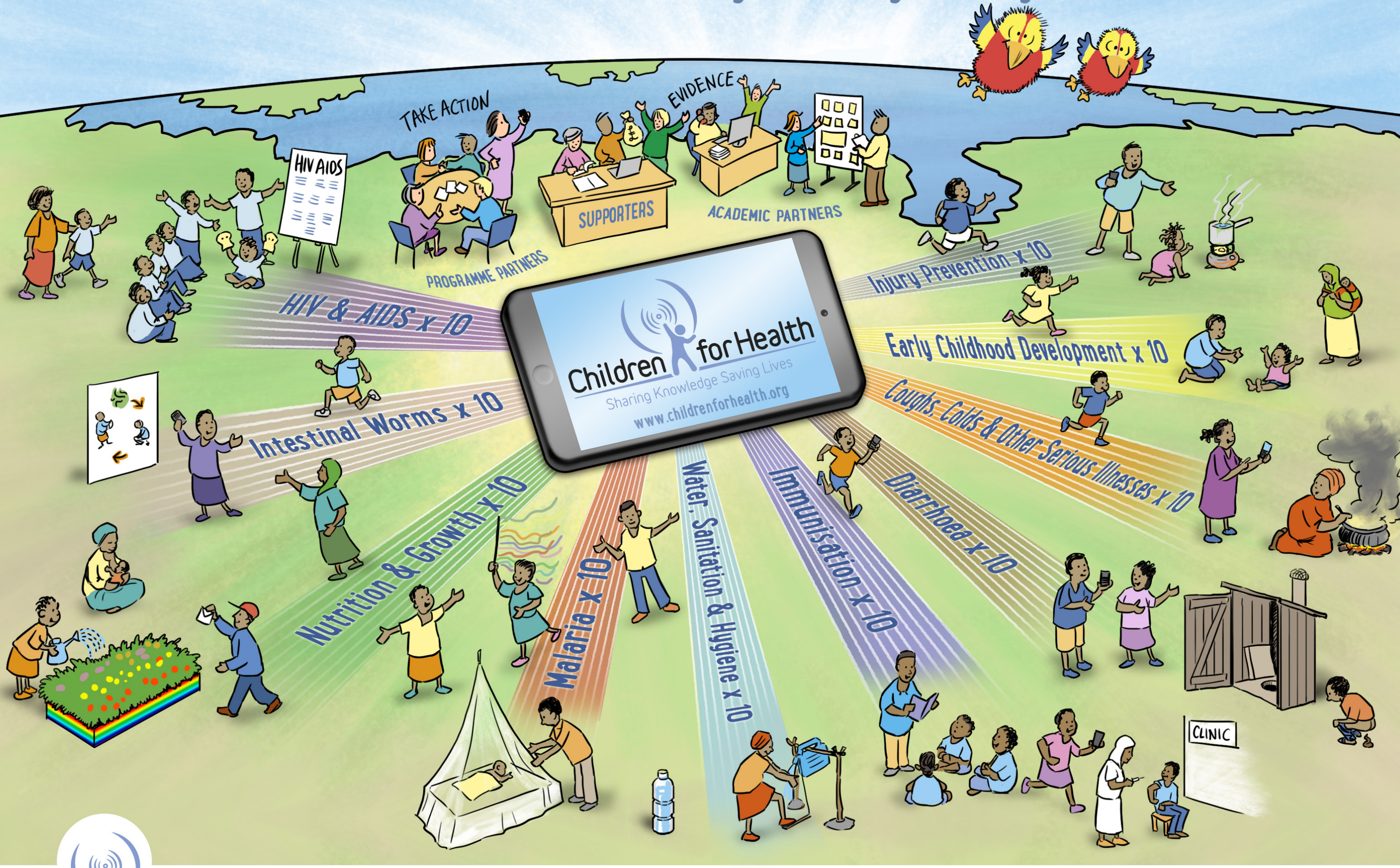


Children for Health - Sharing Knowledge Saving Lives



The Children for Health 100 messages



MALARIA

1. Malaria is a disease spread by the bite of an infected mosquito.
2. Malaria is dangerous. It causes fever and can kill, especially children and pregnant women.
3. Prevent malaria by sleeping under insecticide-treated bed nets that kill mosquitoes and stop them biting.
4. Malaria mosquitoes often bite between sunset and sunrise.
5. When children get malaria they may grow and develop more slowly.
6. There are three types of insecticide spraying to kill malaria mosquitos: in houses, in the air and onto water.
7. The signs for malaria are high fever, headaches, muscle and stomach aches, and chills. Rapid tests and treatment will save lives.
8. Malaria can be prevented and treated with medicine as directed by a health worker.
9. Malaria lives in an infected person's blood and can cause anaemia, which makes us tired and weak.
10. Antimalaria pills can prevent or reduce malaria and anaemia in places and at times when there is lots of malaria in a community.



DIARRHOEA

1. Diarrhoea is watery poo that happens three or more times a day.
2. Diarrhoea is caused by germs getting into the mouth from contaminated food or drink, or touching the mouth with dirty fingers or using dirty spoons or cups.
3. The loss of water and salts makes the body weak. Unless these are replaced, diarrhoea can kill young children quickly from dehydration.
4. Diarrhoea can be prevented by giving extra safe drinks like safe water, or coconut or rice water. Babies need breast milk most of all.
5. A child with diarrhoea may have a dry mouth and tongue, sunken eyes, no tears, loose skin, and cool hands and feet. Babies may also have a sunken soft spot on the head.
6. Children doing more than five watery poos a day or bloody poo or who start to vomit too MUST be seen by a health worker.
7. ORS stands for Oral Rehydration Solution. Find ORS at clinics and shops. Mix it correctly with clean safe water to make the best drink for diarrhoea.
8. Most diarrhoea medicines do not work but zinc pills stop diarrhoea sooner for children over 6 months. ORS drinks must be given as well.
9. Young children with diarrhoea need tasty, mashed food as often as possible to make their bodies stronger.
10. Diarrhoea can be prevented by breastfeeding babies, good hygiene habits, immunisation (especially against rotavirus and measles) and making sure food is safe.



NUTRITION

1. Food that makes us GO plus food that makes us GROW, plus food that makes us GLOW is GOOD food that makes the body strong!
2. Malnutrition happens if we eat too little, or eat too much junk food. Avoid it by sitting and sharing the right amount of good food at meals.
3. Children under 2 years need to be weighed each month at an under-5s clinic to check that they are growing well.
4. If children become thin or swollen in the face or feet or too quiet, they need to see a health worker.
5. When children are ill they may lose their appetite. Give them lots to drink and soup, and more food than normal when getting better.
6. Breast milk is the only food and drink a baby needs from birth to 6 months. It has Go, Grow and Glow!
7. After 6 months babies need breast milk plus mashed or ground family food three or four times a day plus a snack between each meal.
8. Eating natural foods of different colours every week is the best way to have a healthy balanced diet.
9. Red, yellow and green fruits and vegetables are full of micronutrients. These are too small to see, but they make our bodies strong.
10. Prevent sickness and sadness by washing the food you eat and cook. Use cooked food quickly or store it properly.



COUGHS, COLDS & ILLNESS

1. Smoke from cooking fires has tiny bits in it that can go into the lungs and cause illness. Avoid smoke by cooking outside or where fresh air can come in and smoke can escape.
2. Smoking tobacco makes lungs weak. Breathing smoke from other people smoking is also harmful.
3. Everyone gets coughs and colds. Most get better quickly. If a cough or cold lasts more than 3 weeks, go to a health clinic.
4. There are types of germs called bacteria and others called viruses. Viruses cause most coughs and colds and can't be killed using medicine.
5. Lungs are the part of the body that breathes. Coughs and colds make lungs weak. Pneumonia is a bacteria germ that causes serious illness in weak lungs.
6. A sign of pneumonia (a serious illness) is fast breathing. Listen to the breathing. Watch the chest going up and down. Other signs are fever, sickness and chest pain.
7. A child breathing quickly must go to a health worker fast! Quick breathing in young children is 40-50 or 60 breaths a minute or more.
8. A good diet (and breastfeeding babies), a smoke-free home and immunisation help to prevent serious illnesses like pneumonia.
9. Treat a cough or cold by keeping warm, drinking tasty drinks often (like soup and juice), resting and keeping your nose clean.
10. Stop coughs, colds and other illnesses spreading from one to another. Keep hands and eating and drinking utensils clean, and cough into paper.



CARING FOR BABIES

1. Play games, cuddle, talk, laugh and sing with babies and young children as much as you can.
2. Babies and young children become angry, afraid and tearful easily, and can't explain their feelings. Always be kind.
3. Young children learn quickly: how to walk, make sounds, eat and drink. Help them but let them make safe mistakes too!
4. All girls and all boys are as important as each other. Treat everyone well, especially children who are sick or who have disabilities.
5. Young children copy the actions of those around them. Look after yourself, behave well near them and show them good ways.
6. When young children cry, there's a reason (hunger, fear, pain). Try to find out why.
7. Help prepare young children for learning at school by playing number and word games, painting and drawing. Tell them stories, sing songs and dance.
8. Watch and record in a notebook how a baby grows into a toddler and when they do important 'firsts' like speaking, walking and talking.
9. Help prevent diseases by helping adult carers and older children check that babies and young children are clean (especially hands and faces), drink safe water and eat enough good food.
10. Give loving care to babies and young children but don't forget about yourself. You are important too.



INTESTINAL WORMS

1. Millions of children have worms living inside their bodies, in a part called the intestines. This is where the food we eat is used by our bodies.
2. Different kinds of worms can live in our bodies: roundworm, whipworm, hookworm and bilharzia (schistosomiasis). There are others too!
3. Worms can make us feel ill or weak. They can cause stomach aches, coughs, fever and sickness.
4. Worms live inside your body so you might not know they are there but sometimes you can see worms in your poo.
5. Worms and their eggs get into our bodies in different ways. Some get in from food or drink like unsafe water. Others get in through bare feet.
6. Killing worms with de-worming treatment is easy and cheap. It's given by health workers every 6 or 12 months or more for some worms.
7. Worm eggs live in pee and poo. Use latrines or get rid of pee and poo safely. Wash your hands with soap after you pee or poo and if you help someone younger so worm eggs don't get on your hands.
8. Stop worms getting into your body by washing hands with soap after a pee or poo and before preparing food, eating or drinking, by washing fruit and vegetables, and by wearing shoes.
9. Some worms live in the soil so always wash your hands with soap after touching soil.
10. When watering plants to eat, make sure you use water that cannot have human pee or poo in it.



WATER AND SANITATION

1. To wash hands properly use water and a little soap. Rub for 10 seconds, rinse and air-dry or dry with a clean cloth/paper, not on dirty clothes.
2. Wash your hands properly before touching the T-zone on your face (eyes, nose and mouth) as this is where germs enter the body. Avoid touching the T-zone when you can.
3. Wash your hands before preparing food, eating or giving food to babies, and after peeing, pooing or cleaning a baby, or helping someone who is ill.
4. Keep your body and clothes fresh and clean. Keep your nails and toes, teeth and ears, face and hair CLEAN. Shoes/flip-flops protect against worms.
5. Keep human and animal poo and pee away from flies, which spread germs. Use latrines and afterwards wash your hands.
6. Keep your face fresh and clean. Wash well with a little clean water and soap morning and evening, and if flies buzz near sticky eyes.
7. Don't touch clean, safe water with dirty hands or cups. Keep it safe and free from germs.
8. Sunlight makes water safer. Filter it into a plastic bottles and leave for 6 hours until it's safer to drink.
9. When you can, use the sun to dry and destroy germs on plates and utensils after washing.
10. Kill or reduce flies by keeping the home and community free from rubbish and dirt. Store rubbish safely until it's collected, burned or buried.



IMMUNISATION

1. Millions of parents all over the world every year make sure their children grow strong and are protected from diseases by taking them for immunisation.
2. When you are ill with an infectious disease, a tiny, invisible germ has entered your body. This germ makes more germs and stops your body working well.
3. Your body has special soldier-like protectors called antibodies to fight germs. When germs are killed, antibodies stay in your body ready to fight again.
4. Immunisation puts antigens into your body (by injection or by mouth). They teach your body to make the soldier-like antibodies to fight a disease.
5. Some immunisations have to be given more than once to help your body build up enough antibodies to protect against a disease.
6. Horrible diseases that cause death and suffering, like measles, tuberculosis, diphtheria, whooping cough, polio and tetanus (and more!), can be prevented by immunisation.
7. To protect your body you need to be immunised before the disease strikes.
8. To protect children right away immunisations are given to babies. If a baby misses their chance they can be immunised later.
9. Children can be immunised at different times for different diseases. Find out when and where your community immunises children.
10. If babies or young children are a little unwell on the day of immunisation they can still be immunised.



HIV AND AIDS

1. Our body is amazing and every day there are special ways it protects us from getting diseases from the germs we breathe, eat, drink or touch.
2. HIV is a germ called a virus (the V is for virus). It is an especially dangerous virus that stops our body protecting itself well from other germs.
3. Scientists have created medicines that stop the HIV from being dangerous but no one has found a way to remove it from the body completely.
4. After time and without medicine, people with HIV develop AIDS. AIDS is a group of serious illnesses that make the body weaker and weaker.
5. HIV is invisible and lives in blood and other liquids in the body that are made during sex. HIV can be passed (1) during sex, (2) from infected mothers to babies and (3) in blood.
6. People protect themselves from getting HIV from sex by (1) not having sex, (2) being in a faithful relationship or (3) having sex using condoms (protected sex).
7. You can play, share food, drink, hold hands and hug people with HIV and AIDS. These actions are safe and you will not catch the virus this way.
8. People with HIV and AIDS sometimes feel afraid and sad. Like everyone, they need love and support, and so do their families. They need to talk about their worries.
9. To help themselves and others, people who think they may have HIV or AIDS must go to a clinic or hospital for testing and counselling.
10. In most countries, people who are HIV positive get help and treatment. A medicine called antiretroviral therapy (ART) helps them to live long lives.



ACCIDENTS & INJURY

1. Cooking areas are dangerous for young children. Keep them away from fires and from sharp or heavy objects.
2. Children need to avoid breathing smoke from fires. It causes illness and coughing.
3. Anything poisonous must be kept out of the reach of children. Don't put poisons in empty soft drink bottles.
4. If a child is burned, put cold water on the burn as soon as possible until the pain lessens (10 minutes or more).
5. Vehicles and bicycles kill and injure children every day. Be aware of all vehicles and show others how to be safe too.
6. Look out for dangers for young children like knives, glass, electric plugs, wire, nails, pins etc.
7. Stop young children eating dirt or putting small things into or near their mouths (e.g. coins, buttons) as these can block breathing.
8. Stop young children playing near to water where they may fall in (rivers, lakes, ponds, wells).
9. Create a first-aid kit for home or school (soap, scissors, disinfectant and antiseptic cream, cotton wool, thermometer, bandages/plasters and ORS).
10. When you go somewhere new with a young child, be aware! Look and ask about the dangers for young children.

Visit our website to find out more www.childrenforhealth.org