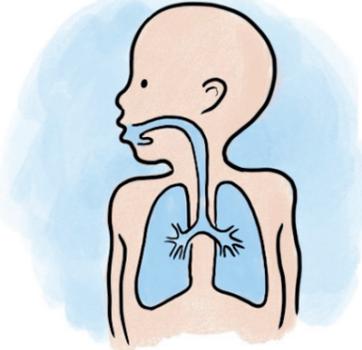




Coughs, colds and pneumonia 10 messages for children to learn & share

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.



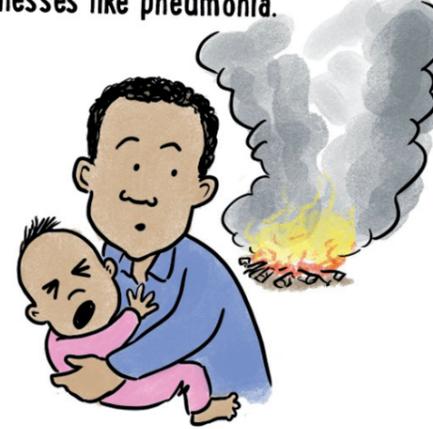
2. Everyone gets coughs and colds. Most get better quickly with good food and rest. If coughs or colds last more than two weeks, visit a health centre.



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.



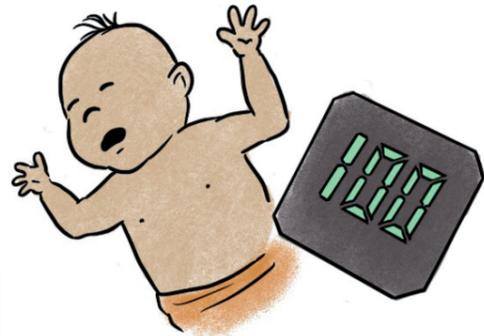
5. Smoking tobacco and breathing smoke from other people's cigarettes is harmful. Keep children away from cigarette smoke.



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.



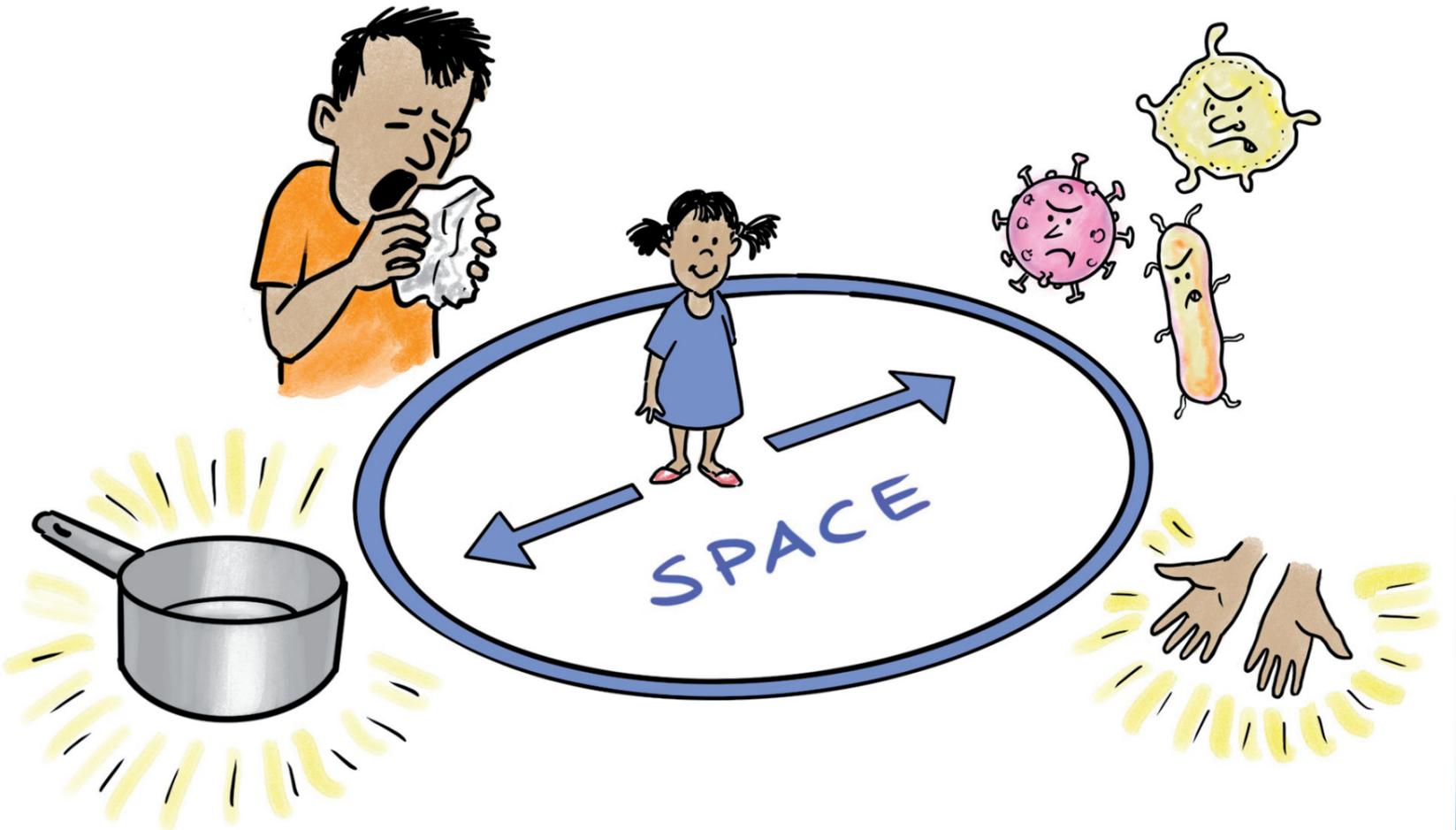
8. A good diet, breastfeeding for babies, a smoke-free home and immunisation all help prevent coughs, colds and serious illnesses like pneumonia.



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 person to another. Avoid close contact, keep hands and utensils clean, and cough into a bent arm or paper.



Frequently Asked Questions About Our Posters

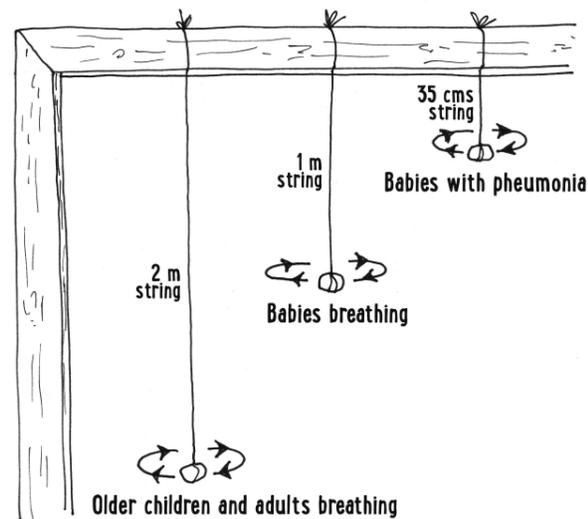
- **Who is the poster for?** Educators of many kinds, parents & children aged 10-14.
- **Where might it be used?** Schools, at home, health clinics, children's clubs, religious groups etc.
- **Is it enough for children to learn the messages?** The messages are designed to be 'doorways' to discussion & action. They are for children to understand & use, not just to memorise.
- **Why are the faces of the people on the poster multi-ethnic?** Children for Health has a global audience, so we use multi-ethnic faces on our posters.
- **How do I use the messages?** Be creative! Focus on one topic for a week, month or term!
- **What is the Rainbow Stick?** When a child learns & shares a message & returns with a story about how they shared that message, a teacher or other adult rewards the child with a strip of coloured fabric to tie to their stick. Children for Health has 100 messages & every child can leave primary school holding their Rainbow Stick with 100 coloured 'ribbons' tied on it showing everyone that they know 100 health messages.
- **Why is one picture bigger than the others?** It's the Children for Health 'key' message for this topic.
- **Can I add to, change, adapt, translate or simplify the messages?** YES! BUT check with experts that your new or revised messages are accurate.
- **Are there other important messages you have not mentioned?** Our messages are short & simple. You may want to add other short & simple messages & that's OK.
- **Why do some of the words & concepts on this poster seem too hard for children?** Children love to learn new words & ideas like the names of different worms. Take time to ensure they understand words, acronyms & ideas of lifelong importance.



Further Information for Educators

Make a pendulum with children to learn about fast breathing

- 1 Tie a stone to a piece of string over 2 metres in length.
- 2 Measure 35 centimetres from the stone along the string and tie a knot.
- 3 Measure from the stone 1 metre and tie another knot.
- 4 Measure 2 metres from the stone and tie your third knot.
- 5 Hold up the pendulum - holding the string from this 2-metre knot and swing the stone.
- 6 Breathe in time to the swing of the stone. Do it loudly as first and then quieten your breathing (its fun!). This is the speed that most adults breathe when they are healthy.
- 7 Hold the string up from a one metre length and do the same - breathe in time to that faster paced swing - first loudly and then quietly. This is the speed that most babies breathe at when they are healthy.
- 8 Hold up the strong at the 35cm length and swing the stone. Then as above breathe in time to the speed of the stone first loudly then quietly. This speed is how an infant less than 2 months old breathes when something is wrong and they need treatment at a clinic or a hospital quickly!



Basket of Activities



- MAKE our own messages on Coughs, Colds & Pneumonia in our own words and our own language!
- MEMORISE the messages so we never forget them!
- SHARE the messages with other children and our families!
- MAKE a plan of your house. Where is it smoky, where is it not? Where is safe for young children to play that's away from smoke?
- MAKE a poster to encourage parents to take their children to be immunised against dangerous diseases like measles and whooping cough.
- MAKE up a song about pneumonia and share it with our family and friends.
- MAKE our own play about breastfeeding babies.
- MAKE a play about keeping cool with a fever and keeping warm with a cold.
- MAKE a **Tippy Tap** for home and school to help wash our hands with soap before eating and after using the toilet.
- TEACH and REMIND others how to wash our hands with soap and water to stop germs spreading and protect against coughs and colds and other illnesses.
- TEST our knowledge of pneumonia by acting out different scenarios that could be pneumonia or could be a cold.
- ASK what are the danger signs for pneumonia? Share what we learn with our families.
- ASK where is smoking banned? Is your school smoke free? Plan how to make your home and school, smoke free.
- ASK what makes us breathe fast? Check our ideas with a health worker.
- ASK what are new and old ways to treat coughs and colds?
- ASK how are germs spread? Learn by playing The Handshaking Game.