BACK OF THE JEEP®

FACILITATOR'S GUIDE

HALF-DAY TRAINING ON NOVEL H1N1 INFLUENZA VIRUS

USAID FROM THE AMERICAN PEOPLE
H2P HUMANITARIAN PANDEMIC PREPAREDNESS

This publication was prepared by AED and funded by USAID under contract number GHS-I-00-03-00036. It does not necessarily represent the views of USAID or the US Government.

September 2009

TABLE OF CONTENTS

INTRODUCTION 1

SESSION 1 5
Welcome And Overview

SESSION 2 9
Pandemic Influenza: What People Should Know

SESSION 3 13
Novel H1N1 Influenza Virus: What People Should Know

SESSION 4 23
How to Slow the Spread of Novel H1N1 Influenza Virus

SESSION 5 35
Using the Flip Chart, Counseling Cards, and Flyers

SESSION 6 53
Wrap up and Distribution of Materials

ANNEX 1 59
Frequently asked Questions

INTRODUCTION

Who is this training for?

This is a half-day training for community health workers and volunteers and first responders on how to counsel and mobilize their communities on key practices to reduce the risk of contracting the H1N1 influenza virus.

Community health workers and volunteers are seen as a main source of correct information on how to prevent illness and treat illness. They also are the professionals that are first responders when an outbreak – such as a flu outbreak – occurs in a village or community. They are in the unique position of talking one-on-one with individuals, families, and communities, and it is important that they have accurate and easy-to-adopt guidance for their community members.

What is the purpose of the training?

The training is intended to provide guidance and tools to health workers on messages they need to deliver to families and communities and how to use counseling materials to increase the understanding and the adoption of correct practices to reduce and contain the spread of the H1N1 virus. The materials include counseling cards on the importance of adopting practices that will stop the spread of novel H1N1 influenza, a flyer for caregivers, and flip chart for health workers and volunteers.

Why is this training important?

It is crucial that community members understand the importance of specific practices to reduce and control the spread of the influenza. By adapting these practices at the individual and household levels, communities can reduce the number of people getting sick. Being comfortable with these practices is also important because vaccines and antiviral medicines may not be available or in limited supply. These 'non-pharmaceutical interventions" – isolation and quarantine, hygiene (such as handwashing and respiratory etiquette), and home care for the sick – will likely be the most effective and practical measures to take.

What the training includes

During the interactive training workshop sessions of the *Back of the Jeep® Training for Novel H1N1 Influenza Virus Outbreaks*, participants will use group discussions, role plays, and demonstrations, to increase their understanding of the interventions included in the flip chart, counseling cards, and flyers, which can make a difference to contain or delay spread of the disease at the community level.

Interpersonal communication has been proven to be successful in increasing awareness, as well as changing behaviors, to help minimize the negative health impacts of disease outbreaks. Delivering helpful messages on specific actions that community members can take, can effectively contain the spread of a pandemic and reduce the cases of illness and death from the virus.

How to use this Guide

This Guide contains different types of guidance for people giving the training. For each session, there is a list of objectives, how long the session should last, which materials should be used, and a list of training tasks.

In most cases, there are "Notes to Co-Trainers" that provide additional explanation on the training tasks, such as how and why they should be done. To make the training go smoothly, trainers should take the time to read through this Guide and use the supporting materials before delivering the training. Also remember to make copies of the supporting materials and the Annex, as well as the agenda and evaluation forms.

Back of the Jeep® Training for Novel H1N1 Virus Outbreaks

AGENDA	
8:30 – 8:45	**SESSION 1** Welcome And Overview (15 minutes)
8:45 – 9:05	**SESSION 2** Pandemic Influenza, What People Should Know (20 minutes)
9:05 – 9:35	**SESSION 3** Novel H1N1 Influenza Virus, What People Should Know (30 minutes)
9:35 – 10:35	**SESSION 4** How to Slow the Spread of Novel H1N1 Influenza Virus (60 minutes)
10:35 – 11:00	**BREAK**
11:00 – 11:30	**SESSION 5** Techniques for Counseling: Flip Chart, Counseling Cards, and Flyers (30 minutes)
11:30 – 12:15	Practice and Role Playing (45 minutes)
12:15 – 12:30	**SESSION 6** Wrap up and Distribution of Materials (15 minutes)

SESSION 1:

WELCOME AND OVERVIEW

OBJECTIVES

By the end of this session, participants will have:

1. Introduced themselves to each other, the other trainer, and any special guests.
2. Reviewed the workshop objectives and agenda.

DURATION: 15 minutes

MATERIALS: Workshop Objectives and Agenda

WELCOME AND INTRODUCTION

SESSION 1 | **ACTIVITY#1: Welcome and Introduction**

TRAINING TASK

- ☑ Welcome
- ☑ Introduce yourself and other trainers as well as any special guests
- ☑ Participants' introduction

NOTES TO CO-TRAINERS
A formal opening to the workshop frames the importance of the day. If possible, recruit special speakers in advance, such as a respected government official, traditional or community leader or any other

professional who is working in the field of pandemic influenza. Having special speakers participate in the ceremony sends an important message to participants that the information they will share is important, timely, and can also save lives.

After the speakers have addressed the participants, thank them for coming to open the workshop. Now it is time to meet the workshop participants.

Ask participants to introduce themselves. Provide the following information: Name and place where they work.

SESSION 1 | ACTIVITY#2: Workshop Objectives and Agenda

TRAINING TASK

- ☑ Ask a volunteer to read the workshop objectives written on the flip chart out loud, and encourage discussion to see if participants have any questions or comments.
- ☑ Review Workshop Agenda

NOTES TO CO-TRAINERS
Before the session, clearly write the workshop objectives on a writing board or flip chart paper. If possible, leave the objectives posted for the entire course. Information on the novel H1N1 influenza virus and pandemic influenza are in Annex 1 of this Guide.

Workshop Objectives

By the end of this workshop, participants will have:

- Reviewed facts and information about pandemic influenza and the novel H1N1 influenza virus
- Described non-pharmaceutical practices people can practice at the household level as principle control measures for reducing the spread of pandemic influenza outbreaks

- Examined guidelines to effectively use a flip chart, counseling cards and flyers during community outreach meetings
- Practiced using support materials during one-on-one interactions with community members to increase message retention and lead to adoption of these practices.

Workshop Agenda

For this workshop, we have prepared a half-day schedule. See agenda on page 3.

SESSION 2:

PANDEMIC INFLUENZA: WHAT PEOPLE SHOULD KNOW

OBJECTIVES

By the end of this session, participants will have:

1. Reviewed basic pandemic influenza information
2. Identified novel H1N1 influenza virus information included in the flip chart and counseling cards

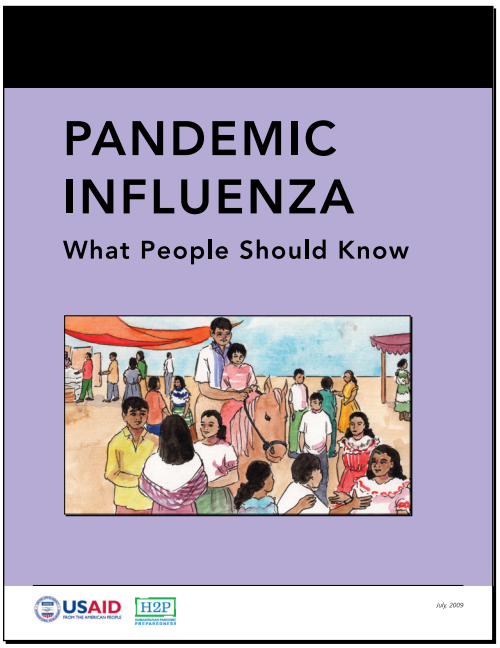
DURATION: 20 minutes

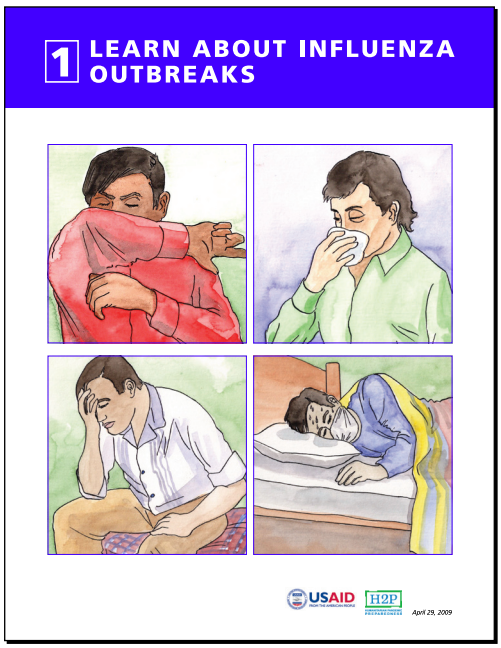
MATERIALS:

During this session, you need to have available several copies of:

Flip chart: Pandemic Influenza – What People Should Know

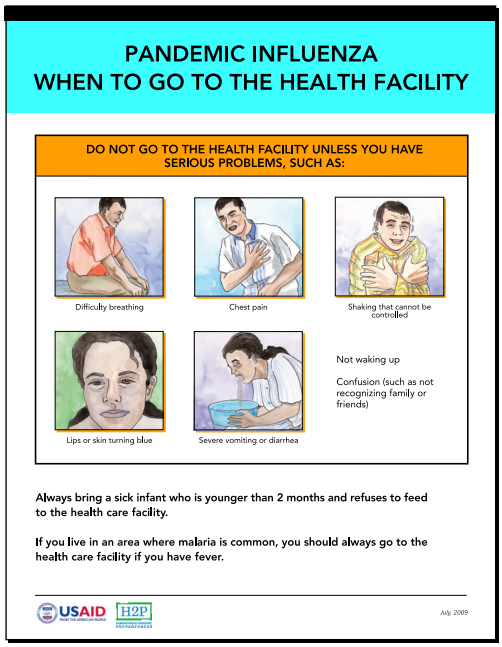
Counseling cards





Flyer: Pandemic Influenza –
Protect Your Household

Flyer: Pandemic Influenza –
When to Go to the Health Facility



GENERAL PANDEMIC INFLUENZA INFORMATION

SESSION 2 | ACTIVITY#1: General Pandemic Influenza Information

TRAINING TASK

- ☑ Divide participants into small groups.
- ☑ From the Pandemic Influenza Group Work Questions on the following page, assign one question per group and ask them to discuss and respond to questions about pandemic influenza.
  - To save time, assign more questions per group.
  - Allow 10 minutes for group discussion.

NOTES TO CO-TRAINERS
The aim of this activity is to review basic pandemic influenza information as described in the support materials such as the flyers, flip chart, and counseling card. (There is a separate section of this training on the novel H1N1 influenza virus specifically.) If the support materials do not provide answers to the questions, participants should view the Frequently Asked Questions in Annex 1 for complete information.

GROUP WORK QUESTIONS ON ABOUT PANDEMIC INFLUENZA

1. **What is pandemic influenza?**
2. **How is pandemic influenza different from avian influenza?**
3. **How is pandemic influenza different from seasonal influenza?**
4. **What do the different pandemic phases mean?**
5. **What pandemic phase are we currently in?**

SESSION 2 ACTIVITY#2: Discuss and Share Pandemic Influenza Information

TRAINING TASK

- ☑ Each small group designates a volunteer to present their responses to the assigned questions on pandemic.
- ☑ Groups present their responses to the full group.
- ☑ Allow 10 minutes.

NOTES TO CO-TRAINERS
Responses to questions are available in Annex 1, Frequently Asked Questions.

More information is also available at: **www.pandemicpreparedness.org**

SESSION 3:

NOVEL H1N1 INFLUENZA VIRUS: WHAT PEOPLE SHOULD KNOW

OBJECTIVES

By the end of this session, participants will have:

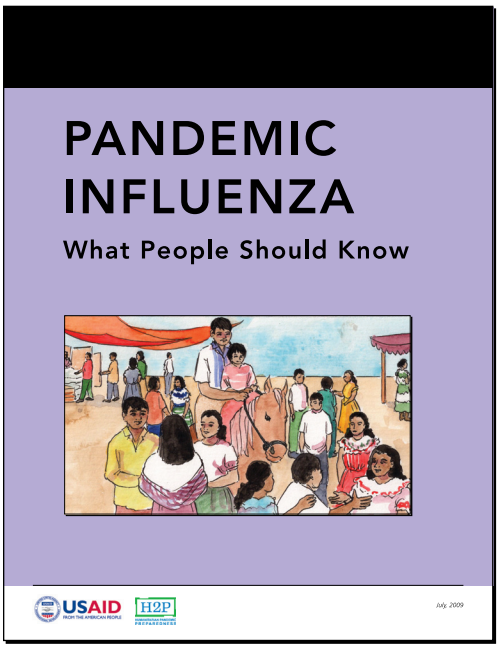
1. Reviewed basic information about the novel H1N1 influenza virus
2. Identified novel H1N1 influenza virus information included in the flip chart and counseling cards

DURATION: 30 minutes

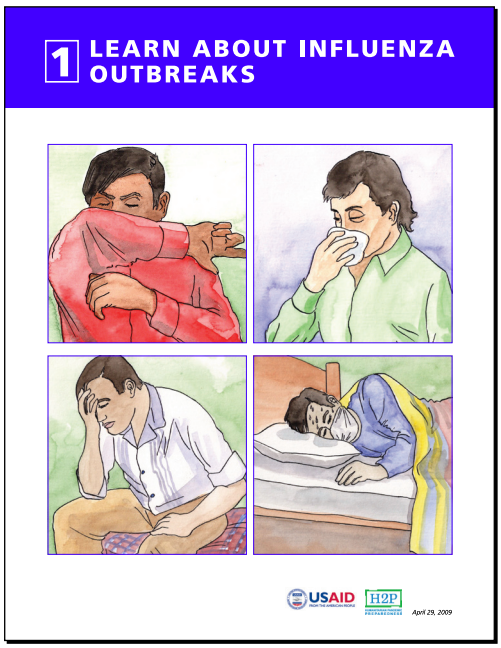
MATERIALS:

During this session, you will need to have available several copies of the:

Flip chart: Pandemic Influenza – What People Should Know

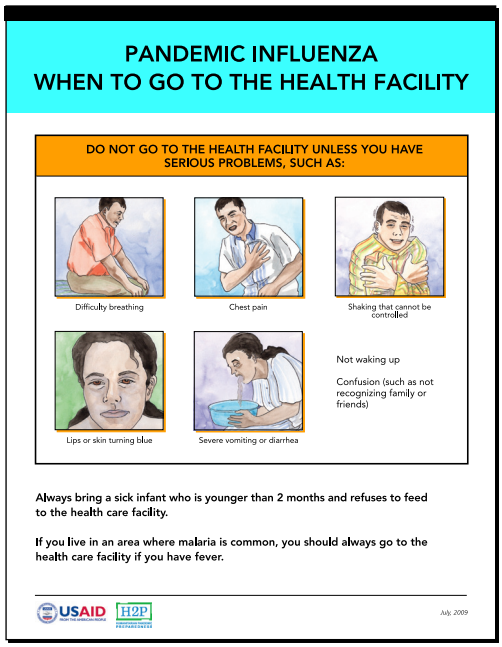


Counseling cards



Flyer: Pandemic Influenza –
Protect Your Household

Flyer: Pandemic Influenza –
When to Go to the Health Facility



NOVEL H1N1 INFLUENZA VIRUS INFORMATION

SESSION 3 | ACTIVITY#1: Novel H1N1 Influenza Virus Information

TRAINING TASK

- ☑ Divide participants into small groups.
- ☑ From the H1N1 Group Work Questions on the following page, assign 3 questions per group and ask them to discuss and respond to questions about the novel HIN1 influenza virus.
  - To save time, assign more questions per group.
  - Allow 10 minutes for group discussion.

NOTES TO CO-TRAINERS

The aim of this activity is to review novel H1N1 influenza virus information contained in the various support materials such as the flyers, counseling cards and flip chart. You can also see Frequently Asked Questions in Annex 1 for complete information.

GROUP WORK QUESTIONS ON THE NOVEL H1N1 INFLUENZA VIRUS

1. **What is the novel H1N1 influenza virus?**
2. **How do people become infected with the virus?**
3. **What are the symptoms of novel H1N1 influenza?**
4. **Most people experience mild illness from the novel H1N1 influenza virus and recover at home. When should someone seek medical care?**
5. **How do I know if I have novel H1N1 influenza?**
6. **Why are we so worried about this flu when thousands die every year from seasonal influenza epidemics and other outbreaks?**
7. **What can I do to protect myself from catching the novel H1N1 virus?**
8. **What about using a mask?**
9. **What are non-pharmaceutical interventions (NPI)?**
10. **What good respiratory etiquette practices can help prevent the spread of novel H1N1 influenza virus?**
11. **What are the benefits of isolation and quarantine?**
12. **What should I do if I think I have the illness?**
13. **How do you care for those who have the novel H1N1 influenza virus?**
14. **How do you protect yourself and your household if you are caring for a person with novel H1N1 influenza virus?**
15. **Should I go to work if I have the flu but am feeling OK?**

16. **Should I take an antiviral now just in case I catch the new virus?**

17. **What about breastfeeding? Should I stop if I am ill?**

18. **Are there any special recommendations for pregnant women?**

19. **Are some people more at risk?**

20. **Can I travel?**

21. **Is it safe to eat pork and pork products?**

22. **Should I worry if there are outbreaks of avian influenza in my area?**

23. **If there are widespread outbreaks, will governments close down their borders or prevent people from entering their countries without screening?**

24. **To which antiviral drugs does novel H1N1 influenza virus respond?**

25. **When should antivirals be used?**

26. **Is an effective vaccine against the novel H1N1 influenza virus already available?**

27. **Who will be able to get a vaccine for novel H1N1 influenza virus when it becomes available?**

28. **Has WHO identified any priority groups that should receive the novel H1N1 influenza virus vaccine first?**

SESSION 3 ACTIVITY#2: Discuss and Share Novel H1N1 Influenza Virus Information

TRAINING TASK

- ☑ Small groups designate a volunteer to present their responses to the assigned questions on H1N1.
- ☑ Groups present their responses to the larger group.
- ☑ Allow 10 minutes.

NOTES TO CO-TRAINERS
Responses to questions are available in Annex 1, Frequently Asked Questions.

More information is also available at: **www.pandemicpreparedness.org**

SESSION 3 ACTIVITY#3: Novel H1N1 Influenza Virus Information in Flip Chart, Counseling Cards and Flyers

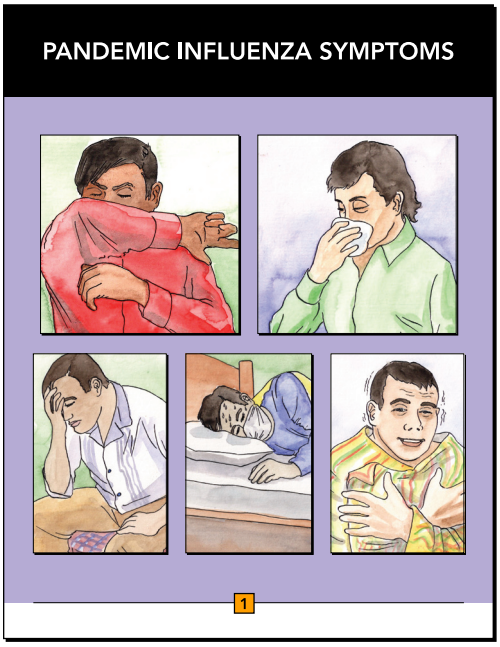
Novel H1N1 influenza virus support materials were designed to help the community extension worker deliver clear, accurate, and consistent information about the novel H1N1 influenza virus to community members. We will focus now on the messages that are included in the support materials available: flip chart, counseling cards, and flyers.

TRAINING TASK

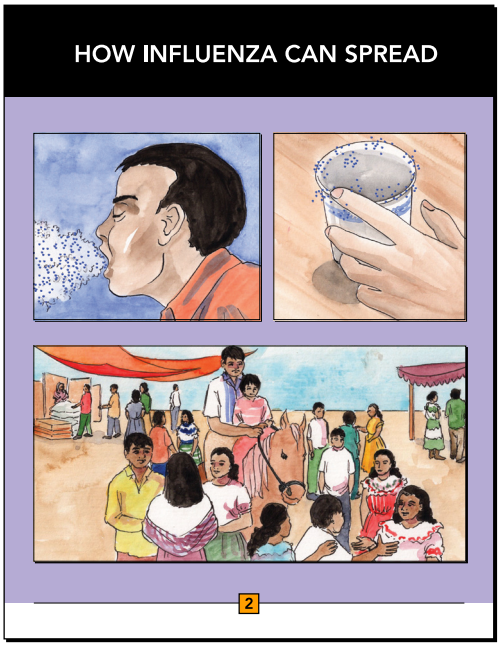
- ☑ Have available seven copies of the flip chart: Pandemic Influenza—What People Should Know, as well as several sets of the counseling cards and the flyers.
  - Divide participants into seven small groups.
  - Assign each group to review **one of the seven topics included in the flip chart**: Pandemic Influenza – What People Should Know, as well as the counseling cards, listed on the following page.

TOPICS included in the flip chart are:

1. H1N1 virus symptoms

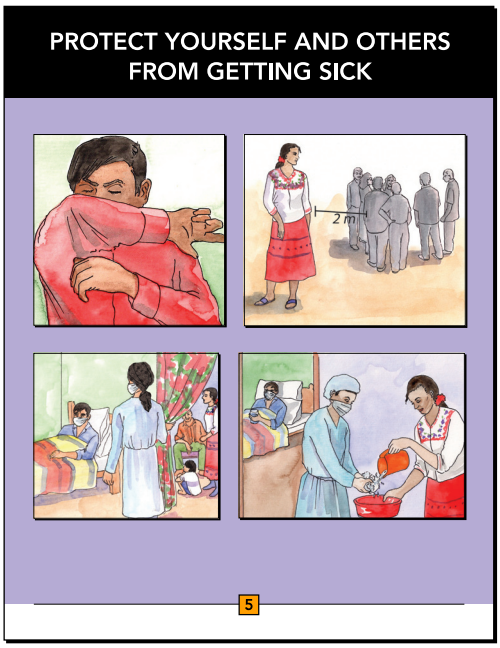


2. How influenza spreads

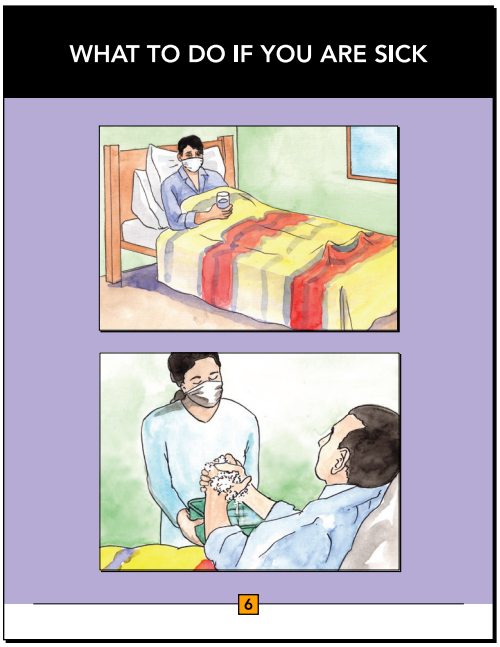


3. How to stop the spread of influenza:
   Always wash your hands with soap and water

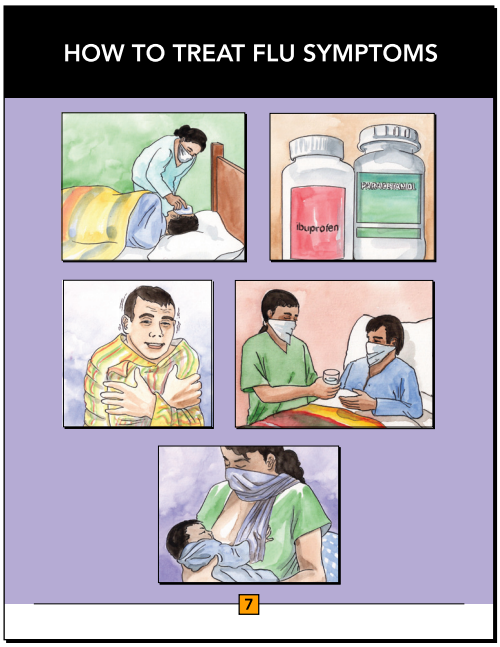
4. Protect yourself and others from getting sick



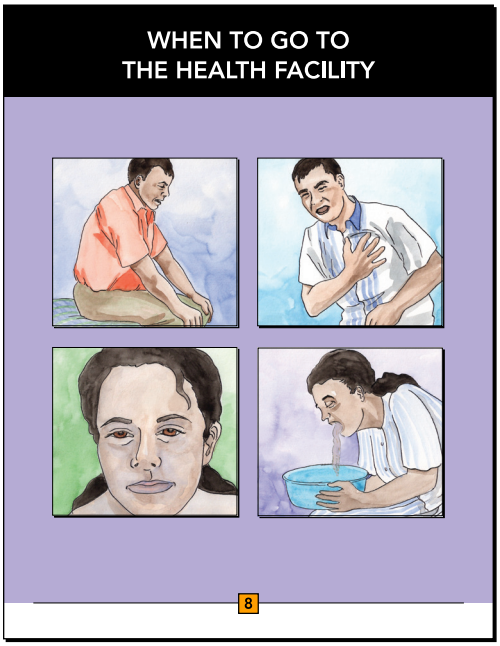
5. What to do if you are sick



6. How to treat flu symptoms

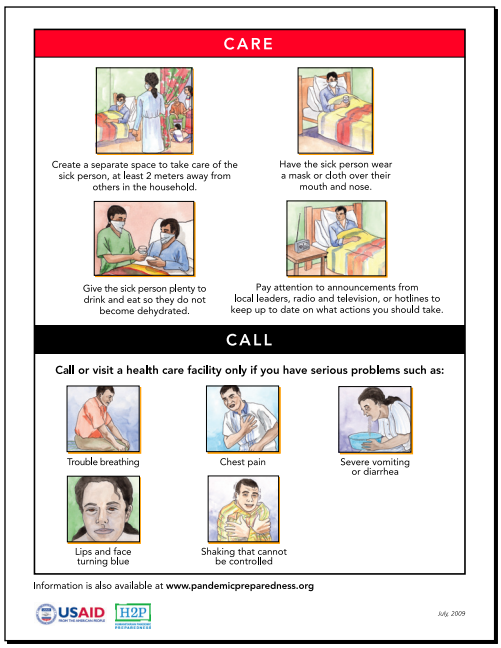


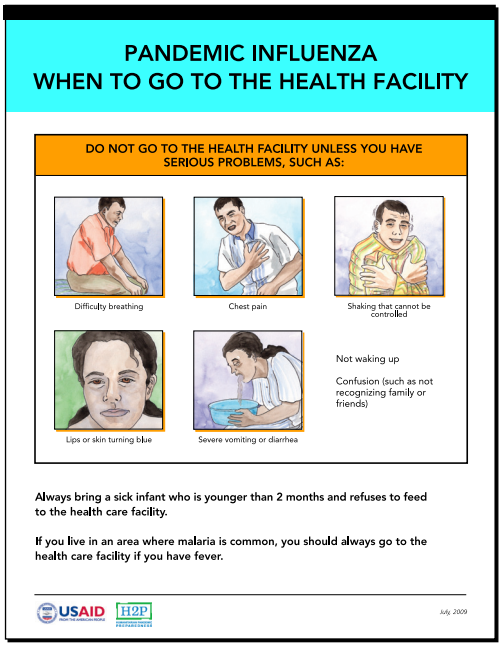
7. When to go to the health facility

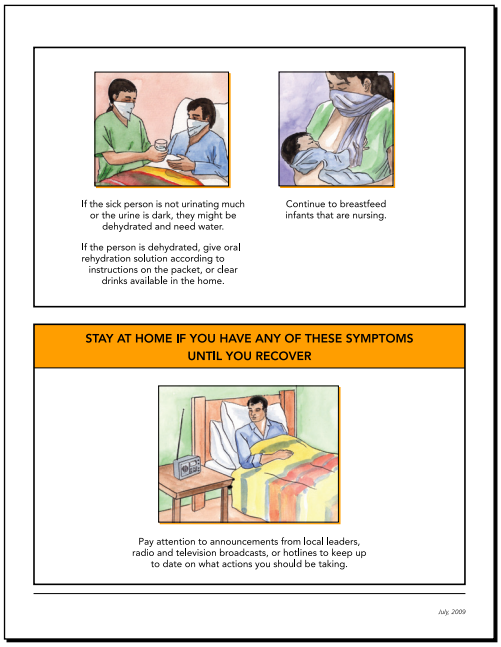


TRAINING TASK

☑ Allow time for the small group to prepare to present this information in the larger-group session. Use flip chart: Pandemic Influenza – What People Should Know, and corresponding counseling cards and flyers.







NOTES TO CO-TRAINERS

The aim of this activity is to familiarize participants with the information included in all of the support materials – the flip chart, seven counseling cards, and two flyers – that were designed for community workers and volunteers to use during outreach activities to provide basic information about novel H1N1 influenza virus and to stress the importance of adopting these practices to reduce the spread of the virus.

SESSION 4:

HOW TO SLOW THE SPREAD OF NOVEL H1N1 VIRUS

OBJECTIVES

By the end of this session, participants will have:

1. Reviewed specific actions taken to protect against the spread of novel H1N1 influenza virus.
2. Discussed in-depth information about good hygiene practices – especially hand washing and covering coughs and sneezes – as an intervention to control or to delay the spread of disease at the community level.
3. Reviewed in-depth information about keeping at least a 2-meter distance from people who are sick as an intervention to control or to delay the spread of disease at the community level.
4. Reviewed in-depth information about separating those who are ill as an intervention to control or to delay the spread of disease at the community level.

DURATION: 60 minutes

SESSION 4	ACTIVITY#1: What Should People Do to Protect Against the Spread of the Novel H1N1 Influenza Virus

TRAINING TASK

- ☑ Ask participants to form pairs and discuss/respond to the question: **What simple actions can individuals take to prevent the spread of the novel H1N1 influenza virus?**
  - After a few minutes, ask volunteers to read their responses before the larger group.
- ☑ Write responses on the writing board/flip chart.

NOTES TO CO-TRAINERS
There are two types of ways to prevent the spread of H1N1 influenza: pharmaceutical interventions and non-pharmaceutical interventions.

Pharmaceutical interventions include vaccines to prevent getting the virus and taking antiviral medications to reduce symptoms such as aches and pains. Pharmaceutical interventions have the potential to reduce illness and death substantially, but only when they are available and used properly. Inadequate supply for wide distribution, high cost, and timely availability of these interventions can lessen their positive impact.

Non-pharmaceutical interventions (NPI), on the other hand, are simple actions that are easy for most individuals and communities to take to reduce contact with the virus and consequently person-to-person transmission of influenza. NPI have the potential to contain and delay the spread of the novel H1N1 influenza virus and reduce the cases of illness and death.

What can people do to protect from becoming sick with the flu or slow the spread of the flu?

POSSIBLE ANSWERS to this question are as follows.

(Note that there are other actions that participants might mention that are also correct.)

- **Practice good hygiene and sanitation:**

  Wash your hands often with soap and water.

  Avoid touching your mouth, nose and eyes with your hands.

  Do not spit in public.

  Regularly clean areas that many people touch – such as door knobs and telephones – and keep household surfaces clean using soap and water.

- **Practice good respiratory hygiene.** Cover your mouth and nose with a tissue or cloth when you cough or sneeze. If you do not have a tissue or cloth, use the crook of your elbow to cover your cough or sneeze.

- **Practice social distancing.** Keep at least a 2-meter distance (three large steps away) from groups of people. Avoid crowded events and locations, and avoid close contact with people who are sick.

- **Practice quarantine and isolation.** Separate those who are ill from others in the household, and encourage those who are ill to stay at home until they recover.

NOTES TO CO-TRAINERS
Promoting these messages among community members and encouraging them to adopt these practices is the main task of the community outreach staff/volunteers and will likely have an impact in the community in preventing the spread of the novel H1N1 influenza virus.

We will now focus on the importance of adopting each of these practices.

SESSION 4 ACTIVITY#2: Describing What Practices People Adopt to Minimize the Spread of the Novel H1N1 Influenza Virus

TRAINING TASK

- ☑ Divide the participants into four smaller groups.
- ☑ Assign each group one of the following topics identified earlier as actions or measures to minimize the spread of the flu.

  1. Practice Good Hygiene and Sanitation

  2. Practice Respiratory Etiquette

  3. Practice Social Distancing

  4. Practice Quarantine and Isolation
- ☑ Using the support materials and the Frequently Asked Questions in Annex 1, each group works with one topic and discusses the effectiveness of adopting these practices to minimize the spread of the flu.
- ☑ Groups discuss and respond to three questions:
  - **WHY** adopt these practices
  - **WHEN** to adopt these practices
  - **HOW** to use these practices
- ☑ The four smaller groups present their findings and responses before the larger group.

NOTES TO CO-TRAINERS

1. HYGIENE AND SANITATION

Good hygiene and sanitation practices can help to control the spread of the novel H1N1 influenza virus. They include:

- Not spitting in public; if you are sick this can spread the disease to others.
- Avoiding touching your mouth, nose and eyes with your hands.
- Washing your hands with soap and water before handling food or drink, and after coughing or sneezing, using the bathroom, caring for a sick person, or handling garbage or animal waste.
- Cleaning regularly with soap and water areas that many people touch, such as handles, knobs, and telephones.
- Using soap and water to keep household surfaces clean and free from novel H1N1 influenza virus.

POSSIBLE ANSWERS about **WHY**, **WHEN,** and **HOW** to adopt these practices are as follows.

(Note that there are other responses that participants might have that are also correct.)

WHY to adopt good hygiene and sanitation practices

Practicing good hygiene and sanitation are important measures to protect ourselves and stop the spread of many sicknesses. These practices, such as washing hands and cleaning surfaces, are especially good at preventing the spread of the kinds of sicknesses that move from person to person through the breathing out of infected air.

Coughing, sneezing, or contact with human waste – or touching something that has a virus or germ on it – can get the virus or germ onto hands, clothes, or surfaces (tables, door knobs, handles, plates, cups, and so on) where it can live for several days. Hand washing keeps those viruses or germs from getting into your body when you touch your eyes, nose, or mouth.

Washing hands with soap and water, in particular, frequently will minimize the spread of the flu and is a simple, quick, and inexpensive action that individuals can adopt. Parents can tell their children and family members to adopt this practice to minimize the spread of the flu as well as other diseases.

WHEN to practice good hygiene and sanitation

Good hygiene and sanitation are especially important to practice if there is someone who is sick in your household, or you are near someone who is ill. For example, it is important to try to clean surfaces that a sick person has touched, and to wash your hands with soap and water before and after caring for a sick person.

WHEN to wash your hands

- Before eating or preparing food and drink
- Before and after caring for a person who is sick with influenza
- After touching something that a sick person has touched
- After coughing, sneezing, or blowing your nose
- Before and after using the toilet
- After handling garbage or animal waste

HOW to practice good hygiene and sanitation

Stop spitting in public; if you are sick this can spread the disease to others. Use soap and water to clean surfaces in the household to remove the virus and other germs.

Use soap and water to clean clothes, or surfaces (tables, door knobs, telephones, handles, plates, cups) where virus or germs can live for several days.

Clean surfaces with soap and water (or other household cleaners) to avoid self-contamination. Self contamination means giving yourself the virus by touching your mouth, nose or eyes with hands that have the virus on them.

How to wash your hands

- Wet hands first with water
- Rub soap with hands
- Actively rub the palms together
- Rub the back of each hand with the other hand
- Wash the spaces between all fingers
- Wash under your nails
- Wash your wrists
- Rinse well with water

If locally appropriate, drying hands with a disposable paper towel is also recommended.

It is important to have a good supply of soap and water for washing. If hand sanitizer is available, it can be used in place of washing hands with soap and water.

If clean water is not available, you can use water that has been boiled for 1 minute (allow the water to cool before washing your hands). You may also use water that has been disinfected for personal hygiene use (you can use a solution of ½ teaspoon (~0.75 milliliters) of household bleach per 1 gallon (~2 liters) of water. Let it stand for 30 minutes). If the water is cloudy, use a solution of ¼ teaspoon (~1.5 milliliters) of household bleach per 1 gallon (~2 liters) of water.[1]

2. RESPIRATORY ETIQUETTE

Good respiratory etiquette includes taking actions such as covering your mouth and nose with a tissue or cloth when coughing or sneezing.

POSSIBLE ANSWERS about **WHY**, **WHEN,** and **HOW** to adopt these practices are as follows.

(Note that there are other responses that participants might have that are also correct.)

WHY to cover coughs and sneezes

A key to flu fighting is covering coughs and sneezes with something. You can cover them with a single-use tissue, a cloth that you can wash or throw away after using, or a mask.

Covering the nose and mouth prevents the virus-filled droplets from going into the air and into someone's lungs, and onto surfaces where they can be picked up.

Covering coughs and sneezes is an easy way to prevent the spread of flu. Parents, teachers, caregivers can tell their children and family members to adopt this practice to minimize the spread of the flu as well as other diseases.

1. U.S. Centers for Disease Control, Emergency Preparedness and Response. "Cleaning and sanitizing with bleach after an emergency."

WHEN to cover coughs and sneezes

People should **ALWAYS** cover their coughs and sneezes.

This is because most people catch influenza by breathing in tiny droplets that are in the air. They get into the air when a person with the virus talks, coughs, spits, sings, or sneezes. A person can have the virus for several days before he or she feels sick, so you cannot tell who has the virus.

These droplets can also land on hands, clothes, and surfaces where they can survive for several days. Then they stick to a person's hand and enter the body when the person touches his or her eye, nose, or mouth.

HOW to cover coughs and sneezes

Coughs and sneezes should be covered with a single-use tissue that can be discarded or a cloth that can be washed preferably immediately after use. Use your upper arm sleeve or the crook of your elbow to cover your cough or sneeze if you do not have a tissue or cloth. You can also keep from spreading the droplets by wearing a mask if you are sick.

Dispose of tissues in a trash bin after wiping your nose or put handkerchiefs away to avoid contamination and spread of the flu.

Wash hands after coughing or sneezing when possible. If hand sanitizer is available, it can be used in place of washing hands.

3. SOCIAL DISTANCING

One of the main ways to practice social distancing is to stay at home and avoid contact with people, and to keep at least 2 meters (or three large steps) away from others.

In some communities, people may have certain cultural and behavioral issues concerning the adoption of this practice. There are strong attachments among extended families and it is very important to highlight awareness among community members of the importance of adopting social distancing to minimize the spread of the flu. It is important to take these actions even with your own family and household members.

It might be difficult for some adults to stay home if they feel they must go to work during an outbreak. If your community is experiencing a local outbreak of flu that is severe, then your community leaders may decide to establish other social distancing measures.

POSSIBLE ANSWERS about **WHY**, **WHEN** and **HOW** to adopt these practices are as follows.

Note that there are other responses that participants might have that are also correct.

WHY to keep your distance

Influenza spreads from person to person through tiny droplets in the air that are breathed out through talking, shouting, coughing, sneezing, and singing. Therefore, it is important to avoid crowds to minimize contact with these potentially infected droplets.

People should limit travel and stay home as much as possible when the novel H1N1 influenza virus is circulating in their area to remain healthy. There may be people around you who are infected with the H1N1 influenza virus and not know it because symptoms have not yet appeared.

WHEN to keep your distance

If there is a local outbreak of the novel H1N1 influenza virus, it is important to avoid places where people are close together or in crowded places (like markets and buses). If your community is experiencing a local outbreak of flu and the virus is severe, then your community leaders may decide to establish more specific social distancing measures, such as cancelling certain public events. If the pandemic virus is not causing severe illness, some of these measures may not be necessary. Check with your local Ministry of Health and other leaders on the recommended actions you should take.

HOW to keep your distance

- Stay at least 2 meters (or three large steps) away from other people.
- Avoid crowds and groups of people (for example, funerals, church, mosques, temples, social gatherings, market, work).
- Send only one designated person to the market or on other errands.
- Limit your travel.
- Stay at home.
- Avoid visits to sick friends and family.
- Work from home if possible.
- Use public transportation at times when it is less crowded.

Stay at home or work from home if you are sick or if this is recommended by your local health officials.

If you are sick, keep your distance from others, avoid crowds, and try to stay home as much as possible until you recover. If your children are sick, keep them home from school and being around other children.

4. ISOLATION AND QUARANTINE

If anyone is showing symptoms of the flu, they should be isolated from the rest of the household members: this means resting and recovering in a separate room or space to avoid spreading the disease to others. Isolating those who are sick will encounter resistance in places where cultural norms dictate close contact with those who are sick. Many people live in small, single-room houses so this can also be a challenging practice to adopt.

Quarantine is usually done when people have been exposed to a virus – but have not necessarily fallen ill – and are asked to stay away from others for a certain period of time to ensure that they do not have the virus and unknowingly spread it to others.

POSSIBLE ANSWERS about **WHY**, **WHEN,** and **HOW** to adopt these practices are as follows.

(Note that there are other responses that participants might have that are also correct.)

WHY to separate those who are sick with the flu

The virus spreads from person to person in many of the same ways that regular, seasonal flu is transmitted: by coughing, sneezing, or touching something that has come in contact with the virus from people's sneezes or coughs. One person can give influenza to another person if they are in close contact (generally within arm's length) so influenza can spread easily in places where there are many people in close contact.

If you are sick, keep your distance from others, avoid crowds, and try to stay home as much as possible until you recover.

WHEN to isolate sick people

As soon as people begin exhibiting symptoms of the flu, they should be kept away from others as much as possible, and should stay home from work and other commitments.

The sick person should not leave home until they are fully recovered. This means that they have been without a fever for at least 24 hours

without using fever reducing medicines. Once a person has recovered, he or she should feel confident to return to work. Those who have recovered are not more likely to catch influenza again. In fact, they may be less likely, and may want to consider volunteering to help in the community.

HOW to keep sick people away from others in the household

- Create a separate space to take care of the sick person. This should be at least 2 meters away from other people in the household.
- If a separate room is not available, use a corner in one room and create a separation using a curtain. Stay at least 2 meters away from others.
- Assign only one family member to tend to the sick person to prevent others in the household from getting sick.
- The caregiver should definitely not be a pregnant woman. If possible, the caregiver should not be an elderly person, or someone with a chronic illness like HIV or tuberculosis. Children should always stay away. These groups might be more susceptible to the virus and are more likely to become very ill if they get the flu.
- Limit visitors to the sick person and family.

OTHER IMPORTANT POINTS ABOUT NPIs

Most people will experience mild illness and recover at home. Therefore, supportive care at home – resting, drinking plenty of fluids and using a pain reliever for fever and aches – is adequate for recovery in most cases.

A person should seek medical care only if they experience serious danger signs, such as:

- Difficulty breathing
- Chest pains
- Coughing up blood
- Lips or skin turning blue
- Severe vomiting or diarrhea (especially in children)
- Not waking up
- Confusion (such as not recognizing family or friends) or not understanding others
- Shaking that cannot be controlled

ALWAYS bring a sick child who is younger than 2 months and refuses to feed to the health care facility.

If you live in an area where malaria is common, you should always go to the health care facility if you have a fever.

If you live in an area with avian influenza (H5N1 virus) outbreaks and have flu symptoms, go to the health facility to get tested for avian influenza. This is because avian flu has been found to be more serious in people than the novel H1N1 influenza virus.

SESSION 5:

TECHNIQUES FOR COUNSELING: USING THE FLIP CHART, COUNSELING CARDS, AND FLYERS

OBJECTIVES

By the end of this session, participants will have:

1. Reviewed guidelines to improve effectiveness of using support materials during community outreach.
2. Described and demonstrated techniques to use a flip chart, counseling cards, and flyers during a one-on-one interaction with community members.
3. Demonstrated techniques to use a flip chart, counseling cards, and flyers.
4. Practiced using a flip chart, counseling cards, and flyers to provide information about H1N1 influenza prevention and control during role plays.

DURATION: 75 minutes

SESSION 5	ACTIVITY#1: Effective One-on-One Interaction

TRAINING TASK

- ☑ Ask participants to give examples of support materials they have used during community outreach interventions.
- ☑ Ask them when they have used support materials.
- ☑ List the responses on the writing board/flip chart paper.
- ☑ Ask the groups to present to the larger group and critique/compliment each other.

NOTES TO CO-TRAINERS
Have several support materials for the counseling cards and flip charts available during the training.

Support materials can be pamphlets, booklets, counseling cards, flip charts, handouts, flyers, or any visual support tool that can be used by a community extension worker during one-on-one meetings with community members.

The flip charts, counseling cards, and flyers are designed to improve understanding of a specific topic to help lead individuals to make positive behavior change decisions.

It is not enough for community members to understand the messages but also to make a connection between the pictures and their own life.

These materials serve as interactive educational devices, as they provide extension workers and health promoters with useful prompts or reminders about the information they need to convey to community members. Information presented in the support materials should be action oriented and facilitate a two-way communication.

During one-on-one interaction, health promoters, and extension workers can bring the materials to life through questions and the responses they generate from the audience.

SESSION 5 ACTIVITY#2: Techniques to Use a Flip Chart and Counseling Cards

TRAINING TASK

- ☑ Ask participants to brainstorm about the definition of a flip chart.
- ☑ Demonstrate how to use a flip chart using the flip chart, "Pandemic Influenza - What People Should Know" (depicted on the following pages).
- ☑ Record their responses on the writing board/flip chart paper.
- ☑ Review suggestions provided on techniques to use a flip chart.

NOTES TO CO-TRAINERS
What is a flip chart?

A counseling flip chart is a collection of illustrations arranged in order, followed by text that describes the illustration and includes key messages to be covered by the extension worker while displaying the specific pictures. Usually flip charts are fastened at the top. It can be made of paper covered in plastic or cloth to make it durable and weather proof. Sizes can vary.

How to use a flip chart

1. **Position the flip chart** so that everyone can see it.

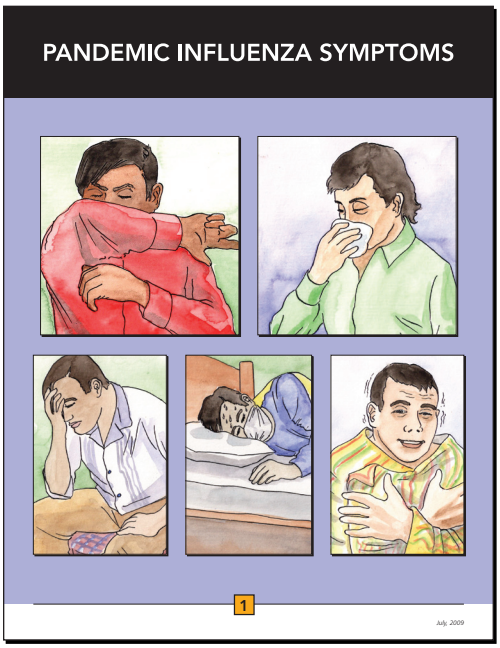
2. **Point to the pictures**, not the text.

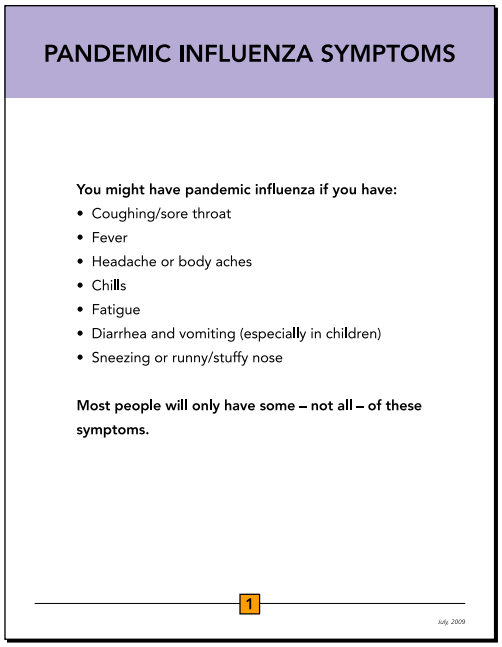
3. **Speak loud and clear and use simple language** so everyone can understand.

4. **Face the audience** and make sure all audience members get involved.

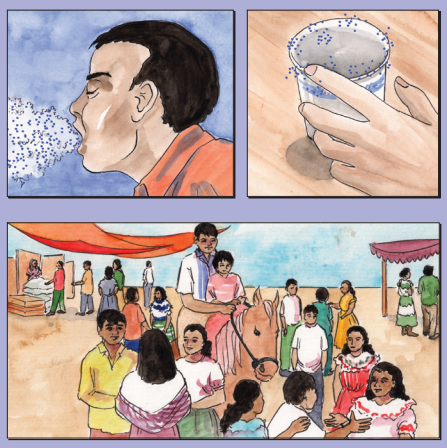
5. **Ask the audience questions** about the drawings to check for accurate understanding.

6. **Use the flip chart text as a guide**, but familiarize yourself with the content so that you are not dependent on the text.





HOW INFLUENZA CAN SPREAD



2

July 2009

HOW INFLUENZA CAN SPREAD

INFLUENZA CAN BE SPREAD BY:

- Breathing the air when droplets come out from the nose and mouth of a sick person when they are sneezing, coughing, breathing or spitting.
- Touching things – such as cups, telephones, or door knobs – that a sick person has touched.
- Being in places where there are many people close to each other, such as markets, schools, places of worship, and social gatherings.

Influenza can be spread even before a person has symptoms. A sick person who does not look sick can still spread the disease.

2

July 2009

HOW TO STOP THE SPREAD OF INFLUENZA

3

July 2009

HOW TO STOP THE SPREAD OF INFLUENZA

You can help stop the spread of influenza by doing four things:

1. **Covering your mouth and nose with a cloth or tissue when you cough or sneeze. If you do not have a cloth or tissue, cough or sneeze into the crook of your elbow.**
2. **Washing your hands often with soap and water.**
3. **Separating those who are ill from others in the household.**
4. **Keeping at least a 2 meter distance from people who are sick.**

3

July 2009

ALWAYS WASH YOUR HANDS WITH SOAP AND WATER

4

July, 2009

ALWAYS WASH YOUR HANDS WITH SOAP AND WATER

WASHING YOUR HANDS CORRECTLY WITH SOAP AND WATER WILL KILL THE GERMS. FOLLOW THESE STEPS:

1. Wet hands with water
2. Rub soap with hands
3. Rub the palms together
4. Rub the back of each hand with the other hand
5. Wash the spaces between all fingers
6. Wash under your nails
7. Wash your wrists
8. Rinse well with water

ALWAYS WASH YOUR HANDS WITH SOAP AND WATER

- Before and after preparing food
- Before and after eating
- Before and after caring for a person who is sick with influenza
- After touching something that a sick person has touched
- After sneezing, coughing or blowing your nose
- Before and after using the toilet

CLEAN THINGS THAT ARE TOUCHED BY A PERSON WITH THE FLU

This can be door knobs, lamps, telephones, sinks, tables, linens, and drinking and eating utensils. Use soap and water.

4

July, 2009

PROTECT YOURSELF AND OTHERS FROM GETTING SICK

5

July, 2009

PROTECT YOURSELF AND OTHERS FROM GETTING SICK

COVER YOUR MOUTH AND NOSE WITH A TISSUE OR CLOTH WHEN YOU COUGH OR SNEEZE

If you do not have a tissue or cloth, use the crook of your elbow to cover your cough or sneeze.

Keep at least a 2-meter distance from groups of people.

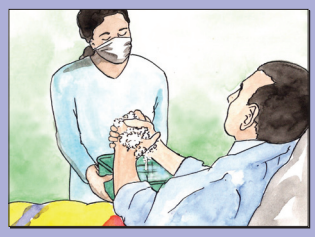
IF YOU ARE CARING FOR A PERSON WHO IS SICK

- Create a separate space to take care of the sick person. This should be at least 2 meters away from other people.
- Have only one person in the family tend to the sick person to prevent others in the household from getting sick.
- Limit visitors to the sick person.
- Wear a mask or cloth over your mouth and nose when you are close to the sick person.
- Wash hands with soap and water before and after caring for the sick person.

5

July, 2009

WHAT TO DO IF YOU ARE SICK



6

July, 2009

WHAT TO DO IF YOU ARE SICK

If you are showing symptoms of the flu, **STAY AT HOME**

- Do not go to work or school. Avoid public gatherings.
- Rest in a separate room or area until you recover fully to stop spreading the disease to others.

COVER YOUR MOUTH AND NOSE with a mask or cloth when you are near other people to help prevent the spread of the disease.

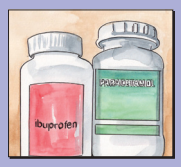
WASH YOUR HANDS with soap and water often, especially after coughing and/or sneezing.

FREQUENTLY DRINK WATER or other clear fluids to prevent getting dehydrated.

6

July, 2009

HOW TO TREAT FLU SYMPTOMS



7

July, 2009

HOW TO TREAT FLU SYMPTOMS

HOW TO TREAT FLU SYMPTOMS

Fever

- Keep the sick person in clean, dry and loose clothes
- If the person is chilled, cover with a blanket
- If the person becomes very hot, loosen clothing
- Give medicine such as ibuprofen, paracetamol, or acetaminophen every six hours
- Sponge the sick person with lukewarm (wrist-temperature) water. Do not sponge with alcohol.

Dehydration

Avoid dehydration by giving the sick person enough to drink and eat while they are ill.

- If the sick person is not urinating much or the urine is dark, they might be dehydrated and need water.
- Check for dehydration by lightly pinching some skin on the belly of a child or the upper chest of an adult, then let go. If the person has enough fluid, the skin will flatten out again right away. If the person is dehydrated, the skin will stay stretched up in the shape of the pinch for a few seconds.

If the person is very weak or shows these signs of dehydration, give oral rehydration solution according to instructions on the packet, or clear drinks available in the home.

Continue to breastfeed infants that are nursing.

7

July, 2009

WHEN TO GO TO THE HEALTH FACILITY

8

July, 2009

WHEN TO GO TO THE HEALTH FACILITY

GO TO A HEALTH FACILITY ONLY IF YOU HAVE SEVERE PROBLEMS, such as:

- Difficulty breathing
- Chest pain
- Coughing up blood
- Lips or skin turning blue
- Severe vomiting or diarrhea
- Not waking up
- Confusion (such as not recognizing family or friends)
- Shaking that cannot be controlled

Always bring a sick infant who is younger than 2 months and refuses to feed to the health care facility.

If you live in an area where malaria is common, you should always go to the health care facility if you have fever.

8

July, 2009

LISTEN FOR NEWS

9

July, 2009

LISTEN FOR NEWS

Always listen to announcements from local leaders, television broadcasts, or hotlines to keep up to date on what actions you should be taking.

Information is also available at:
www.pandemicpreparedness.org
www.who.int

9

July, 2009

TRAINING TASK

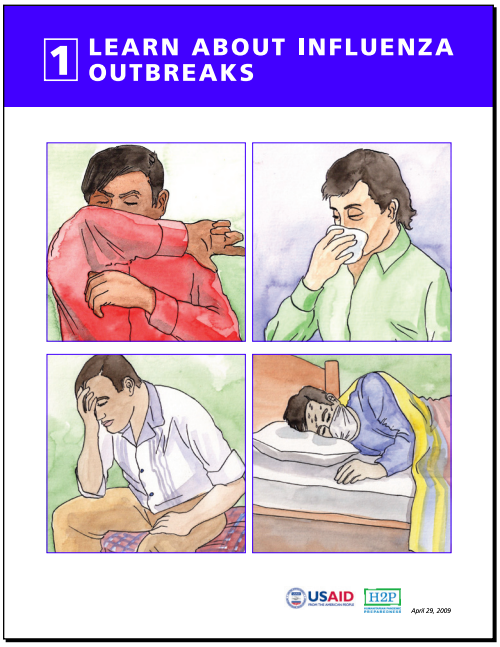
- ☑ Ask participants to brainstorm about a definition of counseling cards and flyers.
- ☑ Demonstrate how to use counseling cards and when to use flyers. Use the counseling cards depicted on the next few pages.
- ☑ Record their responses on the writing board/flip chart paper.
- ☑ Review suggestions provided on techniques to use counseling cards and flyers.

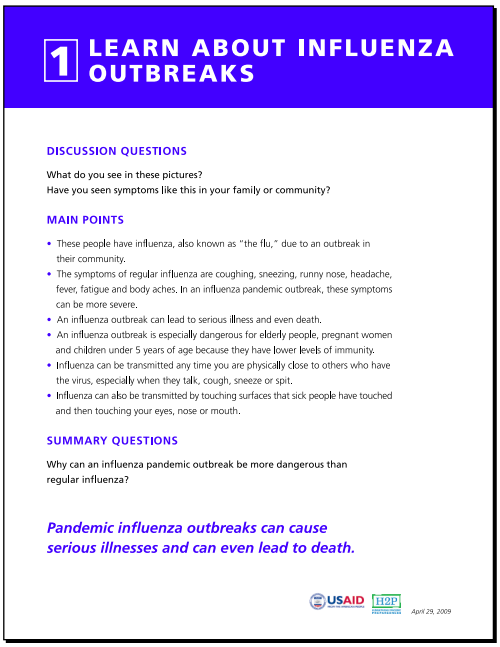
NOTES TO CO-TRAINERS
What is a counseling card?

A counseling card is a mass-produced, printed material that includes text and illustrations, usually on a one-page format or double-faced format. Counseling cards are designed to reinforce or support verbal messages of health and extension workers during one-to-one interventions.

Extension workers can decide to focus more on one specific topic/ counseling card than the others if they are speaking with a community member who has extensive questions or should receive as much reinforcing information as possible.

Counseling cards can be used by community members to help their decision making regarding the adoption of a specific practice.





2 WASH YOUR HANDS

April 29, 2009

2 WASH YOUR HANDS

DISCUSSION QUESTIONS

What do you see in these pictures?
When do you wash your hands?
How do you wash your hands?

MAIN POINTS

- Washing hands with soap and water removes germs that cause the common flu and pandemic influenza.
- Hands should be cleaned by washing with soap and water.
- If you do not use soap, the germs will not be removed.
- Wash your hands with soap and water at key times:
  - Before and after preparing food
  - Before and after eating
  - Before and after caring for a sick person who is sick with influenza
  - After sneezing, coughing or blowing your nose

SUMMARY QUESTIONS

What are the advantages of washing your hands with water and soap?
What could be the difficulties in washing hands with water and soap at key times?
What are some solutions?

Wash your hands with soap and water at key times!

April 29, 2009

3 COVER YOUR MOUTH AND NOSE WHEN YOU COUGH OR SNEEZE

April 29, 2009

3 COVER YOUR MOUTH AND NOSE WHEN YOU COUGH OR SNEEZE

DISCUSSION QUESTIONS

What do you see in these pictures?
Is it common in your community to cover your mouth and nose when you cough or sneeze?
When you cough or sneeze, do you cover your mouth? Your nose?

MAIN POINTS

- When people cough or sneeze, germs are sprayed into the air.
- Avoid spitting in public as that also spreads the germs.
- Cover your mouth and nose with a tissue or a handkerchief to prevent the spread of influenza.
- If you do not have a tissue or handkerchief, use the crook of your elbow to cover your cough or sneeze.
- To avoid spreading the flu:
  - Dispose of tissues in a trash bin
  - Wash your handkerchief with soap and water each day
  - Wash your hands with soap and water after coughing or sneezing

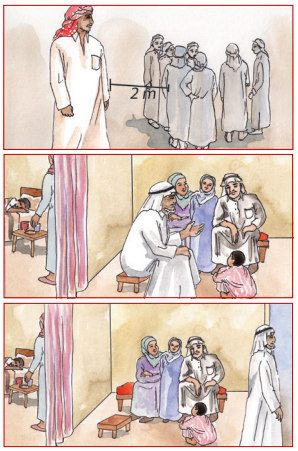
SUMMARY QUESTIONS

What are the advantages of covering your mouth and nose when coughing or sneezing?
What could be the difficulties of covering your mouth and nose when coughing or sneezing?
What are some solutions?

If you do not have a tissue or handkerchief, use the crook of your elbow!

April 29, 2009

4 IF YOU ARE SICK, STAY AT HOME



USAID H2P April 29, 2009

4 IF YOU ARE SICK, STAY AT HOME

DISCUSSION QUESTIONS

What do you see in these pictures?
What do you do in your community when there is an outbreak of disease?

MAIN POINTS

- Influenza is spread by close contact with a person who has the flu.
- Influenza can spread easily in places where there are many people in close to each other, such as markets, schools, places of worship, and social gatherings.
- Health officials will notify the community when they should:
  - Stay home from school and work
  - Avoid public gatherings
  - Store food and emergency supplies
  - Go out in public again
- Have only one person in your family to regularly go to the market, if necessary.
- The elderly, pregnant women, children under 5 years of age, and those with chronic illness (such as TB and HIV/AIDS) may experience more severe illness associated with influenza.
- Keep a distance of 2 meters from people, especially when they are sick.

SUMMARY QUESTIONS

What are the advantages of staying at home during an influenza outbreak?
What could be the difficulties of staying at home during an influenza outbreak?
What are some solutions?

If you are sick, avoid public gatherings!

USAID H2P April 29, 2009

5 ASSIGN ONLY ONE FAMILY MEMBER AS A CARETAKER

USAID H2P April 29, 2009

5 ASSIGN ONLY ONE FAMILY MEMBER AS A CARETAKER

DISCUSSION QUESTIONS

What do you see in these pictures?
Is it common in your community to assign one caretaker for a sick person?

MAIN POINTS

- Care for sick people at home because it is likely that health facilities will be unable to cope with demand during a pandemic influenza outbreak.
- Assign only one family member as a caretaker for sick family members to prevent other household members from being exposed to the influenza virus.
- The sick should wear a mask or handkerchief to help prevent the spread of the disease.
- Wear a mask or handkerchief over your mouth and nose when you are close to the sick person to prevent getting influenza.
- Limit the number of visitors to the sick person to avoid spreading influenza to them.
- Try to have separate eating and drinking utensils, towels, sheets and blankets for the sick person to use that are not used by other family members.
- Those with severe health complications from influenza should seek care at a health facility, if possible. Severe complications can include trouble breathing or chest pain.

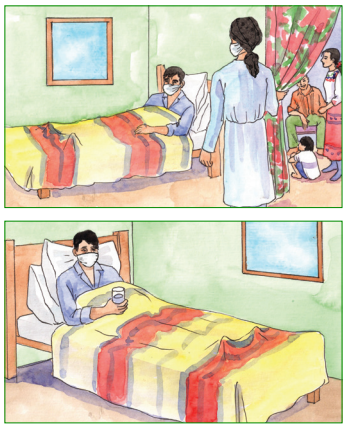
SUMMARY QUESTIONS

What are the advantages of having only one family member be the caretaker for the sick family member?
What could be the difficulties of only one person having the job of caring for the sick person?
What are some solutions?

Limit the number of visitors to the sick person!

USAID H2P April 29, 2009

6 RECOVER IN A SEPARATE SPACE



April 29, 2009

6 RECOVER IN A SEPARATE SPACE

DISCUSSION QUESTIONS

What do you see in these pictures?
Is this common in your community to take care of a sick person in a separate space?

MAIN POINTS

- Keep sick family members at home as soon as symptoms develop and until they fully recover, unless they experience complications and must seek care from a doctor. Severe complications can include trouble breathing or chest pain.
- Avoid close contact with others in your household and community if you are sick with flu.
- Create a separate space to take care of the sick person.
- Have only one person in the family tend to the sick person.
- Wash eating utensils and cups after the sick person has used them.
- Keep the sick person in a separate space until they are fully recovered.
- Cover your mouth and nose when you are sick with flu in the presence of other people.

SUMMARY QUESTIONS

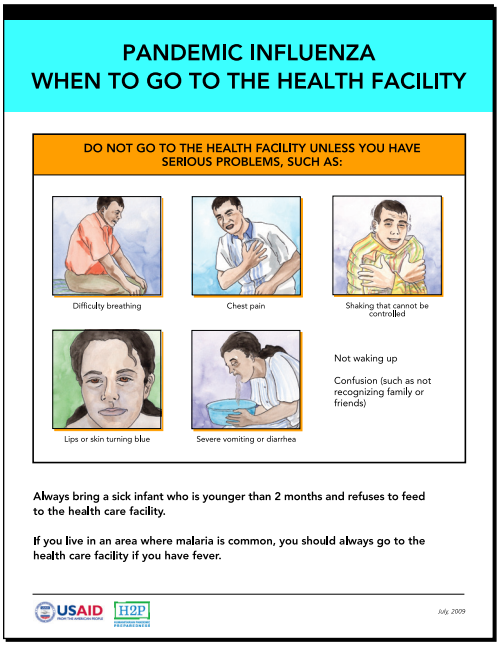
Why is it important to create a separate space for taking care of the sick person?
What could be the difficulties of creating a separate space for taking care of the sick person?
What are some solutions?

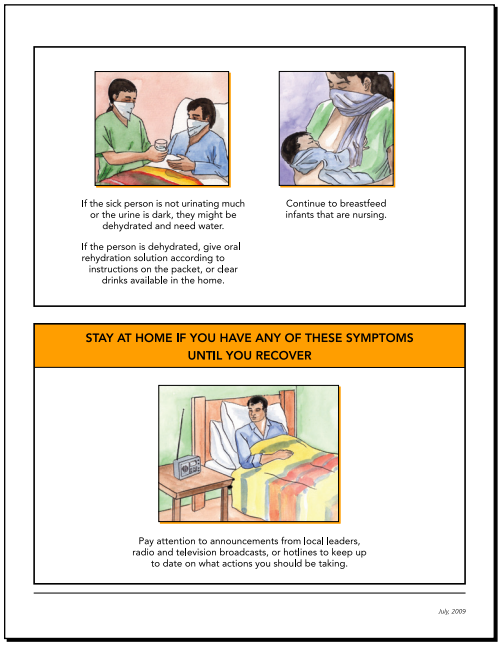
Create a separate space for a sick person!

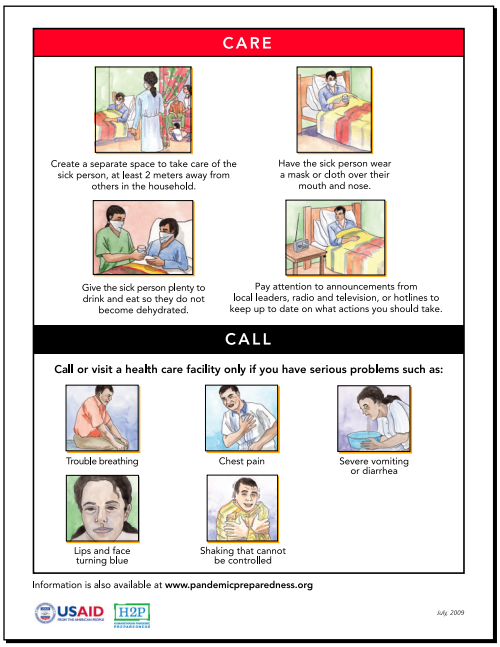
April 29, 2009

What is a flyer?

A flyer is a mass-produced, printed material that includes text and illustrations, usually on a one-page format. It is usually distributed after a counseling session with the health worker. Community members can take home the information as a reminder of the information they heard during the meeting. They can also share the flyer with others in their community. Use the flyers depicted on this page as examples.







How to use counseling cards and flyers

The following are suggestions on how to use counseling cards:

1. **Go through each side of the card with the community member.** This will give you a chance to both show and tell about a health problem or practice and answer any questions.
2. **Point to the pictures, not to the text.** This will help people to remember what the illustrations represent.
3. **Speak clearly, use simple language**, and avoid technical terms.
4. **Observe the individual's reactions.** If the community member looks puzzled or worried, encourage him/her to ask questions or talk about any concerns. Discussion helps establish a good relationship and builds trust.
5. **Give the flyers to community members** as a way to reinforce and remind them of the information covered during the meeting. Suggest that he/she share the information with others or consult it at a later time.

SESSION 5	ACTIVITY#3: DEMONSTRATION How to Use a Flip Chart, Counseling Cards and Flyers During One-on-One Interaction With Community Members

TRAINING TASK

- ☑ Ask a volunteer to do a demonstration on how to use a flip chart.
- ☑ Follow the guidelines on the best techniques for using a flip chart.
- ☑ Ask a volunteer to do a demonstration on how to use the counseling cards and flyers.
- ☑ Follow the guidelines on the best techniques for using counseling cards and flyers.

SESSION 5 ACTIVITY#4: Practice Skills for Effective One-On-One Interaction

TRAINING TASK

- ☑ Divide participants in groups of three as they will use the role play scenarios. See Session 5 Handout 1, Activity 4.
- ☑ Hand out the role play scenarios and have participants select the scenarios to role play; one person can play the community member, one person is the health promoter/extension worker, and the other person is the observer.
- ☑ Health promoters/extension workers will use the flip chart and counseling cards during the role plays.
- ☑ The observer pays attention to the skills used by the health promoter/extension worker and can provide comment on their skills and performance.
- ☑ Once the first role play is done, the group members switch roles and start again. This should be repeated until each group member has played all three roles in different scenarios.
- ☑ Each group reviews and discusses the comments of the observer on the different skills used by the person playing the community extension worker during the face-to-face meeting with the community member.

NOTES TO CO-TRAINERS

Following are guidelines that participants follow during the practice role plays. Have support materials available so they can be used during the role plays, such as flip charts, counseling cards, and flyers.

Guidelines on effective one-on-one interactions:

- **Greet the community members with respect**.
- **Position the flip chart** so everyone can see it.
- **Speak loud and clear**, use the same words as on your materials, and correct misperceptions expressed by the community members.
- **Point to pictures** that correspond with what you are saying.

- **Face the audience members** to:
  - **Ask questions and generate a dialogue** with the community members.
  - **Use text as a guide** to provide consistent and accurate information.

SESSION 5: HANDOUT#1, ACTIVITY 4

ROLE PLAY SCENARIOS

1. You (health promoter/extension worker) are walking to your office and hear some community member talking about this flu that is everywhere. One of the community members says that his brother is ill now and mentions going to the health center. What do you do?

2. You (health promoter/extension worker) have been called by a local pastor to talk with some church members about what they can do to prevent the spread of the novel H1N1 influenza virus.

3. You (health promoter/extension worker) have been assigned to visit a neighborhood, and in one of the homes you meet a pregnant woman who also has two small children. What can you tell her about ways she can protect herself and her children from the spread of the novel H1N1 influenza virus?

4. You (health promoter/extension worker) are doing some house visits, and during one home visit you notice a family member coughing. What can you tell them about ways to protect themselves against the spread of the novel H1N1 influenza virus?

5. You (health promoter/extension worker) are riding the bus to work and the two women sitting behind you are talking about the novel H1N1 influenza virus and discussing that if you wear a mask you will definitely be protected from getting the virus. What can you tell them?

6. You (health promoter/extension worker) are talking with a family that does not have running water available at their home for hand washing. What can you tell them to do to protect the family from the spread of the novel H1N1 influenza virus?

7. During a meeting with the Community Elders Council, you are asked to explain the difference between a regular influenza season and outbreaks of the novel H1N1 influenza virus. What do you say?

8. You (extension worker/health promoter) are waiting to cross the street, and a man close to you sneezes and he does not cover his mouth. What do you do?

9. You are walking to the market and meet your favorite cousin. She hugs you as she is happy to see you. She explains that she has been taking care of her sister who is sick at home and has a high fever. She asks if you could come and visit her later today to see if you can tell if she has this flu. What do you tell her?

10. You (extension worker/health provider) are on your way home when you see your neighbor, waiting for you. She tells you she has been ringing the bell and trying to open the gate of your house since 4 p.m. She tells you her husband is very ill and she thinks he should see a doctor. She asks if she should take him to the hospital and needs your help. What do you tell her?

SESSION 6:

WRAP-UP AND DISTRIBUTION OF MATERIALS

OBJECTIVES

By the end of this session, participants will have:

1. Described how workshop objectives were accomplished.
2. Evaluated the workshop.
3. Received support materials such as counseling cards, flyers and the flip chart.

DURATION: 15 minutes

MATERIALS: Workshop Objectives and Agenda

SESSION 6 | **ACTIVITY#1: Workshop Objectives**

TRAINING TASK

- ☑ Ask participants to describe the importance of using effective and correct counseling to reduce the spread of the novel H1N1 influenza virus.
- ☑ Ask participants to read the workshop objectives.
- ☑ Ask participants to comment on meeting the workshop objectives.

Workshop Results

By the end of this workshop, participants will be able to:

1. Understand basic pandemic influenza facts and information.

2. Understand novel H1N1 influenza virus facts and information.
3. Practice counseling individuals and households on the best practices that can reduce the spread of the novel H1N1 influenza virus.
4. Use the communication materials – such as a flip chart, counseling cards, and flyers – when counseling individuals and households and health workers on the virus.

NOTES TO CO-TRAINERS
This is the last opportunity for participants to ask final questions about course content on pandemic influenza and the novel H1N1 influenza virus, as well as the importance of using support materials during one-on-one influenza prevention interactions and their effect on behavior change in community members. Participants can also discuss how they accomplished the workshop objectives.

Make sure that participants receive all of the support materials, including the counseling cards, flyers, and the flip chart so they can use them during their one-on-one meetings with community members.

SESSION 6 ACTIVITY#2: Course Evaluation

TRAINING TASK

- ☑ Distribute the course evaluation form, Handout#1, Session 6, Activity 2 to be completed anonymously.

NOTES TO CO-TRAINERS:
Make photocopies of the course evaluation form Handout #1, Session 6, Activity 2. The aim of this activity is to receive feedback from participants about the workshop content and effectiveness.

SESSION 6 ACTIVITY#3: Workshop Wrap Up

TRAINING TASK

- ☑ Conduct a brief closing ceremony.
- ☑ Thank participants for their participation and cooperation during the workshop sessions.

NOTES TO CO-TRAINERS

Thank all participants for attending the workshop and sharing information during the day, and formally close the workshop.

SESSION 6: HANDOUT#1, ACTIVITY 2

COURSE EVALUATION FORM

COURSE EVALUATION FORM

This form is anonymous. Do not put your name on this form. Thank you.

1. What did you learn in this workshop?

2. Why do you think that using support materials during community outreach activities will help community members remember messages and lead them to practice preventive behaviors?

3. Which sessions did you like most? Why?

4. Which sessions did you like the least? Why?

5. How would you rate the interactive learning style of the training? (Circle one)

a. Excellent	b. Fair
c. Good	d. Poor

Explain:

6. What could we do differently to improve the content of the training?

Other comments:

ANNEX 1: FREQUENTLY ASKED QUESTIONS

PANDEMICS AND THE NOVEL H1N1 INFLUENZA VIRUS

(Adapted from the World Health Organization Frequently Asked Questions, 2009)

GENERAL INFORMATION ON PANDEMICS

1. What is pandemic influenza?

Pandemic influenza or an influenza pandemic is when a new form of an influenza virus spreads across a wide geographic area. Since it is a new virus, people have no resistance to it making it easier to spread globally from person-to-person.

According to the World Health Organization, a virus is classified a pandemic if it is registered in two or more regions of the world. It does not refer to the severity of the virus. Novel H1N1 influenza virus has spread to more than one region and that is why it is classified as a pandemic.

2. How is pandemic influenza different from avian influenza?

Avian influenza is a strain of the influenza virus (such as H5N1) that is generally found in birds, and in a few cases the virus has infected people. It does not easily infect and spread among humans, and is therefore not considered a pandemic virus.

3. How is pandemic influenza different from seasonal influenza?

There are several key differences between pandemic and seasonal influenzas. Seasonal outbreaks of the flu are caused by flu viruses that are already circulating among people, so people have some resistance to them. Pandemic influenza is caused by a new strain of the virus that people have no resistance to. Because people have no resistance to the new virus, pandemic influenza is likely to infect many more people and cause complications in more otherwise healthy people than seasonal influenza.

4. What do the different pandemic phases mean?

WHO defines the stages of a pandemic as follows:

INTERPANDEMIC PERIOD (the time between the declaration of influenza pandemics)

Phase 1: No new influenza virus subtypes have been detected in humans. An influenza virus subtype that has caused human infection may be present in animals. If present in animals, the risk of human infection or disease is considered to be low.

Phase 2: No new influenza virus subtypes have been detected in humans. However, a circulating animal influenza virus subtype poses a substantial risk of human disease.

PANDEMIC ALERT PERIOD

Phase 3: Human infection(s) with a new subtype but no human-to-human spread, or at most rare instances of spread to a close contact.

Phase 4: Small cluster(s) with limited human-to-human transmission but spread is highly localized, suggesting that the virus is not well adapted to humans.

Phase 5: Larger cluster(s) but human-to-human spread still localized, suggesting that the virus is becoming increasingly better adapted to humans but may not yet be fully transmissible (substantial pandemic risk).

PANDEMIC PERIOD

Phase 6: Pandemic: Increased and sustained transmission in general population in two or more regions (as defined by the World Health Organization).

The distinction among **Phases 3, 4,** and **5** is based on an assessment of the risk of a pandemic and its geographic spread. Various factors may be considered, including the rate of transmission, geographical location and spread, severity of illness, presence of genes from human strains (if derived from an animal strain), and other scientific parameters.

5. What pandemic phase are we currently in?

The outbreak of novel H1N1 influenza is considered to be in Phase 6 – or highest level – of pandemic progression. The virus was officially classified as a pandemic in June 2009 by the World Health Organization definition. This means that it has been confirmed that this is a "new" virus to which most people do not have immunity that has caused sustained person-to-person transmission on two or more continents.

INFORMATION ON THE NOVEL H1N1 INFLUENZA VIRUS

6. What is the novel H1N1 influenza virus?

The current pandemic influenza is an influenza A (H1N1) virus that has never before circulated among humans.

7. How do people become infected with the virus?

The virus is spread from person-to-person. It is transmitted as easily as the normal seasonal flu and can be passed to other people by exposure to infected droplets expelled by coughing or sneezing that can be inhaled, or that can contaminate hands or surfaces.

8. What are the symptoms of novel H1N1 influenza virus?

Signs of H1N1 are similar to those of regular, seasonal flu: fever higher than 38° C, headache or body aches, chills, fatigue, sneezing or runny/stuffy nose, and diarrhea and vomiting (this symptom is more common in children).

9. Most people experience mild illness from the novel H1N1 influenza virus and recover at home. When should someone seek medical care?

A person should seek medical care if they experience difficulty breathing, chest pain, shaking that cannot be controlled, lips or skin turning blue, severe vomiting or diarrhea, not waking up, or confusion such as not recognizing family members. For parents with a young child who is ill, seek medical care if a child has fast or labored breathing, continuing fever or convulsions (seizures).

Always bring a sick infant younger than 2 months and refuses to feed to the health care facility.

If you live in an area where malaria is common, you should always go to the health care facility if you have a fever.

10. How do I know if I have novel H1N1 influenza?

You will not be able to tell the difference between seasonal flu and the novel H1N1 influenza virus without medical help. Typical symptoms to watch for are similar to seasonal viruses and include fever, cough, headache, body aches, sore throat and runny nose. Only your medical practitioner and local health authority through tests can confirm a case of H1N1.

However, people should avoid going to the health care facility unless they have serious health problems or complications because otherwise health facilities maybe become overwhelmed by people seeking tests. In most cases, the novel H1N1 virus symptoms will go away on their own within 2 weeks.

11. Why are we so worried about this flu when thousands die every year from seasonal influenza epidemics and other outbreaks?

Seasonal influenza occurs every year and the viruses change each year, but many people have some immunity to the circulating virus which helps limit infections. Some countries also use seasonal influenza vaccines to reduce illness and deaths.

There are three aspects of this virus that are causing the worry among health professionals.

Novel H1N1 influenza appears to be more contagious than seasonal influenza, and has been spreading fast particularly among young people (from ages 10 to 35). The severity of the disease ranges from very mild symptoms to severe illnesses that can result in death.

Pharmaceutical interventions such as vaccines are just being developed and are not ready for wide distribution.

There is the potential for community services and functions – such as transportation, markets and health care – to become disrupted due to high numbers of people becoming ill and staying home from work.

Community leaders should plan for these types of scenarios to lessen these secondary effects of the novel H1N1 influenza.

PREVENTION AND PROTECTION FROM THE NOVEL H1N1 INFLUENZA VIRUS

12. What can I do to protect myself from catching the novel H1N1 virus?

The main route of transmission of the novel H1N1 virus seems to be similar to seasonal influenza, via droplets that are expelled by speaking, sneezing, or coughing. You can prevent getting infected by avoiding close contact with people who show influenza-like symptoms (try to maintain a distance of about 2 meters – or three large steps away – if possible) and taking the following measures:

- Washing your hands with soap and water often
- Regularly cleaning objects that sick people use – like phones, eating utensils, and door knobs.
- Covering your mouth and nose with a cloth or tissue when you sneeze or cough. If you do not have a cloth or tissue, you can cough or sneeze into the crook of your elbow.
- Avoiding public places where many people gather, such as markets, church or mosque, workplaces, and schools.

13. What about using a mask?

If you are caring for a sick person, you can wear a mask when you are in close contact with the ill person. Remember to dispose of it immediately after using it, and wash your hands thoroughly afterwards.

If you are the one who is sick, wearing a mask, scarf, or other piece of clean cloth over your mouth and nose may protect others from getting the novel H1N1 influenza virus, and protect you from other illnesses.

14. What are non-pharmaceutical interventions (NPI)?

NPI are actions that that individuals and communities can take to reduce contact and consequently person-to-person transmission of influenza to contain and delay the spread of the novel H1N1 influenza virus and reduce the number of cases of morbidity and mortality.

Non-pharmaceutical interventions refer to measures such as:

- Maintaining good personal hygiene
- Good respiratory etiquette
- Isolation and home care of the sick and
- Social distancing – isolation, quarantine, separation

15. What good respiratory etiquette practices can help prevent the spread of novel H1N1 influenza virus?

In addition to always covering your mouth and nose with a cloth or tissue when you sneeze or cough, you can wear a mask, scarf, or other piece of clean cloth over your mouth and nose to protect others from getting the novel H1N1 influenza virus, and protect you from other illnesses. If you wear a disposable mask over your nose and mouth, throw it away in a trash bin immediately after use. If you wear a cloth over your nose and mouth, wash it with soap and warm water immediately after use. You should also avoid spitting in public.

16. What are the benefits of isolation and quarantine?

Keeping sick people and people who have been exposed to the novel H1N1 influenza virus away from others may help to slow the spread of the disease.

WHAT TO DO IF YOU HAVE THE NOVEL H1N1 INFLUENZA VIRUS

17. What should I do if I think I have the illness?

If you are showing symptoms of the flu, stay at home, rest, and drink plenty of fluids. Do not go to work or school, and avoid public gatherings if you can, so you can avoid spreading the virus to others. Even at home, you should rest in a separate room, away from others in the household. Also remember to cover your nose and mouth with a tissue or cloth when coughing and sneezing, and washing your hands immediately after with soap and water. If you do not have a tissue close by when you cough or sneeze, cover your mouth as much as possible with the crook of your elbow.

18. How do you care for those who have the novel H1N1 influenza virus?

As soon as symptoms develop, you should make sure that the sick person stays at home and rests. Keep them separate from others in the household – in a separate room or in a space that is at least 2 meters (three large steps) away from others. Try to limit visitors to the sick person.

It is best to have only one person in the family take care of the sick person to prevent others in the household from getting sick. The person chosen as the caregiver should ideally be healthy and not have medical conditions that would put him or her at risk for severe influenza disease.

Pregnant women also should avoid caring for those who are sick with the novel H1N1 influenza virus.

19. How do you protect yourself and your household if you are caring for a person with novel H1N1 influenza virus?

If you are caring for a person with the novel H1N1 influenza virus, take care of your own health first. If you become sick, you will be of little use to those who need you. Wear a mask or cloth over your mouth and nose whenever you are within an arm's length of them. After contact with a sick person or anything the sick person touches, wash your hands with soap and water.

Place tissues used by the sick person in a bag and throw them away with other household waste. Consider placing a bag at the bedside for this purpose.

20. Should I go to work if I have the flu but am feeling OK?

No. Whether you have the novel H1N1 influenza virus or a seasonal influenza, you should stay home and away from work through the duration of your symptoms. This is can help to protect your work colleagues and others.

21. Should I take an antiviral now just in case I catch the new virus?

No. You should only take an antiviral, such as oseltamivir or zanamivir, if your health care provider advises you to do so. Individuals should not buy medicines to prevent or fight this new influenza without a prescription.

22. What about breastfeeding? Should I stop if I am ill?

No, not unless your health care provider advises it. Breastfeeding provides the best overall nutrition for babies and increases their defense factors to fight illness.

OTHER RISKS AND CONCERNS

23. Are there any special recommendations for pregnant women?

Yes. This is because there seems to be a higher risk of serious complications in women who are pregnant and infected with the novel H1N1 influenza virus, especially in the second and third trimesters.

Therefore, pregnant women should avoid situations where they could be exposed to the novel H1N1 influenza virus, such as large social gatherings. Pregnant women who work in health care facilities should try to avoid patients with known or suspected novel H1N1 virus infection, and if possible, ask to be assigned tasks that do not involve being near people with the novel H1N1 influenza virus. If pregnant health care workers cannot avoid patients with the novel H1N1 influenza virus, they should always cover their nose and mouth with a mask.

In areas where novel H1N1 influenza virus is widespread, pregnant women should pay attention to symptoms of influenza-like illness and tell their health care provider if they suspect they might have the novel H1N1 influenza virus.

24. Are some people more at risk?

Yes, in addition to pregnant women, there are some people who seem to be at greater risk for illness and death from the novel H1N1 influenza virus, such as older people and young children. People who already have a

health problem – such as tuberculosis or other lung diseases, HIV/AIDS, diabetes, heart problems, and kidney disease – are at higher risk of major health problems related to novel H1N1 influenza virus.

As with pregnant women, people with HIV and other serious illnesses should avoid situations where they could be exposed to the novel H1N1 influenza virus. If they need to go out in public, they should cover their mouth and nose with a mask or cloth. If they are currently taking medications for a pre-existing illness, they should continue to take them and follow their doctor's orders. For example, if you have HIV or AIDS and are taking medicines to prevent infections continue with your prescribed treatment and follow the advice of your health care provider to keep your immune system healthy.

25. Can I travel?

If you are feeling unwell or have symptoms of novel H1N1 influenza virus, you should avoid travel, if possible. If you are travelling to an area with outbreaks of novel H1N1 influenza virus, take precautions such as always covering your mouth and nose with a tissue or cloth when coughing or sneezing, washing your hands frequently with soap and water, and keeping at least a two-meter distance (or three large steps) from other people.

Wherever you travel, it will be important to observe and follow the rules from the local health authorities. You should also expect additional health screening procedures at airports.

26. Is it safe to eat pork and pork products?

Yes. The novel H1N1 influenza virus has not been shown to be spread to people through eating properly handled and prepared pork (pig meat) or other products made from pigs. The novel H1N1 influenza virus is killed by cooking temperatures of 160°F/70°C.

27. Should I worry if there are outbreaks of avian influenza in my area?

If you live in an area with avian influenza outbreaks and you have been in contact with poultry and have flu symptoms, you should visit your health care facility to find out if you have the H5N1 virus. When you go to your health facility, tell the doctor or health provider that you have been working or living with poultry and now have flu symptoms.

28. If there are widespread outbreaks, will governments close down their borders or prevent people from entering their countries without screening?

According to the revised International Health Regulations (2005), countries are asked to follow directions from the World Health Organization and not impose any travel restrictions or bans unless notified by WHO.

Decisions about screening people upon entry to a country are made by the individual countries.

PHARMACEUTICAL INTERVENTIONS

29. To which antiviral drugs does novel H1N1 influenza virus respond?

Antiviral drugs may reduce the symptoms and duration of H1N1 influenza illness, just as they do for seasonal influenza. There are two antiviral drugs that have been found to reduce the symptoms of novel H1N1 influenza virus, and to reduce the time people are sick. They are oseltamivir and zanamivir.

30. When should antivirals be used?

Worldwide, most patients infected with the novel H1N1 influenza virus continue to experience typical influenza symptoms and fully recover within a week, even without any form of medical treatment. Healthy patients with uncomplicated illness do not need to be treated with antivirals.

Where the drugs are available, health care workers can make the decision for each individual patient based on a clinical assessment and knowledge about the presence of the virus in the community. WHO recommends that people with severe illness or whose condition begins to deteriorate should receive oseltamivir as soon as possible.

In most cases, do not worry if you cannot obtain an antiviral medicine. So far, most people who have novel H1N1 influenza virus have recovered without antiviral treatment.

31. Is an effective vaccine against the novel H1N1 influenza virus already available?

No, but work is well under way to develop and manufacture such a vaccine. Health authorities are estimating that a vaccine may be available by the middle of October 2009. The exact date it will be available, however, is not yet known.

32. Who will be able to get a vaccine for novel H1N1 influenza virus when it becomes available?

When a vaccine first becomes available, the demand for it will probably be greater than the supply. National authorities will likely make the decision on which people will be vaccinated against novel H1N1 influenza virus once the vaccine becomes available.

Do not worry if you cannot obtain the novel H1N1 influenza virus vaccine. Other practices such as regular hand washing, covering coughs and sneezes, and staying away from people who are sick are also effective to prevent getting the novel H1N1 influenza virus.

33. Has WHO identified any priority groups that should receive the novel H1N1 influenza virus vaccine first?

WHO has recommended that if possible, health care workers and pregnant women should be immunized first against the novel H1N1 influenza virus. For pregnant women, this is because there seems to be a higher risk of serious complications in women who are pregnant and infected with novel H1N1 influenza virus.

For health care workers, it is because they will have the most contact with people who are ill with the virus. If a novel H1N1 influenza virus vaccine is not available, health care workers should treat all patients who arrive at their facility with flu-like symptoms as having novel H1N1 influenza virus and take precautions to protect themselves.

These precautions include:

- During an outbreak of novel H1N1 influenza virus, health care workers should treat all patients who arrive at their facility with flu-like symptoms as having novel H1N1 influenza virus and protect themselves.
- Health care workers should wear facemasks over their nose and mouth when they are caring for patients with flu-like symptoms.

- Have patients with flu-like symptoms wear a mask or cloth over their nose and mouth.
- If possible, place patients with flu-like symptoms in a room separate from other patients, or at least 2 meters away from others.
- Wash your hands with soap and water before and after caring for the sick person.
- Remind the sick person to cover their coughs and sneezes with a tissue, and to wash their hands with soap and water often – especially after coughing or sneezing.
- Dispose of used tissues along with other medical waste, away from people.
- Health workers should regularly clean areas that have come in contact with sick patients.

For more information on the 2009 Novel H1N1 Influenza Virus, visit the following web sites:

Humanitarian Pandemic Preparedness (H2P) Initiative
http://www.pandemicpreparedness.org

World Health Organization:
http://www.who.int/

U.S. Government Pandemic Preparedness:
http://www.flu.gov/

1 September 2009