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AIDS EDUCATION FOR PRIMARY SCHOOLS

PUPILS' HANDBOOK FOR STANDARDS FIVE AND SIX



MALAWI AIDS EDUCATION FOR SCHOOLS

FINAL

AIDS EDUCATION FOR PRIMARY SCHOOLS

**PUPILS' HANDBOOK FOR
STANDARDS FIVE AND SIX**

**Produced in cooperation with the Malawi Ministry of Health,
AIDS Secretariat, Health Education Unit, Ministry of Education
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STANDARDS FIVE AND SIX
TOPIC 1
THE FAMILY

This is a family, father, mother and children.



1. A family.

The father gets food, clothing and shelter for the family.



2. Father is working on the house.

What other things does a father do?

The mother has many things to do. She cooks food, washes clothes, cleans the house and takes care of the children.



3. Mother is cooking food for the family.

What other things does a mother do?

Children help their fathers and mothers do work around the house. They can do many things to help the family.



4. A child washes the dishes after a meal.

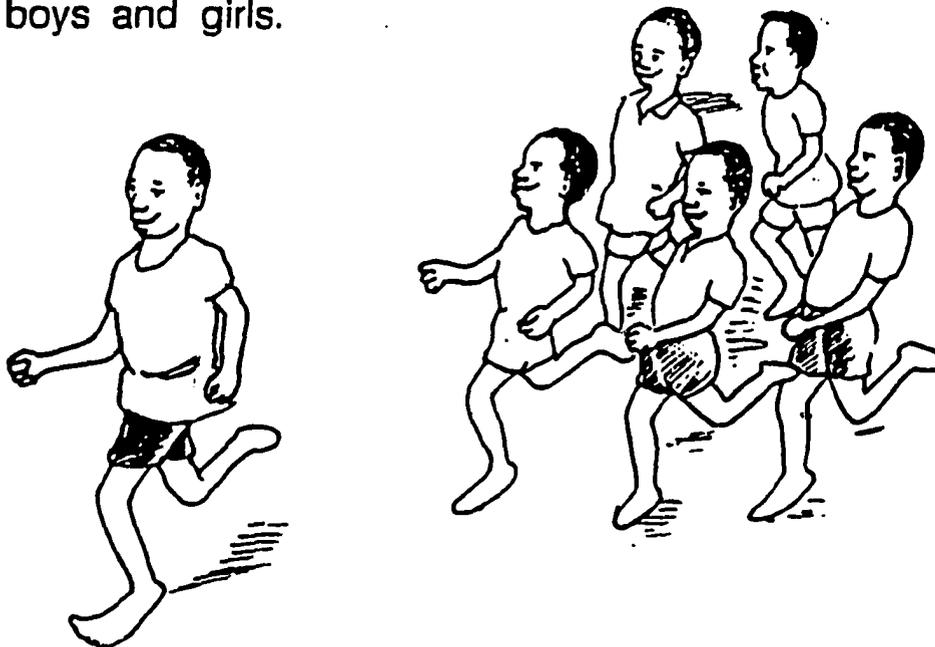
What other things can children do to help their parents?

Sometimes other people live with the family, such as aunts, uncles, grandparents and cousins. This is called an extended family.



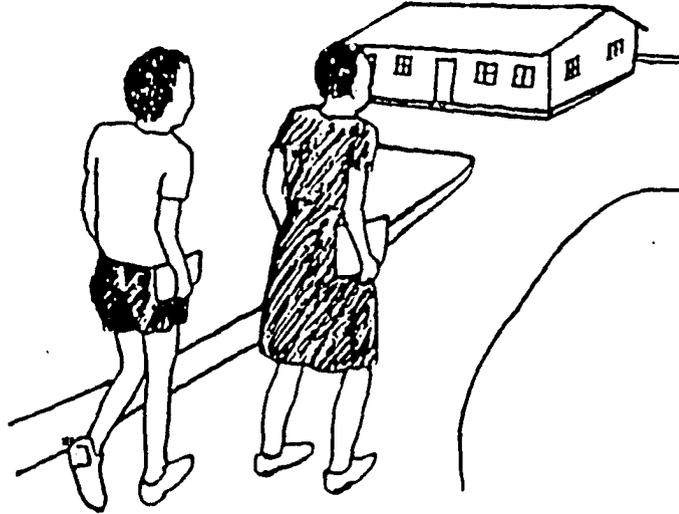
5. An extended family.

Children like to play together in groups. Sometimes the group is all boys, sometimes it is all girls. Sometimes the group has both boys and girls.



6. Children play together in groups.

When several families live in the same area, it is called a community. The community has schools, markets, churches and other things used by all the people.



7. Children on their way to the community school.

We need our families and our community. Without them life would be hard. Sometimes members of the family die of disease. A disease which is now killing many people is called AIDS. We must all learn about AIDS and how to stop its spread. We can keep the disease from killing members of our family and members of the community.

TOPIC 2 COMMON DISEASES

Sometimes people get sick with a disease. Some diseases are very serious and take a long time to get over. Others are not so serious and we get well very quickly.

Some common diseases in Malaŵi are measles, diarrhoea, eye infections, tuberculosis (TB) and pneumonia. We get some diseases from other people. These are called "communicable diseases," because they are "communicated" (passed) from one person to another.



8. Some common communicable diseases are TB, diarrhoea and measles.

There are some diseases which we do not get from other people. Cancer and heart disease are examples. Because they are not passed from one person to another they are called "non-communicable diseases."

Some diseases make us sick for awhile and then we get well. These are called "curable diseases" because they do not stay in our bodies. Other diseases stay in our bodies as long as we live. These are called "incurable diseases."



9. Some diseases can be cured and others cannot.

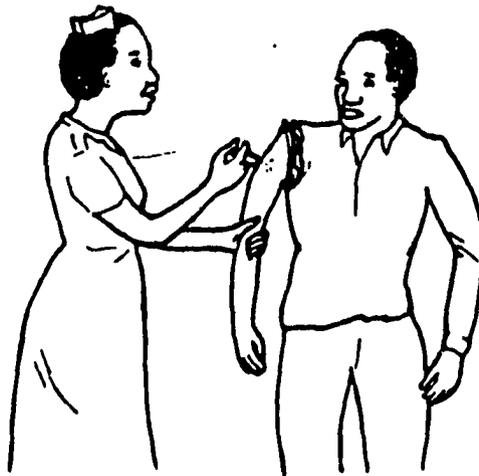
The disease called AIDS is passed from person to person, so it is a communicable disease. Once we catch this disease it stays in our bodies, so it is an incurable disease. If we get AIDS we will die, sooner or later.

Anyone can get AIDS. It does not matter if they are young or old. It makes no difference whether they live in a small village or a large city.



10. Anyone can get AIDS.

There are injections and medicines which can prevent and cure some diseases. There is no cure for AIDS. The only way to be safe from AIDS is to keep from getting the disease.



11. There are injections to prevent some diseases, but none for AIDS.

TOPIC 3
WHAT IS AIDS?

The word "AIDS" is made from the first letter of several words.

- A = Acquired (to get something)
- I = Immune (to be protected)
- D = Deficiency (to not have something)
- S = Syndrome (what happens when we are sick)

When we say someone has AIDS, this is what it means:

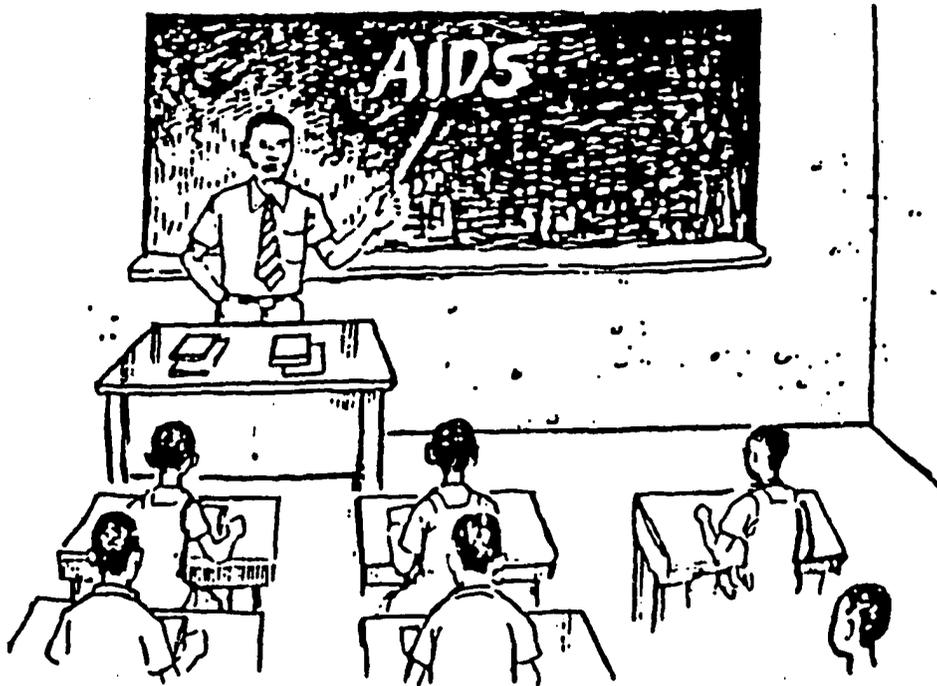
- It is a disease we get from other people (acquired).
- We get it because our body can no longer fight disease, we have lost protection (immune deficiency).
- We fall sick in many ways when we have it (syndrome).

AIDS, like many other diseases, is caused by a germ. The AIDS germ is a special kind called a "virus." The common cold is also caused by a virus.



12. This is a picture of the virus that causes AIDS, made bigger many times. A virus is too small to see with the eye alone.

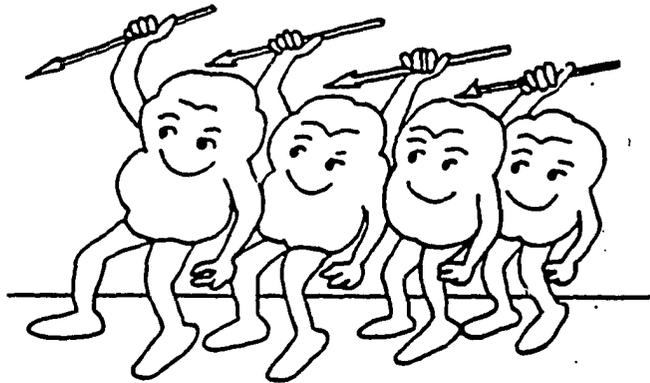
There is no medicine to cure AIDS. If you get AIDS, you will die, sooner or later. Anyone can get the disease, no matter who they are or where they live. The more we learn about AIDS, the better our chance not to get it.



13. Education is the best way to stop AIDS.

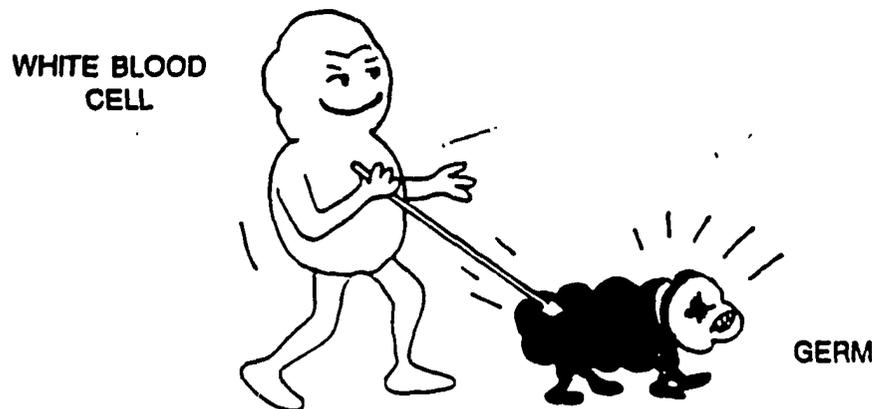
TOPIC 4
HOW AIDS AFFECTS THE BODY

Our bodies can fight off many diseases all by themselves. This is because we have what is called an "immune system." The immune system is like little soldiers moving through the body.



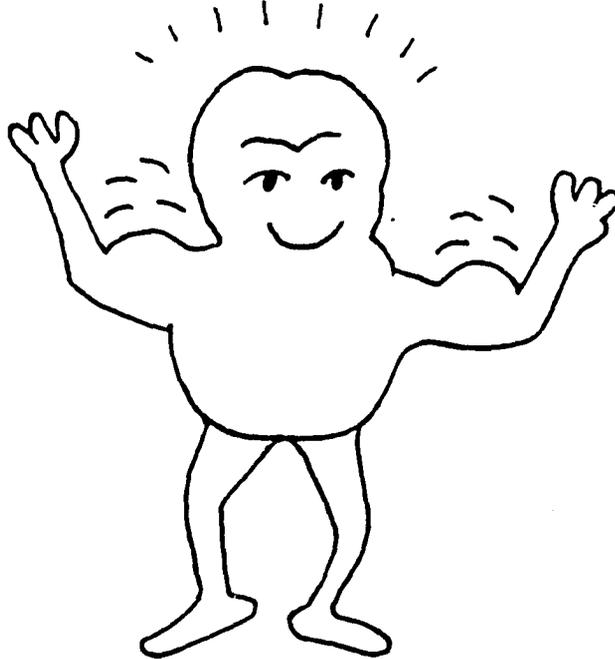
14. The immune system is like little soldiers in our bodies.

When germs get inside us, these little soldiers hurry to where the germs are and kill them. The little soldiers are really white blood cells which are always moving through our blood stream.



15. White blood cells kill germs in our bodies.

Sometimes we get injections to keep us from getting certain diseases. These injections are called vaccines. They make the immune system stronger. Then it is easier for the white blood cells to kill the germs which cause the disease. There is no vaccine for AIDS, so we cannot be protected in this way.

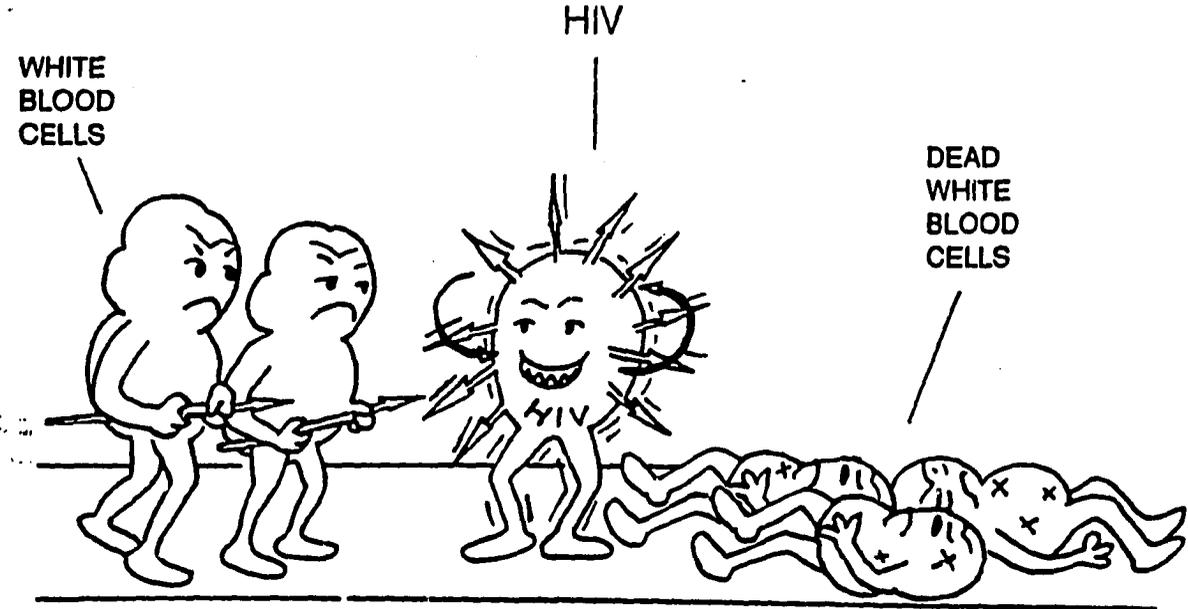


16. Vaccines can make our immune system stronger.

The name of the germ that causes AIDS is "HIV." This stands for "Human Immunodeficiency Virus." If we put together the first letters of these words, it is HIV. The germ that causes AIDS is called Human Immunodeficiency Virus because:

1. It affects only people.
2. It stops our immune system from protecting us.
3. It is a virus.

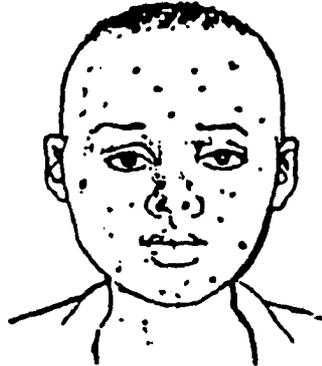
When HIV gets into our bodies, it kills the white blood cells instead of the white blood cells killing the HIV. When many of our white blood cells are killed, the immune system stops fighting off disease and we become sick with AIDS. It can take a long time for the HIV to kill enough white blood cells for this to happen. Sometimes it can take five years or more. During this time, we can pass the HIV to other people.



17. HIV kills the white blood cells that protect us from disease.

TOPIC 5
SIGNS AND SYMPTOMS OF AIDS

A "sign" of a disease is something we can see when people are sick, like a rash when they have measles. A "symptom" of a disease is something sick people feel inside, like a fever when they have malaria.

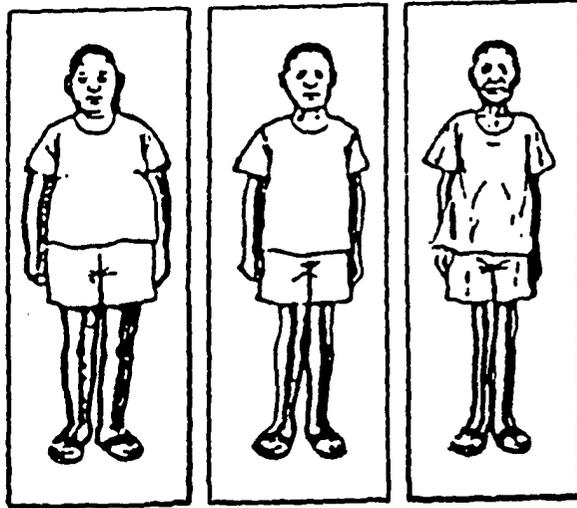


18. A rash is a sign of measles.

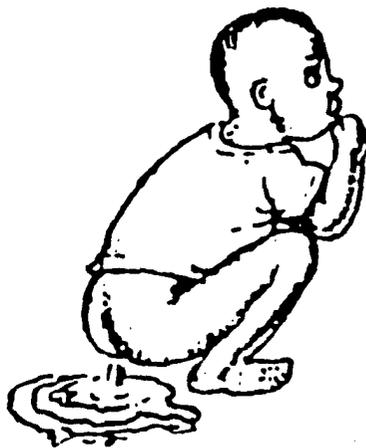


19. Fever is a symptom of malaria.

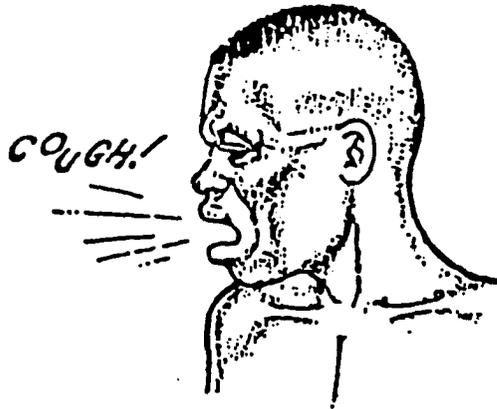
There are signs and symptoms that people have when they get AIDS. Some of these are diarrhoea, losing weight, fever, rashes on the body and chest infections. We have some of these signs and symptoms with other diseases, but when you have AIDS you have them for a long time and they come back often.



20. One sign of AIDS is the loss of weight over a short period of time.



21. Diarrhoea can be a symptom of AIDS and other diseases.



22. A chest infection which keeps coming back also can be a symptom of AIDS.

Since you can have these signs and symptoms with other diseases, how do you know if you have AIDS and not another disease? The only way to be sure is to have a blood test.



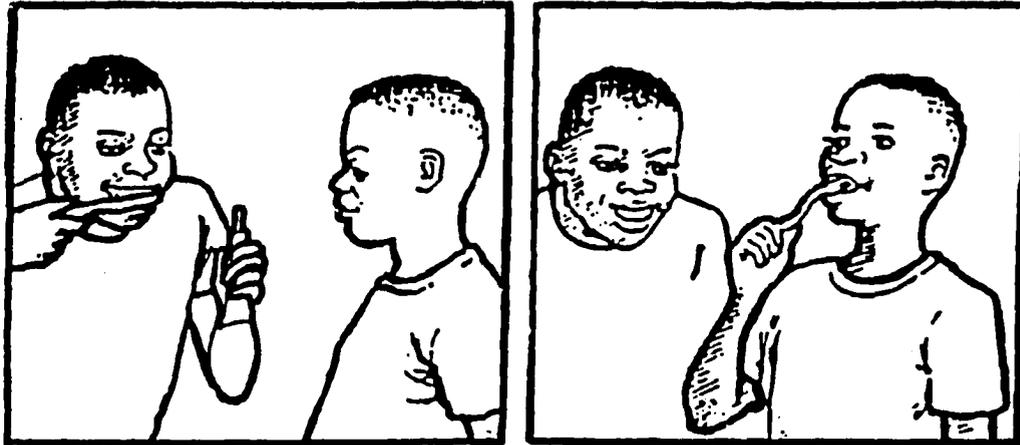
23. A blood test is the only sure way to know if you have AIDS.

TOPIC 6 HOW AIDS IS SPREAD

We get AIDS from other people in three ways. First, we can get it by having sex with someone who has the disease. Second, we can get it if the blood of someone with AIDS gets into our body. Third, a pregnant woman can pass AIDS to her child before it is born.

There are several ways you could get AIDS from the blood of an infected person. Here are some examples:

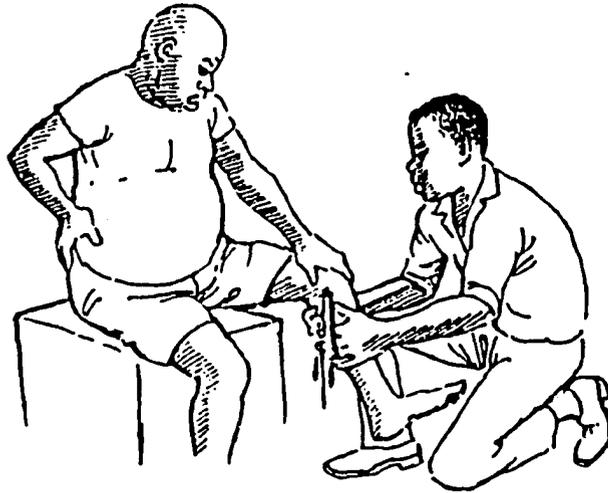
1. By sharing a toothbrush if both people have bleeding gums or sores in their mouths.
2. By getting an injection with a needle used to inject someone else without proper cleaning.
3. By getting the blood of an injured person into your body through a cut on your hand.
4. By being cut with a razor blade that has been used to cut other people.
5. By having your ears pierced with the same needle that has been used on others.



24. It is possible to get AIDS by sharing toothbrushes if there are sores in the mouth.



25. If injections are given to several people with the same needle without proper cleaning, it is possible to spread AIDS.



26. You can get AIDS from the blood of an infected person.

There are many wrong ideas about how AIDS is spread. Here are some ways you cannot get the disease:

1. By shaking hands.
2. By playing together.
3. By eating together.
4. By wearing the clothes or using a towel of someone with AIDS.
5. By using the same toilet used by a person with AIDS.
6. By sitting in a chair sat in by someone with AIDS.
7. By riding on a bus with a person who has AIDS.
8. By living in the same house with someone who has AIDS.
9. By drinking water from the same cup used by a person with AIDS.
10. By being bitten by a mosquito, bedbug, fly or other insect.



27. You cannot get AIDS from shaking hands, sharing water, washing together or eating together.

You have probably heard of other ways some people think you can get AIDS. Remember, there are only three ways the disease can be spread. Can you state what they are?

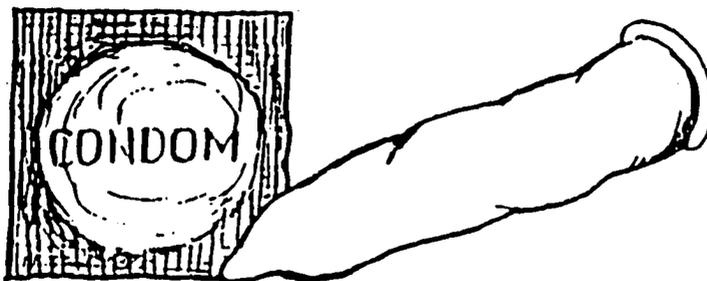
Ask your teacher to explain why some ways you have heard AIDS can be spread are not true.

TOPIC 7 HOW TO AVOID AIDS

It is simple to avoid getting AIDS if we are careful. All we must do is (1) know what things spread the disease and (2) not do those things. In Topic 6 you learned the three ways that AIDS can be spread: (1) By having sex with someone with AIDS, (2) by getting an infected person's blood in your body, and (3) by a woman with AIDS having a baby.

We can be sure we will not get or spread AIDS if we (1) do not have sex, (2) do not let blood from another person get into our body, and (3) do not get pregnant if we have AIDS.

When people have sex, they can protect themselves from AIDS and other diseases spread through having sex by using a condom. A condom is a rubber tube which goes over the man's penis and keeps body fluids from coming into contact when people have sex.

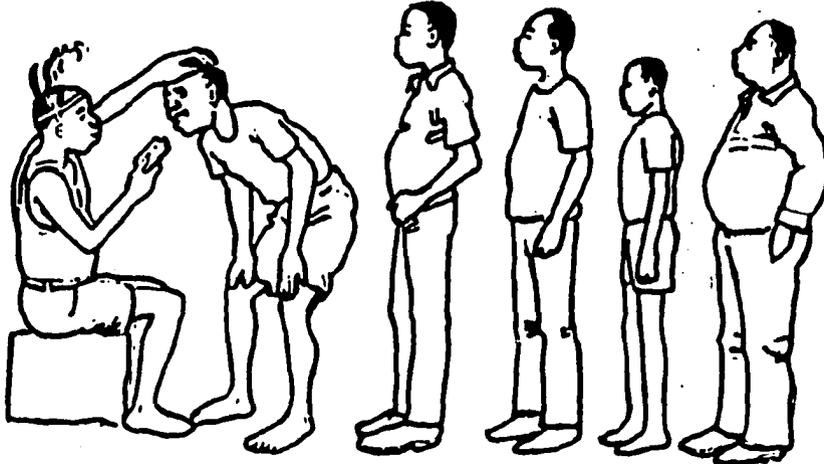


28. Condoms can help stop the spread of AIDS and other diseases.

We must be sure that we are not infected by the blood of people with AIDS. We can do this by getting injections only from trained people who know how to properly clean medical tools. When things are properly cleaned by heat or chemicals, all germs, including HIV, are killed. The things are said to be sterile. We also should avoid being cut by things like needles and razor blades that are used on several people without being properly cleaned.



29. Do not get injections from untrained people.



30. Things used to cut the body must be properly cleaned to stop the spread of AIDS.

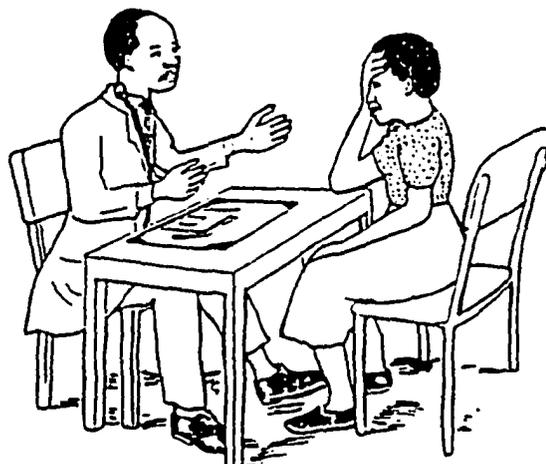
If either the father or mother in a family has AIDS, they should take steps to be sure the woman does not become pregnant.



31. Women with AIDS should not become pregnant.

TOPIC 8
TAKING CARE OF PEOPLE WITH AIDS

AIDS has no cure. If you get the disease, you will die, sooner or later. When people find out that they have AIDS, they sometimes become very sad and upset. They need to be helped by their families and friends.

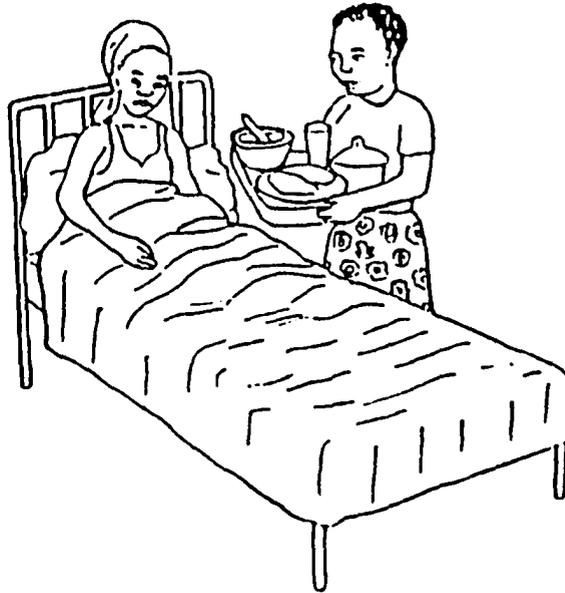


32. People can become very sad and afraid
when they learn they have AIDS.

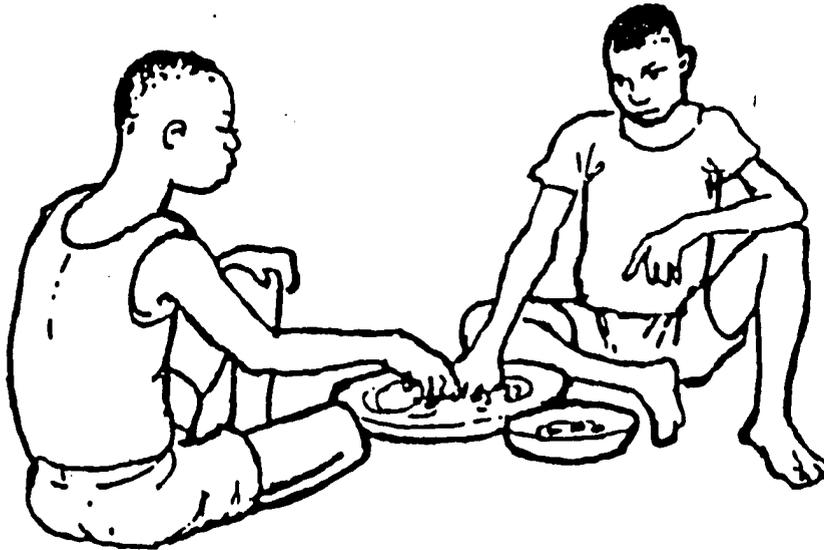
There is much we can do to help people with AIDS feel better and live longer. We must try to treat them as we would any other person who is sick. We can visit them, talk with them, help care for them by bringing food and water and offer them our love and understanding.

It is important that we should not be afraid of people with AIDS, whether they are members of our families or friends. We will not get AIDS from being near them. It will help them feel better if we are cheerful when we are with them and show that we accept them and are not afraid.

As more and more people become sick with AIDS, many will be cared for at home, so we must all learn how to help.



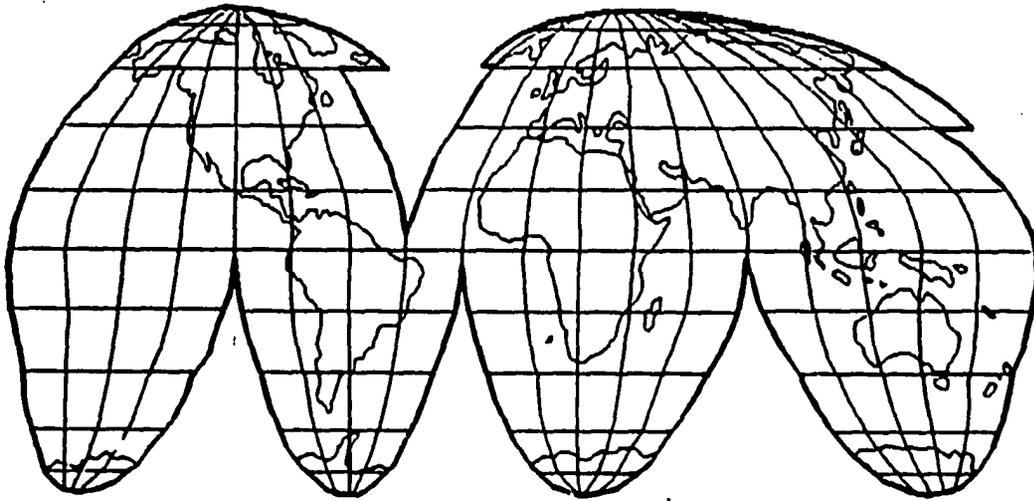
33. You will not get AIDS by helping to care for people who have it.



34. There is no danger in eating with someone with AIDS.

TOPIC 9
THE SOCIAL IMPACT OF AIDS

AIDS is now a problem throughout the world. It kills people of all ages, in villages, towns and cities. No one is safe from the disease unless they understand how it spreads and how to avoid it.

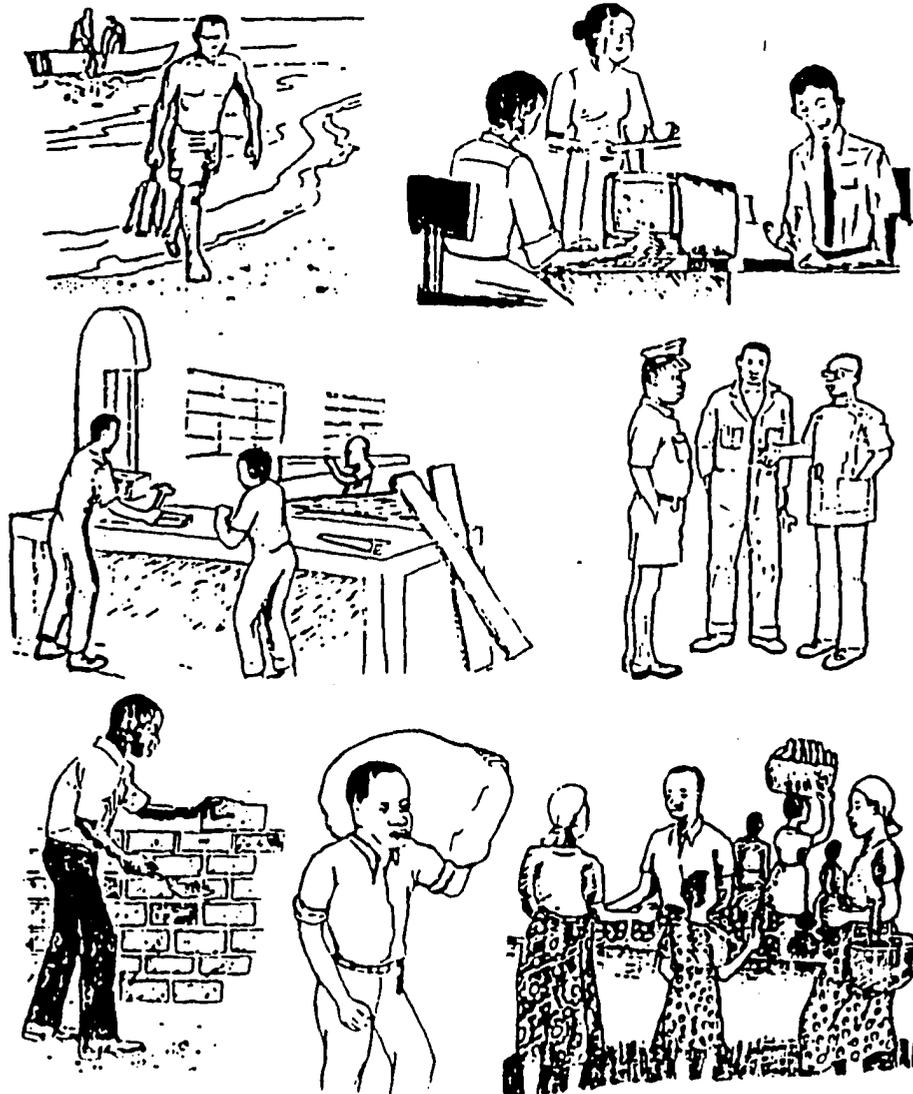


35. AIDS has become a world-wide problem.

The nation depends upon many people doing many jobs. There must be farmers to grow our food, engineers to build roads and buildings, teachers to help us learn, shop keepers to sell us the things we need, drivers to carry goods throughout the country and workers for our estates and factories.

The people who are dying of AIDS are mostly between the ages of 20 and 49. These are the people that we depend upon most to help the nation grow and develop. If they die, the country, our towns and villages, our communities and families can all suffer.

Everyone, young and old, has an important role to play in our nation's future. Therefore, we must all do everything we can to see that the spread of AIDS is stopped now. We must keep ourselves safe from the disease and also carry the true facts about AIDS to our families, friends and all the community.



36. It takes many people doing many jobs for the nation to develop.