

# SAFE STRONG & SMILING



10. BEING KIND



1. HAND WASHING



9. FEELING BETTER



MESSAGES & ACTIVITIES



2. GOOD FOOD



8. CALMING OUR THOUGHTS



3. PREVENTING MALARIA



7. TALKING ABOUT LIFE

4. WE'RE ALL SPECIAL



6. FEELING SAFE

5. SPEAKING OUT



# 20 Messages for Children To Learn and Share

Children for Health (CfH) is an NGO based in Cambridge UK. We focus on child health education.

This Ebola Poster with its 20 Messages was developed with people working with children in schools in Sierra Leone during the Ebola crisis in 2014. It has been adapted in 2018. CfH has 100 other messages for children to learn and share in 10 health topics.

All the CfH messages are drawn from our experience working with children and teachers in low-resource settings. The messages are also reviewed by experts and practitioners. Use this poster to help teach children about Ebola.

## Get in touch

Contact us at  
[clare@childrenforhealth.org](mailto:clare@childrenforhealth.org)

or visit our website at  
[www.childrenforhealth.org](http://www.childrenforhealth.org)



## 10 Ebola Messages

1. Ebola enters the body through the mouth, nose and eyes, or a break in the skin.
2. You cannot get Ebola by talking to people, walking in the street or shopping in the market. It does not travel through the air we breathe or the water we drink and wash with.
3. A person cannot spread Ebola until s/he is sick with a sudden high fever or extreme tiredness.
4. When someone dies from Ebola, the body has lots of Ebola in and on it, so it should be burned or buried by caring people with special clothes.
5. Help keep young children away from people showing signs of sickness who may have Ebola.
6. When someone shows signs of Ebola – high fever, very tired – they need to go for help and testing as soon as possible.
7. Health workers looking after people with Ebola wear special suits, masks and gloves so they don't catch it.
8. Health workers are brave, kind people who care for people who are sick, and stop Ebola spreading to others.
9. Someone who has got better from Ebola is safe to touch and needs love and friendship.
10. Diarrhoea, malaria, HIV and AIDS make more people sick and cause more deaths than Ebola.

## 10 Health And Lifeskills Messages

1. To wash hands properly: use water, a little soap. Rub for 10 seconds, rinse & air-dry or with a clean cloth/paper, not dirty clothes.
2. Eating natural foods of different colours each week is the best way to have a healthy, balanced diet.
3. Prevent malaria by sleeping under insecticide treated bed nets that kill mosquitoes & stop them biting.
4. Each child is special. Our bodies and thoughts belong to us. No one is allowed to hurt us in any way.
5. If any child dislikes the way someone touches him/her Speak out! Make it Stop! Tell others!
6. Children should be able to live, play and learn in a place that feels safe.
7. Mind will not be still? Sing, play games, dance, tell stories with friends and be active.
8. Talk to same age or adult friends about what troubles us when we are afraid or confused about life.
9. Want to feel better? Eat well, drink safe water, play games, share sadness and joy.
10. Being kind & showing love to children whose lives have been changed helps us all. We all need to be close and listening.

