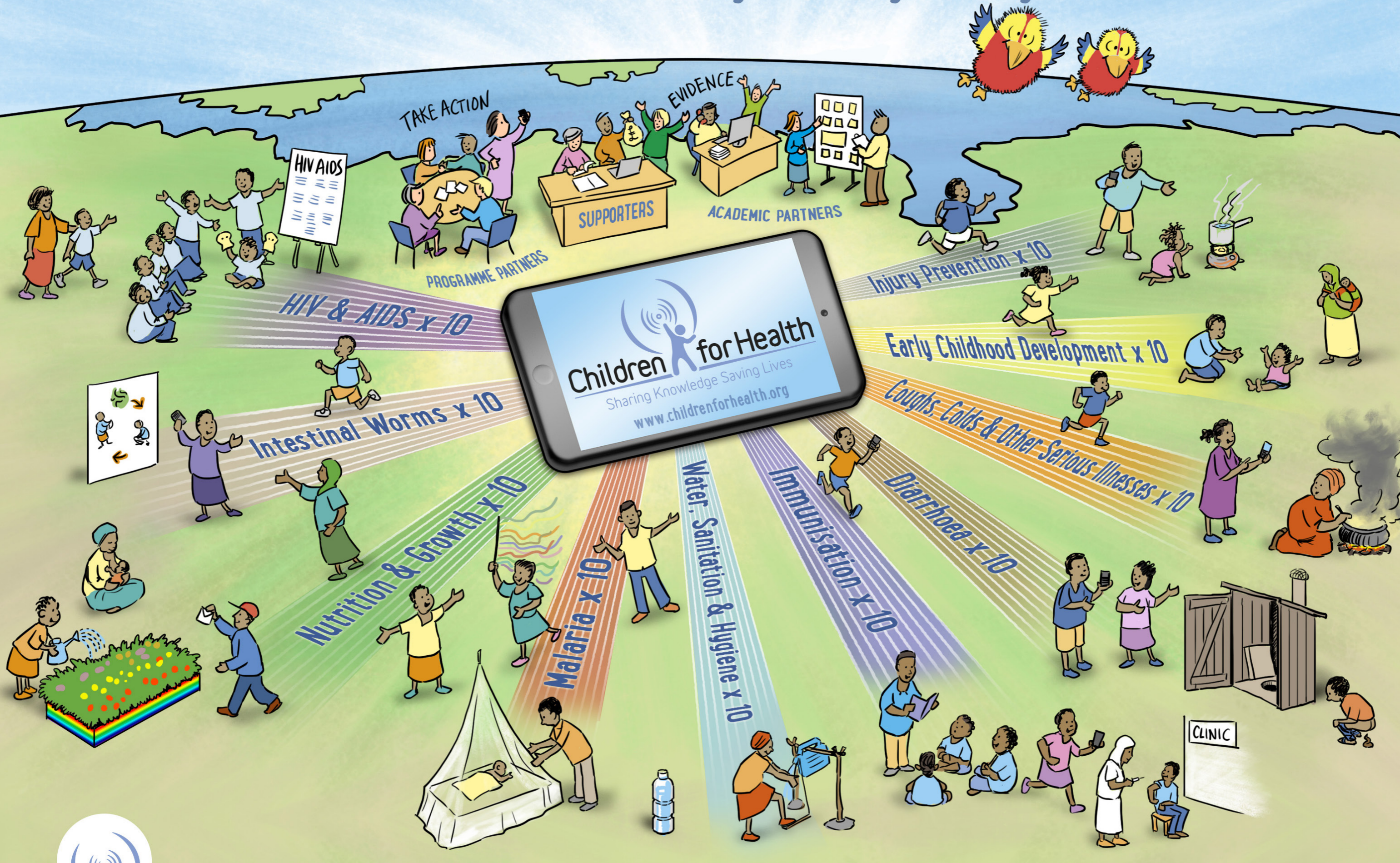


Children for Health - Sharing Knowledge Saving Lives



The Children for Health 100 messages



MALARIA

1. Malaria is a disease spread by the bit of an infected mosquito. Mosquitoes often bite between sunset and sunrise.
2. Malaria is dangerous. It causes fever and can kill, especially children and pregnant women.
3. Prevent malaria by sleeping under insecticide-treated bed nets that kill mosquitoes and stop them biting.
4. The malaria vaccine helps protect children from getting extremely ill with malaria and can even save their lives.
5. When children get malaria they may grow and develop more slowly.
6. There are three types of insecticide spraying to kill malaria mosquitoes: in houses, in the air and onto water.
7. The signs for malaria are high fever, headaches, muscle and stomach aches, and chills. Rapid tests and treatment will save lives.
8. Malaria can be prevented and treated with medicine as directed by a health worker.
9. Malaria lives in an infected person's blood and can cause anaemia, which makes us tired and weak.
10. Antimalaria pills can prevent or reduce malaria and anaemia in places and at times when there is lots of malaria in a community.



DIARRHOEA

1. Diarrhoea is watery poo that happens three or more times a day. It can lead to dangerous dehydration.
2. Diarrhoea is caused by tiny germs that are too small to see. Germs live all around us! Germs travel easily from our fingers, food, drinks, cups and spoons and into our mouths and bodies.
3. Diarrhoea causes us to lose vital fluids from our bodies. We need to replace fluids and salts to keep the body strong and prevent serious illness or even death from dehydration.
4. A child with dehydration can have a dry mouth and tongue, sunken eyes, no tears, loose skin, and feet. Babies can have a sunken soft spot on the head. Spot these signs? Take them to a clinic urgently.
5. ORS stands for Oral Rehydration Solution, the best drink to prevent and treat dehydration. Find packets, to make ORS, at clinics and shops.
6. Prevent dehydration by using ORS as soon as diarrhoea begins. Mix ORS correctly with clean, safe water following the instructions on the packet. Breast milk is best for babies.
7. Children doing more than three watery poos a day or bloody poo or who start to vomit too MUST be seen by a health worker. Give ORS or other fluids while waiting to be seen.
8. Zinc tablets can reduce the amount of poo and can help children recover more quickly from diarrhoea. Health workers instruct us how to take Zinc with ORS. Give fluids too, to prevent dehydration.
9. Young children with diarrhoea need every day tasty, mashed food and soups as often as possible to make their body stronger.
10. Prevent germs spreading! Develop everyday habits like proper handwashing with soap, good hygiene after toilet, before eating and preparing food. Breastfeed babies and immunise against measles and rotavirus.



NUTRITION

1. To have a balanced healthy diet, eat different food of different kinds. GO, GROW and GLOW for strong bodies and happy minds!
2. Malnutrition means Bad Nutrition and happens if we eat too little, too much or mostly junk food. Avoid malnutrition! Sit and eat enough good food at mealtimes, but not too much.
3. To check that babies and young children are growing well watch and help record their lengths and weight at a clinic as often as instructed by a health worker.
4. Help avoid lifelong harm to young children. Tell adults to have them checked if you see their arms or body looking thin or their face or feet looking swollen.
5. When young children are ill they may not eat well. Give them healthy drinks e.g. breast milk, milk or home-made soup. Also, give extra food when they start to feel better.
6. Be a breast milk champion! Breast milk is always fresh and clean and the ONLY food and drink a baby needs from birth to 6 months.
7. Help prepare and give older babies good food (6 months to 2 years). They need breast milk plus family food and snacks 3-4 times a day.
8. Eat a rainbow of fruits, vegetables including leaves (red, orange, yellow and green). They contain micronutrients too small to see, but vital for our body and mind.
9. Wash your hands well using water and a little soap. Rub for 20 seconds, rinse, shake and air-dry after toilet and before preparing food and eating.
10. Wash fresh food well as you prepare it. Use cooked food immediately or make sure it's stored away from flies to make it safe to eat later.



COUGHS, COLDS & ILLNESS

1. Lungs help us breathe. Coughs and colds can weaken them. Pneumonia is an illness caused by bacteria germs that can make weak lungs very ill.
2. Everyone gets coughs and colds. Most get better quickly with good food and rest. If coughs or colds last more than two weeks, visit a health centre.
3. Handwashing with soap and water for at least 20 seconds at 5 critical times prevents the spread of germs and illnesses like pneumonia.
4. Keep babies and children away from cooking smoke to help prevent illnesses like pneumonia.
5. Smoking tobacco and breathing smoke from other people's cigarettes is harmful. Keep children away from cigarette smoke.
6. Pneumonia is a serious illness and can cause young children to breathe fast. Other signs are fever, vomiting and chest pain.
7. If an infant or young child is breathing more quickly than usual, take them to a health centre as they may need medicine fast.
8. A good diet, breastfeeding for babies, a smoke-free home and immunisation all help prevent coughs, colds and serious illnesses like pneumonia.
9. Treat a cough or cold by keeping warm, giving tasty drinks often (like soup and juice), eating nutritious food, resting and keeping the nose clean.
10. Stop coughs, colds and pneumonia spreading from one to another. Avoid close contact, keep hands and utensils clean and cough into a bent arm or paper.



CARING FOR BABIES

1. Play games, cuddle, talk, show, laugh and sing to babies and young children as much as you can.
2. Babies and young children become angry, afraid and tearful easily & can't explain their feelings. Always be kind.
3. Young children learn fast: how to walk, make sounds, eat and drink. Help them but let them make safe mistakes too!
4. All girls and all boys are as important as each other. Treat everyone well especially children who are sick or who have disabilities.
5. Young children copy the actions of those around them. Look after yourself, behave well near them & show them good ways.
6. When young children cry, there's a reason (hunger, fear, pain). Try to find out why.
7. Help prepare young children for learning at school by playing number and word games, painting or drawing. Tell them stories, sing songs and dance.
8. In a group, watch and record in a notebook how a baby grows into a toddler and when they do important 'firsts' like speak, walk & talk.
9. Prevent diseases by helping adults and older siblings to check that babies & young children are clean (especially hands and faces), drink safe water & eat enough good food.
10. Give loving care to babies & young children but don't forget about yourself. You are important too!



INTESTINAL WORMS

1. Millions of children have worms living inside their bodies, in a part of the body called the intestines and this is where the food we eat is digested by our bodies.
2. Different kinds of worms can live in our bodies: roundworms, whipworms, hookworms and trematode worms (blood flukes). There are others too!
3. Stop worm eggs getting into the body by washing hands with soap after a pee or poo before preparing food or eating, by washing fruit and vegetables and by wearing shoes or sandals.
4. Worms can cause stomach pain, coughs, fevers, diarrhoea and other signs of illness. Worms in the body can also make people feel weak or tired.
5. Worms can live inside your body so you might now know they are there, but sometimes you can see worms in your poo.
6. Worms and their eggs get inside our bodies in different ways. Drinking unsafe water and eating food that has worms too small to see is one way. Other worms live on the ground and get inside the skin on our feet from walking barefoot.
7. Taking a de-worming pill kills the worms. The pills are given at health centres and sometimes all children are treated at the same time to prevent worms from coming back.
8. Worm eggs and other germs can live in pee and poo. Use latrines. Do not poo outside in the open.
9. Some worms live in the soil so wash your hands with soap after handling animals, playing outside, farming or gardening.
10. Water that contains animal or human pee or poo can mean worm eggs are on the vegetables and fruit we eat. Wash, peel and cook food properly before eating.



WATER AND SANITATION

1. Always wash your hands well. Pour water on your hands and use a little soap. Rub your hands for 10 seconds, rinse and air dry, or dry with a clean cloth, not on dirty clothes.
2. Wash your hands before touching your T-zone – your eyes, nose, and mouth. Germs get into your body through these places. Try not to touch the T-zone.
3. We should wash our hands BEFORE 1. preparing and eating food; 2. holding or giving food to babies. And AFTER 3. using the toilet; 4. touching animals or garbage; 5. looking after a sick person.
4. To protect ourselves from worms, keep the face and body clean and wear shoes or sandals.
5. Flies land on poo and then on daces and our food. Use a lid on a pit latrine, close a toilet lid and the door to keep flies away from spreading germs.
6. Use the super-helper SUN to dry utensils after washing them. This destroys the germs.
7. Avoid touching drinking water with dirty hands! Use lids and cups with handles to keep water clean and free from germs.
8. Sunlight makes water safer to drink! Filter water into clear, plastic bottles. Leave it for 6+ hours in sunshine before drinking. Adding chlorine tabs or boiling works too.
9. Keep your face clean. When flies touch your eyes or face, wash it with clean water and use a clean face towel.
10. Keep our home and community clean from garbage and dirt! Store and cover garbage until it's collected, buried or burnt. Prevent flies spreading germs.



IMMUNISATION

1. Immunisation means being protected against a disease.
2. When we have a disease, harmful germs can enter our bodies and cause us to be ill.
3. To fight disease, our body produces antibodies and these antibodies fight the germs. After the fight, antibodies remember the germs and can fight even better if the germs come into the body again.
4. Vaccines by injection or mouth teach the body to make antibodies against a certain disease.
5. To be able to fight some diseases, you need to have vaccinations more than once to build up enough antibodies.
6. Vaccinations save millions of lives! They prevent or weaken the effect of diseases like measles, tuberculosis, diphtheria, whooping cough, polio, and tetanus and COVID-19.
7. To protect our body, it is best to be vaccinated before the germs enter our body BUT we can be vaccinated and protected at any age.
8. Every country has a vaccination schedule showing which vaccine to get at what age and how often to get it.
9. After some vaccinations, we can feel a little tired, weak or have a sore arm or develop a fever. This is normal. The body is using energy to develop antibodies to make the body stronger.
10. Some people are afraid of vaccines or can have strong feelings against them, but health workers and the scientists who created the vaccines want people to live healthy lives. Listen to their advice.



HIV AND AIDS

1. Our body is amazing. We have an immune system, and this protects us from germs cause diseases.
2. Human Immunodeficiency Virus (HIV) is a virus that weakens our immune system and stops our bodies protecting us well from everyday germs. IF HIV is not treated, it can lead to AIDS (Acquired Immuno Deficiency Syndrome).
3. HIV lives in the blood and other bodily fluids and is invisible to the eye. It can be passed on (1) through sex (2) from HIV positive mothers to their babies during pregnancy, delivery or breastfeeding (3) in needles or syringes, and (4) through a blood transfusion.
4. Medicines called AntiRetroVirals (ARVs) keep HIV levels low so a person can live a long time. ARVs prevent the spread of the virus to others.
5. Children with HIV need strong support from their family, friends and teachers and encouragement to keep going with their medication to stay healthy.
6. People with HIV can play, share food and drink, hold hands, kiss and hug other people. People do not pass on the virus this way.
7. A medicine called PrEP (Pre-Exposure Prophylaxis) helps protect people who are at risk of getting HIV.
8. People protect themselves from getting HIV from sex by (1) having sex using condoms (protected sex) (2) being in a sexual relationship where both partners are HIV negative and do not have sex with others. (3) taking Pre-Exposure Prophylaxis (PrEP).
9. To help themselves and others, adults who think they may have HIV can do a simple test at a clinic or with a self-test at home.
10. Pregnant women should be tested for HIV at the antenatal clinic. If positive, they should get treatment to keep them healthy and stop HIV passing to their baby during pregnancy, delivery and breastfeeding.



ACCIDENTS & INJURY

1. Cooking areas may be dangerous! Keep young children away from stoves, fires, hot pots and pans, boiling water, electrical items and sharp or heavy things.
2. Inhaling very hot air, soot, smoke from fires, tobacco smoke, burning plastic and other chemical fumes cause us harm now and later.
3. Poisons like fertilisers, weed killers, pesticides, fuels and all medicines should be labelled, stored or locked away and kept out of the reach of children.
4. If you or someone else is burned, put cold water on the burn immediately for 10-30 minutes and get help from a health worker.
5. Vehicles, motorbikes and bicycles can seriously hurt children. Be aware! Help others stay safe! Learn and share road safety rules!
6. Don't play with, keep out of reach or lock up dangerous items like knives, sharp tools, glass, electric plugs, wire, nails and pins etc.
7. Be alert! Babies and young children explore using their mouths. They can put dirt & small objects in their mouths like small toys, batteries, coins and buttons. These can block their breathing.
8. Pay attention when young children play near water like rivers, lakes, ponds or wells. Learn how to float or to swim if you live or go near water.
9. Understand the risks from poisonous plants and creatures like snakes, insects and other animals. Know where to get help if you are bitten or injured.
10. With your family, create and learn how to use a first-aid kit with items like: oral rehydration salts; hand sanitiser; thermometer; disinfectant; plastic gloves; antiseptic cream; soap; cotton wool; scissors and bandages.