

**WORKBOOKS FOR  
COMMUNITY HEALTH WORKERS**

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**Introduction to  
Training  
Clean Water and  
Clean Community  
Prevention and Care  
of Diarrhea**

**INTRODUCTION TO TRAINING**

**CLEAN WATER AND CLEAN COMMUNITY**

**PREVENTION AND CARE OF DIARRHEA**

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A more detailed list of acknowledgments can be found in the Overview to the MEDEX Primary Health Care Series.

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**The MEDEX Primary Health Care Series**

# Introduction to Training

A WORKBOOK FOR  
COMMUNITY HEALTH WORKERS

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HEALTH MANPOWER DEVELOPMENT STAFF  
JOHN A. BURNS SCHOOL OF MEDICINE  
UNIVERSITY OF HAWAII, HONOLULU, HAWAII, U.S.A.

**Community Health Worker's Name:**

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## SESSION 1

# Good Health

Everyone in your family and your community can be healthy. Many things help to keep you, your family and people in your community healthy. In this introductory workbook you will discuss things that keep people healthy. You will also discuss how some people become ill. This workbook will introduce the other workbooks in your training.

What things keep people healthy?

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What things keep children healthy?

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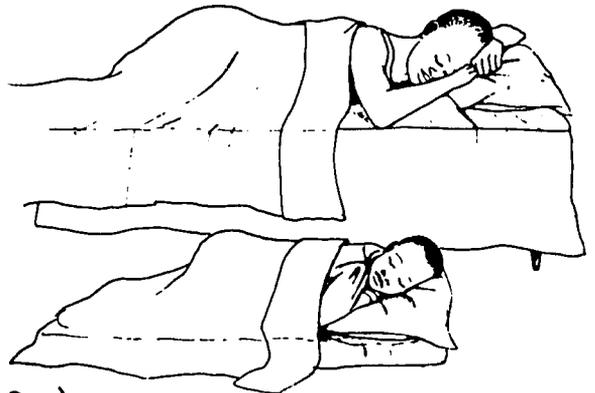
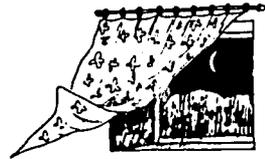
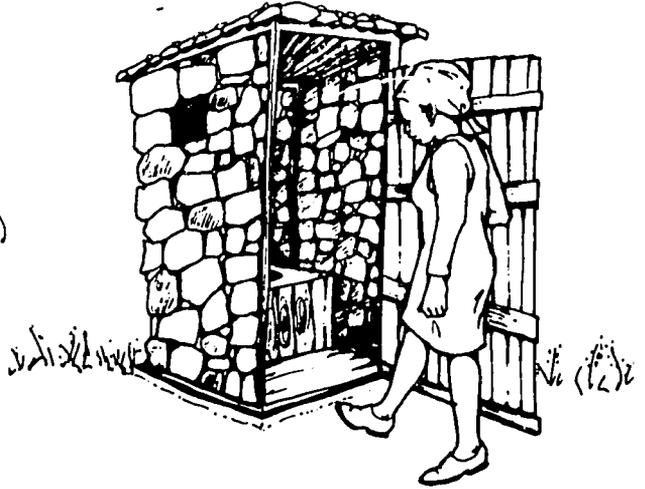
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Love and care in the home help children to grow up healthy. Good food, a clean home, and clean surroundings also help them to grow up healthy.

Look at these pictures. What do you see that helps keep people and children in the community healthy?

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**Which six things in the pictures do you think are most important to keep people healthy?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

**Discuss these things with others. Listen to the ideas of other people. Learn from each other.**

**What else do you need to stay healthy?**

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**These things may help keep people healthy:**

**Love and care at home and in the community**

**Good food**

**Clean water**

**Clean homes and surroundings**

**Enough land to grow food**

**A means of livelihood**

**Resources to meet the needs of the family**

**Early recognition of health problems**

**Early care for health problems**

**Others** \_\_\_\_\_  
\_\_\_\_\_

**What are the four most important things for good health?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

People have to care for themselves, their families, and their homes to stay healthy. People also have to take care of their community. A clean community has healthy people. You will learn more about this in your training.

**What can people do to take care of themselves to stay healthy?**

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**What can people do to make their home a healthy place to live?**

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**What can people do to make their community a healthy place to live?**

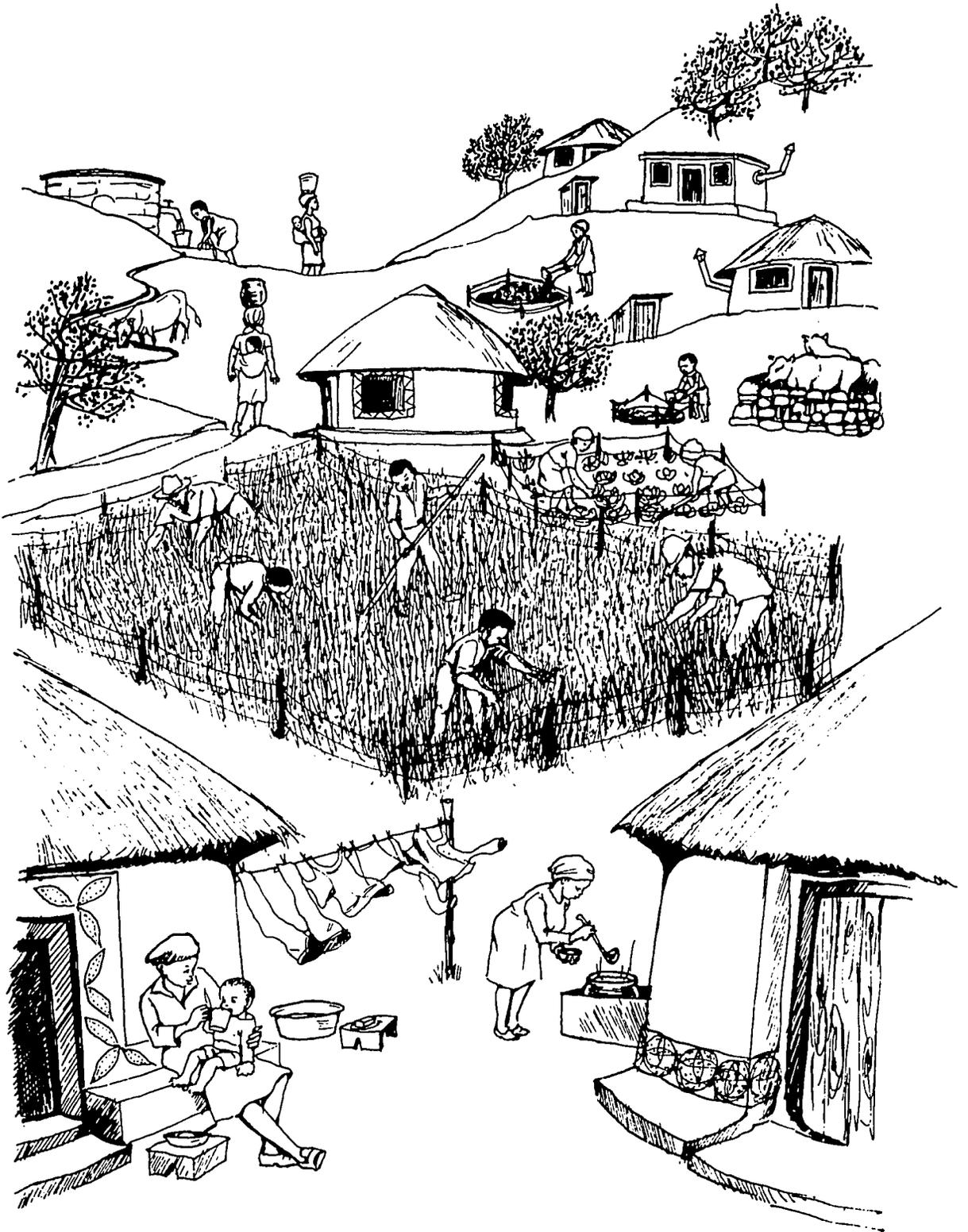
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Many things help to keep you, your home, and the community healthy. You have already discussed some of these things. Now look at this picture of a community carefully.



**What are the things in the picture of the community on the last page that are good for health?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

**In what ways is your community different?**

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Look at this picture of another community.



Is this a healthy community? What things that are good for health do you think are missing from this community?

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**Which things are missing from your community?**

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**People have health problems when certain things are missing from the community. You will discuss health problems in the next session.**

**What main points have you learned in this session?**

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**Who can take care of the health of the community?**

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## SESSION 2

# Health Problems

In the last session you discussed things that help people to stay healthy. People become unhealthy when some of these things are missing.

List and discuss things that are missing from your community.

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People also become unhealthy when they do not do certain things for themselves. List and discuss what people do not do for themselves to stay healthy.

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What health problems can people have when these things are missing?  
What health problems can people have when they do not do certain things to stay healthy?

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The booklet “Health Problems in the Community” can help you discuss health problems with people in your community. You can use the booklet to find out the health problems people have in your community. You can find out the health problems that people want to know more about. The booklet will also help you discuss what people think about certain health problems.



Look at the pictures in the booklet “Health Problems in the Community.” What do you see in the pictures? Do the pictures look like what you see in your community? Do you see any of these health problems in your community?

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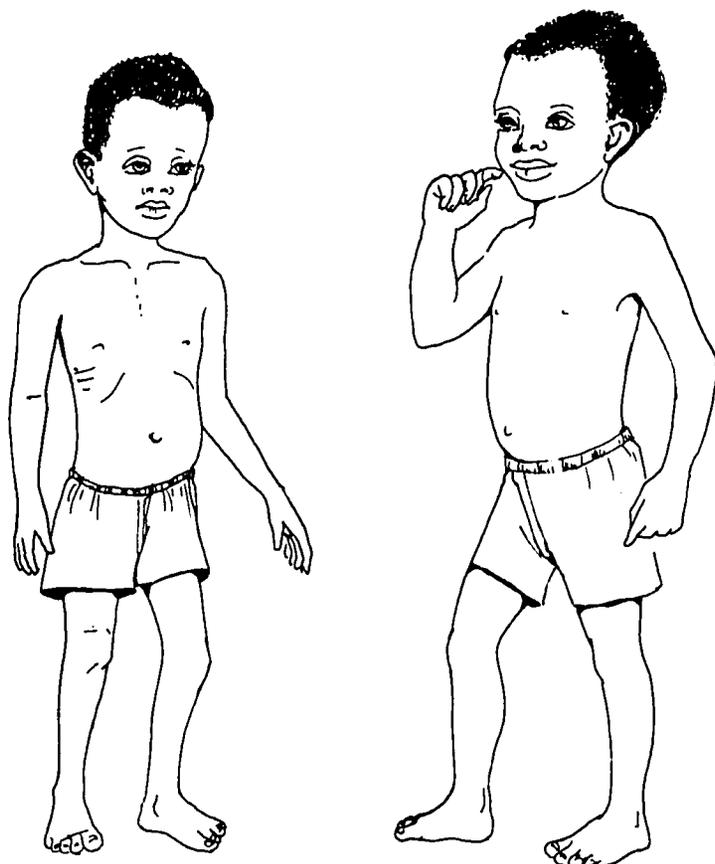
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Share your ideas during this training program. You will see that you already know a lot about health and health problems. Share what you know with other community health workers and your trainer. Then you will learn together. Here are some pictures from the booklet.



These two boys are the same age. What do you think has happened to the boy on the left? Do many children in your community look like the boy on the left? Why does the boy look like this? What is missing from his life that has made him like this?

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Look at other pictures in the booklet, "Health Problems in the Community." You can use the pictures to discuss health problems in your community.



What is happening in the picture above? Do you see this in your community? Can this cause any health problems? What kind of health problems?

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**You can use the booklet with people in your community to discuss good health and health problems. Here are two more pictures from the booklet.**



**What do you see in the picture above? What is mother doing? Is this good for the health of the baby? Do you see anything that you do not like in the picture?**



**What is the family doing in the picture above? Does the family have a health problem? What kind of health problem? Why?**

List the health problems that you see in the pictures in the booklet  
“Health Problems in the Community.”

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Now list the health problems that are common in your community.

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What are the causes of the health problems that are common in your  
community?

HEALTH PROBLEM	CAUSE
<hr/>	<hr/>

**What health problems would you like to know more about?**

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**In this training program you will learn about and discuss how people stay healthy. You will also learn what to do about common health problems in your community. You can use the pictures and stories in the workbooks and booklets and also other methods and materials to discuss good health and common health problems with people in your community. Then you will be able to share what you learn with others in your community.**

**You can then help people to do things by themselves to stay healthy. You can also get people to work together to make their homes and the community healthy places to live. You will learn and discuss how to make sure that fewer things are missing from your community. As a community health worker you can help people in your community to stay healthy.**

## SESSION 3

# Community Health Workers

So far you have discussed things that help people to stay healthy. You have also learned that people have health problems when some of these things are missing. In this session you will discuss what you can do to help people in your community stay healthy.

What do you think is the role of a community health worker?

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Good health is important for everyone. Unhealthy persons cannot do their work. They cannot enjoy their life. As a community health worker your role is to find out what helps people to stay healthy. You need to find out what is missing from your community. You need to also find out what you and the people in your community can do to make the community a healthy place to live.

During your work in the community you will find that some people have health problems. You need to take care of people with health problems. Taking care of people when they are ill is useful. But people will continue to have the same health problems if some things are missing from their lives. You need to make sure that people are able to do things to stay healthy.

You have been chosen by the people in your community to help them to stay healthy.

**Why did the people in your community choose you?**

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**How can you help people do things by themselves and with others to stay healthy?**

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**People can do many things to stay healthy. People can do things in their homes like eat good food, keep their water clean, and keep their homes clean. People can also do things with others to stay healthy. People can work together to keep their community clean, dig a clean well, and build latrines.**

**Who can help you in your work as a community health worker?**

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**Many people can help you. Everyone in the community can do things to make the community clean and healthy. Community leaders, religious leaders, women who help in births, government workers, and many other people can help you.**

**Your role as a community health worker is to make everyone in your community healthy. People in a healthy community keep their homes clean and healthy. When homes are clean and healthy, the people**

who live in them are healthy. This is very simple to learn about but very difficult to do. People have many ideas about what is healthy. In your training you will learn some ideas about what is healthy. You will learn other ideas from people in your community when you discuss health with them. Find out what people do to stay healthy. Who are healthy people? How do they stay healthy? Who are unhealthy people? Why are they unhealthy? How can you help them? How can you show them how to help themselves?

Write down what you can do as a community health worker to make your community healthy.

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## SESSION 4

# Community Health Worker Training

With this workbook you have started your training as a community health worker. Most of your training will be like what you have been through so far. Your training will be done with workbooks and other learning materials. These materials will help you share ideas with each other and with your trainer. Already you have many ideas and skills which you should share with others. The workbooks will help you share your ideas and also give you some new ideas. You have to decide what is most important in your community and how you will help to make your community healthy.

What would you like to learn about in your training?

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Discuss what you would like to learn.

In your training you will learn about how people can stay healthy and why people become unhealthy. Once people know how to stay healthy, they will not become ill often. You can share with people your ideas on what makes them ill. Then people will try to do what they can so they do not become ill.

Write about things that make people ill.

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You will also learn about common health problems and how to care for people with these common problems.

There are seven more workbooks like this one in your training. You can first use the workbooks that discuss health and how to stay healthy. In this way you will be able to see why people have health problems. Then you can use the workbooks that discuss health problems and how to care for people with these problems.

These are the seven other workbooks for your training:

1. Clean Water and Clean Community
2. Prevention and Care of Diarrhea
3. Healthy Pregnancy
4. Feeding and Caring for Children
5. Some Common Illnesses
6. Tuberculosis and Leprosy
7. First Aid

You will discuss the workbooks in the next session.

During your training you will not use all the workbooks at the same time. You will begin with two or three workbooks. You will use the other workbooks after you have worked in your community and shared ideas from the first two or three workbooks. You and your trainer can discuss how many workbooks you will use at one time.

**What is the best way for you to learn with these workbooks? Would you like to use one or two workbooks at a time or more?**

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**What did you want to learn in this training? Do you think the workbooks will help you learn all the things you wanted to learn?**

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**What other subjects would you like to learn about?**

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## SESSION 5

# How to Use the Workbooks

In the last session you saw the list of the seven other workbooks. So far you have been using this workbook.

What do you like about learning with a workbook?

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What do you not like about learning with a workbook?

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Share what you like or do not like about the workbooks with your trainer. Then your trainer can make your training more useful and enjoyable.

All eight workbooks are written in very much the same way. The way of learning is by discussing among yourselves, other community health workers, and the trainers. The workbooks also use many

drawings. These drawings help you to discuss health and health problems. The trainer will use the drawings to discuss ideas on health and health problems. You can also use the drawings when you discuss health and health problems with people in your community. You will find some of the drawings in a bigger size that you can use with people in your community.

Your trainer will use other methods to share ideas and discuss. He may show you step by step how to do certain things. Then he will ask you to show him how to do the same thing. Then your trainer will know if you have learned how to do something like tie a bandage. Sometimes your trainer will use stories and ask you to play some roles in the stories. He may use pictures to tell stories or even do a small drama. All these methods help you discuss and learn about health and how to take care of people with health problems. Your trainer will now show you some of the methods of learning. You should let the trainer know which methods you like best. Then the trainer can use those methods to share ideas with you. It is important that you learn together and learn from each other.

Which methods of learning do you like best?

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Why do you like these methods?

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Which methods do you think you can use with people in your community?

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Some of the methods you will learn in your training may be new or different. Sometimes new methods can help people to discuss health more openly. You may want to try some new methods with people in your community and see how well they work.

## Workbooks for Your Training

You will use eight workbooks in your training. Here is a brief description of each workbook.

### Introduction to Training

This is the workbook you are using now.

### Clean Water and Clean Community

This workbook discusses the use of water in your community. It describes how water gets dirty, how you can help make sure that water is clean, and how to protect water. The workbook explains why people need latrines. It shows how to keep your community clean by building latrines, rubbish pits, and compost pits.

### Prevention and Care of Diarrhea

This workbook discusses why children in your community get diarrhea. It explains how you can help people so their children do not get diarrhea often. This workbook also tells how children get more and more ill with diarrhea and what you can do to stop them from becoming too ill.

### Healthy Pregnancy

This workbook discusses how a woman can have a healthy pregnancy and delivery. It includes information on what a woman should do when she is pregnant to stay healthy and have a healthy baby. The workbook also discusses when a woman should have a baby.

### **Feeding and Caring for Children**

This workbook discusses how a mother can take care of her baby so her baby stays healthy. The workbook includes information on the kind and amount of food a child needs to grow up healthy. The workbook shows how to prepare food for a young child and when the child needs special injections and medicines.

### **Some Common Health Problems**

This workbook explains how to take care of some common health problems in the community. The workbook discusses good habits that help people to stay healthy.

### **Tuberculosis and Leprosy**

This workbook discusses tuberculosis and leprosy, two common health problems in the community. The workbook includes information on how people get ill with these problems. It tells how you can help to prevent the problems and how to care for people with tuberculosis and leprosy.

### **First Aid**

This workbook describes how you can provide first aid for people who have minor accidents in the community.

## **Learning Materials**

There are also some learning materials that you will use during your training. Some of the learning materials are made from drawings in the workbooks. Other learning materials cover the same subjects as the workbooks. You can use these learning materials when you share ideas on health and health problems with people in your community. Some of the learning materials are:

### **HEALTH IN THE COMMUNITY**

These are drawings that you can use to discuss health.

### **HEALTH PROBLEMS IN THE COMMUNITY**

This is a booklet with drawings to help start a discussion about health problems.

### **CARING FOR YOUR CHILD**

A booklet with pictures that will help the parents know how to take care of their young child.

### **CARING FOR YOUR SICK CHILD**

**A booklet with pictures that describes what parents can do at home to care for a sick child.**

### **WATER AND HEALTH**

**Drawings to discuss how to collect and store water so it stays clean.**

### **CLEAN HOME AND CLEAN COMMUNITY**

**A booklet with pictures that helps discuss what people can do themselves and together to make their community healthy and clean.**

### **CYCLE OF HEALTH CARDS**

**A set of pictures that help to discuss the causes of certain health problems. The cards also help people in small groups decide how to care for persons with the health problems.**

### **THE LADY WHO BUILT A TOWER**

**A story with pictures about a lady who built a latrine and why she built it.**

### **THE STORY OF GRANDMOTHER MAMOSA**

**A story with pictures about how leprosy spreads in a family.**

### **OTHERS** \_\_\_\_\_

\_\_\_\_\_

**We hope you will enjoy these materials and this training program.**

**The MEDEX Primary Health Care Series**

# Clean Water and Clean Community

A WORKBOOK FOR  
COMMUNITY HEALTH WORKERS

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HEALTH MANPOWER DEVELOPMENT STAFF  
JOHN A. BURNS SCHOOL OF MEDICINE  
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**Community Health Worker's Name:**

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**SESSION 1**

**Water and Your Life**

**Water is useful for everyone in many ways. People, animals, and plants cannot live without water. How many ways do people use water in your community?**

**List and discuss some of the uses of water in your community.**

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**What is the most important use of water for people in your community?**

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**Everyone needs water to drink. Without water to drink everyone would die. Water keeps people healthy. But some water can make people ill. What kind of water can make people in your community ill?**

**Water that is not clean can make people ill.**

**What happens when you drink water that is not clean?**

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Unclean water can give you belly trouble. You can get pains in your belly. You may get diarrhea. Sometimes you get ill soon after you drink unclean water. Sometimes you do not get ill until two or three days after you drink unclean water.

Who do you think gets sick most often from unclean water in your community?

- Old people \_\_\_\_\_
- Mothers \_\_\_\_\_
- Fathers \_\_\_\_\_
- Young children \_\_\_\_\_

Young children get diarrhea from unclean water most often in the community.

Why is this?

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Young children get ill easily. Young children are not as strong as older persons. That is why young children get sick and have diarrhea more often than older persons.

Young children get diarrhea because they eat and drink from many sources. Children get diarrhea often when they eat food or drink water that is not clean. Older persons who drink the same unclean water do not get diarrhea as often. This is because older persons are stronger. Many children can die with diarrhea in the community.

What can you do in your community so children do not get diarrhea often?

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## SESSION 2

# Collecting, Storing, and Using Water

In this session you will learn how water gets dirty. Look at these pictures. These pictures show different places people get water. What sources of water do people use in your community?



List and discuss which sources of water have the best water for drinking.

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Some sources of water are clean and some are not. Some water looks clean but may not be clean, and can make people ill. Water that is not clean can cause diarrhea. Some communities have clean water, but children in the community still get diarrhea.

Why is this?

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Water can get dirty after people collect the water. How do people in your community collect water?

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How do people in your community store water?

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Water can get dirty in many ways. Look at these pictures. Think about where and how water can get dirty.



Write about and discuss how water gets dirty.

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Think about how clean water can get dirty when mother collects, stores, and uses water.

The bucket mother uses for collecting water may not be clean.

Mother may have dirty hands when she collects water.

The storage vessel mother uses at home may not be clean.

Can you think of other ways water can get dirty?

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If water gets dirty in any of these ways, a child who drinks the water can get diarrhea.

How Do Things We Eat and Drink with Get Dirty?

Children can get sick if they eat and drink with things that are dirty. The dirt goes into the belly and makes them sick. Water goes into the belly. Food goes into the belly. Mother uses her hands to cook the food and feed her child. All these things can get dirty.

How do things you eat and drink with get dirty?

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Flies sit on stool and other rubbish. Flies carry dirt on their legs. Flies carry dirt to water, and things you eat or drink with. This is one way things get dirty and make you sick.

A person's hands get dirty when he goes to the toilet. When the person's hands touch something, the thing gets dirty. What should the person do after going to the toilet?

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The person should wash his hands after going to the toilet.

Can you think of other ways things get dirty?

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Look at the pictures on page 9 again. What should mother do so her child gets clean water to drink?

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Here are some things that mother can do so her child gets clean water.



Mother should wash her hands before picking up the bucket.



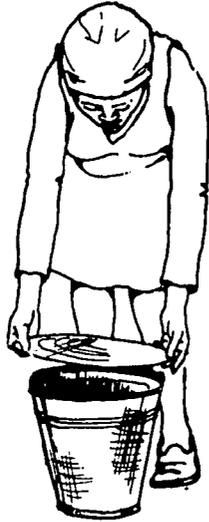
Mother should wash the bucket before collecting the water. Then she will not make the water dirty.



Mother should wash her hands.



Mother should also wash the bucket before filling it with water.



Mother should cover the bucket. Then the water will not get dirty when mother is carrying the water.



Mother should wash the storage vessel after she gets home. Mother should also wash the scoop she uses to take out the water.



Mother should cover the water to make sure that the water does not get dirty. Mother should also cover the scoop.



Mother should wash her hands before giving the water to her child.



Mother should also wash the cup for her child.



If mother takes such good care, then her child will stay healthy. Her child will not get diarrhea often.

### Why Must You Wash Your Hands?

You must wash your hands so that your hands are clean. If you prepare food for your child with clean hands, your child will not get ill.



You can make other members of your family ill by cooking with dirty hands. You can also make yourself ill by eating with dirty hands.

## When Should You Wash Your Hands?

You should wash your hands as often as possible. You must always wash your hands with soap and water:

- After going to the toilet
- After cleaning your child's toilet
- Before preparing food
- Before feeding your child
- Before eating food
- Before taking water from the storage vessel

When else should you wash your hands?

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## How Should You Wash Your Hands?

You should wash your hands with soap and running water. You can have running water by asking someone to pour water for you. You should wash your hands well with soap. Put soap all over your hands and wrists. Clean your nails well with soap and clean water. Also keep your nails short.



You have learned and discussed some things about the way people can collect, store, and use water. What can you, as a community health worker, do to help people in your community keep their water clean?

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What are the first things you can do to help people in your community to have clean water?

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2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### SESSION 3

## Making Sure the Source of Water Is Clean

You have discussed how to collect, store, and use water. But what if the water you collect from the source is dirty? What can you do?

In this session, you will learn what makes water dirty at the source and what you can do to make the water better.

Springs, wells, rivers, streams, and hand pumps are some of the common sources of water. In this session, you will discuss how spring water gets dirty. Other sources of water get dirty for some of the same reasons.

Look at this picture. This picture shows a spring. Many things are happening around the spring. Find the things that can make the water at the source dirty.



List and discuss the things in the picture that can make spring water dirty. What other things in your community can make water at the source dirty?

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### How Can You Know If the Water Is Dirty?

Mothers in your community are taking special care in how they collect, store, and use water. Mothers also wash their hands. But children and adults still get diarrhea often. Then you should find out if the water is dirty at the source. Dirty water can be dangerous. Some children can even die.

### What Can You Do to Make the Water Better?

Ask the workers at the health center to help you. Workers at the health center can tell you if the water is dirty.

Sometimes you may have to ask the leaders in the community to ask the health inspector or the sanitary inspector to check the water.

Look again at the picture on page 17. Find things that can make the water at the source dirty. What can you do to make the water better?

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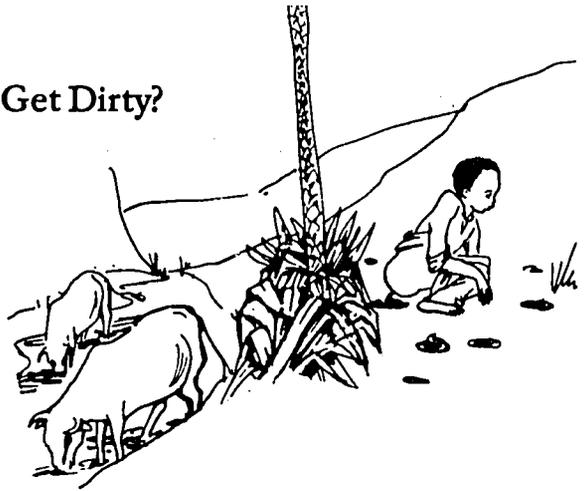
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## How Does Water at the Source Get Dirty?

The water gets dirty if people pass stool above or near the water. Try to get people to find another place to go to the toilet. You can show people how to build latrines. Then the water for everyone will not get dirty.



Rain water can make the spring dirty. You should ask people in the community to keep the area above the spring clean. Fence the area above the spring. Then animals and people will not dirty the area.



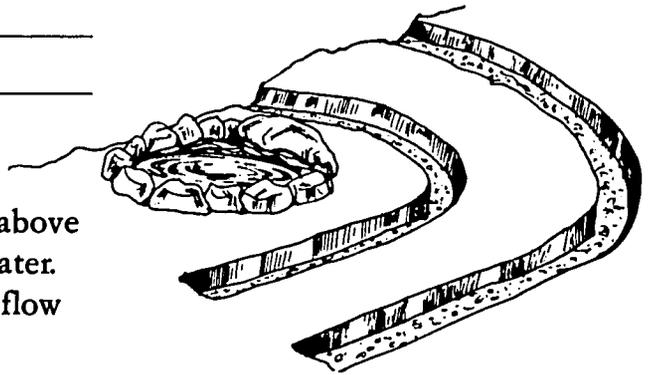
Rain water also flows along the ground and brings stool and other dirt with it. How can you stop the rain water from flowing into the source?

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You can build two trenches above the spring to stop the rain water. Then the rain water will not flow into the spring.

What can you do if animals make the water at the source dirty?

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**Make sure that animals do not drink from the same places that people get water. Make a separate place for animals to drink. Do not let animals come near the water that people drink. Animals can dirty the water with stool and with their dirty feet. Protect the water source with a fence or a wall. Cover the water source so that animals cannot reach the water source.**



**What can you do if rubbish in the community makes the water dirty?**

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**You can show people how to dig rubbish pits or how to make compost pits. You can also show people how to burn rubbish.**



**Can you think of other ways water at the source can get dirty in your community?**

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**What can you do to keep the source of water in your community clean?**

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**What are the first things you can do to keep the source of water clean when you become a community health worker?**

1. 

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2. 

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3. 

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4. 

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5. 

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## SESSION 4

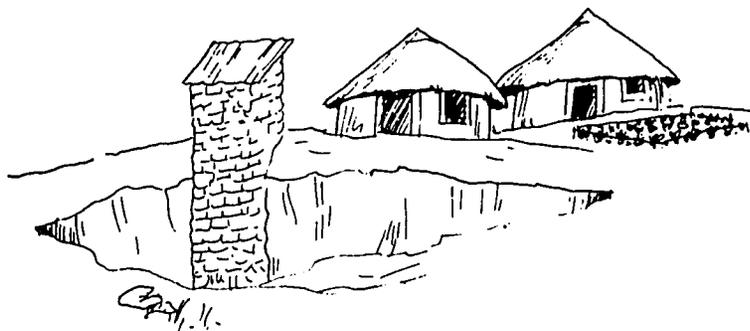
# Why a Latrine?



In this session you will discuss a true story about a lady called Mapontso Motsapi from the village of Mokanametsong in Quthing district.

The story is called “The Lady Who Built a Tower.” Motsapi’s example can show people that if they want to make their living conditions better, they have to do things themselves.

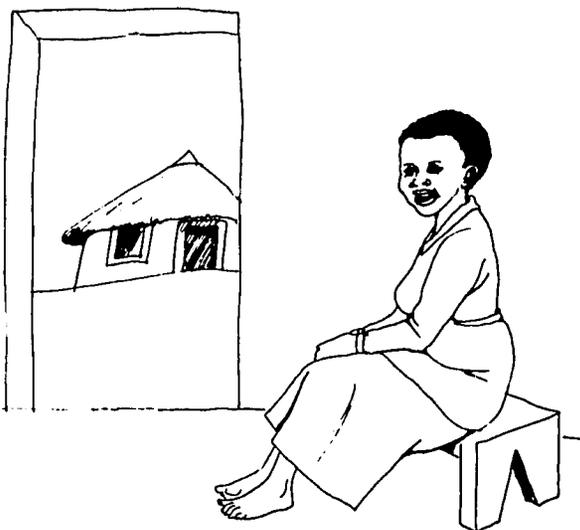
## The Lady Who Built a Tower



Past the grocer's shop two miles before Quthing is a rocky path. The path leads to the village of Mokanametsong. In the center of the village is a tall stone structure. A tower in the village!

Behind the tower is a vegetable garden surrounded by clean and beautiful homes. Inside one of the homes sits a lady with a face full of life.

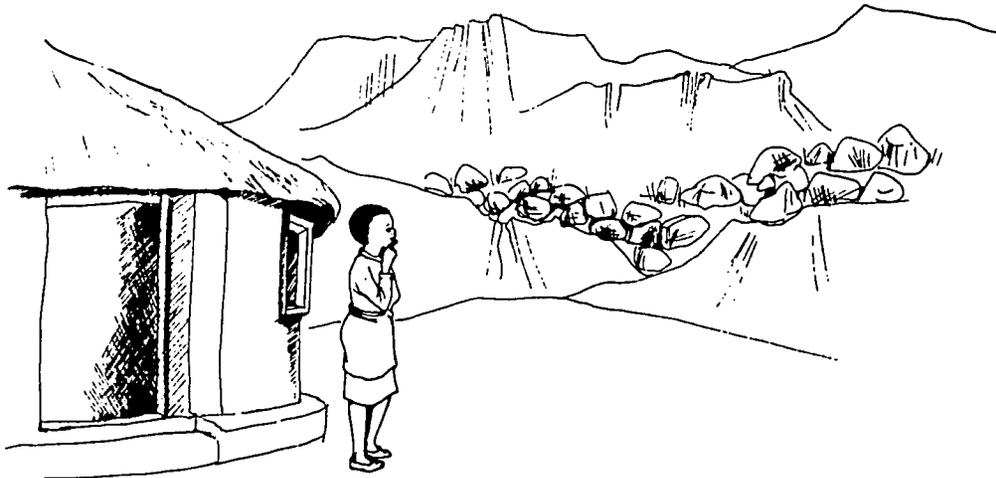
The lady tells the story of the tower in a soft voice. "For many years I used to go up by the mountainside to go to the toilet. I had to get up very early in the morning. I did not want people to see me. Sometimes I was sick, and it was a great problem for me to go to the mountainside.



When I walked to the mountainside I saw stool lying everywhere. This made me angry. I did not like this and thought that this is not the way for people to live. I wanted to do something. What could I do?



Luckily I went to visit my sister in a district on the other side of the country. I learned that my sister did not go to the mountainside to go to the toilet. My sister had a simple latrine near her house. I used the latrine and found the latrine very comfortable. This was the answer I was looking for.



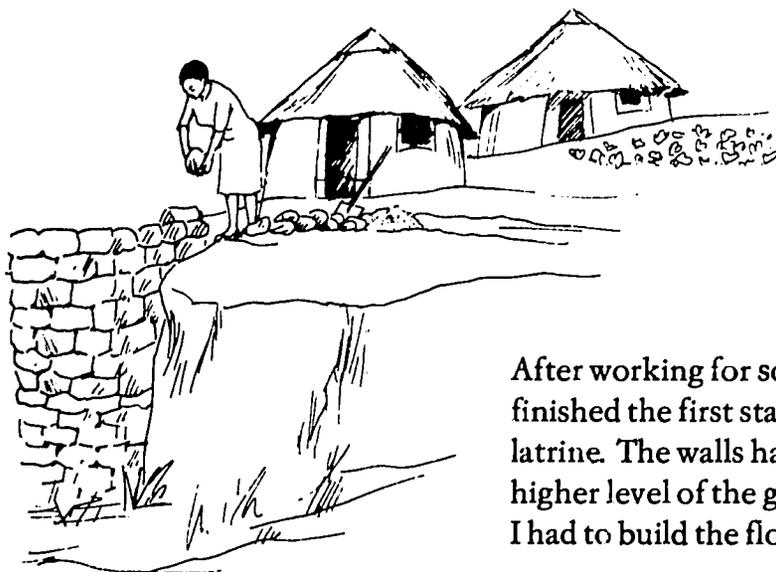
I returned to my village after the visit. My wish to do something had become a desire to build a latrine. I did not want to go to the mountainside and see all the stool any more. The latrine that my sister had built was made of bricks. I did not have any bricks. So I started to collect stones. Soon I had gathered enough stones and I started to build my latrine.

At first I tried to dig. The land was very rocky and I could not dig. I did not want to give up. I found a drop of about five meters in my yard. I thought I could try to build the latrine there. This spot was far enough from my house. It was also far from a water source.



I made plaster with mud in my yard and started to lay the stones to build the walls.

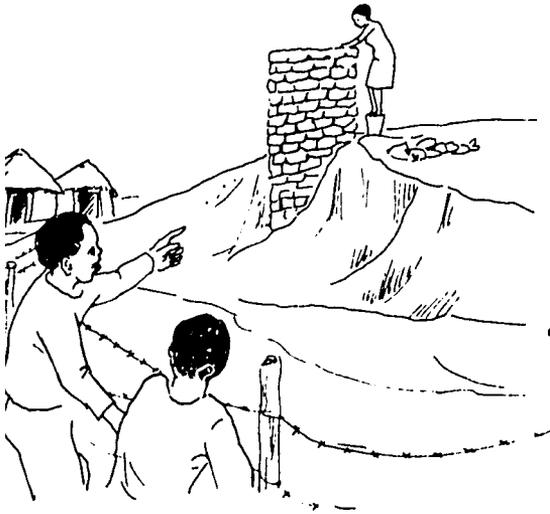
When people in the village saw me building they came to make fun of me. They would ask me what I was building. I did not answer because I knew they were making fun of me. No one had a latrine in the village. I just told them that they would see when I had finished. People in the village began to say that I was mad because I was making a little house like children do.



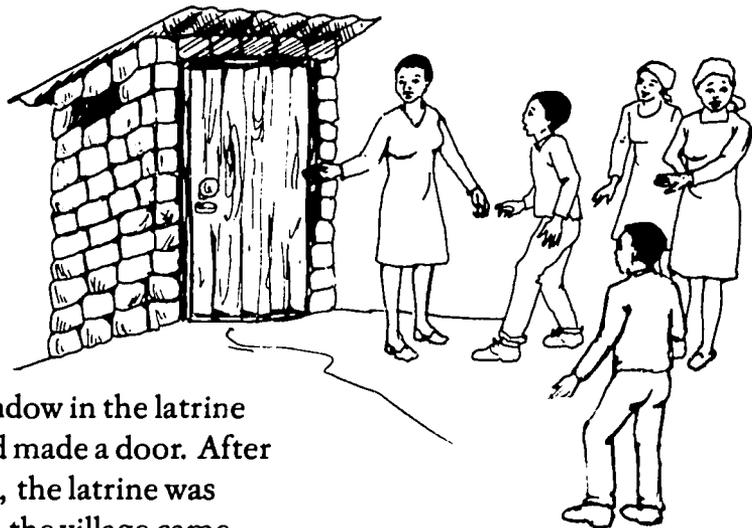
After working for some months, I finished the first stage of the latrine. The walls had reached the higher level of the ground. Now I had to build the floor and the seat.

To build the floor I found some strong branches. I placed the dry branches between the walls. The branches criss-crossed to leave a hole in the middle. I plastered the floor with mud. Then I made a seat with smaller branches and mud.

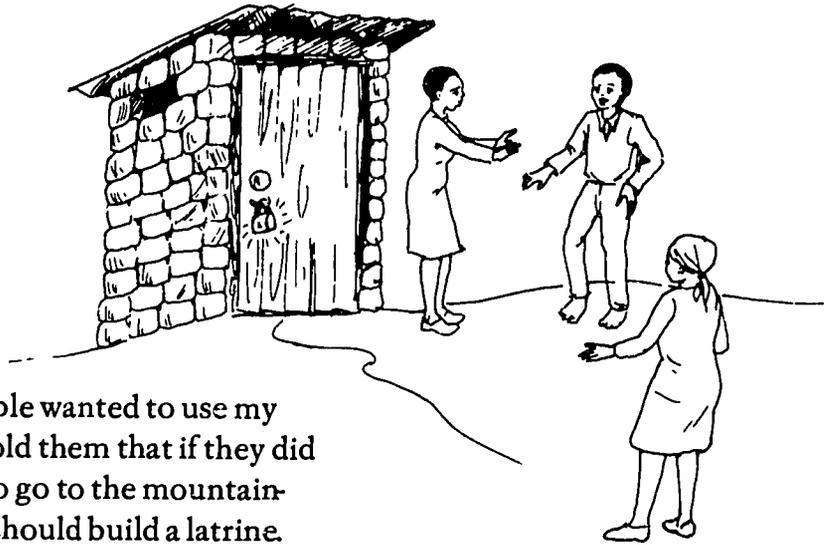
After making the seat, I continued to build the walls higher. I built the walls higher so I could stand in the latrine. Also I wanted to be able to use the latrine without people seeing me.



When I was building the walls people came again to make fun of me. This time they said I was crazy because I was building a tower in the village. They called me the 'lady who is building a tower'. I did not stop. I continued building.



I put a little window in the latrine for fresh air and made a door. After another month, the latrine was built. People in the village came again to ask me what I had built. I proudly told them that I had built a latrine. I told them that I did not have to go to the mountainside any more. People thought it was a good idea. They congratulated me for building the latrine all by myself.



Some people wanted to use my latrine. I told them that if they did not want to go to the mountain-side, they should build a latrine. They could build a latrine themselves, just like I had done.”

Why did Mopontso Motsapi build a latrine?

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Why should people in your community build latrines?

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What materials did Mopontso Motsapi use to build her latrine? What materials in your community can you use to build a latrine?

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## SESSION 5

# How to Build a Latrine

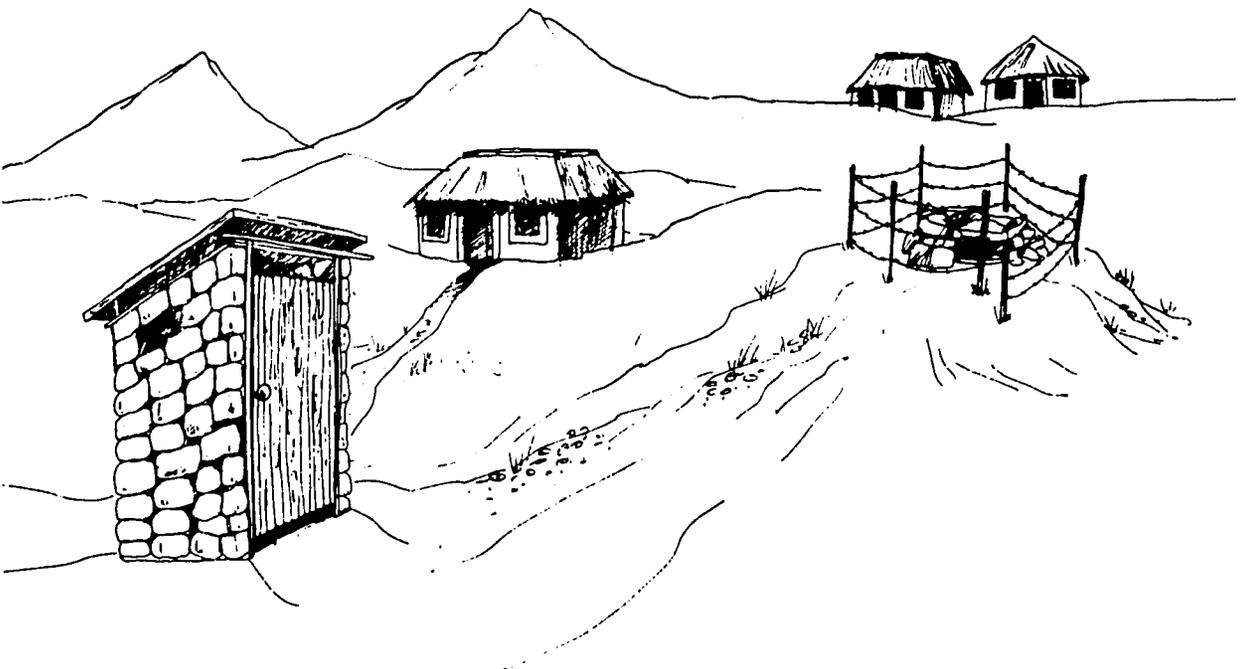
In the story of the “The Lady Who Built a Tower,” you learned how Mapontso Motsapi built her latrine with what she had in her yard. You do not need special things to make a latrine. You can build a latrine with the materials you may have. Here are some simple steps you can take to build your latrine.

### 1. Finding Materials to Use

You can use reeds, grass, bricks, stones, mud, cement, split poles, branches, or other materials that are available in your community.

### 2. Deciding Where to Build Your Latrine

Build your latrine at least 6 meters from your house. Build your latrine at least 30 meters from any water source. Always build your latrine downhill from the water source.



### 3. Digging the Pit for Your Latrine

Dig a hole, 1 meter long and 1 meter wide. The hole should be 3 meters deep. Make the hole or the pit smaller at the bottom than the top. The sides of the pit will slant in. Then the pit will not cave in. Line the pit and the sides with stones if the soil is sandy or unstable.



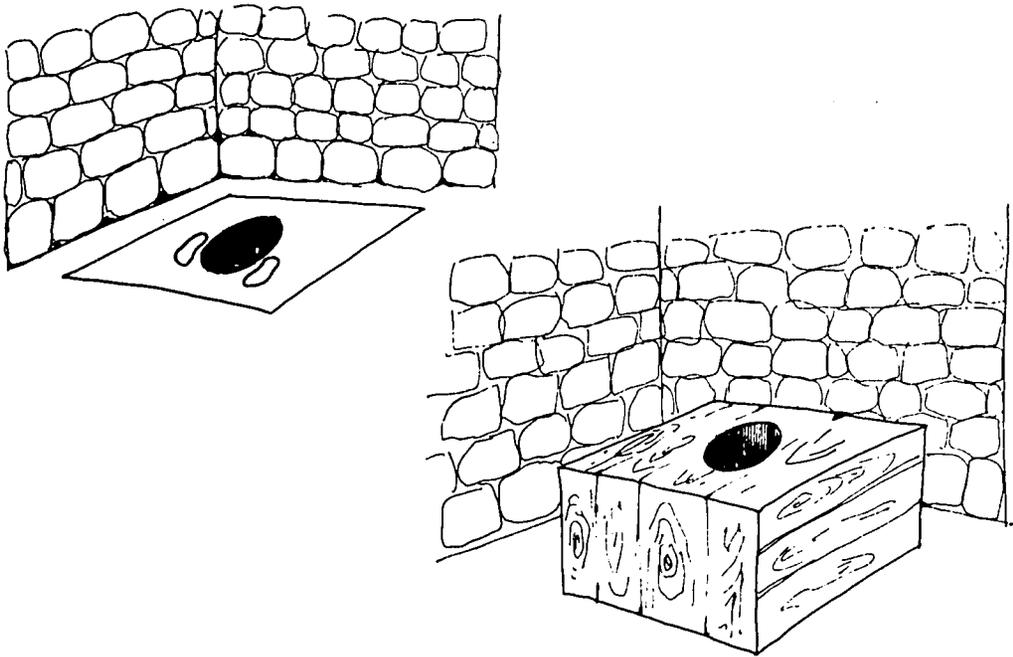
### 4. Making the Floor

You can make the floor with wood, branches, cement, mud, poles, or other materials that are available in your community. Use the soil you have dug out of the pit to raise the floor of the latrine. Then rain water will not go into the pit. Leave a hole in the middle of the floor and above the pit. Seal the pit with mud, clay, or mortar all around so no light enters the pit.



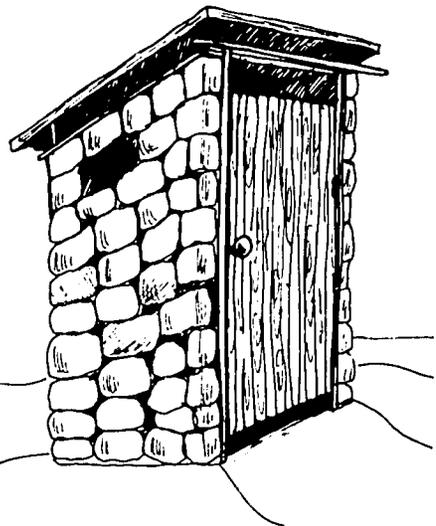
## 5. Making the Seat or the Squatting Stones

You can make a seat or squatting stones with materials that are available. Remember to make a cover for the hole. Make a long handle for the cover of a squatting latrine.



## 6. Building the Walls

Make the walls with materials you have. The front wall should be 2 meters high. The back wall should be a little shorter. The roof of the latrine will slant down from the front to the back.



## 7. Ventilating the Latrine

Leave an opening between the walls and the roof for ventilation. This will help make the latrine less smelly.

## 8. Fixing the Door

You can make a door that is fixed or hung from the top. You can use hide, plastic, sack, or other materials that are available. You can also make a door that is fixed from the side. You can use boards, thatch, thin branches and leaves, or other materials that are available. Remember not to let any light into the pit of the latrine. Always cover the hole when you are not using the latrine. This stops flies from entering and living in the latrine.

What materials can you use to build a latrine?

To make the floor? \_\_\_\_\_

To make the seat or the squatting stones? \_\_\_\_\_

To make the roof? \_\_\_\_\_

To make the door? \_\_\_\_\_

To make the cover for the hole? \_\_\_\_\_

What are the most important things to remember when you build your latrine?

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The most important things to remember are:

Make the latrine from materials that are available in the community. Then other people can also make the latrine.

Seal the pit so that no light gets in. Then flies and other insects will not enter and live in the pit. Make a cover for the hole to keep out flies.

## SESSION 6

# Taking Care of Your Latrine



For your good health keep your latrine clean. Flies will not live and breed in a clean latrine. A clean latrine will also not smell. Here are some steps you can follow to keep your latrine clean.

1. Keep the seat, walls, and floor of your latrine clean. This stops flies from living in your latrine.
2. Cover the hole of your latrine when you are not using the latrine. Teach your whole family to do this.
3. Seal the pit carefully so there are no cracks. This stops light from entering the pit. Without light, flies cannot breed in the stool.
4. Make sure your latrine is not a nuisance to your neighbors.
5. Use the latrine until it is full to about one half meter from the top. Remove the walls, floor, and seat if possible. Cover the top of the pit with soil. Mark the area. Dig another pit and build another latrine. The pit can take about five years to fill if used by one family.
6. Twelve months after you cover the pit, you can dig up the pit and use the soil as fertilizer. Use the fertilizer on the vegetable garden or spread it on the fields just before plowing.

## SESSION 7

# How to Protect a Spring



Materials you can use:

Stones or boulders  
Bricks  
Cement

Rough and fine sand  
75 mm PVC or galvanized pipe  
Poles for covering the tank

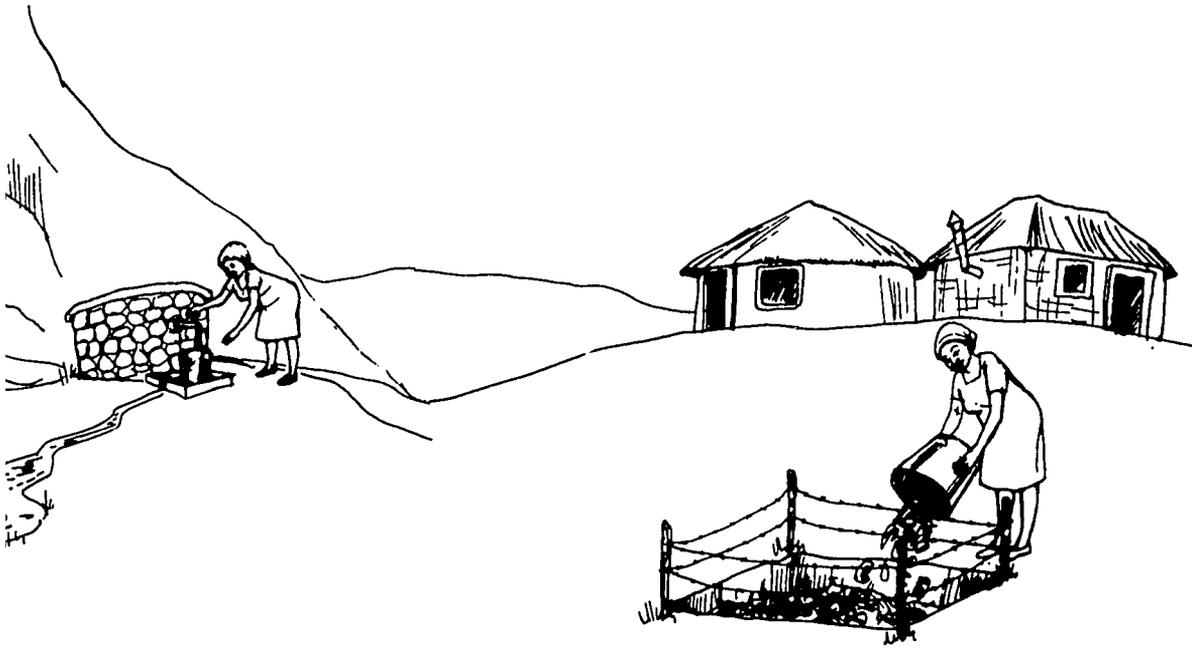
### Protecting the Spring

1. Dig around the source of the water until you reach the rock formation. Dig until you find the eye of the spring.
2. Clean mud, weeds, and other debris from around the eye of the spring.
3. Make mortar from cement, sand, and water.

4. Place stones or bricks with mortar on the rocks around the eye of the spring. Continue building around the eye of the spring until it is covered in a dome.
5. Leave a small opening for a pipe. Place the pipe in the opening. Seal the opening with mortar. Place the pipe about one half meter above the ground so you can collect water from the dome.
6. If you want to also build a tank place the pipe about 50 mm above the ground. This pipe will carry the water into the tank. Cover the pipe with stones and mud so children cannot break the pipe.
7. Build the tank with stones or bricks, and mortar. Build the tank downhill from the spring.
8. Make a cover for the tank with poles, stones, and mortar.
9. Make an outlet from the tank high enough to collect water. Fix a pipe and a tap if necessary. Seal the pipe with mortar. Also make an overflow with a short piece of pipe about 200 mm from the top of the tank.

## SESSION 8

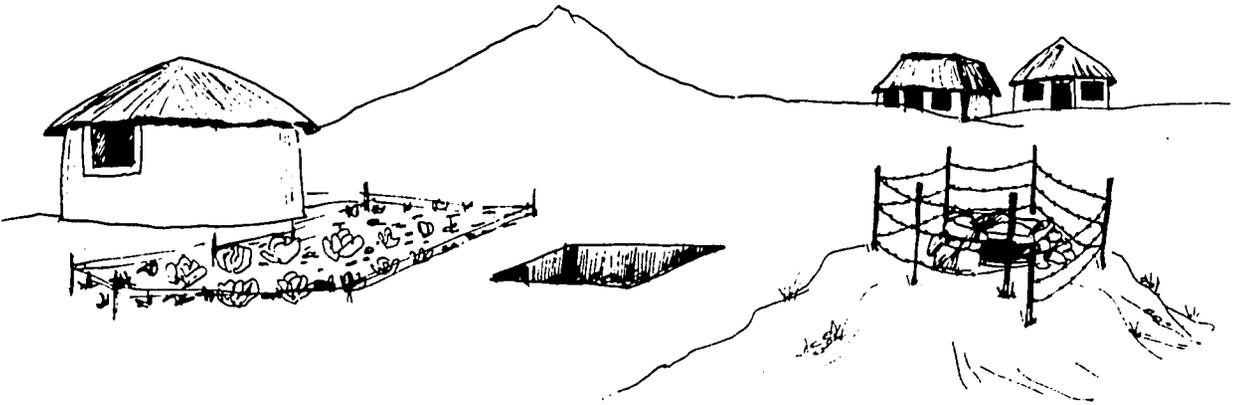
# How to Make a Rubbish Pit



1. Locate the rubbish pit at least 10 meters from any water source. Dig the rubbish pit downhill from any water source.
2. Locate the rubbish pit at least 10 meters from your house.
3. Dig a hole 1 meter by 1 meter. Dig the hole about 1 meter deep. Slant the sides of the pit towards the center.
4. Throw rubbish into the pit. Cover the rubbish every day with soil to stop flies and other insects from living in the rubbish.
5. When the pit is full to about 200 mm from the top, cover the pit with soil. Dig another rubbish pit.

## SESSION 9

# How to Make a Compost Pit



1. Locate the compost pit in or near the garden. The compost pit should be at least 10 meters from your house.
2. Locate the compost pit at least 5 meters from a water source. Locate the compost pit downhill from any water source.
3. Dig a hole 750 mm by 1.5 meters. Dig the hole about 1 meter deep.
4. Make a layer of dug soil of about 100 mm at the bottom of the pit.
5. Throw vegetable matter on top of the layer of soil. Vegetable matter can be grass, weeds, or waste from the kitchen. You can also throw cattle manure into the pit. When the vegetable matter is 250 mm deep, add another layer of 100 mm of soil.
6. Keep the compost pit moist. Do not soak the compost pit.
7. Turn the contents of the compost pit every two months in the summer. Turn the contents of the pit every three months in the winter.
8. Cover the pit with soil when it fills up. Mark the position of the compost pit.
9. You can use the contents of the compost pit as fertilizer after six months.

## SESSION 10

# Controlling Flies in Your Community



Where do you find the most flies in your community?

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You will find a lot of flies in certain places in your community. Flies like dirt, rubbish, stool, cattle manure, and food. To control flies, you have to teach people in your community where flies like to live and breed. Flies sit on stool and rubbish and then sit on food. Flies carry dirt on their legs. Flies can carry dirt to your food and make you sick.

**What can you do to stop this?**

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**Ask everyone in your community to cover all food.**

**Ask everyone in your community to use a latrine. If they do not have a latrine, they should dig a hole and bury their stool with soil. Mothers should bury the stool of their children.**

**Make sure that people get rid of rubbish properly.**

**These are some of the things people in your community can do to stop the spread of flies.**

**What else can people in your community do to stop the spread of flies?**

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**To stop the spread of flies in your community people have to work together. Every person in the community has to make sure that the community is clean. Then many illnesses can be stopped from spreading in your community.**



## SESSION 11

# The Health of Your Community

The health of your community depends on many things. You have learned about and discussed some of the things in this workbook. What are some of the things that keep people in your community healthy?

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People can do some things in their homes to stay healthy. People in the community have to work together to do other things. People can be healthy if they keep their homes clean. But people may still get ill if the community is not clean. Children will get ill most often. What can you do to help people to work together to keep the community clean?

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What things can people do to keep the water clean?

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Do you think that people in your community will be interested in doing things together to improve the health of the community? What can you do to help?

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You can use the booklet “Clean Home and Clean Community” to discuss with people the health of the community. The booklet also helps people discuss and decide what they should do in their homes and in the community to stay healthy.



# Basic Messages

1. Always drink clean water.
2. Protect your source of water.
3. Clean water can get dirty when you collect, store, and use water.
4. Always collect water in a clean container.
5. Always wash your hands before pouring, drinking, or using water.
6. Always store water in a clean container.
7. Boil water for young children if the water is not clean.
8. Make a separate place for animals to drink.
9. Build latrines or bury all stool to keep your community clean.
10. Cover all food and water to keep away flies.

**The MEDEX Primary Health Care Series**

**Prevention and Care  
of Diarrhea**

**A WORKBOOK FOR  
COMMUNITY HEALTH WORKERS**

© 1982

**HEALTH MANPOWER DEVELOPMENT STAFF  
JOHN A. BURNS SCHOOL OF MEDICINE  
UNIVERSITY OF HAWAII, HONOLULU, HAWAII, U.S.A.**

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Community Health Worker's Name:

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Address:

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## SESSION 1

# What Is Diarrhea?

Most children are born healthy. Some children stay healthy and grow up strong. How can children stay healthy like the child in the picture?

To stay healthy, children need the love and care of their parents. Children need enough food and water. Children also need to be kept clean and to grow up in clean surroundings.



Many young children get ill with diarrhea. Some children become very ill and weak and thin. Many children die every year because of diarrhea in our country. This workbook will help you find out why children get diarrhea. This workbook will also help you find out why children get diarrhea in your community. You will discuss what you and people in your community can do to stop children from getting ill with diarrhea.

## What Is Diarrhea?

Diarrhea is loose and watery stool. When a person has three or more loose stools in a day, he has diarrhea.



What causes diarrhea?

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Look at these pictures and discuss those that show something that could cause diarrhea.



Several different things can cause diarrhea. Children can get diarrhea when they play in places where there are animals. Children can get diarrhea when they eat unclean food or drink dirty water. Children also get diarrhea when mothers prepare food with dirty hands. Can you think of other causes of diarrhea?

What are some of the causes of diarrhea in your community?

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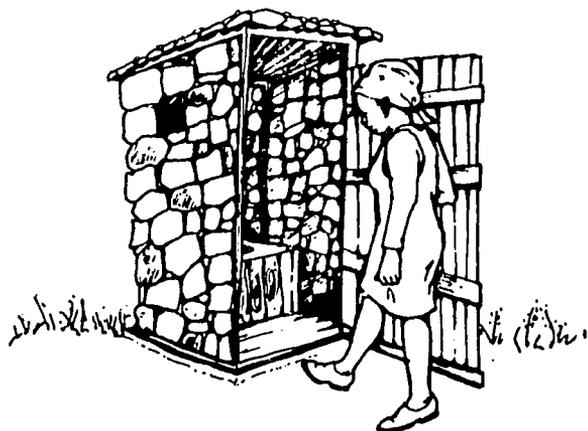
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Discuss the causes of diarrhea. Make a list of the most common causes of diarrhea in your community.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

You have discussed the common causes of diarrhea in your community. Can people in your community do something to stop children and adults from getting diarrhea? Which of these pictures show things that can stop children from getting diarrhea?



People in the community should keep their houses clean to stop children from getting diarrhea. People should wash their hands before preparing food. People should wash their hands before eating food.

**What else should people do to stop children from getting diarrhea?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

**Discuss with other community health workers what people in the community can do. List things you can do to help them.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

## SESSION 2

# Why Is Diarrhea Dangerous?

Even with all the care mother gives, her child may sometimes get diarrhea. Mother must know how to take care of her child when he gets diarrhea. Good care for the child with diarrhea will stop the child from becoming very ill. Without good care, diarrhea can be dangerous for children.

### Why Is Diarrhea Dangerous?

Diarrhea can be dangerous because a child loses a lot of water.

The child also loses a lot of good food. Mother should continue to feed her child when he has diarrhea. Mother should also continue breast-feeding her child.



A child who has diarrhea needs a lot of water to stay healthy. Most of a child's body is made of water. When a child loses water with diarrhea, his body begins to dry up like a plant without any water. This happens very fast in young children who have diarrhea. When a young child begins to dry up, he is in danger. If the young child does not get any water, he can die. This is why diarrhea can be dangerous for children, and very dangerous for young children.



What can you, as a community health worker, do to help the mother whose child has diarrhea?

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### Good Care for a Child with Diarrhea

The child with diarrhea needs good care. What is good care for a child with diarrhea?

Good care for a child with diarrhea means making sure the child does not get diarrhea often. Mother does this by washing her hands before preparing food. Mother gives clean food to her child. Mother does the things that help to stop the child from getting diarrhea. You have discussed these things in the last session.

Good care also means giving the child with diarrhea plenty of water to drink. Mother can also give her child with diarrhea other liquids that the child will drink. Mother should give her child one cup of water or other liquid when her child has the *first* loose stool. Mother should give her child one cup of water or other liquid for every loose stool.

Mother should give a very small child or infant plenty of water as soon as he starts having diarrhea. Mother should use a spoon and cup to feed her very small child. Mother should give him as much water as he will take every hour.

### When a Child Has Three Loose Stools in a Day

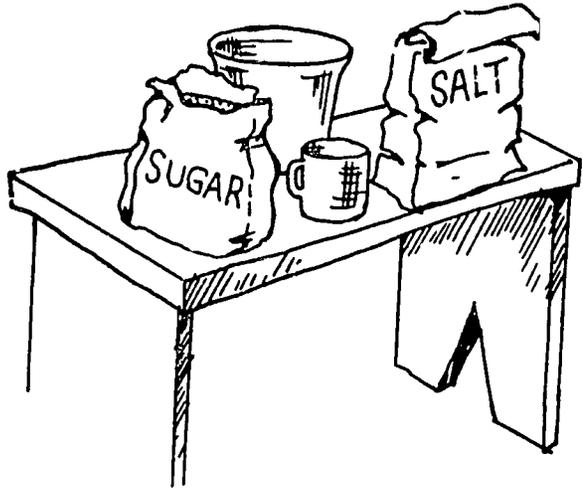
When a child has three or more loose stools in a day he is losing a lot of water from his body. The child is also losing a lot of salts from his body. Mother should make a special drink for her child. You can show mother how to make a special drink for her child. Mother can make this drink at home. This special drink is good for her child. This drink will stop her child from becoming dry. Mother can make this drink with water, sugar, and salt.

This special drink does not cure diarrhea. The drink does stop the child from becoming dry and very ill with diarrhea. Most children become very ill or die when they become dry with diarrhea.

### *How Do Mothers Make This Drink?*

Show mothers how to make this drink. Make sure that each mother is able to make the drink herself. To make this drink, mothers need:

1. Clean water
2. Sugar
3. Salt
4. A clean cup and spoon
5. A pan or pot for boiling and mixing the drink



You should first show mothers how to make the special drink. You should then ask some mothers to make the drink. Here is how you show mothers how to make the special drink.

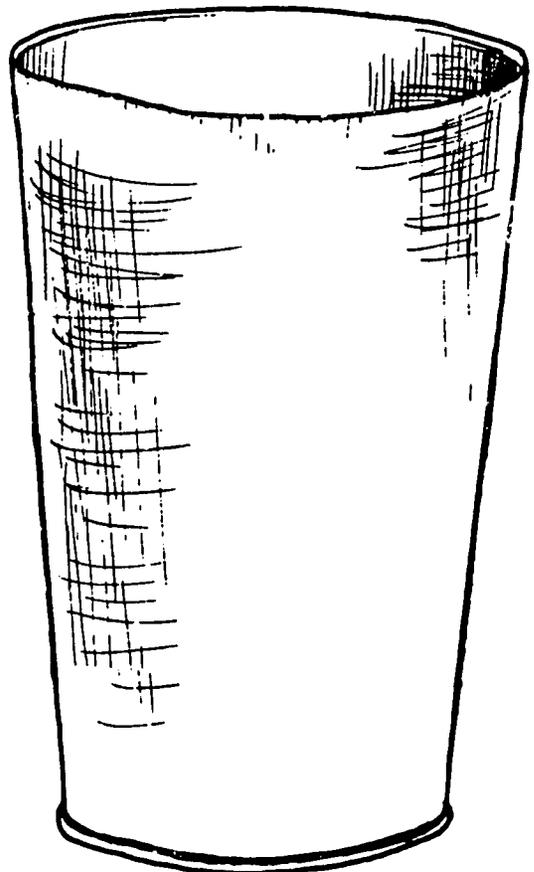
### **First**

Wash your hands well with soap and water

Take a clean cup (about the size of the cup in the drawing)

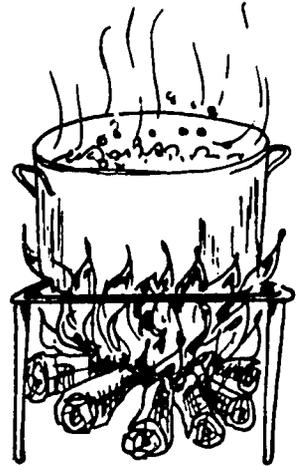
Fill the cup with water and pour the water into the clean pot or pan

Do this four times so you have four cups of water in the pot or pan



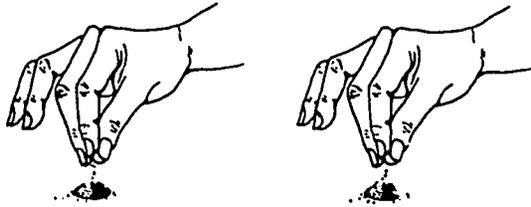
**Second**

Put the pan with water on the fire  
When the water is boiling hard, take  
the pan off the fire  
Let the water cool

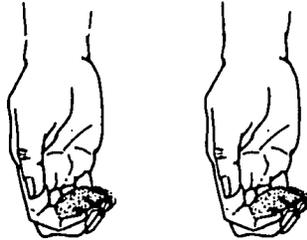


**Third**

While the boiled water is cooling,  
add:



*Two* pinches of salt, and



*Two* handfuls of sugar

Stir the drink well with a clean spoon

**Fourth**

Pour the drink into a clean cup

**Fifth**

Ask mothers to taste the special  
drink

This way mothers know what  
the drink should taste like

**Sixth**

Feed the special drink to the child  
who has diarrhea. Feed the drink  
with a clean spoon



A child who has diarrhea needs one cup of this special drink every time he passes a loose stool. This special drink helps the child to get the water and salts he is losing with diarrhea. The child loses water and salts with every loose stool. This is why mother should give this special drink after every loose stool.

Mother should feed a very small child or infant with diarrhea the special drink every hour. Mother should use a cup and spoon to feed the very small child. She should feed as much of the special drink as the child will take.

This special drink is also very good for a child who is vomiting. When a child vomits, he loses a lot of water. The child will dry up like a plant without water. This special drink helps to put the water back.



Mother should give small sips of the special drink because her child is vomiting. Mother should continue feeding her child until he has one cup of drink for every time he vomits.

Always tell mother to continue to breast-feed her child. Breast milk is good for a child who has diarrhea or is vomiting. Breast milk is clean. It does not make the child sick. Breast milk makes the child strong and helps him to get better soon. Mother should keep her breasts and hands clean. Then her child will not get sick often.



**What should a mother do if a child who has diarrhea or is vomiting:**

**Does not want to drink**

**Does not want to breast-feed**

**Does not get better after three days**

**Mother should take the child to the health worker. You, as a community health worker, should tell the mother to take her child to the health center.**

**What do mothers in your community do when a child has diarrhea?**

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**Do mothers stop feeding the child? Is this good for the child?**

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**Do mothers stop giving water or any liquids to the child? Does this make the child better?**

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**Discuss what mothers should do to make the child better. Write down some of the things you, as a community health worker, should do to help the mother and the child.**

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**What are some of the first things you, as a community health worker, can do to stop children from becoming ill with diarrhea?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

## SESSION 3

# What Happens When a Child Gets Diarrhea?

Have you seen a healthy child become more and more sick with diarrhea? What do you remember seeing when a child becomes more and more sick?

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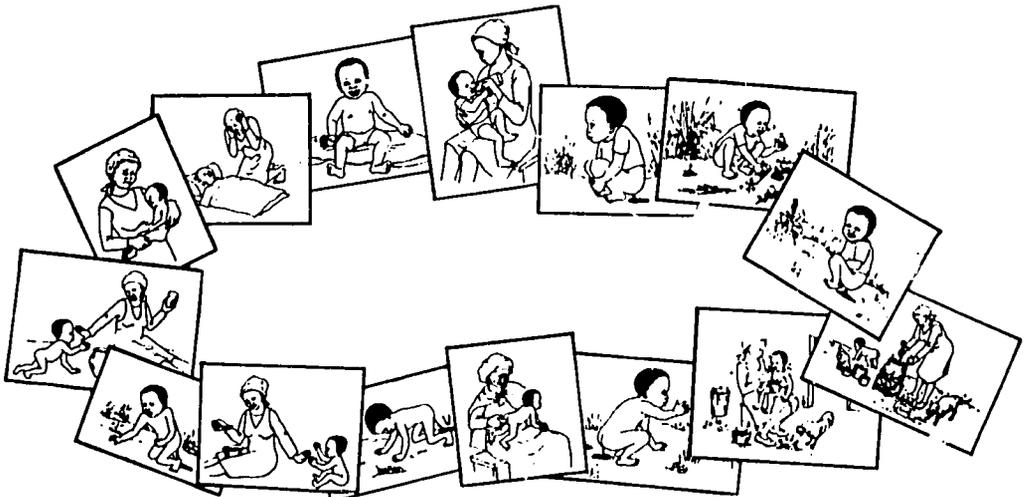
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In this session you will learn how a healthy child gets very sick with diarrhea. Diarrhea is very common among young children. All children get diarrhea sometime. Some children become healthy again. Many children become more and more sick. You will learn with the "Cycle of Health" cards on diarrhea how a child gets more and more sick. You will also learn how to stop the child from getting sick.

### Cycle of Health Diarrhea Cards

Here is one way you can use the "Cycle of Health" cards.



What do you see in this picture?

This is Thabo. He is a happy and healthy young child.



This is Thabo as a baby. He is healthy. Then his mother starts feeding him with a bottle. What happens to Thabo?

Thabo begins to get diarrhea. Many healthy children get diarrhea. But Thabo gets diarrhea very often. He becomes weak with diarrhea.



Thabo learns to crawl and move about. Thabo plays in the dirty surroundings. He begins to put things in his mouth. What do you think happens?

Thabo's diarrhea gets worse.  
He begins to look a little weaker.  
He begins to look a little sick.



Thabo's mother cooks food in these surroundings. Does this make Thabo better?

Thabo's mother feeds him in these surroundings. Does Thabo get better?



Thabo's diarrhea gets worse.  
He becomes more sick and weak.

Thabo's mother is worried. She wants Thabo to get better. She does not know why Thabo is getting so weak. Do you know why? Thabo's mother takes Thabo to see his grandmother. Grandmother will make him better. Grandmother gives Thabo an enema. Thabo cries a lot. Grandmother says the enema will help Thabo get better. Will Thabo get better?



The enema makes Thabo lose more water from his body. The enema makes Thabo worse. He becomes weaker and does not look happy.

Thabo's mother decides the only way to make him better is to stop giving him any food. His mother is eating the food. She does not give any to Thabo. Will this make Thabo's diarrhea better? What will happen to Thabo?



Thabo's diarrhea does not get any better. He becomes weak with diarrhea and weaker without any food.

What does his mother do next?  
Can you see what she is doing in  
this picture? She does not give  
any water to Thabo. What  
happens to him without water?



Thabo becomes weak and dry.  
His mother is very worried.  
She does not know what to do.

Thabo is now very weak and  
unconscious. His mother  
wanted to help him. Mother  
tried to help Thabo but did  
many things that were not good  
for him. Do you want children in  
your community to become sick  
like Thabo? What should you  
tell the mothers?



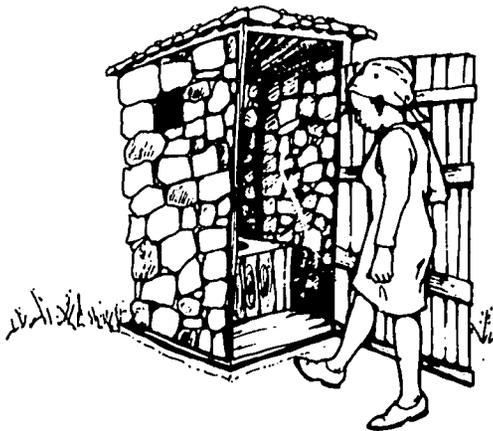
### Breaking the Cycle of Diarrhea

When you put these pictures in this order, you know how and why  
Thabo becomes more and more sick. This is the "Cycle of Diarrhea."  
What can the mother do to make sure Thabo does not get more and  
more sick? Look at the pictures and the story again. Now let's look at

some other pictures. These are on green cards. They all show some good things mother can do. These pictures are called “Breaking the Cycle” cards.

### BREAKING THE CYCLE OF DIARRHEA CARDS

What do you see in this picture?  
Mother is breast-feeding her child. If Thabo’s mother were breast-feeding, Thabo would not get diarrhea so often.



What do you see in the picture?  
A woman is going to use the latrine. If people use a latrine, Thabo will not get diarrhea by playing on the dirty ground.

What is the mother doing here?  
She is cleaning after the baby. She puts the stool in the latrine. Will this help Thabo to stay healthy? Why?



What is the mother doing here?  
She is cleaning the house before preparing food. If Thabo’s mother makes the food in a clean place, Thabo will not get diarrhea often. Do you agree?

Here mother is washing her hands. Does this keep Thabo from getting diarrhea?



Here mother is making some special drink. Will this help Thabo? When should she feed Thabo the special drink?

Mother is feeding her child some clean food. What did Thabo's mother do? She stopped giving food. Which is better for the health of the child who has diarrhea?



When Thabo gets ill, his mother takes him to the health worker. Should mother wait for the child to get very ill before she does anything? No, mother can do many things so that the child does not get so ill. What can mother do so her child does not get diarrhea so often? What can mother do so Thabo does not become more and more ill?

These green cards are for breaking the cycle of diarrhea. They show good things you can do. You can use these cards to break the cycle of diarrhea. Each time you take out a wrong thing and put in a good thing, the child does not get diarrhea.

Give each person a green card. Ask them to place the good thing in the cycle in the right place. Let people discuss the different ways they can break the cycle of diarrhea.

## SESSION 4

# What Does a Dry Child Look Like?

A child who has diarrhea or is vomiting loses a lot of water. Soon the child begins to dry up.

What does a dry child look like?

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Discuss what a dry child looks like.

A dry child looks like a fruit, an orange or apricot, that is left in the sun to dry. The fruit loses all the water and begins to wrinkle. A child who has diarrhea or is vomiting loses water and begins to wrinkle. The child's skin becomes dry.

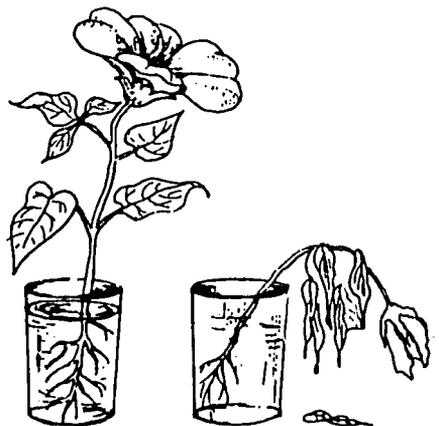
Show mothers how a child becomes dry.

Pull out two plants from the ground

Put only one plant in some water

Leave the other plant without water

Mothers can see that the plant without water dries up very fast



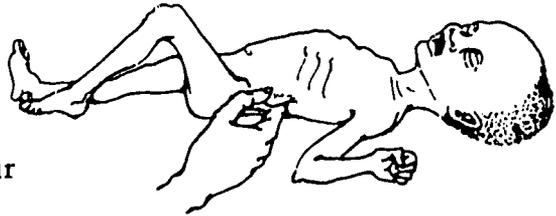
How can you find out if the child's skin is dry?

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You can find out if the child's skin is dry by pinching his skin. Pinch the skin of the child on the stomach. When you take your fingers off, the skin stays up.



If a child has diarrhea for some days he loses a lot of water. His skin becomes dry. Mother should not wait until his skin becomes dry before she does anything. Mother should give the child water, other liquids, or the special drink before this happens.

Why does a child become dry?

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A child becomes dry when he has diarrhea for some days. His mother does not give him any food or water. The child loses a lot of water and food. His mother does not make sure her child gets the food and water back in his body.

What can you do to stop children in your community from getting so dry or from dying?

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Share with mothers what you have learned. As soon as a child has the first loose stool, mother should begin giving any kind of liquid that the child will drink. Show mother how to make the special drink for diarrhea. Tell mother to feed the special drink to the child if he has more than three loose stools.



If a child is dry, mother should give the child small sips of the special drink. Mother should give two tablespoons of the special drink every five minutes. Mother should also take the child to the health worker.

The child does not vomit if he takes small sips. Explain to mothers how to tell if the child is getting better. The child will start urinating a lot. Mother must not stop giving the child the special drink. The child needs one cup of the drink every time he passes a loose stool or vomits.

If the child refuses to take the special drink, tell the mother to take her child to the health center. Ask the mother to try to feed the special drink on the way to the health center.

## An Unconscious Child



If the child has lost a lot of water, he becomes very weak. The child may become unconscious.

**DO NOT GIVE WATER OR ANY LIQUID** to the child if he is **UNCONSCIOUS**.

An unconscious child cannot swallow any liquid. The child can choke and die.

You should take the mother and the child to the health center quickly.

The child can die if he does not get care.

You should also take the mother and the child to the health center if

The child has five or more stools in one day

The child vomits and passes loose stool in the same day

The child is very dry with dry skin



SESSION 5

~~How Do People in the  
Community Take Care of  
Diarrhea?~~

Diarrhea is a very common problem in the community. People in the community treat diarrhea in many different ways. Some of these ways are good. Some may be harmless. Some may be harmful for the sick child or adult.

What are some of the things people in your community do when a child has diarrhea?

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What Things Do People Do to Prevent Diarrhea?

Discuss what people do in the community. With the help of the trainer, list practices that are good, harmless, and harmful.

GOOD PRACTICES:

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**HARMLESS PRACTICES:**

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**HARMFUL PRACTICES:**

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There may be some good practices like giving the sick child tea. This is good because the sick child gets some water. The water is boiled and clean. Let people know this is good. Ask if they can add some sugar to the tea. Then this would become a good care for diarrhea.

Some practices may be harmless. You do not have to ask people to change these. If you do not ask people to change everything they do, people may listen to you about changing a few harmful practices.

Some practices like giving an enema to a child can be harmful. The child is losing water with diarrhea. With an enema he loses even more water. If a child is ill, he can even die.

Discuss this with the herbalist and the older women in the community. Explain what you have learned and why it can be harmful to give a sick child an enema. Try to get elders and the healers to work with you. You have to work together for the health of the community.

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# Summary

Write down why children get diarrhea. Write down what you can do to make sure children do not get diarrhea in your community.

Why children get diarrhea	What you can do

Write down why children get dry. Write down what you can do to make sure children do not get dry in your community.

Why children get dry	What you can do

# Basic Messages

## How to Prevent Diarrhea

1. Breast-feed your child for at least two years.
2. Feed your child well. When you feed your child well he does not get diarrhea.
3. Give your child freshly prepared food.
4. Keep all food and drinking water covered.
5. Store drinking water in a clean pot. Use a clean container to take water from the pot. Do not put your hands in the drinking water.
6. Wash your hands before preparing food.
7. Wash your hands before feeding your child. Wash your child's hands before feeding your child.
8. Wash your hands well after going to the latrine.
9. Use a latrine.

## How to Take Care of your Child with Diarrhea

1. Give your child plenty of any liquid he will drink. Your child is losing water when he has diarrhea.
2. Give your child one cup of water for each loose stool.
3. If your child has more than three loose stools in a day, make a special drink for your child. Make the special drink with water, sugar, and salt.
4. Give your child one cup of the special drink after each loose stool.
5. Give your child food. Your child needs food to get better.
6. Continue to breast-feed your child.
7. When your child does not get better, take him to the health worker.
8. Take your child to the health worker when:
  - He has five or more stools in one day
  - He vomits and passes loose stools in the same day
  - He is very dry