You should also add Zinc tablets to treat the child with diarrhea at home. Dissolve the zinc tablet in a little of breastmilk, if the child is breastfeeding, clean water or fresh fruit juice and give to the child.

- ❖ Dissolve the zinc tablets with a little water or breast milk if the child is still breastfeeding
- ❖ Continue Zinc treatment for 14 days even if the diarrhoea stops.

Zinc Dosage

Age	Dose	Time Period
–	10 mgs	14 Days
7 months – 5 years	20 mgs	14 Days

Key Message: ORS is the best fluid to give a child with diarrhoea. Continue giving ORS till diarrhoea stops. You should also add Zinc tablets to treat diarrhoea at home. Continue the treatment for 14 days even if the child feels better.



Feeding a Sick Child

Discussion Question: How would you feed a sick child and when the child is getting better (recovering) from sicknesses?

Small children, who are sick loose liquids because they sweat more, vomit or have diarrhoea. They often lose appetite and do not want to eat. During illnesses, mothers need to continue to breastfeed the child and encourage the child to eat more often to keep him/her strong and help get him/her better quickly.

When Your Child is Sick or Recovering from Illness:

- ❖ Breastfeed more often and for longer time at each feed
- ❖ Clear child's nose if blocked so that it will not interfere with feeding
- ❖ Offer more fluid, soups (with little pepper), porridges, rice water if the child is older than 6 months
- ❖ Encourage your child to eat if he/she does not want to eat
- ❖ Feed your child more frequently with his/her favorite foods
- ❖ Give an extra meal or two for at least 2 weeks after the child is better. This will help your child gain back the lost weight
- ❖ Wash your hands and those of the child with soap and clean water before feeding.

Key Message: Continue breastfeeding your child even when sick, to help him/her recover quickly and gain energy.



First Aid

Discussion Question: Do people in this community know what first aid means? How do you treat small cuts and wounds?

Many adults and children get wounds or cuts from accidents and injuries at home, school or in the workplace. A wound or cut may look small but it is very important to take care of it to prevent it getting infected. First Aid means immediate help for a person who is hurt or has a wound. You can get small cuts and burns from cooking, cleaning, gardening and farming injuries.

Steps to Treat Cuts and Wounds:

- ❖ Wash your hands with soap and clean water
- ❖ Clean the wound and the skin around the wound. Use soap and clean water (boil when necessary). Wash outwards away from the wound
- ❖ Rinse the wound very well with clean water
- ❖ Dry the wound gently with a clean cloth
- ❖ Apply iodine or antibiotic cream to the wound
- ❖ Apply a clean cloth and secure it firmly in place with a bandage
- ❖ Keep the wound and the bandage dry
- ❖ Change the bandage as often as necessary to keep the wound clean.

Large open wounds will need medical attention. If the area around the wound becomes red and puffy or if the wound does not begin to heal after 3 days, it may be infected. Go to the nearest health center for treatment.

Steps to Treat Burns

Burns can destroy the skin. Small burns on fingers and hands are usually not dangerous; however they can develop into serious complications like infections, dehydration and hypothermia (loss of body heat).

1st degree burns are the least serious burns and can be treated at home:

- ❖ The skin would become reddened or swollen
- ❖ Cool the burned area with cool running water for several minutes
- ❖ Do not apply butter or oil to any type of burn!

Wound due to a small 1st degree burn should take few days to heal. 2nd and 3rd degree burns are usually bigger in size. The 2nd and 3rd layer of the skin is burned which causes severe pain and discomfort. Blisters usually form.

Take the burned victim to the health facility immediately and especially if you observe these signs:

- | | |
|---------------|-------------|
| ❖ Dizziness | ❖ Confusion |
| ❖ Cold sweats | ❖ Shivering |
| ❖ Chills | ❖ Fever. |

Key Message: A wound or cut may look small but clean it properly to prevent infections. Go to the health facility immediately if you get 2nd and 3rd degree burns. These cannot be treated at home.



WATER AND SANITATION

Protecting Your Water Source

Discussion Question: In your community where do you get your water from? Why is it important to drink clean water?

Clean water is needed for good health and to prevent illnesses. In many communities, families get their drinking water from a borehole with hand pump, pipe or from a covered well. Water should stay clean at where it is collected and where it is stored at home.

Your Water Sources

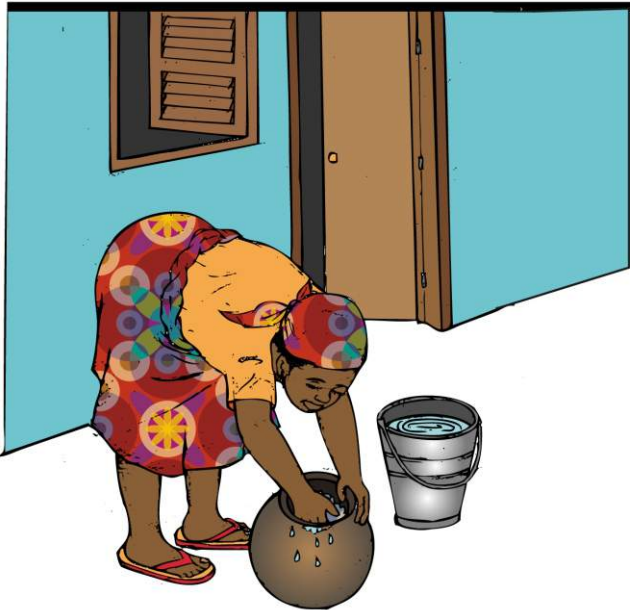
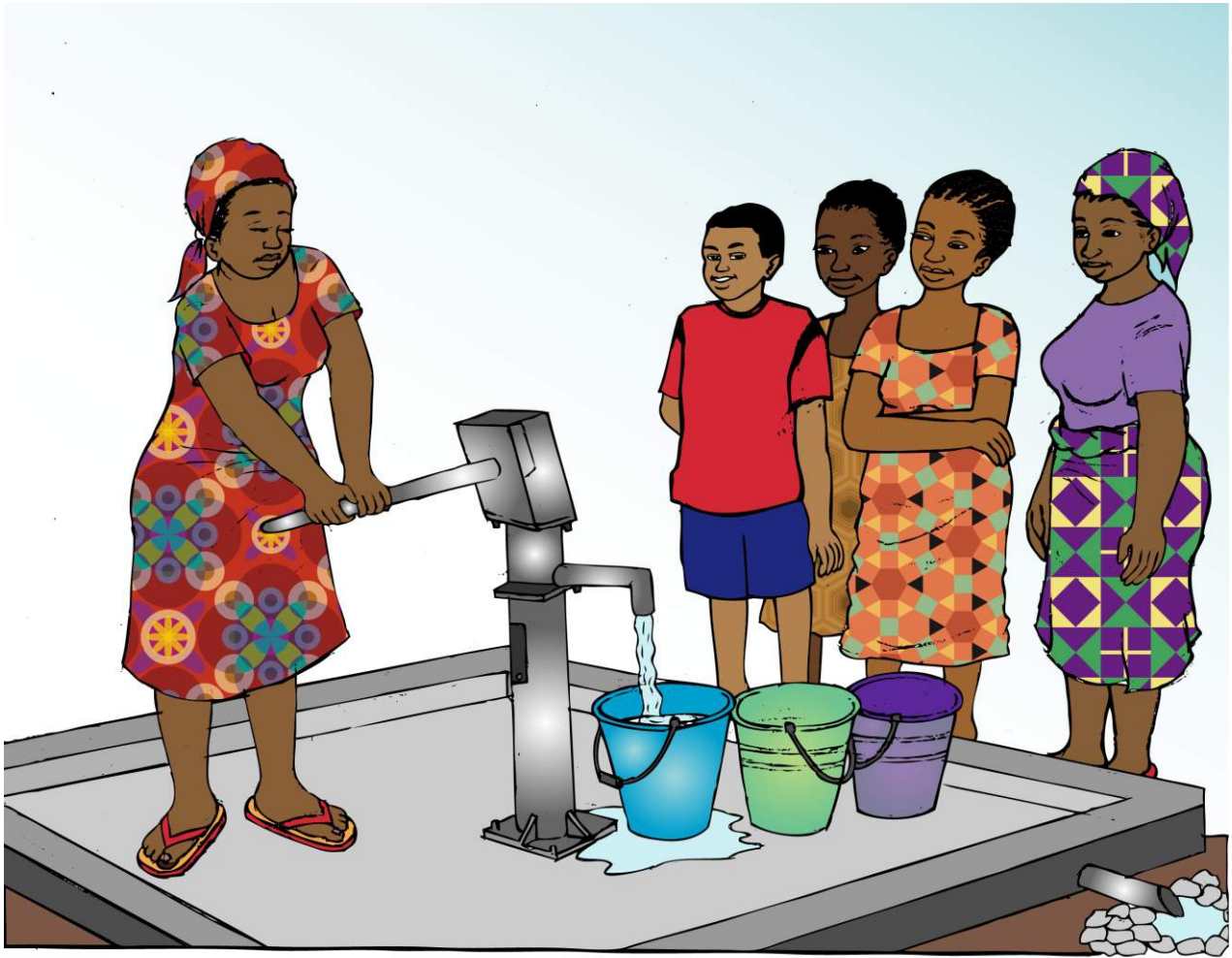
- ❖ Cover wells to keep out dirt and rubbish (it also keeps children from falling in)
- ❖ Build your latrine at least 30 meters away and downhill from your water sources
- ❖ Build a soak away pit around piped or borehole water to keep the area less muddy and prevent puddles that breed mosquitoes
- ❖ Bury faeces far away from your water sources if you don't have a latrine
- ❖ Keep animals away from the water points
- ❖ Keep farming activities away from river and stream banks
- ❖ Discourage people from washing clothes or vehicles, and wading in rivers, streams or ponds that are the only water source for the community.

Keep Your Water Clean at Home

You can protect your water supply at home:

- ❖ Fetch or draw water from the cleanest source available
- ❖ Keep containers used to collect water as clean as possible
- ❖ Store drinking water in a clean and covered container
- ❖ Store drinking cups and containers away from animals or flies
- ❖ Use a clean cup with a long handle for fetching your drinking water, and drink from a separate cup
- ❖ Prevent children from putting their hands in drinking water.

Key Message: Always try to fetch your water from the cleanest sources available and store it in a clean covered container. Clean water is important for good health.



Keeping Disease Away From Your Home

Discussion Question: How do you keep diseases and illnesses away from your home?

You can prevent diseases in your home and community by keeping your own living area tidy and clean. Human and animal faeces, rubbish and polluted water can cause and spread diseases. They should be kept away from your living area.

Polluted Water Can Cause Diseases like:

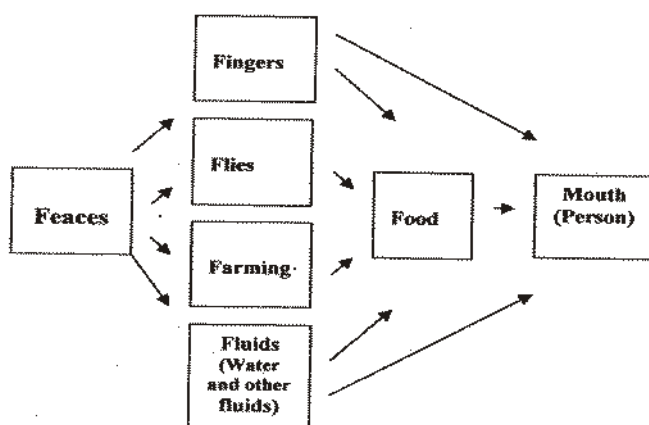
- ❖ Diarrhoea
- ❖ Guinea Worm
- ❖ Cholera
- ❖ Worms
- ❖ Bilhazia (blood in urine)
- ❖ Typhoid.

To Prevent Diseases from Spreading in Your Living Area/ Community

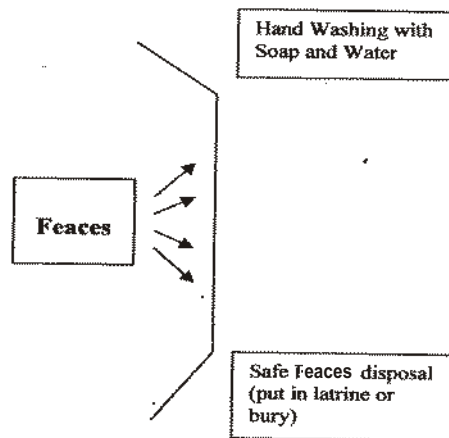
- ❖ Keep rubbish in a container with a cover and take it to the refuse dump as soon as it gets full
- ❖ Cover your food to prevent flies from settling on it
- ❖ Dispose of human faeces in a latrine if you have one or bury it
- ❖ Use a clean latrine everyday. Build a ventilated latrine at least 30 meters away and downhill from the water source
- ❖ Build a soak away pit to drain water from the bath house and prevent puddles that breed mosquitoes
- ❖ Bury faeces far away from the home and from water sources
- ❖ Take your bath in a bathroom/bathhouse.

Diagram of the 5Fs

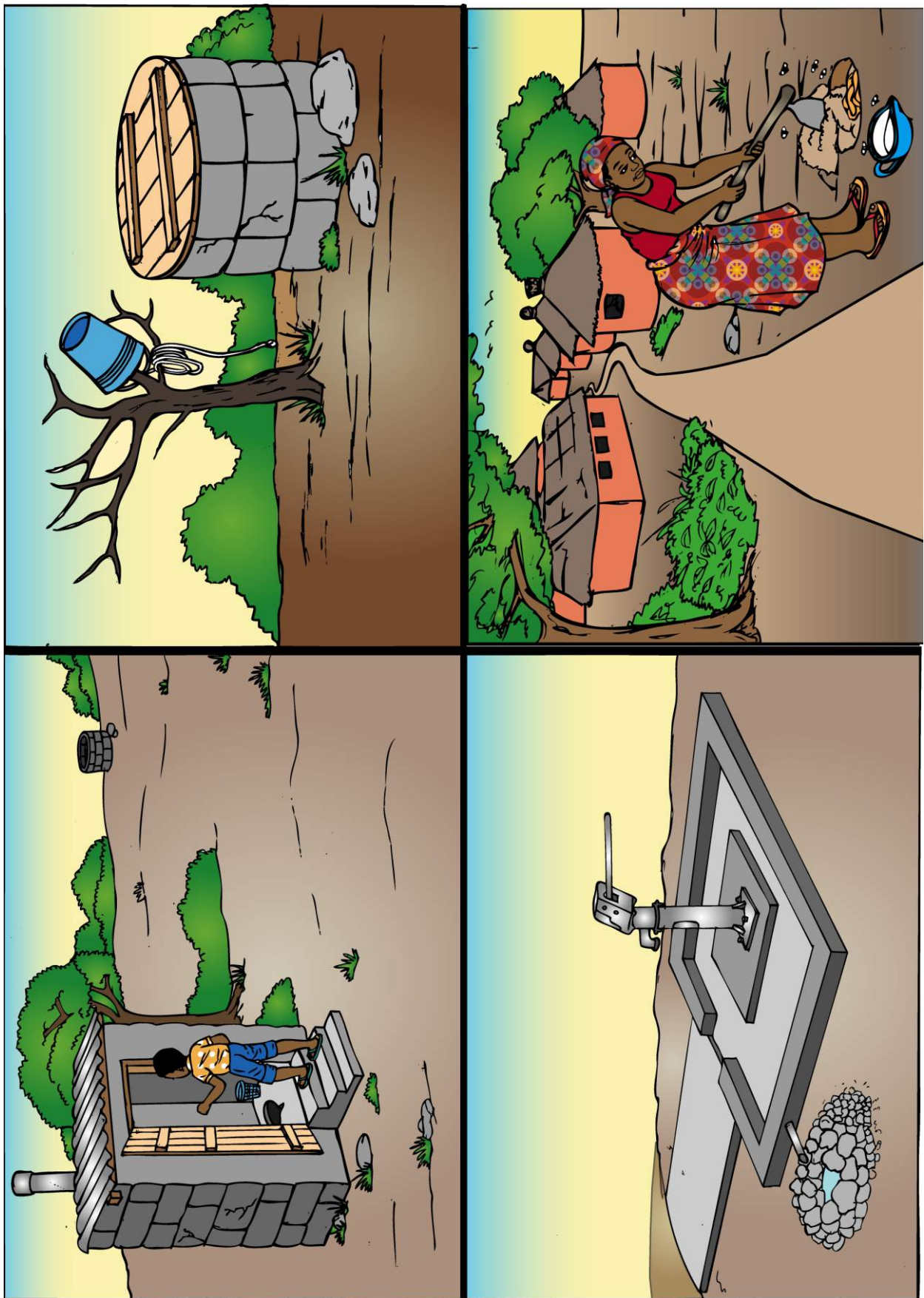
How Disease Spreads



How We Can Stop Disease from Spreading



Key Message: Flies and faeces contribute to illnesses in the community. Use ventilated latrines or dig and bury faeces if you do not have latrines. Always wash your hands before and after eating, and after using the toilets.



Guinea Worm Disease and Prevention

Discussion Question: How is Guinea Worm prevented in this community?

Guinea worm is a disease that a person can get by drinking contaminated water. When unfiltered dam or pond water containing guinea worm eggs (larvae) is drank or swallowed into the body, after 10 – 12 months a whitish like worm forms a blister and comes out of the skin. Usually from the lower parts of the body, (Knee, foot, ankle etc).

To Prevent Guinea Worm

- ❖ Avoid drinking from shallow ponds or streams
- ❖ Filter your drinking water using a cloth filter or a clean cloth
- ❖ Boil your water before drinking if possible
- ❖ If available always fetch and drink from a permanent clean source of water like a borehole, pipe water or a covered well.
- ❖ **Report all Guinea Worm cases to your village health volunteer!!**

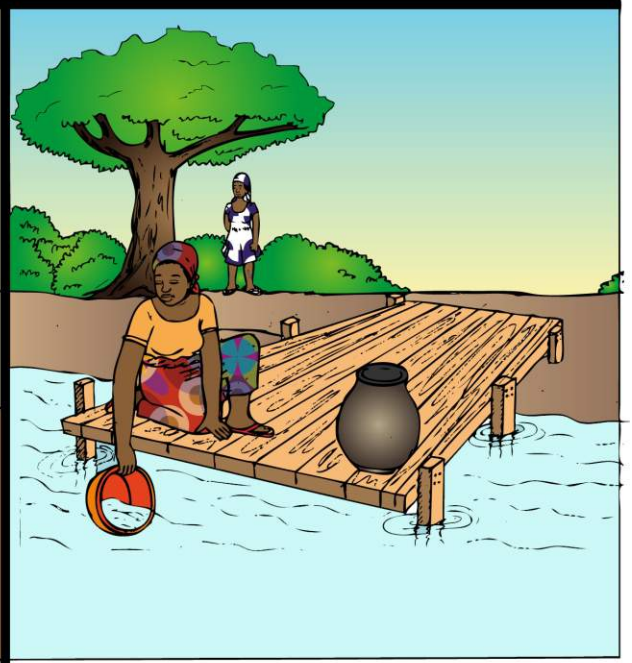
Treatment for Guinea Worm

- ❖ There is no medication to treat guinea worm
- ❖ If a worm emerges from your body, go to the village volunteer or to the health facility immediately!
- ❖ Do not try to pull out the worm by your self. It can break and become stuck
- ❖ Keep the sore clean by covering it to avoid dirt and dust from getting into the wound
- ❖ Go to the village volunteer to bandage it everyday!

When a person with guinea worm steps into water, the worm releases its eggs into the water and contaminates the source. It is important to protect water sources by:

- ❖ Building platforms for people to stand on when they come to fetch water
- ❖ Helping persons with guinea worm to fetch water
- ❖ NOT allowing them to enter the water with guinea worm.

**Key Message: Filter or boil water before drinking to prevent guinea worm disease.
If you have guinea worm, do not step into water sources.**



Personal Hygiene and Oral Hygiene

Discussion Question: How often do people wash their hands before eating in this community? What methods of oral hygiene are available?

Good hygiene can help the whole family and the communities to stay healthy. It is important to follow these hygiene practices to prevent sicknesses and diseases in your home and community.

Safe Hygiene Practices include:

- ❖ Covering your food and water to protect it from dirt and flies
- ❖ Keeping your body clean by taking baths regularly and to prevent skin diseases
- ❖ Using latrines. If that is not possible, bury the feces far from your home and water source
- ❖ Washing clothing regularly and drying them in the sun
- ❖ Cutting and keeping your nails short and clean
- ❖ Keeping rubbish in a clean container.

Always Wash Your Hand with Soap and Water:

- ❖ Before eating
- ❖ Before feeding a child
- ❖ Before preparing foods
- ❖ After visiting the toilet
- ❖ After cleaning a child's anus
- ❖ After handling chemicals such as fertilizer/ weedicides (that kills weed)
- ❖ After farming, gardening and cleaning.

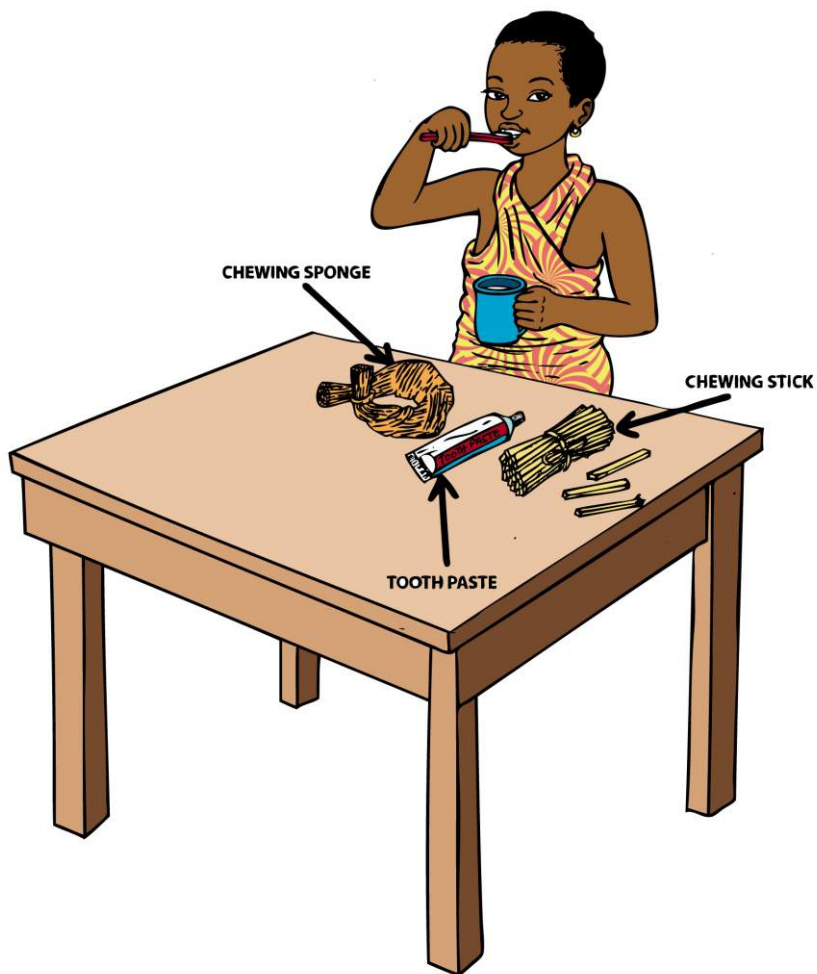
To Keep Your Mouth Clean and Your Teeth Strong:

- ❖ Clean your teeth well and regularly in the morning and before you go to bed
- ❖ Use fluoride toothpaste, chewing stick or chewing sponge daily
- ❖ Eat less sweets and sugary foods
- ❖ Avoid smoking, filing your front teeth, opening bottle tops with your teeth or biting hard materials
- ❖ Visit the dentist regularly at least once every year, if you can.

Improper Oral Hygiene Can Cause:

- ❖ Swollen gums.
- ❖ Bleeding gum when brushing
- ❖ Bad teeth
- ❖ Tooth decay and gum infection
- ❖ Loose teeth and the loss of teeth
- ❖ Toothaches
- ❖ Bad breath.

Key message: Maintain good personal and oral hygiene. Brush your teeth daily or use chewing sticks to keep them clean. Always wash your hands with soap and water.



Water Purification: AQUATABS

Aquatab is a tablet which is added to water to kill the germs that cause illnesses like diarrhoea, cholera, typhoid, dysentery and other waterborne diseases.

- ❖ It can be added to unsafe water to make it safe to drink
- ❖ The tablet dissolve quickly when dropped in water, they do not need to be crushed
- ❖ Aquatabs can stay good for four (4) years if kept dry and safe from contamination.

How to use Aquatabs

- ❖ Drop 1 tablet of Aquatabs into 20 liters of water (equivalent to one jerry can, yellow or white jerry can, full of water)
- ❖ If the water is dirty, then you will have to filter the water first. Then add 2 tablets of Aquatabs to the same amount of water i.e. 20 liters (one jerry can full of water)
- ❖ Wait for 30 minutes and after that your water is safe for drinking
- ❖ Keep your drinking water covered and away from other water for more protection.

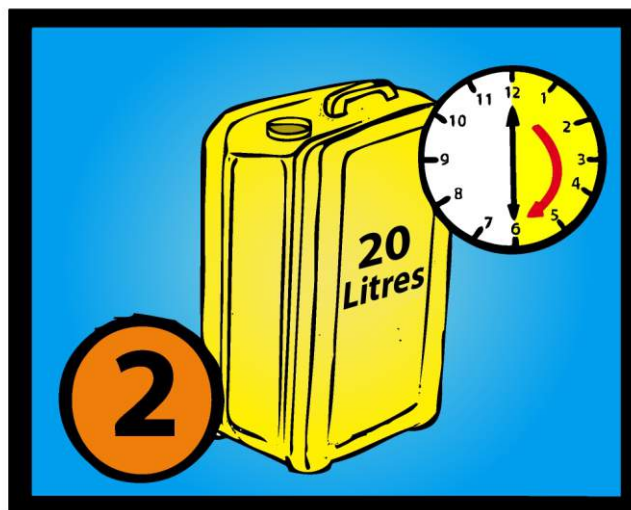
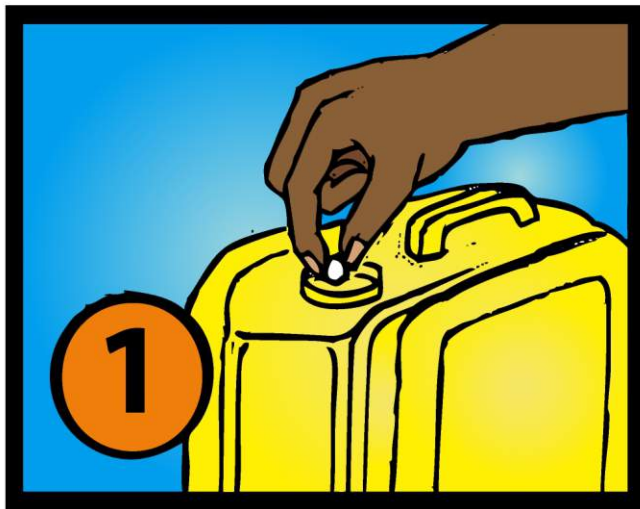
Benefits of Aquatabs

- ❖ They are readily available, safe and easy to use
- ❖ Available in sizes to suit particular emergency needs
- ❖ Kills germ that causes water borne diseases
- ❖ The quality is guaranteed and there are people available to offer explanations whenever needed
- ❖ Can be transported safely by any means including bicycle and canoe
- ❖ It is less costly than buying charcoal or gathering and using firewood for boiling water
- ❖ It takes less time in making the water safe and getting it ready to use unlike boiling where you have to wait for some time for the water to cool before use
- ❖ Aquatab - treated water tastes and smells good!

Where can you buy Aquatabs ?

- ❖ Aquatabs are readily available at the community level
- ❖ You can get any quantity you need from the community health volunteer or the Community Based Agent.

Key Message: Only trust water treated by you! Use aquatabs to make your water safe for drinking.



FAMILY PLANNING

Family Planning Benefits:

Discussion Question: What do families in this community think about family planning?

Family planning is a strong and effective way to improve the health of women and children. The family will be able to care for the children better if they wait three years after the birth of the child before getting pregnant again. As a result the children will be healthier.

For the Parents

- The mother will stay healthy, be less tired and have more energy
- The parents can give each other more attention
- The parents can give more attention to each child
- They will be able to provide for their children's education
- They can save more money for health services, clothes and recreation
- They will have enough food to eat
- The husband can make sure that his wife and children have enough to eat

For the Baby

- The baby can be breastfed for a longer time
- The baby gets more love and care from both parents
- He/she will be healthier and well taken care of.

For the Community

- Resources such as schools, clinics, water supply, food, recreational centers will be more adequate for the community
- Members of the community (especially mothers) can devote more time to community activities.

For the other Children

- Better fed and healthier.
- Have more space for living and playing
- Have a better chance of getting an education
- Get more attention from their parents
- May get a larger share of land and other property from their parents when they grow up.

Key Message: Family planning benefits all members of the family. You can get more information on family planning methods from your health worker.



Family Planning: Short-Term Methods

Discussion Question: What methods do couples/partners in this community use to plan their families?

There are many methods of family planning that are safe and reliable. There are short term methods that last a short time but can be used regularly to prevent pregnancy. These methods are listed as follows:

<p>LAM: Lactational Amenorrhea Method is a natural method of preventing pregnancy that a breastfeeding woman can use. It works if the baby is less than 6 months, the woman has not had her first menstrual period since childbirth and she is exclusively breastfeeding her baby, day and night.</p>	<p>Advantages - Easy to do. Does not cost anything. Does not interfere with sexual relation.</p> <p>Disadvantages - Less effective than other methods. A woman may become pregnant before her menstruation begins.</p>
<p>Condoms: Male - A close fitting thin rubber that a man wears over his erect penis during sexual intercourse to hold the sperm and prevent it from entering the woman. Female – A soft thin “pouch” with flexible rings at the top and bottom ends. It lines the vagina during sexual intercourse and holds the sperms, preventing them from entering the woman.</p>	<p>Advantages - Easy to get and use. Inexpensive. Helps men and women protect themselves by preventing STIs including HIV/AIDS. Encourages male involvement.</p> <p>Disadvantages - Possible irritation with rubber. A new condom is needed each time you have sex. Some feel it reduces sensation.</p>
<p>Low-Dose Mini-Pill: A pill which the woman takes every day. The mini-pill is different from the regular pill. It contains only progestogen, so it can be used safely by breastfeeding mothers.</p>	<p>Advantages - Breastfeeding women can use as early as 6 weeks after delivery. Does not interfere with sex. Menstruations are regular and lighter.</p> <p>Disadvantages - Women must remember to take the pill everyday.</p>
<p>Combined Oral Contraceptive (Regular Pill): A tablet containing two female hormones (Oestrogen and Progestogen). These hormones stop you from ovulating. When you don’t ovulate, you won’t get pregnant.</p>	<p>Advantages – Available, easy to get and use. Does not interfere with sex.</p> <p>Disadvantage - Cannot be used by breastfeeding mothers. You must remember to take the pill everyday.</p>
<p>Injectables: The injectable is medicine that prevents a woman’s body from releasing eggs for some months. This prevents pregnancy. There are three commonly used injectables. Depo-Provera given every 3 months, Noristerat given every 2 months and Norigynon given every month.</p>	<p>Advantages – Easy to use. Does not interfere with sexual relations. Can be used by a breastfeeding mother (Depo-Provera).</p> <p>Disadvantages- Many women stop having periods, others have irregular or heavier periods. Some gain weight, have headaches, dizziness, nausea, and depression.</p>

Note: All of these methods, with exception of the “regular” pill, can be used by breastfeeding mothers.

Key message: See a health worker for counseling on which one of these short-term family planning methods is best for you.



Family Planning: Long-Term and Permanent Methods

Discussion Question: What do people in this community do if they decide not to have anymore children?

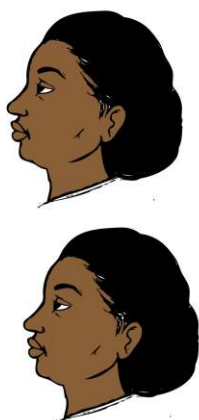
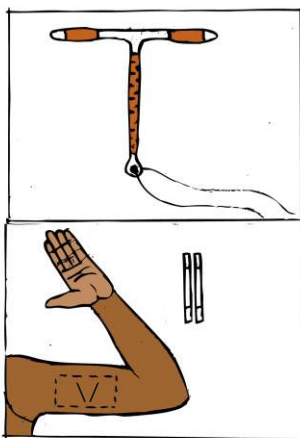
Long term family planning methods last for a long period of time and are good for couples who want to space their children far apart or who do not want to have any more children. These long-term and permanent methods are safe and reliable.

<p>The Implant (Jadelle): Is a set of two small, soft plastic capsules filled with medicine (hormones). They are put just under the skin of a woman's upper arm. These capsules prevent pregnancy for up to 5 years. A woman can have these capsules removed whenever she is ready to get pregnant again. Or if she wished to choose a different family planning method.</p>	<p>Advantages – Easy to use. Does not interfere with sexual relations. Can be used by breastfeeding mothers.</p> <p>Disadvantages – Inserted/removed only by a trained nurse or doctor. Some have irregular periods, spotting or no periods. Some have headaches and gain weight.</p>
<p>Intra-Uterine Device (IUD): Is a small device that fits inside a woman's womb to prevent pregnancy. The IUD prevents pregnancy for up to 10 years. A woman can have her IUD removed whenever she wants and is ready to get pregnant again. Copper T is the most common used in Ghana.</p>	<p>Advantages – Inexpensive. Can provide up to 10 year protection from pregnancy. Does not interfere with sexual relations.</p> <p>Disadvantages – Pelvic inflammatory disease. Only available in clinics/hospitals. Inserted by a nurse or doctor. Cramps and pain possible in first weeks. Periods may be longer and more painful. Can but very rarely be expelled from the womb without the client's knowledge. Can occur if the woman has an STI.</p>
<p>Female Sterilization: Is also called tubal ligation. This is an operation where a doctor cuts the tubes that carry a woman's eggs to her womb. The doctor ties the tubes shut so that the woman can never get pregnant again. A woman can still menstruate regularly after a tubal ligation.</p>	<p>Advantages – Completely effective. Does not interfere with sexual relations. Permanent.</p> <p>Disadvantages – Not reversible. Possible temporary pain, soreness, bruising and swelling after operation. Rarely, bleeding or infection from surgery.</p>
<p>Male Sterilization: Is also called vasectomy. This is an operation where a doctor or nurse cuts the tubes that carry a man's sperms into his penis. The tubes are tied shut so that the man can never make a woman pregnant.</p>	<p>Advantages – Completely effective. Does not interfere with sexual relations. Permanent. A man can still enjoy sex and ejaculate without problems.</p> <p>Disadvantages – Not reversible. Not effective immediately. Must use condoms or another backup for at least 3 months. Slight chance of blood clots, lumps, or infection after surgery.</p>

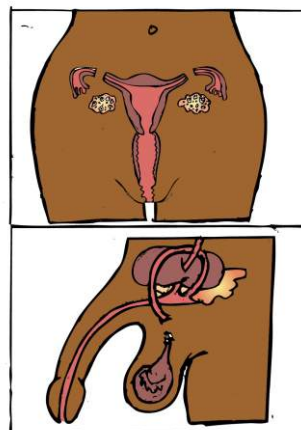
Key Message: See a health worker for counseling on which one of these long-term family planning methods is best for you.



LONG TERM



PERMANENT



STIs and HIV/AIDS

What are STIs? (Sexually Transmitted Infections)

Discussion Question: When people in this community hear about STIs what comes to mind?

A person can get STIs from having sex without a condom with someone who is infected. It is possible to get more than one STI at a time. There are many STIs in Ghana; some of the most common are Gonorrhea and Syphilis (locally called Babaso, Gono and Babaso Nini). These names may vary between communities.

STIs are dangerous and can cause serious lifelong effects and even death. Many of them can be cured if detected and treated early. You cannot always tell if your partner has an STI.

Here are some signs and symptoms:

Gonorrhea

- Frequent or painful urination
- Growths, lumps or swelling around the female and male reproductive system
- Itching in/around private parts
- Discharge from penis or vagina
- Abnormal bleeding or blood in urine

Syphilis

- Painless bump on penis or vagina. Goes away after a few weeks and returns. When it returns, it is worse and cannot be cured
- Skin rashes on back, face, hands and feet.
- Sores in the mouth, nose, throat and genitals
- Feeling generally unwell (headaches, aches and pains).

In Women STIs can cause:

- Sharp pain in lower abdomen that comes and goes
- Menstrual problems
- Infertility – not being able to have children
- Pregnancy outside of the womb
- A pregnant woman can also pass the disease on to her unborn baby in the womb or during birth
- Mental illness, if untreated
- Inability to hold urine (incontinence)

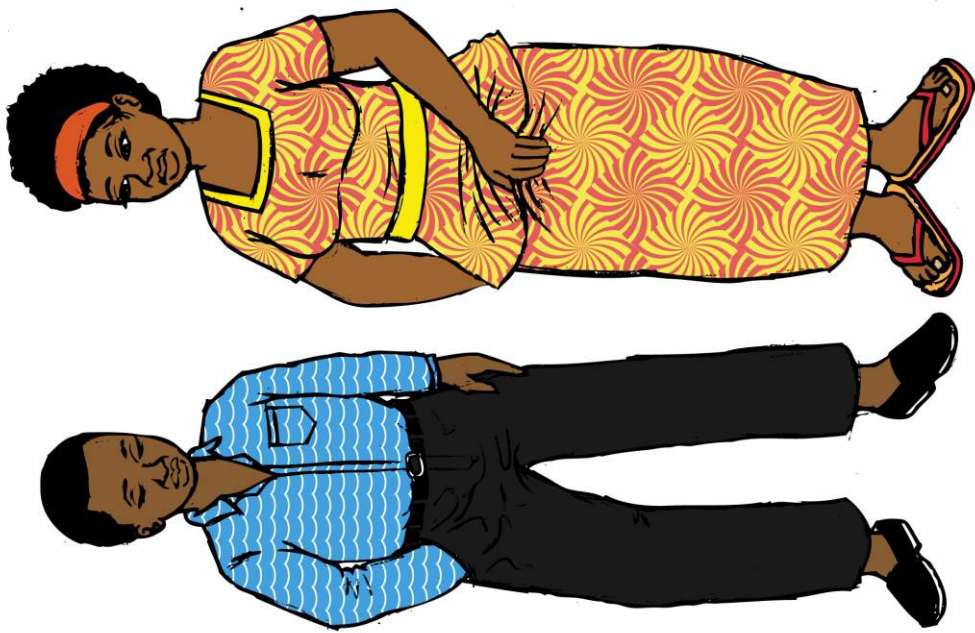
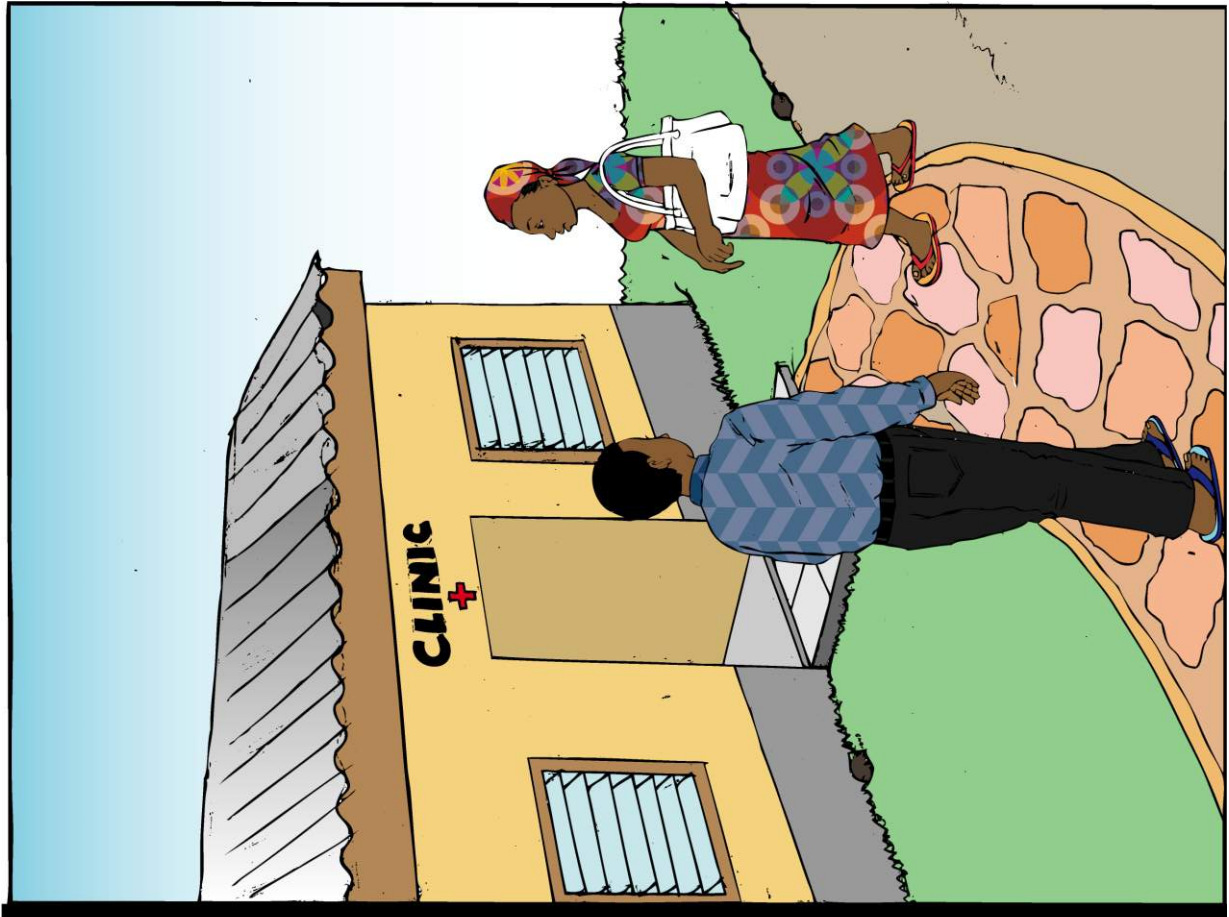
In Men STIs can cause:

- Problems passing urine
- Infertility – not able to have children
- Deformed penis
- Impotence (unable to have erection)
- Mental illness if untreated.

In Children STIs can cause:

- Physical defects at birth
- Mental retardation
- Blindness, deafness.

Key Message: Go to the clinic immediately for treatment if you have signs of STIs. Tell your partner so that he/she can be treated also.



Prevention and Treatment of STIs

Discussion Question: How do people in this community take care of themselves if they think they have an STI?

People who have an STI may look and feel healthy but they can still make others sick. STIs make it easier for a person to become infected with HIV.

Most STIs can be cured if:

- ❖ You get treatment immediately from your nearest health center or you visit your health worker for treatment when you notice these signs: Itchy discharge from private parts (foul smelling), burning while urinating, pain in lower belly (abdomen), skin rash, and bumps on the penis or vagina that doesn't go away for a few weeks. These signs may be seen soon after sex or a few days after
- ❖ You tell your partner to go for treatment or bring him/her with you to the clinic
- ❖ You protect your baby by going in for a syphilis test and a physical examination within the first 3 months of your pregnancy.

After Treatment, to make sure the STI does not return:

- ❖ Take all medicines given by your health worker according to directions, even if your symptoms get better
- ❖ Avoid sex until all treatment is completed and you have returned to the health worker to check that you are cured
- ❖ Make sure all your partners seek treatment even if they show no signs and symptoms
- ❖ Use a Condom Every Time You Have Sex!

You can Prevent/Avoid STIs by following the ABCDs:

- A – Abstinence – Do not have sex. This is the only guaranteed protection.
- B – Be Faithful to your partner – Only have sex with one person who does not have sex with someone else.
- C – Consistent Condom Use – Condoms are your best protection if you have sex. Use them correctly every time you have sex.
- D – Delay sex initiation – Delaying sex until you are physically, emotionally matured enough, and ready to have a family

**Key Message: Most STIs can be cured if you get treatment immediately!!
Take all your medication as directed.**



What is HIV/AIDS?

Discussion Question: What do you know about HIV/AIDS?

HIV - Human Immunodeficiency Virus is the virus that causes AIDS. It weakens the body's ability to protect itself from getting sick.

AIDS – Acquired Immune Deficiency Syndrome occurs when the HIV infected person starts getting sick and shows signs of the body's weakness in preventing sicknesses.

Anyone men, women and children can get infected with HIV/AIDS. People infected with HIV may look and feel healthy, but they can still spread the virus to others.

The AIDS virus **CAN** spread through:

- **Sex** in vagina, anus, or mouth without a condom. Almost 80% of people with HIV in Ghana got it through sex
- **Using and sharing** needles or other sharp objects with an HIV/AIDS infected person
- **Blood transfusions** (if the blood is infected and not screened)
- **Breast milk** of a HIV/AIDS infected mother
- **Mother to infant, during pregnancy and birth.**

The AIDS virus **CANNOT** spread through:

- **Casual** contact like, shaking hands, walking or eating together
- **Sharing** cups or plates
- **Sharing** the same toilet or bathrooms.
- **Insect** bites like those of mosquitoes.

Key Message: People infected with HIV may look and feel healthy, but they can still spread the virus to the others.

AIDS

We are all at risk
SO.....

- **Abstain from sex**
- **Be faithful to your partner**
- **Use condom properly everytime**
- **Delay your first sex**



A message from Ghana Health Service



Prevention and Treatment of HIV/AIDS

Discussion Question: How can we prevent HIV/AIDS? What treatments are available for an HIV positive person?

Prevention of HIV/AIDS: You can protect yourself and prevent HIV by practicing these methods.

- ❖ Abstinence – Do not have sex
- ❖ Be Faithful – Have sex with only one person who is uninfected and demand the same from your partner
- ❖ Consistent condom Use – Use a condom every time you have sex. (**Demonstration on proper use of condoms is included in the Activity Cards**)
- ❖ Delay initial sex.

Testing for HIV: The only way to know if you have HIV is to get tested. The HIV test is free and common throughout Ghana. It is available at most hospitals and clinics. Get tested today!! Know your HIV status!

There are different types of testing options available such as:

- ❖ Determine - An Initial Rapid Test
- ❖ Oraquick to confirm the result from the rapid test
- ❖ ELISA A test done at a lab.

Treatment for HIV/AIDS

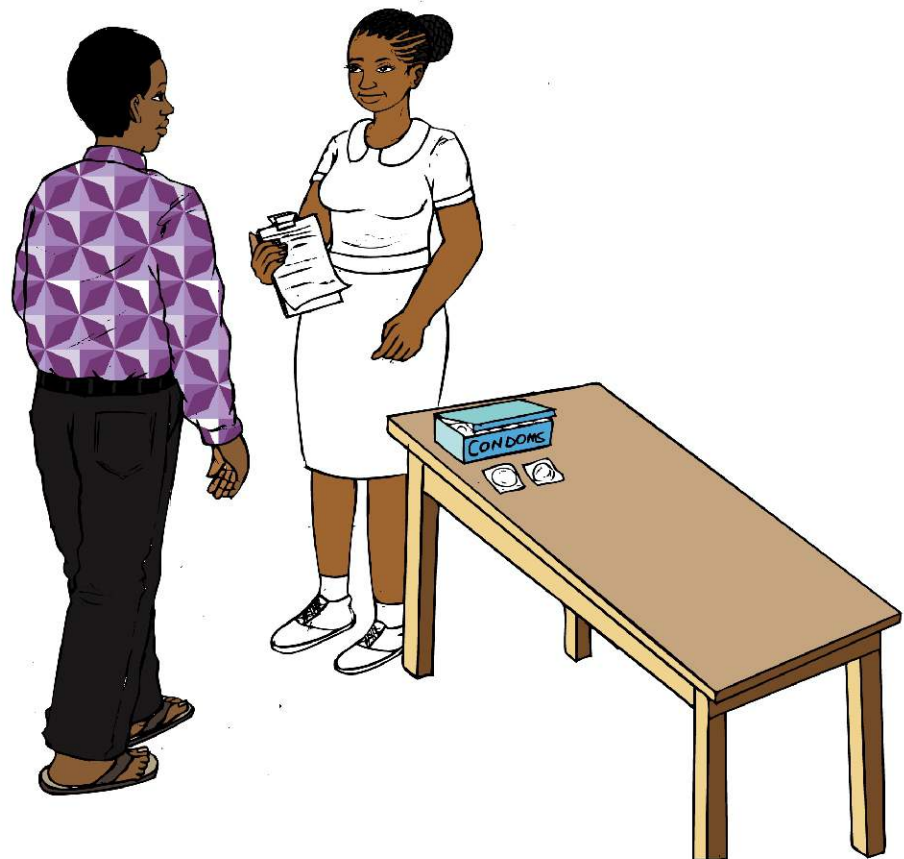
There is no known cure for HIV/AIDS, but a person with the disease can lead a productive life. If you are HIV positive, you will be put on ART (Antiretroviral Treatment) to help you stay healthy. This is available in most health centers. People with the disease need love and support of their families, friends and communities.

Signs and Symptoms of AIDS

- ❖ Several weeks of cough, fever, excessive sweating at night
- ❖ Rapid unexplained weight loss
- ❖ Persistent diarrhea
- ❖ Swelling under the skin (swollen hands, neck)
- ❖ In small children, drastic loss of weight.

If you **KNOW** or **THINK** you have **HIV/AIDS**, go to the nearest health center, clinic or hospital for counseling, and an HIV test. Talk to a counselor before the HIV test to see if you are at risk of HIV/AIDS. Talk to the counselor after the test about the results.

Key Message: There are ways to protect yourself from HIV/AIDS. Seek early treatment if you are HIV positive.



Young People: Sexual Responsibility

Discussion Question: What does it mean to be responsible about sex?

Sex is a major life decision. There can be serious consequences for having unprotected sex. These include:

- ❖ Unplanned Pregnancies.
- ❖ Getting sexually transmitted infections (STIs).
- ❖ HIV/AIDS; and
- ❖ Other emotional problems.

Before you make the decision to engage in sex, make sure are able to take responsibility for the various consequences of having sex. You should also be prepared to take care of children, a family and your partner. Therefore, it is important for your well being to be sexually responsible.

Here are a few tips

- ❖ Don't have sex until you are ready!
- ❖ If you choose to have sex, use condoms. There are condoms for men and women. They help to protect you from contracting sexually transmitted infections and diseases.
- ❖ Keep only one sexual partner, and demand the same from your partner. This also reduces your chances of getting sexually transmitted infection.

Key Message: Don't have sex until you are ready. If you choose to have sex, use a condom and maintain only one sexual partner.



MALARIA

Malaria: Prevention

Discussion Question: How do people get malaria? What do people in this community do to prevent getting malaria?

Malaria is a serious illness that starts with fever. Anyone in the family can get malaria. Malaria is transmitted by mosquito bites. It is especially dangerous to young children under 5 years and pregnant women.

To Help Prevent Malaria

- ❖ Sleep under Insecticide Treated Nets (ITN) every night
- ❖ Pregnant women should receive IPT when they attend ante-natal clinic
- ❖ Put mosquito netting on the windows and in front of the door of your home
- ❖ You can wash and keep using it for as long as you can. If it tears, you can mend it. There are also new (ITNs) called LLIN. These can last up to 3 to 4 years or after 20 washes.

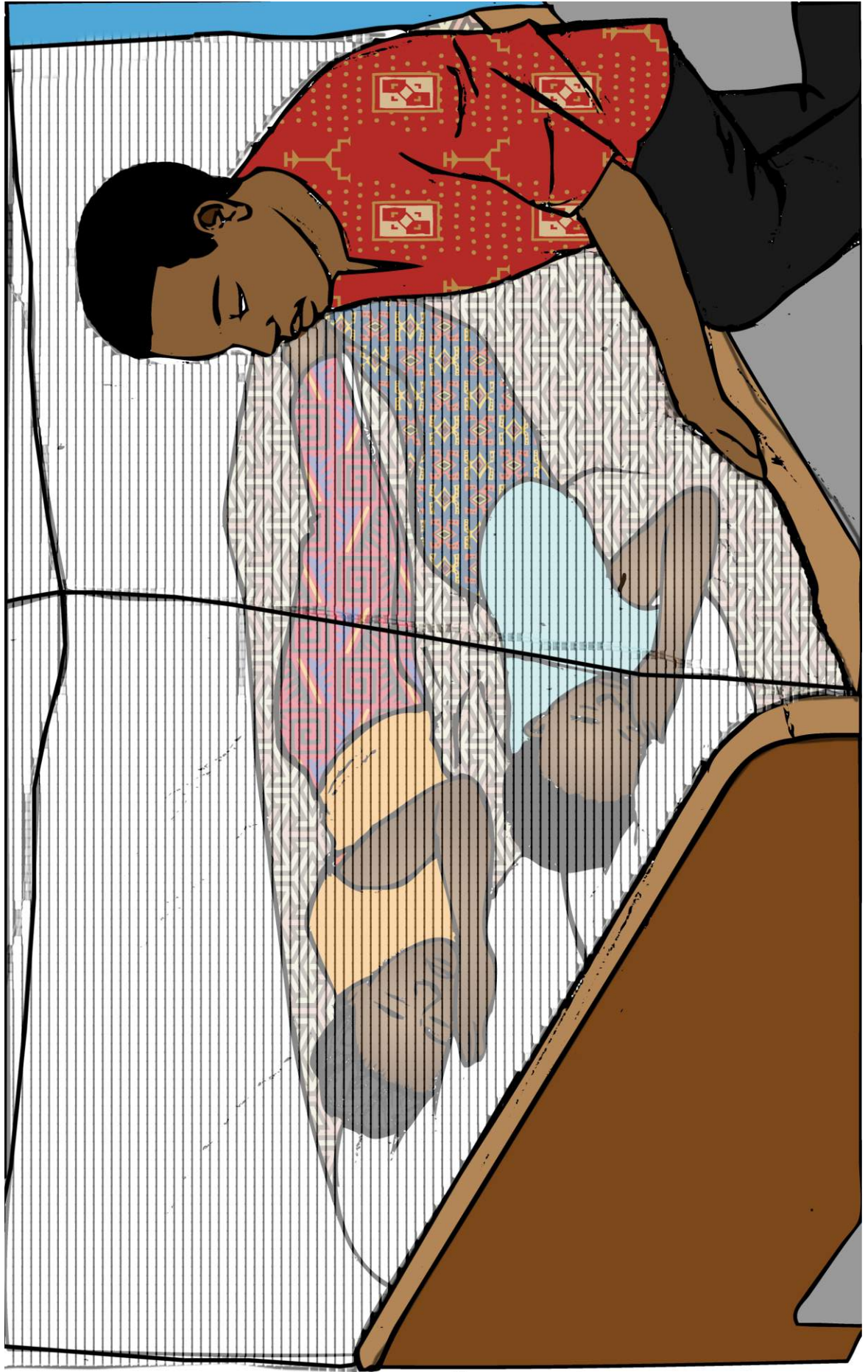
How LLIN Can Protect You from Malaria

- ❖ Purchase LLIN for the entire family
- ❖ Make sure every member of the family sleeps under LLIN every night to protect them from mosquito bites
- ❖ Mothers can obtain LLIN at the ante-natal clinic
- ❖ For additional protection, cover hands and legs with clothes in the evening

Benefit of LLIN

- ❖ Protects the entire family from malaria
- ❖ Take your child to the health facility/clinic immediately if the fever does not go down within two days after starting treatment.

Key Message: Always sleep under Insecticide Treated Nets (ITNs/LLINs).



Malaria: Treatment

Discussion Question: How do people treat malaria in this community?

Malaria kills, so recognize these symptoms for children and adults and treat quickly!!

Regular Malaria Symptoms	Severe Malaria Symptoms
<ul style="list-style-type: none">● Headaches● Body aches and pains● Shivering or heavy sweating● Fever	<ul style="list-style-type: none">● Vomiting● Change in consciousness● Passing dark urine● Convulsions or jaundice.

If a child's body is hot he/she might have malaria

- ❖ Sponge the child with lukewarm water starting from the feet up to the head, to reduce the fever
- ❖ Give the child Artesunate Amodiaquine (AA), and paracetamol if available
- ❖ Or see the Community-Based Agent (trained health worker, Chemical seller etc.) for treatment
- ❖ Continue feeding the child with fluids- breastmilk, coconut water, juice, koko, water etc.
- ❖ Give full treatment as instructed by the health worker or the CBA
- ❖ If the child continues to have any of these signs: vomiting, dark urine, difficult to wake up or convulsing, sponge the child again, insert rectal Artemisinin (Artemisinin suppository) if available
- ❖ Report at once to the nearest health facility
- ❖ Sleep under Insecticide Treated Net every night.

Every child under 5 years and adult who has malaria should be treated with Artesunate Amodiaquine or Artemeter Lumefantrine (AL) or Dihydroartemisinin-Piperaquine (DP) for 3 days.

Why Seek Care When Your Child Has Fever/Malaria

- ❖ Malaria can quickly become severe or even cause death
- ❖ The health worker can determine if it is malaria
- ❖ The health worker will prescribe the recommended medicines
- ❖ The health worker will explain exactly how to take the recommended medicine

**Key Message: Always sleep under Insecticides Treated Nets (ITNs) to prevent malaria.
Know and recognize symptoms; do NOT delay treatment for malaria.**

TREATMENT OF MALARIA WITH ARTISUNATE AMODIAQUINE (AA)

Weight range (approximate age range)	Product	1st day of treatment	2nd day of treatment	3rd day of treatment
<4kg to <10kg (under 1 year)	AA-AQ 25mg/57.5mg blister of 3 tablets	1 tablet	1 tablet	1 tablet
>10kg to <18kg	AA-AQ 50mg/115mg blister of 3 tablets	1 tablet	1 tablet	1 tablet
>18kg to <30kg	AA-AQ 100mg/230mg blister of 3 tablets	1 tablet	1 tablet	1 tablet
>30kg (14 years and above)	AA-AQ 100mg/230mg blister of 3 tablets	2 tablets	2 tablets	2 tablets

Artesunate Amodiaquine

How Much Artemether-Lumefantrine (AL) is Right For You and Your Child

Weight range (approximate age range)	1st day of treatment	2nd day of treatment	3rd day of treatment
<4kg to <10kg (under 1 year)	1/4 tablet	1/4 tablet	1/4 tablet
>10kg to <18kg	2 tablets	2 tablets	2 tablets
>18kg to <30kg	2 tablets	2 tablets	2 tablets
>30kg (14 years and above)	4 tablets	4 tablets	4 tablets

Artemether-Lumefantrine

How Much Dihydroartemisinin Piperaquine (DP) is Right For You and Your Child

Weight range (approximate age range)	1st day of treatment	2nd day of treatment	3rd day of treatment
<4kg to <10kg (under 1 year)	1/4 tablet	1/4 tablet	1/4 tablet
>10kg to <18kg	1 1/2 tablets	1 1/2 tablets	1 1/2 tablets
>18kg to <30kg	2 tablets	2 tablets	2 tablets
>30kg (14 years and above)	2 tablets	2 tablets	2 tablets

Dihydroartemisinin Piperaquine

The Ministry of Health's (MOH) Recommended Anti-Malaria Medicines

Discussion Question: Which medicines do you use to treat malaria in this community?

The Ministry of Health (MOH) is concerned about everyone receiving the correct treatment when they have malaria or fever. Chloroquine is no longer effective in treating malaria. Even though it might help the fever go down, it will not cure malaria.

There are now better medicines to treat malaria and they are:

- ❖ Artesunate-Amodiaquine (AA)
- ❖ Artemether – Lumefantrine (AL)
- ❖ Dihydroartemisinin Piperaquine (DP)

Benefits of the Recommended Medicines for Malaria

- ❖ You and your family will recover fully from Malaria
- ❖ You will avoid losing income when a family member cannot work because of illness
- ❖ Avoid repeated trips to the health center or pharmacy and wasting money on medicines that does not cure the malaria
- ❖ Avoid the heartache of severe illness which may even cost you your life or that of your child

Treatment with Recommended Medicines

Artesunate – Amodiaquine (AA)

- ❖ For the Co-blistered (Artesunate-white) and (Amodiaquine-yellow) tablets, both should be taken together, **two times a day morning and evening**
- ❖ For the fixed doses of AA (white on one side and yellow on the other), take the full tablet once daily
- ❖ It should be taken immediately after eating and with plenty of drinking water
- ❖ If you vomit within half an hour of taking the tablets, repeat the dose after you feel better and make sure you complete the entire course
- ❖ Continue taking the medicine for the full three (3) days, even if you feel better

Artemether – Lumefantrine (AL)

- ❖ Take the recommended tablets (depending on your weight and age) **two times daily**. Morning and evening
- ❖ It should be taken immediately after eating with plenty of drinking water
- ❖ If you vomit within half an hour of taking the tablets, repeat the dose after you feel better and make sure you complete the entire course

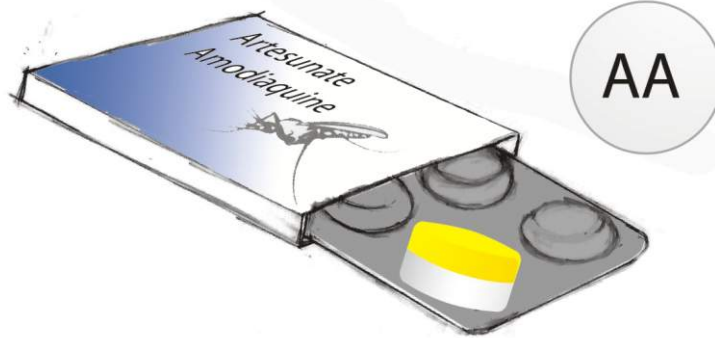
Dihydroartemisinin Piperaquine (DP)

- ❖ Take the recommended tablets (depending on your weight and age) **once daily**
- ❖ It should be taken immediately after eating with plenty of drinking water
- ❖ If you vomit within half an hour of taking the tablets, repeat the dose after you feel better and make sure you complete the entire course

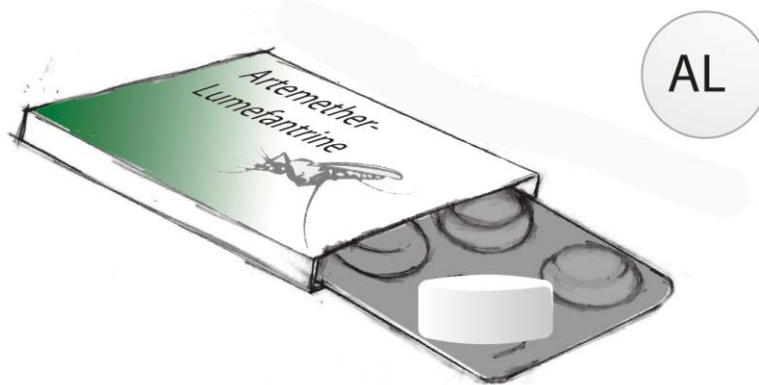
If these medicines are not taken properly, it will not work completely; your condition could get worse. The dosage depends on the weight and age of the person. Adults need a higher dosage than children. Every medicine has side effects. Some people may have minor side effects such as itching, slight weakness, nausea and vomiting, but these will go away when you complete the dose. However, stop treatment and report to the nearest facility if you experience excessive reactions such as, redness of the eye, repeated vomiting, twitching, and excessive weakness.

Key Message: Remember that Chloroquine is no longer effective and will not cure your malaria. Continue taking the newly recommended medicines for the full three days even if you feel better

Artesunate Amodiaquine



Artemether-Lumefantrine



Dihydroartemisinin Piperaquine



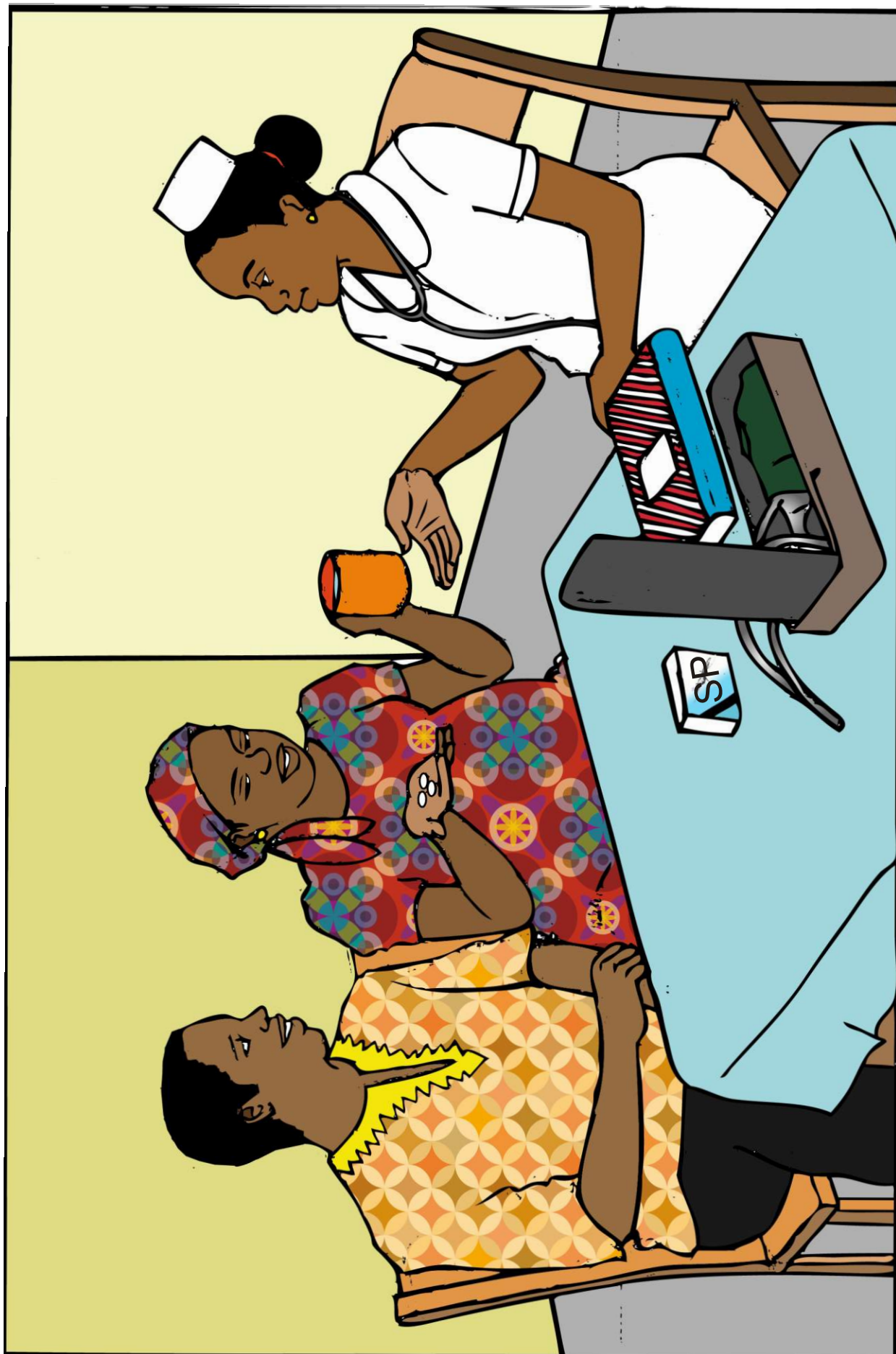
Malaria Prevention during Pregnancy

Discussion Question: Why is it important to attend early Ante-Natal Care clinic?

SP (Sulfadoxine Pyrimethamine) is given to pregnant women to prevent malaria. This medicine can only be taken at the Ante natal clinic and in the presence of the health worker. The first tablet of SP is given when the baby moves in the stomach.

- ❖ Malaria during pregnancy can cause many health problems such as; Anemia, low birth weight in babies, still births and bleeding during delivery
- ❖ Women who take IPT are more likely to have enough blood for themselves and their babies
- ❖ Sleep under LLIN every night. It protects the pregnant woman and her unborn baby from malaria and anemia
- ❖ As soon as a mother knows she is pregnant, she should go to the health facility for ante-natal care
- ❖ When pregnancy is about 4 months (when the baby first moves), she will receive SP, a medicine to prevent malaria
- ❖ SP is given to pregnant women only at the clinic, under the supervision of the health workers
- ❖ The full course of SP is three (3) tablets taken three (3) times, at the interval of at least one (1) month
- ❖ SP should not be taken on an empty stomach. Eat well before going to the clinic for your SP dose
- ❖ GO back if you feel any unusual reaction to SP
- ❖ If you react to sulphur containing medicines like Septrin you can not take SP.

Key Message: Malaria during pregnancy can cause serious health problems, it is important to prevent it. SP prevents malaria in pregnancy. A pregnant woman should ask the health worker for SP when the baby starts to move in the stomach (at about 4 months).



TUBERCULOSIS (TB)

TB Prevention and Treatment

Discussion Question: What should you do if you have been diagnosed with Tuberculosis?

Tuberculosis (TB) is a major health problem in Ghana. When not treated about half of those infected will die within 2 years. But TB is curable. TB is a disease that needs community action. Pay attention to the signs and seek treatment immediately!

Signs of TB:

- ❖ Cough that lasts 3 weeks or more
- ❖ Chest pain
- ❖ Weight loss
- ❖ Coughing up blood
- ❖ Shortness of breath
- ❖ Fever and heavy sweating at night (even when the weather is cold)
- ❖ Very little or no appetite.

If you have these signs go for counseling and testing at the nearest health facility. People who have TB should get anti-tuberculosis drugs.

Directly Observed Treatment Short Course – (DOTS)

The health worker would:

- ❖ Make sure to treat you if the test indicates TB
- ❖ Observe the person with TB swallow the tablet or get the injection
- ❖ Give the short course of therapy for the correct length of time.

To make sure the treatment cures the patient, it is important to follow the complete treatment even if the patient feels better. It is very dangerous to stop taking the pills once the patient feels better.

Follow Treatment Instructions

The TB patient should

- ❖ Take all medicines given him/her correctly every day for a period of 8 months
- ❖ Sleep in an airy room
- ❖ Cover his/her mouth and nose when coughing or sneezing
- ❖ Eat well and take lots of fruits and vegetables
- ❖ Maintain good personal hygiene
- ❖ Avoid overcrowding such as many people sleeping in one room

Remember: TB treatment is free of charge in all government clinics!

Key Message: It is important for a person with Tuberculosis to take all medicines as instructed by the health worker





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