

PD-11-2-261

54537

6/8/82

65

## Primary Health Care

# Community Health Workers Manual

Mogadishu, Somalia  
1982

## PREFACE

In order to promote the extension of Health Care Delivery Services to rural areas of Somalia, two training centers have been established whose objective is to instruct midwives, nurses, and sanitarians.

Under contract with Africa/USAID: C-1643, Medical Service Consultants, Inc., (MSCI) has undertaken to design a training manual to provide tutors with the necessary background to impart training to community health workers and to provide students with a technical reference.

This manual was written for the Community Health Worker (CHW) who lives in the rural villages of Somalia. Its purpose is to provide information on ways to protect oneself and the community from sickness and diseases. It is hoped that the CHW will not only accept the information presented but will add through his/her own knowledge and experience of the rural areas, more information which can be incorporated within this text and passed on to future CHW's and the rest of the community.

The Lesson Plans, which consist of objectives, subject matter, and teaching methods, are meant to provide a teaching guide to the Sanitarians who are to be the tutors for the CHW's. The material in each section is for the CHW who will, hopefully, incorporate it into his/her own way of living and pass the information on to the community.

This manual represents the combined efforts of the Ministry of Health (MOH), Mogadishu, Somalia and MSCI. It was prepared by Maxamed Aadan Cabdulle, (MOH), Abdulahi Cismaan Maxamed (MOH), Gary G. Ruiter (MSCI), and Dr. K. Thomas (MSCI), in Mogadishu, Somalia, 25 August, 1981.

CHW SANITARIANS MANUAL

		<u>Page No.</u>
I.	HEALTH EDUCATION .....	1
II.	PERSONAL HYGIENE .....	4
III.	HOUSEHOLD AND ENVIRONMENTAL SANITATION .....	8
IV.	SOLID WASTE .....	12
V.	EXCRETA DISPOSAL .....	16
VI.	WATER SANITATION .....	21
VII.	FOOD SANITATION .....	28
VIII.	INSECT AND RAT CONTROL .....	34
IX.	COMMUNICABLE DISEASES AND THEIR PREVENTION .....	39

HEALTH EDUCATION

OBJECTIVE

To educate all the people about the importance of proper sanitation and hygiene.

Subject Matter

Personal Hygiene  
Household and Environmental Sanitation  
Solid Waste  
Excreta Disposal  
Water Sanitation  
Food Sanitation  
Insect and Rat Control  
Communicable Diseases and their Prevention

Teaching Method

Lecture Group Discussion  
Audio Visual Aids  
Use of Posters and Photographs.  
Instruction on how to get people together for Health Education talks

## HEALTH EDUCATION

Every CHW is a health educator.

Health education is the only way by which people will learn to change their ways of living so they will be healthier.

Health can be said to be a state of physical, mental, and social well-being. This is what we aim for through health education.

### HOW DO YOU GIVE HEALTH EDUCATION?

Health education can be given to one person.

#### For example:-

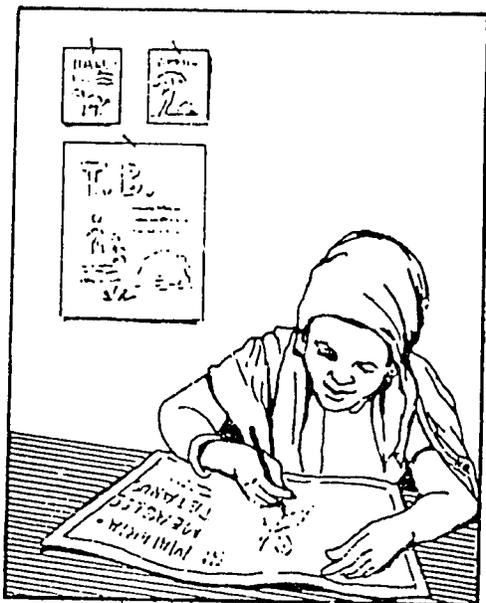
A patient with venereal disease can be advised about this disease, how it is transmitted, how it can be treated, and how it can be prevented. This is health education.

To take another case, patients with diarrhea should be told how the diarrhea is spread from one person to another person, how it is treated, and how to prevent it. This is health education.

Health education can also be given wherever various groups of people come together. It can be given at the Market place, bus stations, water holes or on festival days.



SOME METHODS WHICH CAN BE USED FOR HEALTH EDUCATION ARE:-



SOME IMPORTANT TOPICS (THINGS) YOU CAN TALK ABOUT ARE:

Talking to the people about how diseases are spread and how they are prevented.

You can use:- ● Pictures

● Posters

● Photographs or Slides and movies

to get your point across.

**REMEMBER:** You must convince the people that preventing disease is important, otherwise they will not do the preventive measures you ask them to do.

1. Personal hygiene, household and environmental sanitation, solid waste, excreta disposal, water sanitation, food sanitation, insect and rat control.
2. The spread, control, and prevention of communicable diseases
  - T.B.
  - Malaria
  - Diarrhea
  - Measles
  - Whooping Cough
  - Leprosy
  - Tetanus
  - Trachoma
  - Sexually Transmitted Diseases

Pick one topic at a time and refer to sections in this manual for the information you need to give health education.

PERSONAL HYGIENE

OBJECTIVE

To teach CHW's basic principles of personal hygiene and sanitation.

Subject Matter

How to maintain good personal hygiene

Teaching Method

Conduct a group discussion to determine if the lecture has been understood.

Take CHW's to a house to inspect and evaluate the hygienic conditions of the inhabitants and ask them to point out to you good and poor hygiene.

PERSONAL HYGIENE

TELL THE PEOPLE

- ① That in order to be healthier they must be clean. They should clean their:-
- Body
  - Hair
  - Teeth and Gums
  - Hand and Fingernails
  - Feet and Clothes

THEY SHOULD ALSO

Have good toilet habits\*.

Have good sleeping habits.

Eat clean food and drink clean water.

Live in a clean house.

TELL THE PEOPLE

- ② A dirty body or skin is likely to get infected\* with scabies\* (insects) and other skin diseases.

It is therefore important to bathe daily using soap and water.

- ③ The hair should be combed once or twice daily and should be washed at least once a week.
- ④ Mothers should look in their children's hair every day for lice.
- ⑤ Lice can be removed in the following ways:-



Cut the hair short if possible  
Wash the hair with soap and hot water.

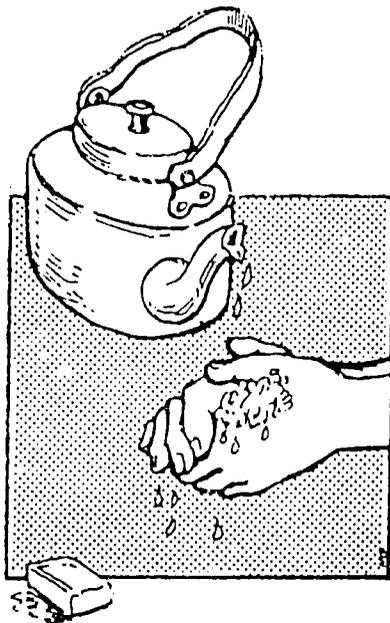
Apply a little kerosene to the hair keeping it away from the eyes.

\* See Word List at the end of this Section



TELL MOTHERS

TELL THE COMMUNITY



- ⑥ Clothes should be washed often, dried in the sun. This kills germs which cause disease.
- ⑦ Hands should be washed with soap and water after going to the toilet\* and before cooking or serving food and before eating food.
- ⑧ Fingernails should be cut short and kept clean. This will help prevent\* worms and diarrhea.
- ⑨ To teach the children to wash their hands, face, and eyes when they get up in the morning and to clean and brush their teeth after eating.
- ⑩ That to prevent the spread of colds, influenza, tuberculosis, and other respiratory diseases:-
  - Not to spit on the floor.
  - To cover their mouth and nose or turn away from others when sneezing or coughing.
- ⑪ To prevent the spread\* of worms:
  - Wash their hands a) before preparing food and serving and eating
  - b) after going to the toilet.
  - Wear shoes.

\* See Word List at the end of this Section

PERSONAL HYGIENE

WORD LIST

1. <u>TOILET HABITS</u>	Good toilet habits means: - Using a latrine - Washing hands with soap and water after going to the toilet. - teaching children to use the latrine and not leave their feces around the house.
2. <u>INFECTED</u>	A bad condition caused by disease germs.
3. <u>SCABIES</u>	An itching condition caused by small insects (mites) which dig under the skin, especially around the fingers, common in children.
4. <u>PREVENT</u>	To stop something before it happens.
5. <u>SPREAD</u>	To pass from one person to another. for example; 1. One person gives his disease to many others. 2. A cold spreading from one person to another .
6. <u>TOILET</u>	Latrine. Going to the toilet means passing urine or feces.

HOUSEHOLD AND ENVIRONMENTAL SANITATION

OBJECTIVE

The CHW should be able to:  
Inspect, advise, report, and  
evaluate on househole and  
environmental sanitation.

Subject Matter

Provide instruction on  
home and environmental  
sanitation in general

Teaching Method

Lecture, Group Discussion  
The CHW should read the  
material then be prepared  
to answer questions about  
the subject in class.

Practical:

Visit a house. Ask the  
CHW to list the good and  
poor points regarding the  
household and environmental  
sanitation.

Ask the CHW to give the  
family you visit Health  
Education.

HOUSEHOLD AND ENVIRONMENTAL SANITATION

HOUSEHOLD SANITATION

A clean home leads to good health and less disease.

TELL THE PEOPLE

That a healthy home is as follows:

- a) It is well built with a grass or a tin roof which keeps the rain out.
- b) The floors and walls are smooth\* and can be easily cleaned.
- c) The house is well ventilated\*.
- d) There must be enough natural light and sunshine.
- e) It must have sanitary latrines to safely dispose\* of urine and feces.
- f) There should be a place nearby for burying or burning refuse\*.
- g) The kitchen must be free from smoke.
- h) Food and grain must be stored properly so rats and insects cannot get into it.
- i) The house should be washed and cleaned often.
- j) The house should not be overcrowded with people especially in the sleeping rooms.

\* See Word List at the end of this Section

ENVIRONMENTAL SANITATION

TELL THE PEOPLE

- ① To keep the area inside the walls (compound\*) clean.
- ② To sweep the compound every day.
- ③ Not to let children go to the toilet on the ground in the compound. If they do, clean it up quickly.
- ④ That livestock (sheep, goats, cattle) should not be kept in their compound but kept away from where they live.
- ⑤ That animal feces should be cleaned daily from the pens near the home to prevent fly breeding.



\* See Word List at the end of this Section

HOUSEHOLD AND ENVIRONMENTAL SANITATION

WORD LIST

1. <u>ENVIRONMENT</u>	Our surroundings. Everything around us. Environmental sanitation means keeping our surroundings clean.
2. <u>SMOOTH</u>	No holes. Flat, hard surface.
3. <u>VENTILATION</u>	Mixing of air.
4. <u>DISPOSE</u>	To get rid of. To throw away.
5. <u>REFUSE</u>	Household items no longer of use and garbage.
6. <u>COMPOUND</u>	The area around the house but inside the walls.

SOLID WASTE

Objective

To introduce CHW's to proper methods  
of solid waste disposal in villages.

Subject Matter

Definition of solid waste  
Importance of solid waste  
to public health  
Proper disposal methods

Teaching Method

Lecture group discussion.  
Practical:  
Ask each CHW to demonstrate  
proper solid waste disposal  
methods.  
Ask the CHW to give  
Health Education to  
villagers on solid waste.

SOLID WASTE

TELL THE PEOPLE

- Waste is anything for which the family has no further use.

This could be:

Food remains  
Papers  
Old clothes  
Broken containers  
Broken bottles  
Old cooking pots  
Dead animals  
Washing containers  
Animal bones  
Fruit and vegetable  
wastes

- Wastes provide shelter and food for rats and insects.
- Wastes such as meat scraps\*, vegetable and fruit scraps, should be disposed\* of as quickly as possible because flies, rats and other insects breed\* and multiply\* in them.
- Wastes should be properly\* disposed of by burying or burning.

TELL THE PEOPLE

- Not to put wastes in the river.
- Not to put wastes down a well.
- Not to put wastes near a spring.
- Not to put wastes just anywhere because they may carry diseases.
- People should put waste in places where neither they nor children nor animals nor flies nor rats can touch them.

\* See Word List at the end of this Section.

TELL THE PEOPLE

- How to dispose of waste properly. Tell them to dig a pit. Put the waste in it daily then cover it with earth or leaves.
- The hole in which waste is put in must be away from the house and at least 20 meters from water sources.
- The depth of the hole should be 1 meter.
- If you use a separate hole for the wastes which comes from plants, leaves, vegetables, and fruits, you will soon have fertilizer for growing more vegetables and other plants.
- Wastes can also be burned.



SOLID WASTE

WORD LIST

1. <u>SCRAPS</u>	Unwanted pieces of something
2. <u>DISPOSE</u>	To get rid of
3. <u>BREED</u>	Have young (babies)
4. <u>MULTIPLY</u>	To increase in number
5. <u>PROPERLY</u>	Correctly. The right way.

EXCRETA DISPOSAL

Objective

At the end of the course, the CHW should be able to:

- 1) Tell the people why it is important to dispose of human excreta in a sanitary way.
- 2) Explain to the community the easiest way of latrine construction using local materials.

Subject Matter

Definition of excreta disposal.

The importance of disposing of human excreta in a sanitary way.

The important things needed to build a latrine.

The danger of unhygienic disposal of human excreta

Advantage of proper excreta disposal.

Teaching Method

Lecture group discussion

Ask the CHW's to read the entire section on Excreta then come to the class and be prepared to lecture and answer questions on it.

Practical:

Take the CHW's to the villages and inspect latrines. Ask each CHW to tell you the good and poor points of each latrine you inspect. Consider the location of each latrine.

Ask the CHW's to give Health Education to each household you visit.

EXCRETA \* DISPOSAL

WHAT IS EXCRETA DISPOSAL?

- It means to put human wastes into a hole (latrine) in a sanitary way\*.
- Human excreta consists of feces, urine, and sputum.
- Proper disposal of human excreta reduces\* the number of flies, cockroaches, rodents and other insects which cause disease.

EXPLAIN HOW HUMAN EXCRETA AFFECTS\* US

TELL THE PEOPLE

- Germs and worms live in the feces, urine, and sputum (excreta) of infected people. If this excreta is not disposed of in a sanitary way, it gets into food and water and the flies stand on it. The flies take the worms and germs on their legs and then land on our food and face. When people eat food which flies have sat on, they become sick.

EXPLAIN TO OTHERS THAT UNHYGIENIC DISPOSAL OF HUMAN EXCRETA CAUSES DISEASE TRANSMISSION\* BY:

- a) Flies sitting on the excreta and then sitting on the food.
- b) Drinking water that has urine and feces in it.

\* See Word List at the end of this Section

c) Eating raw vegetables which have been on the ground and have been in contact\* with excreta.

d) Walking barefoot on the ground where people have left their feces.

e) Children going to the toilet around the house, then people stand on the feces and bring it into the house on their feet and shoes.

f) Cockroaches feeding on feces and coming in contact with food, dishes and utensils.

HOW TO BUILD A LATRINE IN  
A SANITARY WAY

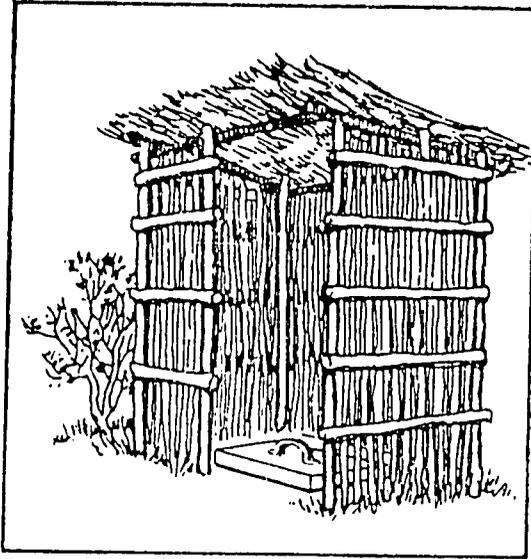
First you must find a place for the latrine.

Secondly you must use local material which is found in that area.

Thirdly you must keep in your mind the local resources such as labor, money and material.

\* See Word List at the end of this Section

After that the latrine should be:



- 1) Simple in construction
- 2) Cheap
- 3) Easy to maintain
- 4) Acceptable\* to the user
- 5) It should be at least 4-5 meters deep
- 6) It should be built at a distance of 20 meters from Water sources
- 7) It should be covered by a roof
- 8) Latrine should always be covered with a lid after use.

BE SURE TO TELL THE PEOPLE  
THE ADVANTAGE OF EXCRETA  
DISPOSAL

TELL THEM THAT

- a) It reduces disease and worms
- b) It reduces the number of insects and rodents which spread disease.
- c) It improves\* environmental sanitation.
- d) It makes good community health.

REMEMBER:

Proper disposal of excreta helps to prevent worms, diarrhea, and other serious disease.

\* See Word List at the end of this section.

EXCRETA DISPOSAL

WORD LIST

1.	<u>EXCRETA</u>	Feces, urine, sputum
2.	<u>SANITARY WAY</u>	In a clean way
3.	<u>REDUCES</u>	Makes less in number
4.	<u>AFFECTS</u>	Influence, bother
5.	<u>TRANSMISSION</u>	Spread from one person to another
6.	<u>CONTACT</u>	Touch
7.	<u>ACCEPTABLE TO USERS</u>	People must like it
8.	<u>IMPROVES</u>	Makes better

WATER SANITATION

Objective

At the end of this section, the CHW should be able to:

- 1) Educate the community on the importance of safe drinking water.
- 2) Tell the people the causes of water contamination.
- 3) Teach the people how to protect their water sources.
- 4) Encourage the people on the importance of sedimentation, filtration and boiling of river, lake and pond water before drinking.
- 5) Advise the people to drink only clean and safe water.

Subject Matter

The use of water.

Sources of water.

How water becomes contaminated.

Diseases which are spread through bad (contaminated) water.

The difference between bad and good water for drinking.

Contamination of wells, rivers, lakes and ponds and how to prevent it and make the water safe.

Teaching Method

Lecture group discussion.

Ask each CHW to read the section on water sanitation and be prepared to answer questions on the subject.

Practical:

Demonstrate how to keep the water storage container clean.

Demonstrate how to use clean buckets to draw water from wells.

Demonstrate how to sediment, filter and boil water.

Demonstrate how to protect wells and other water sources from pollution.

## WATER SANITATION

Everyone must have water to live.

### WE USE WATER FOR:

- 1) Drinking
- 2) Cooking
- 3) Bathing
- 4) Washing utensils and clothing
- 5) Animals to drink
- 6) Food crops (plants)

### WE GET WATER FROM:

- Wells
- Rivers
- Springs
- Streams
- Ponds
- Canals

### TELL THE PEOPLE



- Germs enter water, contaminate\* it and cause disease.
- Germs enter water through feces, urine, rubbish, dead animals, and dirt.
- Drinking bad (contaminated) water causes diseases. Many children in Somalia die because of drinking contaminated water.
- They should always boil water for children which comes from rivers and ponds.
- Common diseases which are spread through contaminated water are:
  - 1) Diarrhea
  - 2) Typhoid and Paratyphoid
  - 3) Cholera
  - 4) Dysentery
  - 5) Hepatitis (Jaundice)

\* See Word at the end of this Section

SAFE DRINKING WATER IS:

- Clear
  - Clean
  - Colorless
  - Odorless\*
  - Good to taste
- (As from protected\* wells and protected springs)

BAD (CONTAMINATED) WATER IS:

- Dirty
- Muddy
- Smelly
- Water from rivers, lakes, ponds and canals is always contaminated and should be boiled before drinking.

TELL OTHERS HOW DISEASES ARE SPREAD



- Through dirty water (bad water) contaminated with urine and feces.
- Through unwashed utensils which are used for carrying, storing and drinking water.

Examples:

- Dirty Buckets
- Unclean pots
- Unclean glasses or cups
- By many people drinking from the same cup or glass
- Through bathing or swimming in contaminated water.

\* See Word List at the end of this Section

TELL OTHERS THAT SOME WAYS  
IN WHICH THE WATER CAN BE  
CONTAMINATED ARE:

- Germs and worms from feces, urine, dead animals, and bathing water getting into the water sources.
- By flies, unclean hands, unclean utensils and refuse.
- By improper\* storage.

HOW TO PREVENT WATER FROM  
BECOMING BAD (CONTAMINATED)

ADVISE THE COMMUNITY



WELLS

- To keep their wells clean.
- To use clean containers when drawing and storing water.
- When drawing water from the storage container, use a cup with a handle.
- To protect the well by building walls and digging a drainage ditch around it.
- To cover the well when possible.
- Not to throw anything into the well.
- Not to bathe or urinate near the water source.

\* See Word List at the end of this Section

- When drawing water from a well with a bucket, do not let the rope touch the ground but hold it in your hand and arm when collecting the water. After use, put the rope inside the bucket and hang it in your house above the ground.

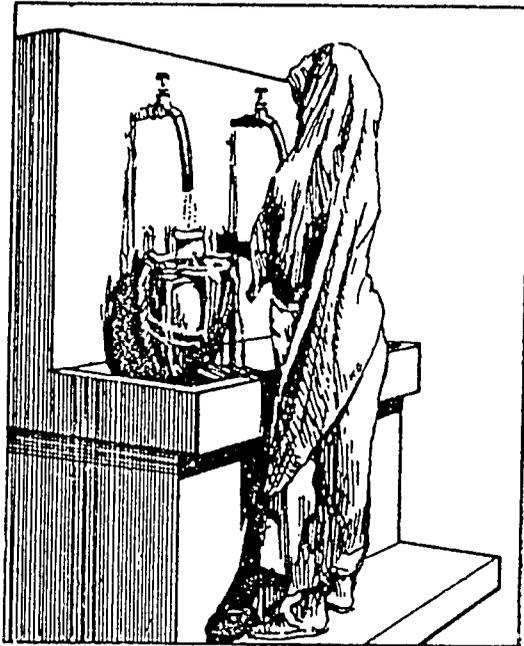
ADVISE THE COMMUNITY

RIVERS, LAKES AND PONDS

- To settle at least  $\frac{1}{2}$  km. away from the water source.
- To sediment\*, filter\* and boil any water from the above mentioned sources.
- To fill their drinking water container with a cup and not to walk into the pond.
- To make a fence of thorn bushes around the pond to prevent wild animals from getting into the water at night.
- Not to defecate\*, urinate or dump wastes near the water sources.
- Not to bathe in the water which is used for drinking.
- Not to let animals go into the pond where drinking water is collected.

\* See Word List at the end of this Section

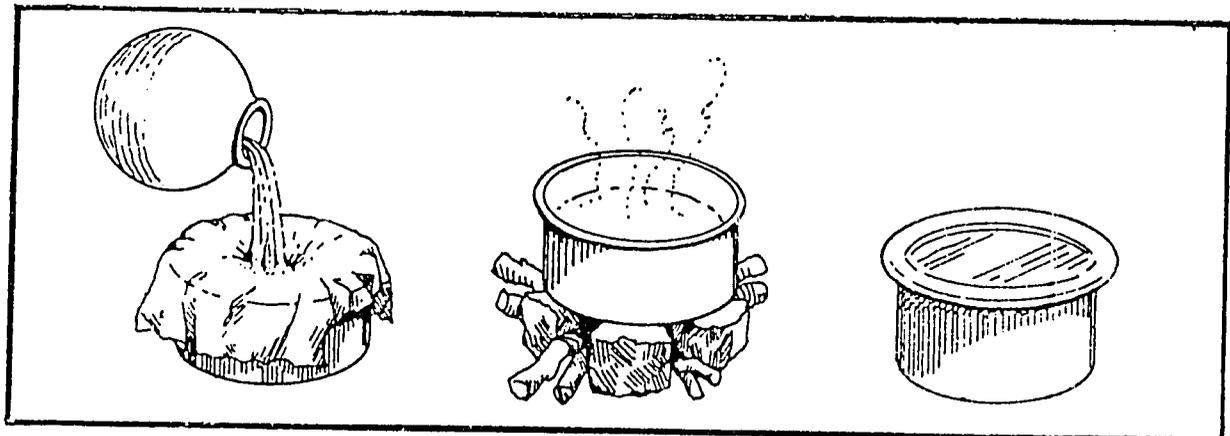
- Not to wash dishes and cooking utensils in the pond where water is collected.



- Not to get into the water when collecting it for drinking.

NB. Always drink clean water in order to protect yourself from germs and worms which cause disease.

- Children suffer\* from drinking bad water and many die. Only boiled water should be given to children especially within the first 3 - 4 years.



FILTER

BOIL

COOL

\* See Word List at the end of this Section

WATER SANITATION

WORD LIST

1. <u>CONTAMINATE</u>	To make dirty with germs which cause disease.
2. <u>ODORLESS</u>	No smell.
3. <u>PROTECT</u>	To care for. To keep harmful things away from.
4. <u>SPREAD</u>	Passed from one person to another
5. <u>IMPROPER</u>	Not the right way. Wrong.
6. <u>ADVISE</u>	Tell.
7. <u>SEDIMENT</u>	Let sit until dirt settles to the bottom of the container.
8. <u>FILTER</u>	Pour water through a cloth to take out small pieces of dirt.
9. <u>DEFECATE</u>	Pass feces.
10. <u>SUFFER</u>	Hurt, become sick.

FOOD SANITATION

Objective

To introduce CHW's to food sanitation.

Subject Matter

Food sanitation, hygiene, and food protection.

Measures to take to prevent food contamination.

Food preservation and storage:

Milk

Meat

Maize and Sorghum

Teaching Method

Lecture, group discussion

Practical:

Visit houses, markets and food establishments.

Ask the CHW to list the poor practices of each.

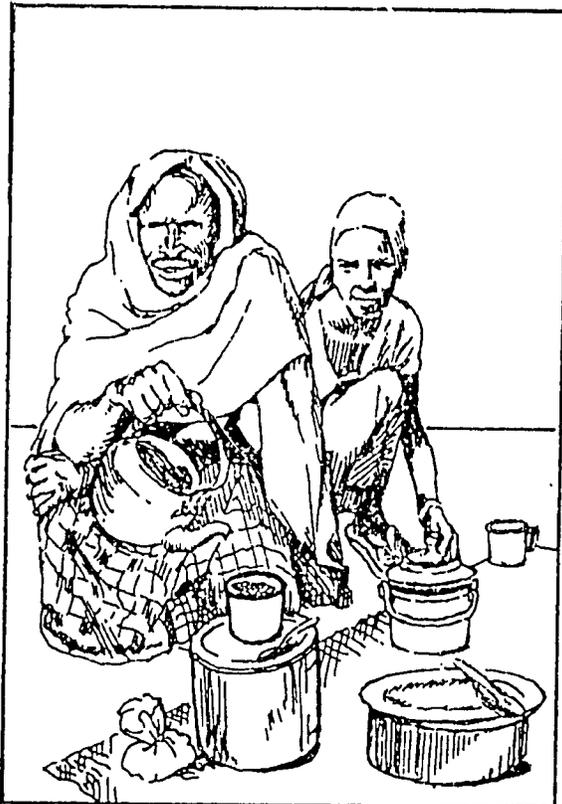
Ask the CHW to give Health Education during each visit.

Make sure the CHW understands the basics of food sanitation before continuing in the manual.

FOOD SANITATION

Everyone must have food. If we do not eat food, we cannot live. Food can also carry diseases. It is therefore important to protect food before eating it so we do not get sick.

TELL THE PEOPLE



That some ways to protect their food are:

- 1) To wash their hands before preparing and eating food.
- 2) To put food in a clean container with a lid to keep out flies, cockroaches, and rats.
- 3) To make sure to cover pots and drinking water containers.
- 4) Not to let food touch dirty surfaces, because dirty foods bring disease to all the family.
- 5) To keep their food out of the sun, the wind, and the rain.
- 6) To sweep their kitchen carefully so as not to attract\* flies, insects, rats and cockroaches.
- 7) To make sure that those who cook or prepare food for the family are not suffering from a communicable\* disease or worms.

\*See Word List at the end of this Section



8) To make sure the person who prepares food has good personal hygiene and keeps themselves clean.

9) Making sure that everyone is taught to wash their hands with soap and water after going to the toilet and before eating.

10) Not to scratch under their arms or around their anus\* when preparing food. If they do, they have to wash their hands.



11) To cover their mouth with a cloth or their hand when sneezing or coughing and do not blow their noses around foods, because the germs from their mouth and nose settle on the food and cause disease.

12) Not to spit on the floor or walls of their kitchen.

13) To wash their dishes, cooking and eating utensils with soap and clean water.

### MILK

#### ADVISE THE PEOPLE THAT

- Fresh milk should be boiled before they drink it because boiling kills germs.
- Powdered milk should be stored in a cool, dark place.

\* See Word List at the end of this Section

- The water to be mixed with the milk powder should be clean and boiled especially if it is from a river or pond.
- They should never give children or babies milk powder which does not contain fat (skimmed milk) unless advised by a doctor or nurse.

### MEAT

#### ADVISE THE PEOPLE THAT



- Meat can be preserved\* by salting, smoking, drying or cooking.
- Meat from unhealthy animals is black or coloured yellow and should not be eaten.
- Fresh meat should be kept in a cool place before preparation and covered to protect it from flies and dirt.
- Meat should be cooked well.

### MAIZE AND SORGHUM (GRAINS)

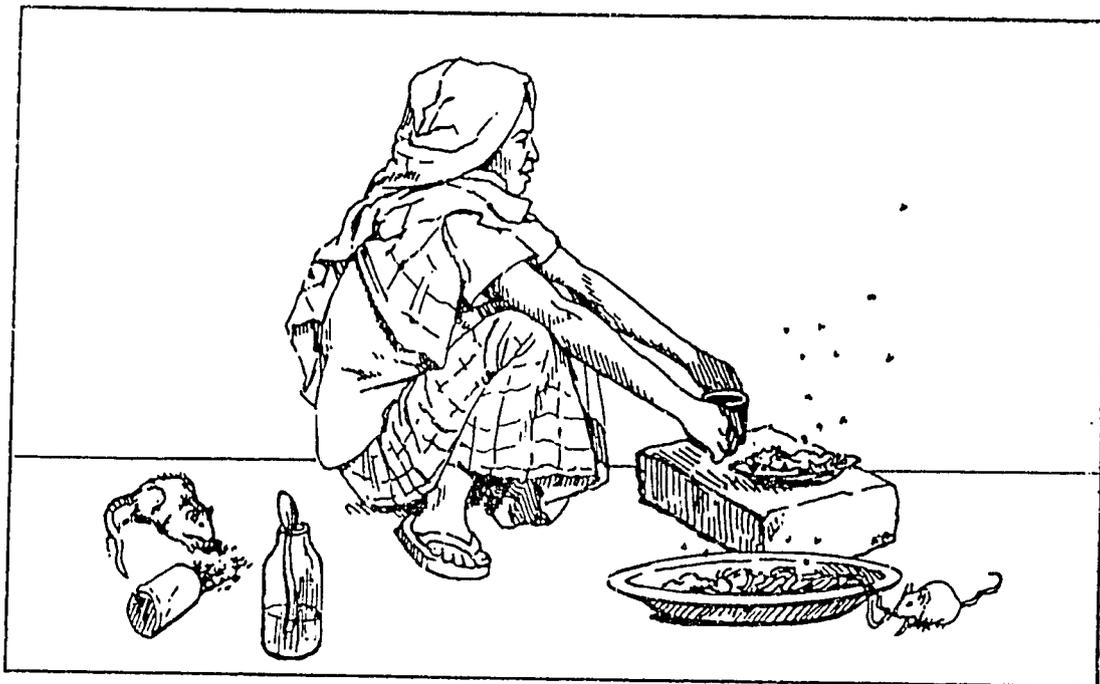
#### ADVISE THE PEOPLE THAT

- Maize and sorghum should be stored in clean and dry containers to protect them from insects and rats.

\* See Word List at the end of this Section

REMEMBER

- Food which is to be eaten raw, e.g. fruits and vegetables, should be washed well with clean water before eating to remove disease causing germs, feces, and worm eggs.
- Cooked food should not be stored for too long as it breeds disease germs and can cause diarrhea and vomiting.
- Cooked food should always be covered and protected from flies, rats and cockroaches.



\* See Word List at the end of this Section

FOOD SANITATION

WORD LIST

1. <u>COMMUNICABLE DISEASE</u>	A disease passed from one person to another person or from an animal to a person
2. <u>ATTRACT</u>	To bring
3. <u>ANUS</u>	Area between the buttocks
4. <u>PRESERVED</u>	Kept longer before spoiling or becoming bad
5. <u>RAW</u>	Uncooked

INSECT AND RAT CONTROL

Objective

To introduce the CHW to the control of insects and rats.

Subject Matter

The importance of the common diseases carried by, the prevention and control of:

Mosquitoes  
Flies  
Fleas  
Bed Bugs  
Rats

Teaching Method

Lecture, Group discussion

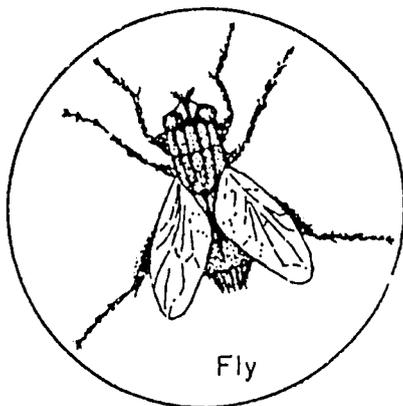
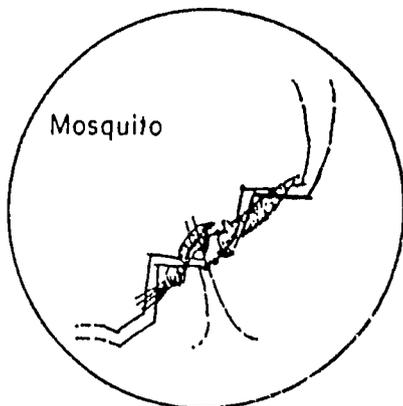
Practical:

The CHW should demonstrate the ability to:

- 1) Locate and identify breeding sites of mosquitoes, fleas and rats.
- 2) Propose preventative and control measures to reduce breeding.
- 3) Educate the community on the importance of these vectors to the community's health.

INSECT AND RAT CONTROL\*

INSECTS



- Some insects carry certain diseases. The names of common insects and diseases they carry are listed as follows:

- a) Mosquitoes carry germs that cause:

Malaria  
Filariasis  
Yellow Fever

- b) Flies carry germs that cause:

Cholera  
Typhoid  
Dysentery  
Trachoma

- c) Fleas carry germs that cause:

Plague

- d) Bed Bugs cause:

Itching

INFORM THE COMMUNITY

- To prevent diseases, it is necessary to stop the breeding\* of these insects. Explain the following ways on how to control some of the insects listed above:

- a) Mosquitoes:

1) Remove all still water collecting in pots, holes, tins or old tires.

\* See Word List at the end of this Section

2) Use spraying and larva-  
cidal measures\*

3) Put mosquito larvae  
eating fish in all areas  
where water remains  
permanently.

4) Put oil in water to kill  
the larvae\*.

b) Flies:

1) Disposing of garbage  
properly by burning or  
burying it.

2) Using pit latrines.

3) Using insecticides  
wherever possible.

4) Keeping their environ-  
ment clean.

c) Fleas:

1) Put bedding in the sun-  
light.

2) Keep animals and chickens  
out of the house.

3) Stop rats from coming  
near the house.

4) Use insecticide if  
possible.

5) Keep the house clean.



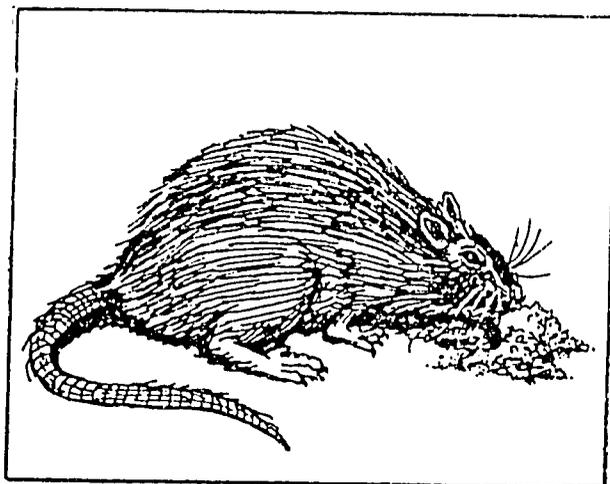
\* See Word List at the end of this Section

d) Bed Bugs:

- 1) Put bedding in the sunlight, including sleeping mats and blankets.
- 2) Keep the house clean.
- 3) Put a little kerosene around the bed frame and walls.
- 4) If available, use insecticides in places where bed bugs live.
- 5) Fill any holes or cracks in walls of the house.
- 6) White-wash the house often.

RATS

EXPLAIN TO THE COMMUNITY



That rats eat and spoil\* food and breed very quickly. People can control rats in the following ways:

- a) By proper disposal of garbage by burying or burning it.
- b) By storing food and grain in food containers which rats cannot get into.
- c) By poisoning and trapping to kill the rats.

\* See Word List at the end of this Section

INSECT AND RAT CONTROL

WORD LIST

1. <u>CONTROL</u>	To prevent the spread of, make less.
2. <u>BREEDING</u>	To have babies.
3. <u>LARVICIDAL MEASURES</u>	Killing larva.
4. <u>SPOILING</u>	Causing to go bad.
5. <u>LARVAE</u>	Young (Babies) of mosquito which live in the water.

COMMUNICABLE DISEASES AND  
THEIR PREVENTION

Objective

To introduce CHW's to the prevention and control of communicable diseases.

Subject Matter

Common communicable diseases in Somalia:

Tuberculosis  
Diarrhea  
Measles  
Whooping Cough  
Malaria  
Leprosy  
Tetanus  
Trachoma  
Sexually transmitted diseases

Teaching Method

Lecture, Group discussion.  
Ask each CHW to explain to the class how each communicable disease listed in this section is spread, how it is controlled. Each disease must be completely understood, and the CHW must prove he/she can give health education to villagers on each disease.

COMMUNICABLE DISEASES AND  
THEIR PREVENTION

Communicable diseases are those which are transmitted from man to man or from animal to man by direct contact or through infected materials or insects.

Some of the common communicable diseases in Somalia are:

1. Tuberculosis
2. Diarrhea
3. Measles
4. Whooping Cough
5. Malaria
6. Leprosy
7. Tetanus
8. Trachoma
9. Sexually transmitted diseases

① TUBERCULOSIS

TELL THE COMMUNITY

●● Tuberculosis (TB) is spread by breathing bacteria germs in the air which come from the cough, sneeze, and sputum of infected people. Germs get into the lungs, multiply\* there and destroy (eat away) the lungs gradually\*. Tuberculosis germs can affect other organs also.

\* See Word List at the end of this Section

TELL THE PEOPLE HOW  
TO PREVENT TUBERCULOSIS

TELL THEM THAT



WHAT TO TELL THE PEOPLE  
WHO ARE INFECTED WITH  
TUBERCULOSIS

- Children should be given BCG vaccine within the first year of life in order to protect them from getting TB.
- Houses should be well ventilated\* and people should not crowd together in small sleeping rooms since TB is spread through the air.
- They should NOT SPIT on the floor but should cover their mouth and nose or turn away from others when sneezing or coughing.
- Good personal hygiene and sanitation in the home is very important to prevent the spread of this disease.
- Sleep separately from others.
- Keep your eating utensils and drinking cups separate from others.
- Put your bedding in the sun every day and wash it often.
- Infected people should spit into a container, keep it covered and burn or bury it when it is full.

\* See Word List at the end of this Section

- Eat good food, get lots of rest, and keep yourself and your house clean. This is very important for your recovery and for the safety of your family so they will not get the disease.
- People who have Tuberculosis, but are taking medicine and injections regularly generally do not infect others. Such people should not be separated from the family members.
- All infected people should have regular treatment for 12 to 18 months. Irregular treatment is harmful.

② DIARRHEA

TELL THE PEOPLE

- More than 3 loose stools in a day is considered to be diarrhea.
- They may get diarrhea from eating food or drinking water which has been contaminated with feces and has disease germs or worm eggs in it.
- Other ways of getting diarrhea is by eating food which they contaminate with disease germs.

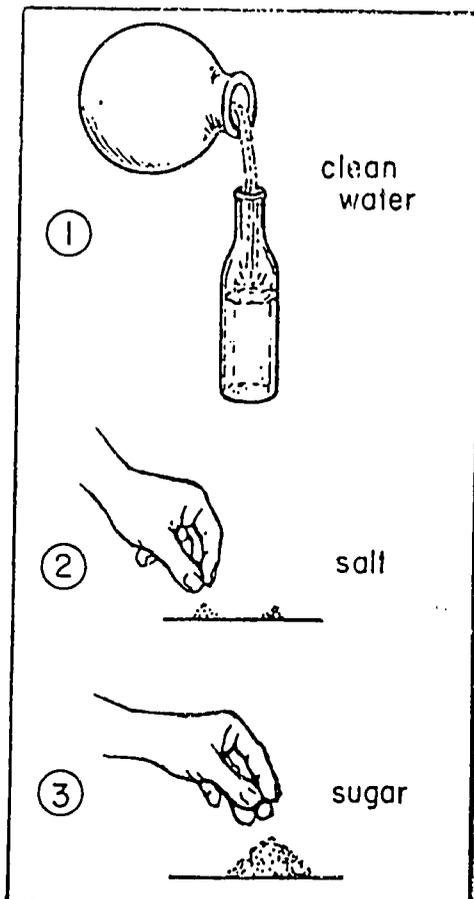
DIARRHEA IS A VERY IMPORTANT  
DISEASE IN SOMALIA BECAUSE IT  
KILLS MANY, MANY CHILDREN.

\* See Word List at the end of this Section

TO TREAT DIARRHEA



DEHYDRATION CAN BE TREATED  
IN THE FOLLOWING WAY:



When a person has diarrhea they lose water from their body and become dried up (dehydrated).

People die when they become dried up (severely\* dehydrated).

People, especially young children who have diarrhea must be advised to drink a lot of clean water or other liquids.

Boil water. Add rehydration salt as per instructions.

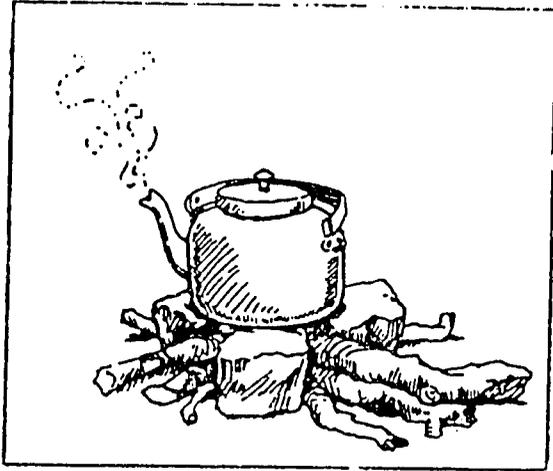
OR

1. Put four glasses (1 litre) of clean (boiled and cooled) water in a clean jug.
2. Then add 2 pinches of salt (using thumb and two fingers).
3. Now add as much sugar as can be scooped up by three fingers (15gms).
4. Ask the person who has diarrhea to drink as many cups or glasses of this liquid as they can drink. Repeat this procedure as often as the person can take it.
5. IF THE PERSON CANNOT DRINK WATER, TAKE THEM TO A NURSE OR DOCTOR IMMEDIATELY.

\* See Word List at the end of this section

HOW TO PREVENT DIARRHEA

TELL THE PEOPLE TO



- Boil water which is used for drinking especially if it comes from a river or pond.
- Properly dispose of feces and solid waste.
- Build a latrine which is protected from flies by a cover or lid.
- Store food in a cupboard or good container which is well ventilated and protected from flies, insects, and rats.
- Cover food.
- Wash food which is to be eaten raw (fruits and vegetables) with clean water before eating. This is very important for it removes dirt, feces, germs and worm eggs.
- Cook food well. Cooked food should not be stored for more than 3 to 4 hours if the days are hot, otherwise it breeds disease germs and can cause diarrhea and vomiting.
- Keep flies from sitting on food because flies spread disease. Very important in the prevention of diarrhea.

\* See Word List at the end of this Section



- Store grain in closed, rat-proofed containers because contamination of food with rat feces or urine causes diarrhea.
- Keep places clean where animals stay because flies and other insects feed and breed and multiply in their feces. Also, areas where animals are killed should be kept clean and free from blood, otherwise, flies will breed.
- Practice good hygiene and sanitation.

REMEMBER: Hands should be washed with soap and water:

after defecation\*  
before preparing food  
and serving it.  
before eating.

③ MEASLES

PREVENTION

- Is caused by measles virus. Generally children are affected.
- Immunize the children by giving vaccine.
- Report to your supervisor.
- Keep the affected children away from healthy children, e.g., from schools.

\* See Word List at the end of this Section

④ WHOOPING COUGH

- Is caused by whooping cough germs.  
Generally children are affected.

PREVENTION

- All children 0 - 5 years should be protected against this disease by giving immunizations.
- Isolation\*: It is good to isolate the sick child from the healthy child.

⑤ MALARIA

- Mosquito bites cause Malaria.

The typical signs of malaria are:

- a) High Fever
- b) Shivering (chills)
- c) Sweating

Without cough or urinary or abdominal symptoms.

PREVENTION

- Every person with fever should have treatment for malaria.
- The CHW should co-operate in spraying operations and in preparing the houses for spraying.
- The CHW should not allow stagnant or slow moving water to collect near the houses.
- Be sure to empty all containers (tins, tires) which hold water that are near the house or village because mosquitoes breed in them.
- Use mosquito nets to prevent mosquito biting.

\* See Word List at the end of this Section

⑦ LEPROSY

- ● Is caused by Lepra Bacille.
- Treatment is most important with DDS.
- Immunization with BCG has been found to prevent leprosy, but still it is uncertain.
- Patients on treatment cannot infect others.

⑧ TETANUS

- ● Is a disease caused by tetanus toxins.
- The tetanus bacillus gets into the body through fresh wounds even though the wound may be small.
- The fresh wound must be cleaned with soap and water.
- Anyone in the village who injures himself should have an injection against tetanus.
- All pregnant women should receive tetanus vaccine so as to protect them and their babies from tetanus.

⑨ TRACHOMA

- ● Is caused by trachoma virus.
- It gives complications in the eye leading to disturbance and blindness.
- It can be transmitted by direct contact from the affected eye.
- Treatment with Tetracycline.

\* See Word List at the end of this Section.

PREVENTION

- Personal hygiene.
- To clean their face and eyes regularly.
- That flies can spread the disease to their eyes.
- To wash their eyes with clean water.

⑩ VENEREAL DISEASES

- a) Syphillis
- b) Gonorrhoea

- A man can get these diseases from a woman, or a woman can get them from a man, by sexual intercourse through germs. Both of these diseases can affect other organs and can be dangerous.

a) SYPHILLIS

- Causes a painless ulcer (sore) on the penis or in the vagina (female genital organ).
- Even though it is painless, it should be treated.

b) GONORRHEA

- Causes a pus discharge from the urethra in the male and the vagina in the case of the female.
- This should also be treated when it is noticed.

PREVENTION

- All people suffering from the above diseases should be treated.

\* See Word List at the end of this Section

- Not to have more than one sexual partner if possible.
- Cleanliness and personal protection will help to avoid contracting the disease.
- Give the people health education.



COMMUNICABLE DISEASES AND  
THEIR PREVENTION

WORD LIST

1. <u>MULTIPLY</u>	To increase in number
2. <u>GRADUALLY</u>	Slowly
3. <u>VENTILATED</u>	Mixing of air
4. <u>DEFECATION</u>	Passing feces
5. <u>ISOLATION</u>	To keep away from others
6. <u>SEVERELY</u>	Badly, extremely, very