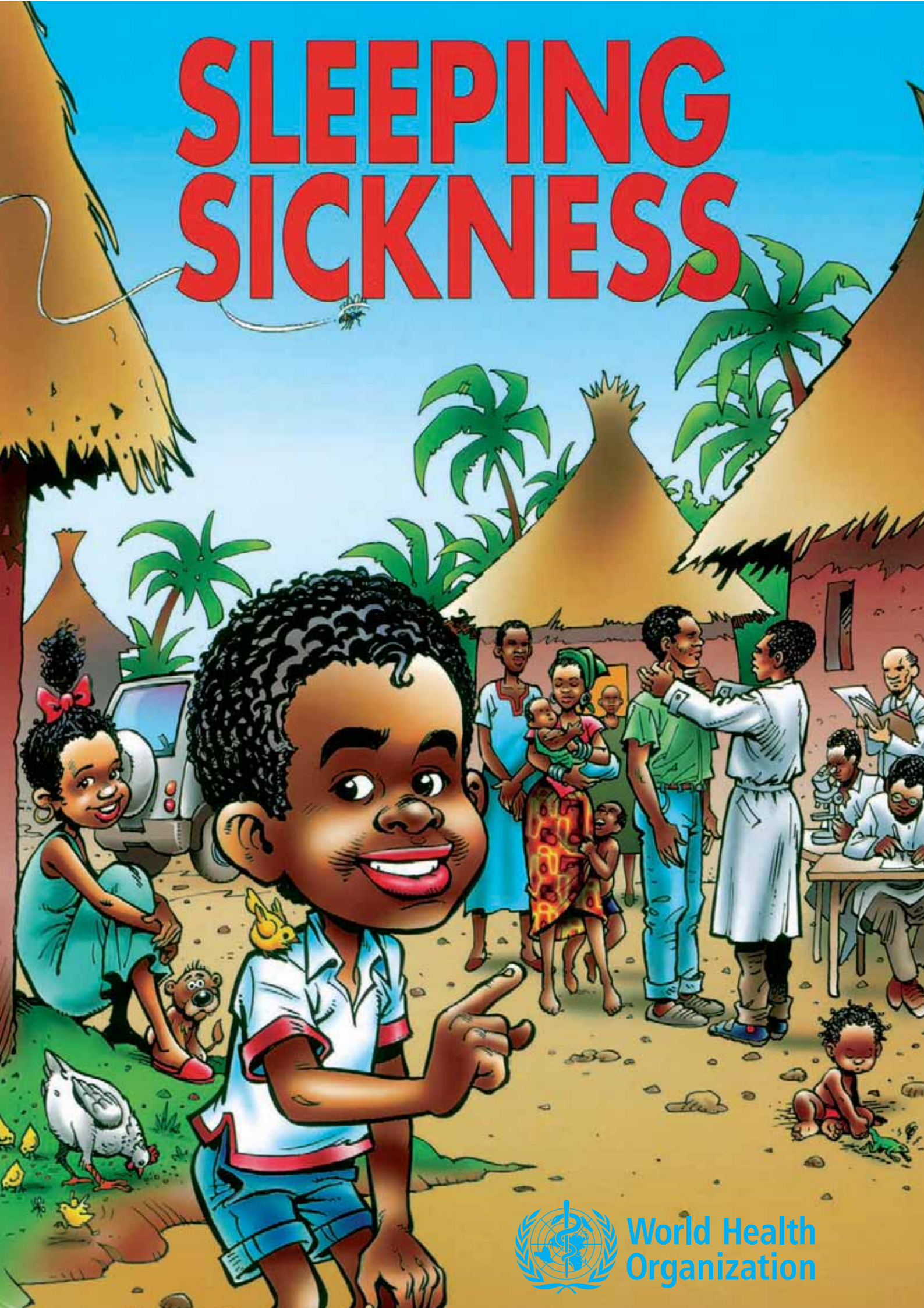


SLEEPING SICKNESS



World Health
Organization

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Human African Trypanosomiasis Programme.*



**World Health
Organization**



**MINISTÈRE FRANÇAIS DES AFFAIRES
ÉTRANGÈRES**
Secrétariat d'État à la Coopération

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SLEEPING SICKNESS

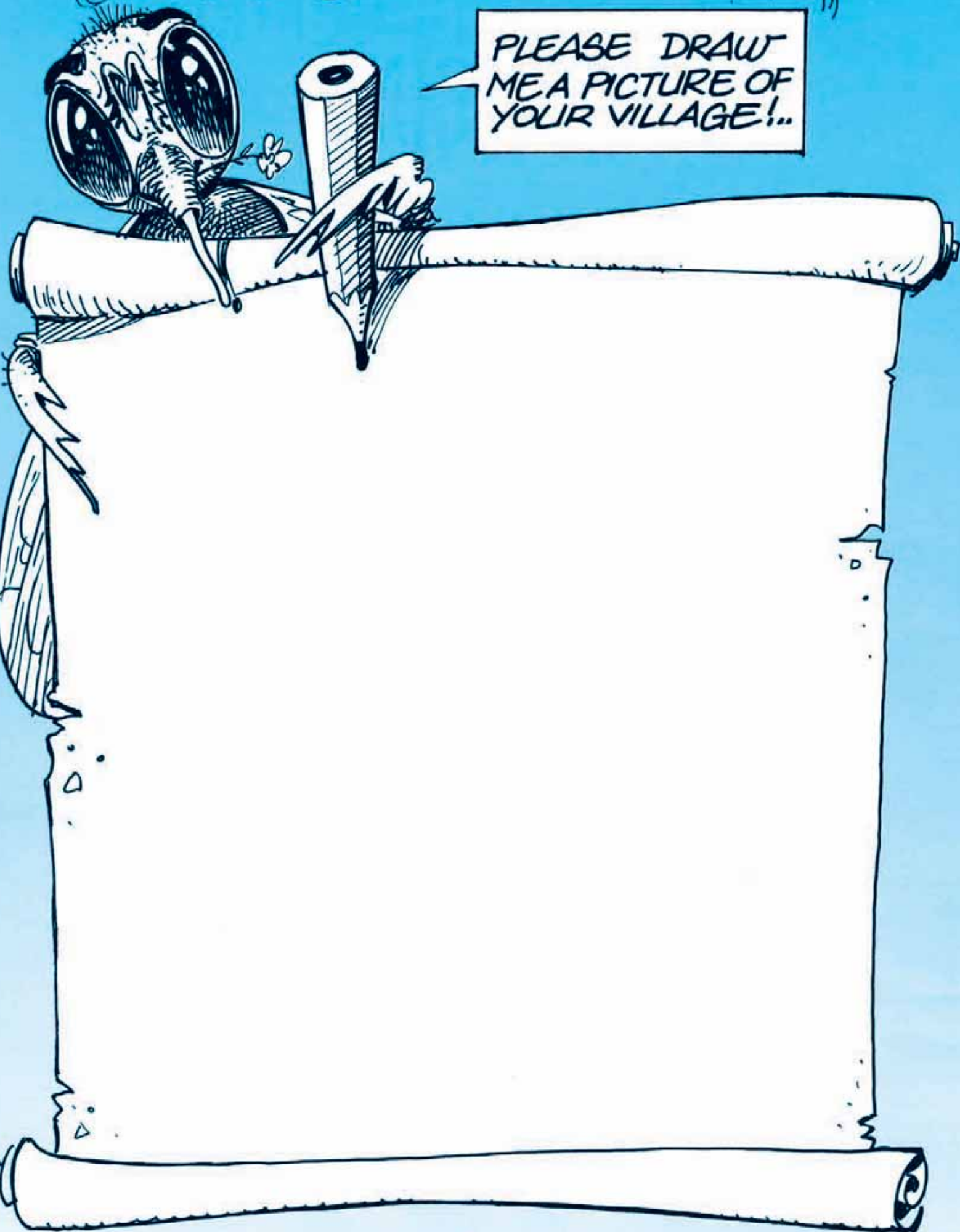
HUMAN AFRICAN TRYPANOSOMIASIS



Bzzzzzz



PLEASE DRAW
ME A PICTURE OF
YOUR VILLAGE!..



WHAT IS SLEEPING SICKNESS?

THE CORRECT NAME OF THE DISEASE SLEEPING SICKNESS IS A LITTLE DIFFICULT: IT IS "HUMAN AFRICAN TRYPANOSOMIASIS", BUT SLEEPING SICKNESS IS MUCH EASIER TO REMEMBER.

A cartoon boy stands to the left of a rectangular diagram. He is holding a pointer stick and pointing towards the diagram. The diagram has a blue background and contains a black, wavy, snake-like shape representing a trypanosome. Above the shape, the word "TRYPANOSOME" is written in bold, capital letters. Below the shape, the text "AS SEEN UNDER A MICROSCOPE." is written. A large black arrow points from the diagram towards the right.

TRYPANOSOME

AS SEEN UNDER A MICROSCOPE.

IT IS A VERY SERIOUS DISEASE CAUSED BY A PARASITE CALLED: "TRYPANOSOME". IT IS A VERY SMALL ORGANISM WHICH MULTIPLIES IN YOUR BODY. THE TRYPANOSOME DESTROYS THE BRAIN CELLS AND A SICK PERSON WILL EVENTUALLY DIE.

A line drawing of a human silhouette. Arrows indicate the path of a parasite from the bottom of the body (where a tsetse fly is shown injecting it) upwards through the torso and into the head. A circular inset at the bottom right shows a close-up of a tsetse fly on a human leg.

THE PARASITE IS INJECTED INTO THE BLOOD OF A HUMAN BY A TSETSE FLY.

A diagram showing a tsetse fly on the back of a person's neck. An arrow points from the fly to a circular inset showing a magnified view of the fly's mouthparts piercing the skin to drink blood.

THE TSETSE FLY PICKS UP THE PARASITE WHEN IT DRINKS THE BLOOD OF A PERSON WHO IS ALREADY SICK.



SO WHY DO WE CALL IT "SLEEPING SICKNESS"? MANY YEARS AGO IT WAS NOTICED THAT SICK PEOPLE OFTEN SLEPT FOR MANY HOURS DURING THE DAY. THOSE PEOPLE WHO WERE REALLY SICK WERE SO WEAK THAT THEY APPEARED TO BE SLEEPING ALL THE TIME, AND THAT IS WHY WE CALL IT "SLEEPING SICKNESS".

THE PARASITE



THE PARASITE TRYPANOSOME WHICH CAUSES THE SICKNESS IS VERY SMALL. IT IS SO SMALL THAT THE DOCTOR NEEDS A MICROSCOPE TO SEE IT!..

UNDER THE MICROSCOPE WE CAN SEE IT MOVING BETWEEN THE RED BLOOD CELLS.



THE TSETSE FLY



IT IS A FLY WHICH IS DIFFICULT TO RECOGNISE IF YOU ARE NOT USED TO SEEING THEM.

IT IS AS BIG AS YOUR FINGER NAIL !..

IT HAS WINGS WHICH CROSS OVER ON ITS BACK WHEN IT IS RESTING AND A LONG DART FOR BITING.

WHICH IT USES TO PIERCE THE SKIN OF A PERSON OR ANIMAL TO DRINK ITS BLOOD AS FOOD... IF THE PERSON OR ANIMAL IS SICK THE BLOOD DRUNK WILL ALSO CONTAIN THE PARASITE WHICH TRANSMITS THE SLEEPING SICKNESS,



THE BITE OF THE TSETSE FLY CAN BE VERY PAINFUL, AND THE SKIN AROUND THE BITE BECOMES RED AND HARD FOR A FEW DAYS AFTERWARDS.

THE FLY PREFERS TO SUCK BLOOD FROM ANIMALS, BUT IF THERE ARE NO ANIMALS IN THE AREA, THE FLY WILL BITE A HUMAN BEING.

HOW DOES ONE FALL SICK?

FOR A LONG TIME AFTER THE BITE, THE PERSON WILL FEEL ALRIGHT EVEN THOUGH HE IS ALREADY SICK.



SOMETIMES HE WILL GET A HIGH FEVER OR HAVE A VERY BAD HEADACHE...

VERY OFTEN A SWELLING WILL APPEAR AT THE BOTTOM OF HIS NECK, IT FEELS LIKE A LITTLE BALL UNDERNEATH THE SKIN.



SOMETIMES THE PERSON'S FACE BECOMES REALLY PUFFY



AFTER SOME TIME, THE PERSON BECOMES VERY SICK...



AND IS OFTEN SEEN TO BE SLEEPING DURING THE DAY.



OR BEHAVING LIKE A MAD PERSON.



THE SICK PERSON BECOMES VERY WEAK AND TIRED AND IF NOT TREATED...



OR EATING VERY LITTLE AND BECOMING VERY THIN.



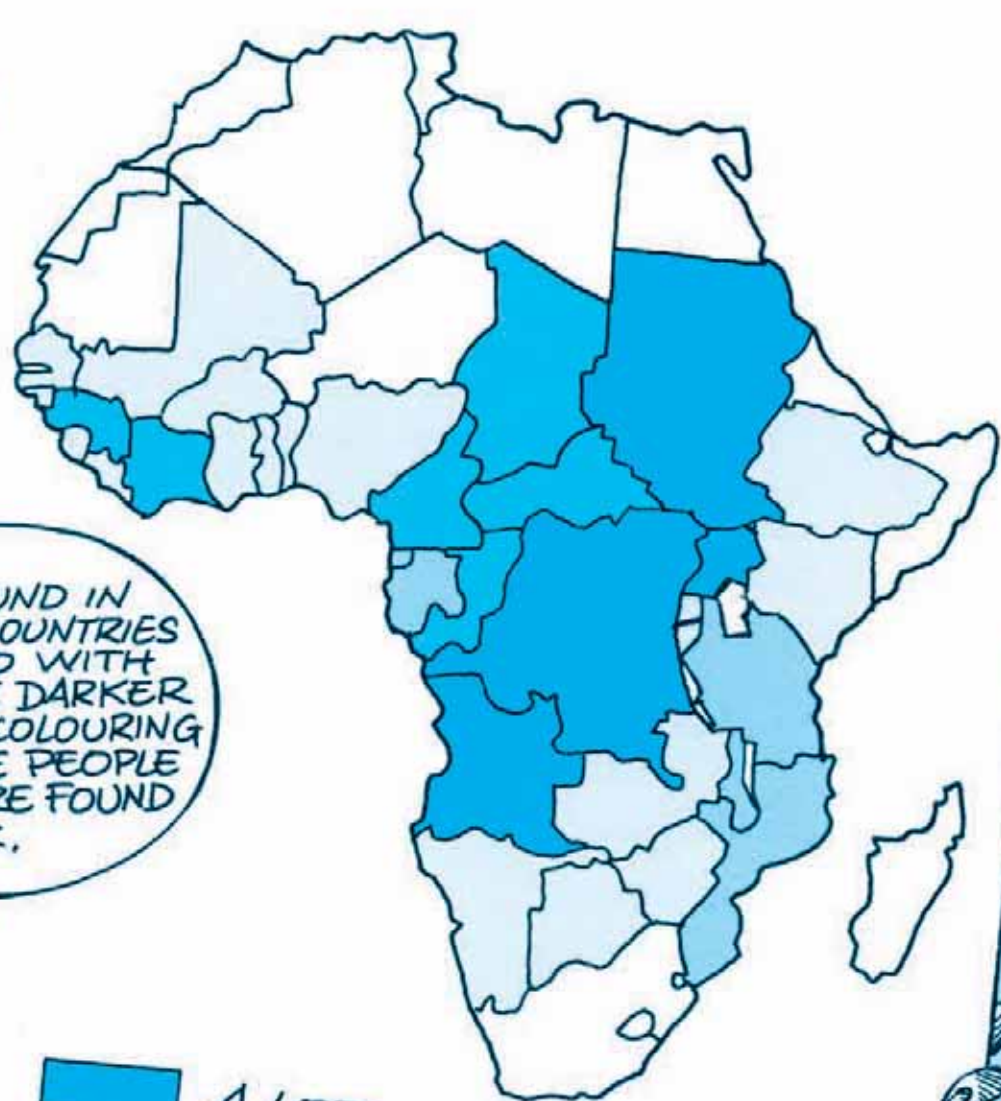
...OR GIVEN MEDICINE, WILL DIE...

WHERE DO WE FIND SLEEPING SICKNESS?

THIS SICKNESS IS ONLY SEEN IN AFRICA AND IS NOT FOUND ANYWHERE ELSE IN THE WORLD!

THERE ARE MORE THAN 300,000 SICK PEOPLE ...

IT IS FOUND IN ALL THE COUNTRIES COLOURED WITH BLUE. THE DARKER THE BLUE COLOURING THE MORE PEOPLE WHO ARE FOUND SICK.



 A LOT
 MANY
 SOME
 VERY FEW.



WHAT IS THE NAME OF YOUR COUNTRY? _____
WHAT IS THE NAME OF YOUR VILLAGE? _____
DRAW A CIRCLE AROUND YOUR COUNTRY? _____
ARE THERE SICK PEOPLE IN YOUR COUNTRY? _____

HOW IS THE SICKNESS PASSED FROM FLY TO HUMAN.

I



THE FLY BITES A SICK PERSON
WHILE SUCKING THE BLOOD, THE FLY SWALLOWS THE PARASITES.

II



IT THEN BITES A PERSON WHO IS HEALTHY
AND INJECTS THE PARASITES INTO HIS BLOOD.



THE FLY ALSO BITES ANIMALS WHICH FALL SICK AND PASS ON THE DISEASE...



ANOTHER FLY BITES HIM... IT DRINKS THE BLOOD...

GOES ON TO BITE ANOTHER PERSON

WHERE IS THE FLY TO BE FOUND?



THE FLIES LIKE TO LIVE IN OPEN SPACES WHERE THEY CAN EASILY FLY ABOUT, FOR EXAMPLE ON THE BANKS OF RIVERS, NEAR PLANTATIONS OR ALONG THE ROADS.

THESE ARE ALSO PLACES WHERE THE VILLAGERS SPEND A LOT OF TIME

AS PEOPLE AND INSECTS FIND THEMSELVES SHARING THE SAME PLACE PEOPLE ARE FREQUENTLY BITTEN BY THE FLIES...



RECREATION



CAN YOU FIND YOUR WAY HOME WITHOUT GETTING BITTEN BY THE FLIES ? ...

HOW CAN WE PROTECT OURSELVES AGAINST BITES

EITHER YOU AVOID THE AREAS WHERE THE TSETSE FLY IS FOUND

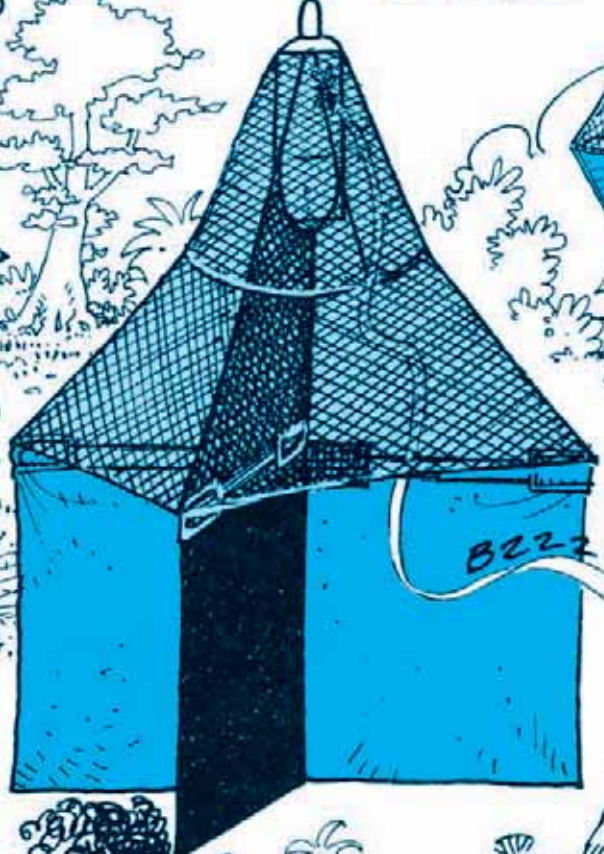
OR YOU TRY TO KILL THE FLIES IN THE AREAS WHERE PEOPLE ARE LIVING AND WORKING.

TSETSE FLY TRAPS WHICH CAPTURE AND KILL THE FLIES ARE VERY USEFUL.

TSETSE FLY TRAPS COME IN DIFFERENT FORMS.

SPRAYED WITH LIQUID WHICH KILLS THE FLY (INSECTICIDE)

IN THE FORM OF A CONE

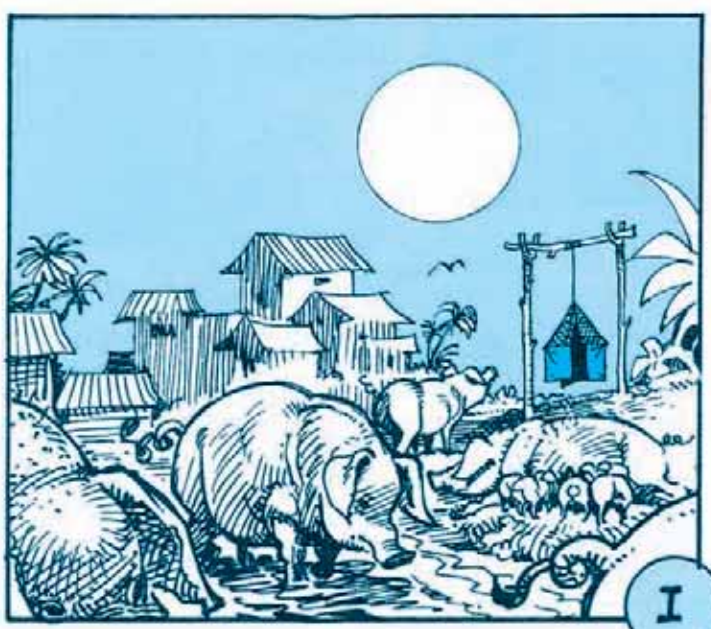
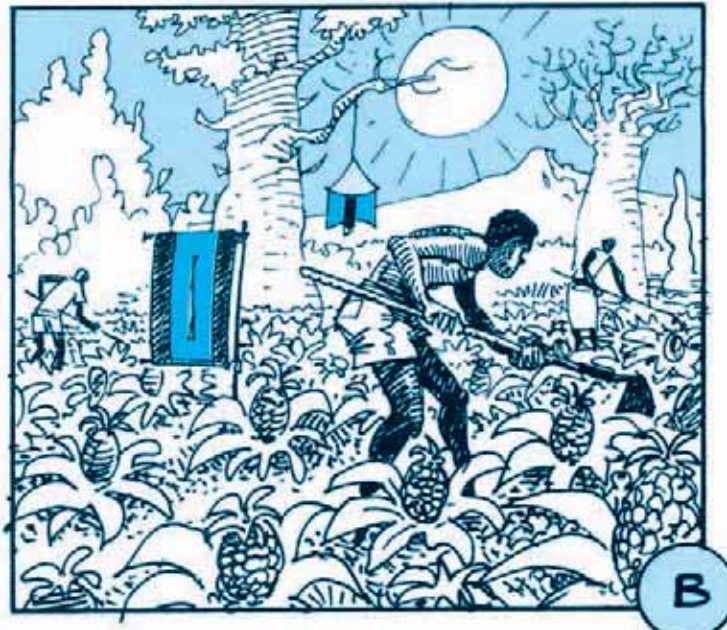


BZZZZ
OR SCREENS



GAME WHAT DO ALL THESE TRAPS HAVE IN COMMON?

TSETSE TRAPS ...



TSETSE TRAPS...



LOOK AT THESE PICTURES AND THEN WRITE IN THE BOX THE LETTER WHICH CORRESPONDS WITH THE DESCRIPTION OF THE VILLAGE ACTIVITY.

- | | |
|---|--------------------------|
| ① WASHING CLOTHES AT THE SIDE OF THE RIVER. | <input type="checkbox"/> |
| ② PULLING UP WATER FROM THE WELL | <input type="checkbox"/> |
| ③ CUTTING DOWN THE UNDERGROWTH AROUND A TRAP. | <input type="checkbox"/> |
| ④ WASHING IN THE RIVER | <input type="checkbox"/> |
| ⑤ CENTRE OF THE VILLAGE | <input type="checkbox"/> |
| ⑥ WORKING IN THE PLANTATION | <input type="checkbox"/> |
| ⑦ RETURNING TO THE VILLAGE OVER THE BRIDGE | <input type="checkbox"/> |
| ⑧ PIGS EATING OUTSIDE THE VILLAGE. | <input type="checkbox"/> |
| ⑨ COLLECTING FRUITS | <input type="checkbox"/> |
| ⑩ RETURNING FROM WORK ALONG THE VILLAGE PATH. | <input type="checkbox"/> |

IN THE DRAWINGS... HOW MANY FLY TRAPS AND SCREENS CAN YOU FIND?

HOW MANY DIFFERENT WAYS TO HANG UP A FLY TRAP?

CAN YOU COLOUR THE DRAWINGS?



HOW DOES IT WORK?



Can you match the drawing to the correct description at the side.



THE FLY IS STUCK AT THE TOP OF THE TRAP AS IT DOESN'T KNOW HOW TO FLY DOWN.



IT THEN FLIES TOWARDS THE TOP OF THE TRAP AS IT DOESN'T KNOW HOW TO FLY IN OTHER DIRECTIONS.



AS THE FLY LIKES DARK COLOURS, IT SITS ON THE BLACK PART OF THE TRAP.

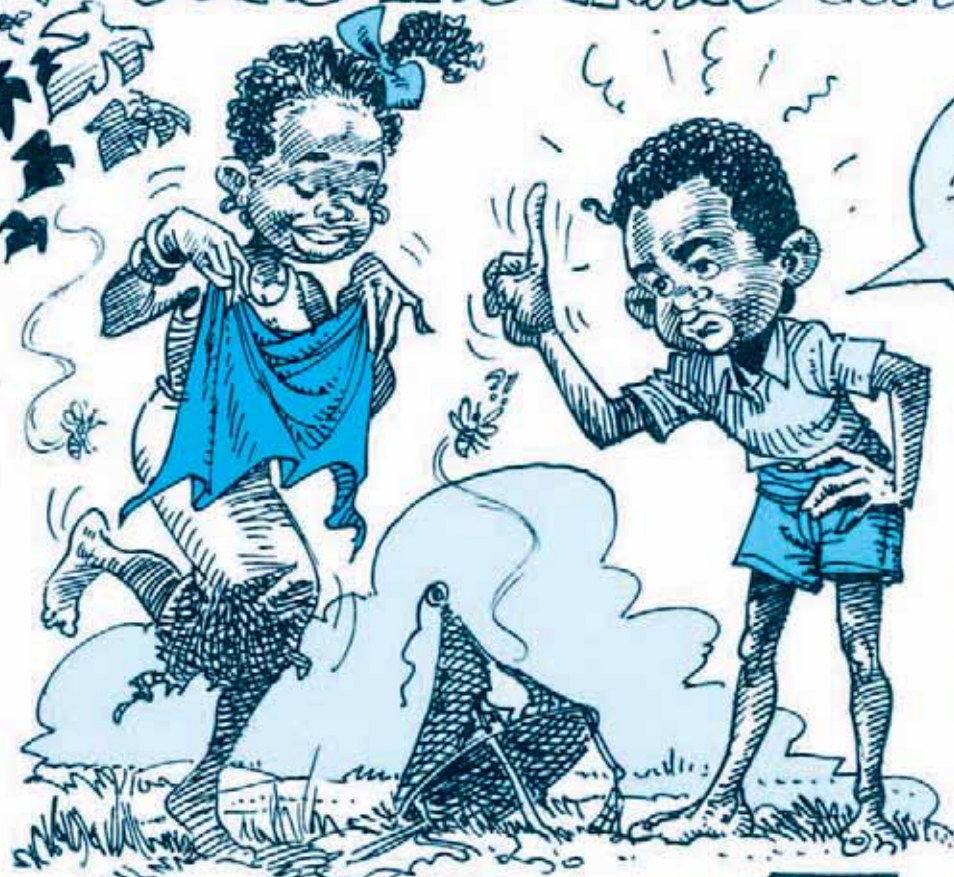


IT DRIES UP AND DIES.



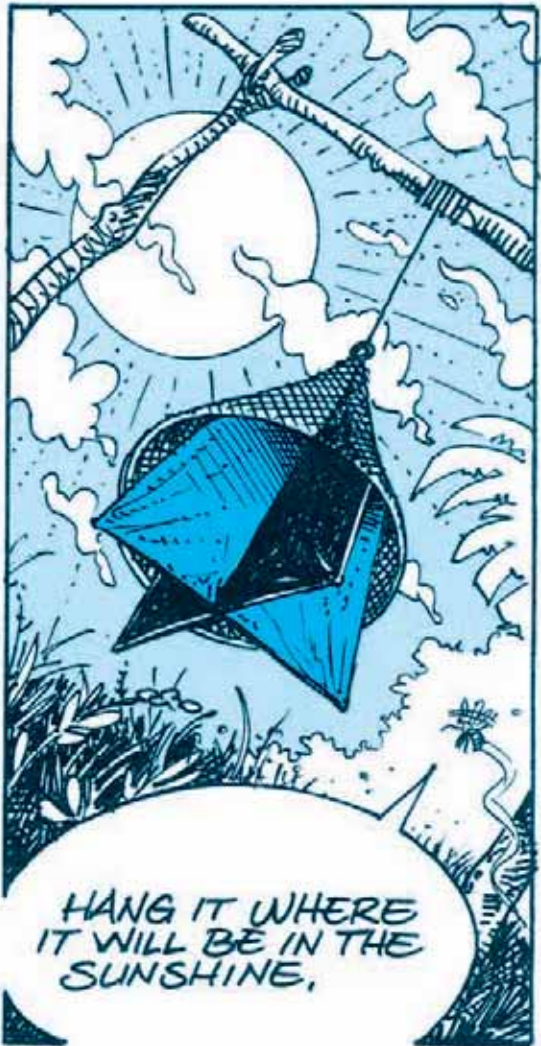
THE TSETSE FLY IS ATTRACTED TO THE COLOUR BLUE, WHICH IT CAN SEE FROM FAR AWAY.

WHAT YOU MUST DO TO MAKE SURE THE TRAPS CONTINUE TO WORK?



DON'T USE THE MATERIAL FOR TRAPS TO MAKE YOUR OWN CLOTHES.

BE SURE TO CLEAR ALL THE UNDERGROWTH AND BUSHES AROUND THE TRAP, SO THAT THE FLY CAN SEE IT FROM FAR AWAY.



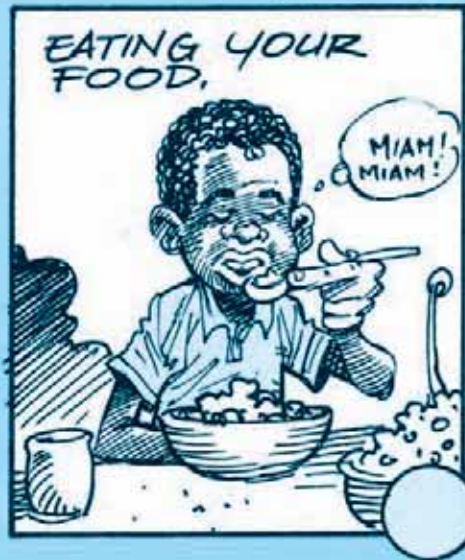
HANG IT WHERE IT WILL BE IN THE SUNSHINE.



CHECK FOR HOLES AND BE SURE TO REPAIR AND CLEAN THE TRAP OFTEN.

HOW CAN YOU CATCH SLEEPING SICKNESS?

True or False, mark a "T" or "F" in the circle in the corner of each picture...



WORDS OF ADVICE TO HELP YOU LOOK AFTER YOUR HEALTH AND PEOPLE IN YOUR VILLAGE.



WORDS OF ADVICE TO HELP YOU LOOK AFTER YOUR HEALTH AND PEOPLE IN YOUR VILLAGE (continue)

IF A MEDICAL TEAM ARRIVES IN YOUR VILLAGE, YOU SHOULD ENCOURAGE EVERYONE TO BE SEEN BY THEM, EVEN IF THEY FEEL HEALTHY. IT COULD SAVE THE LIVES OF SEVERAL PEOPLE IN THE VILLAGE.



YOU SHOULD ALSO ENCOURAGE THE PEOPLE IN YOUR VILLAGE TO GO AND BE TREATED IF THE DOCTOR SAYS THAT THEY HAVE SLEEPING SICKNESS.



IF YOU WANT TO CHECK THE ANSWERS HERE ARE THE SOLUTIONS ...

Page 9: all the traps are in two colours: blue and black

The activities of the villagers: pages 10 and 11

- There are 14 traps and screens in the drawing
- Ways to set up a trap: 3:
 - on a post
 - hung from the branch of a tree
 - hung from sticks set up by villagers

Page 11: A - 9, B - 6, C - 10, D - 2, E - 3, F - 4, G - 1, H - 7, I - 8, J - 5,

Page 12: Drawing 1 joined with picture 5
 Drawing 2 joined with picture 3
 Drawing 3 joined with picture 2
 Drawing 4 joined with picture 1
 Drawing 5 joined with picture 4

Page 14: TRUE or FALSE:
 Line 1 - F - F - F
 Line 2 - F - V - F
 Line 3 - F - F - V

- The disease is transmitted by the bite of the tse-tse fly
- The disease is passed on to the baby in the mother's tummy



END

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This notebook belongs to:
