

CLEAN FACES, STRONG EYES!

HI! I'M THE TRACHOMA GOANNA AND I WANT TO  
HELP YOU KEEP YOUR EYES HEALTHY AND GET RID  
OF TRACHOMA



TRACHOMA IS  
EVERYONE'S BUSINESS

COMMUNITY FLIPCHART







CLEAN FACES, STRONG EYES!

FORWARD

Trachoma is still a significant problem in some remote communities within Australia. It is a preventable and treatable disease.

**If you are someone who lives or works in the community this flipchart is for you.**

**Trachoma is everyone's business.**

The flipchart has been designed to be used along with the other resources in *The Trachoma Story Kit*:

The '*Trachoma is Everyone's Business*' School Flipchart

*'The Trachoma Story'* poster

*'The Clean Faces'* poster

Trachoma Health Education for Primary School Children:

- Teacher Book and Lesson Plans
- Student Workbook

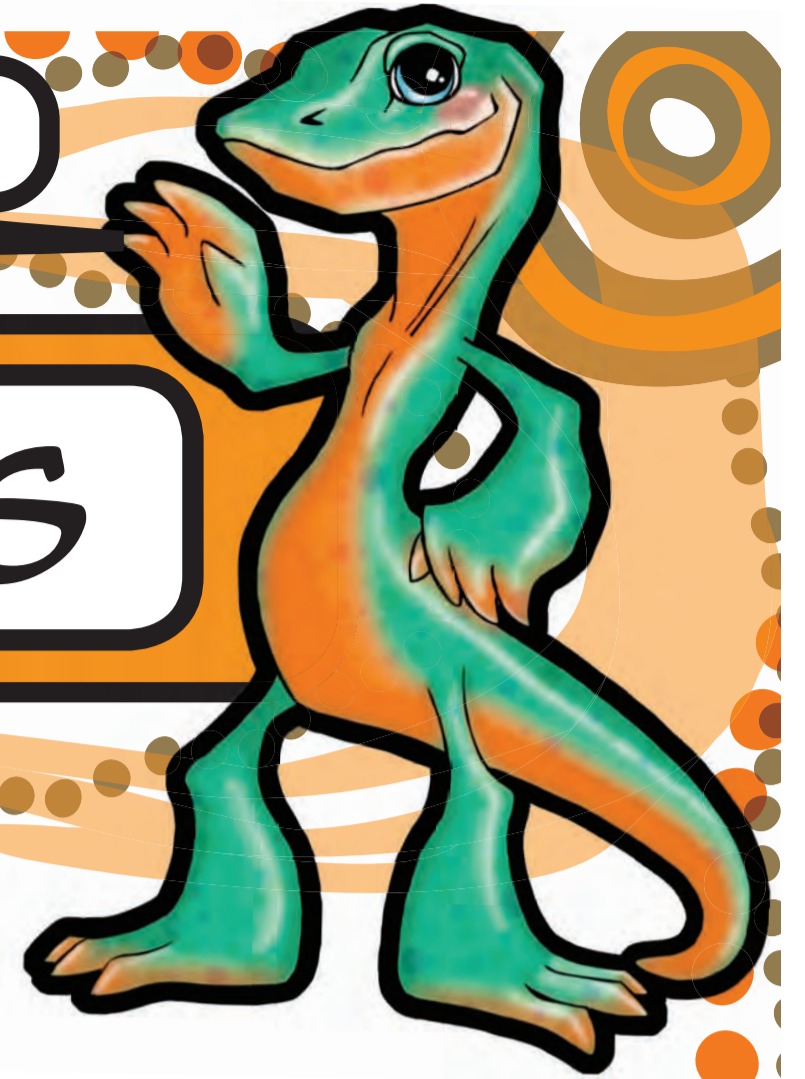
*"Jabby and Friends"* DVD

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[www.iehu.unimelb.edu.au](http://www.iehu.unimelb.edu.au)

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# THREE FLIPCHARTS



*Trachoma is Everyone's Business* is the name of the flipcharts that are part of ***The Trachoma Story Kit***.

There is one flipchart each for schools, clinics and communities.

The green flipchart is for schools

The blue flipchart is for clinics

The orange flipchart is for communities





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## TRACHOMA AND COMMUNITY

**This chart can be used by people who live and work in the community**

**Including:**

Aboriginal Health Workers  
Aboriginal Community Workers  
Aboriginal and Torres Strait Islander Outreach workers  
Environmental Health Workers  
Youth Workers  
Mums and Bubs Programs  
Elders  
Sport and recreation officers  
Childcare centre staff  
Aged care facilities staff  
AND  
all other people who want to learn about trachoma

**This chart includes:**

- Community information – the main message
- What is trachoma
- The 'Trachoma Story' poster
- Where does trachoma come from?
- The Trachoma germ
- How is trachoma spread?
- Can you get trachoma from dogs?
- How do you know if you have trachoma in your community?
- Trachoma treatment is simple
- How is trachoma prevented?
- What else can we do as a community to prevent trachoma?
- What is trichiasis?
- Important points to remember
- The 'Trachoma Story' poster



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## COMMUNITY INFORMATION



*The main message  
is to  
Always Keep Kids Faces Clean*







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## WHAT IS TRACHOMA?

Trachoma is an eye sickness that is more common in young children who live in remote inland areas.

It is an infection under the eyelid that can cause sore and sticky eyes. However, trachoma can also show no signs.

**If trachoma is left untreated it can make people go blind when they are older.**

Trachoma is easy to treat.

An Aboriginal Health Worker or nurse can check under the eyelid to see if children have trachoma and give medicine to treat it.



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# TRACHOMA



CLEAN FACES KEEP YOUR EYES STRONG



CLEAN HAPPY KIDS



DIRTY FACES CAUSE EYE INFECTION



EYES CHECKED



TREATMENT FOR TRACHOMA IS ANTIBIOTICS



TRACHOMA FOLLICLES



LASHES RUBBING



WASHING FACES AND HANDS



HEALTHY HAPPY GRANDMA AND KIDS



BLINDNESS

TRACHOMA CAN CAUSE BLINDNESS





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## WHERE DOES TRACHOMA COME FROM?

The germ that causes trachoma sickness has been around since the dinosaurs.

The bacteria germ is called *Chlamydia trachomatis*. Trachoma used to exist all around the world but now trachoma is seen mainly in Africa and Asia.

Australia is the only developed country to still have trachoma, where it occurs in some outback Aboriginal communities.

Some people may carry a little bit of the germ, but not a lot, and they don't get much trouble from it.

But when people live in crowded and dirty conditions it spreads easily, and people get infected lots of times. This causes trachoma.

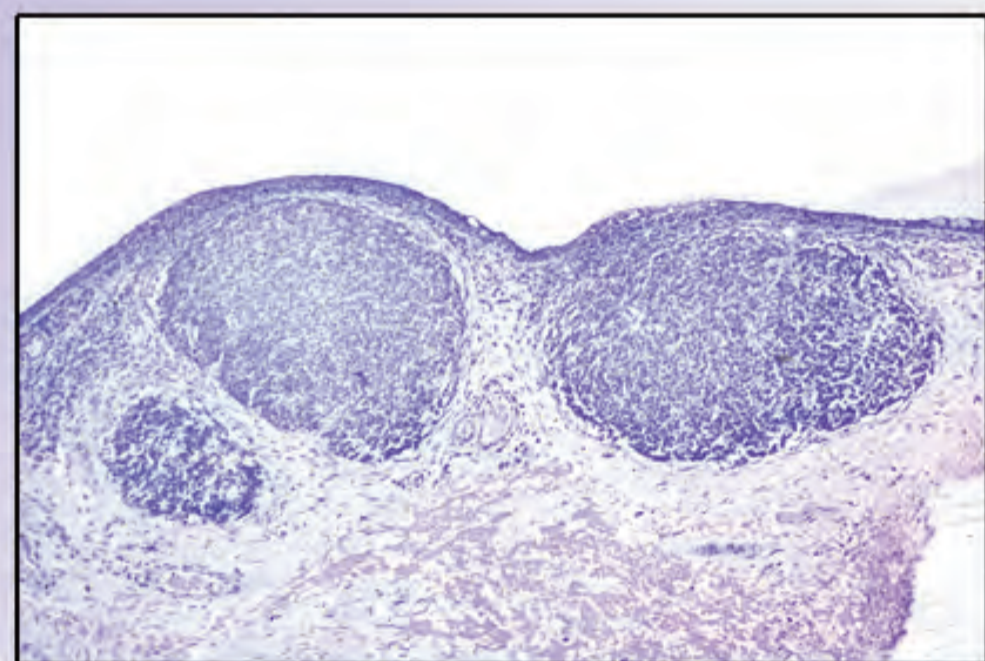
Trachoma is more common when people have bad hygiene practices and live in crowded conditions in remote hot areas.

All animals including birds and reptiles have their own *Chlamydia trachomatis* germ.



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## THE TRACHOMA GERM



The germ that causes trachoma is called  
*Chlamydia trachomatis*





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## HOW IS TRACHOMA SPREAD?

The trachoma sickness is spread by muck from infected eyes being passed from person to person.

**This happens when kids have dirty faces  
and they**

play closely with other kids  
share beds with other kids  
share blankets, pillows, sheets and towels

And...when flies spread the trachoma germs from one person's eyes to another.



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## HOW IS TRACHOMA SPREAD?



Child with dirty  
face rubbing eye



Spreading trachoma  
dirty hand to  
clean face



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CAN YOU GET TRACHOMA  
FROM DOGS?



**NO!** The Chlamydia germ that causes trachoma in humans is different to the type that animals get. You can't catch it from dogs.





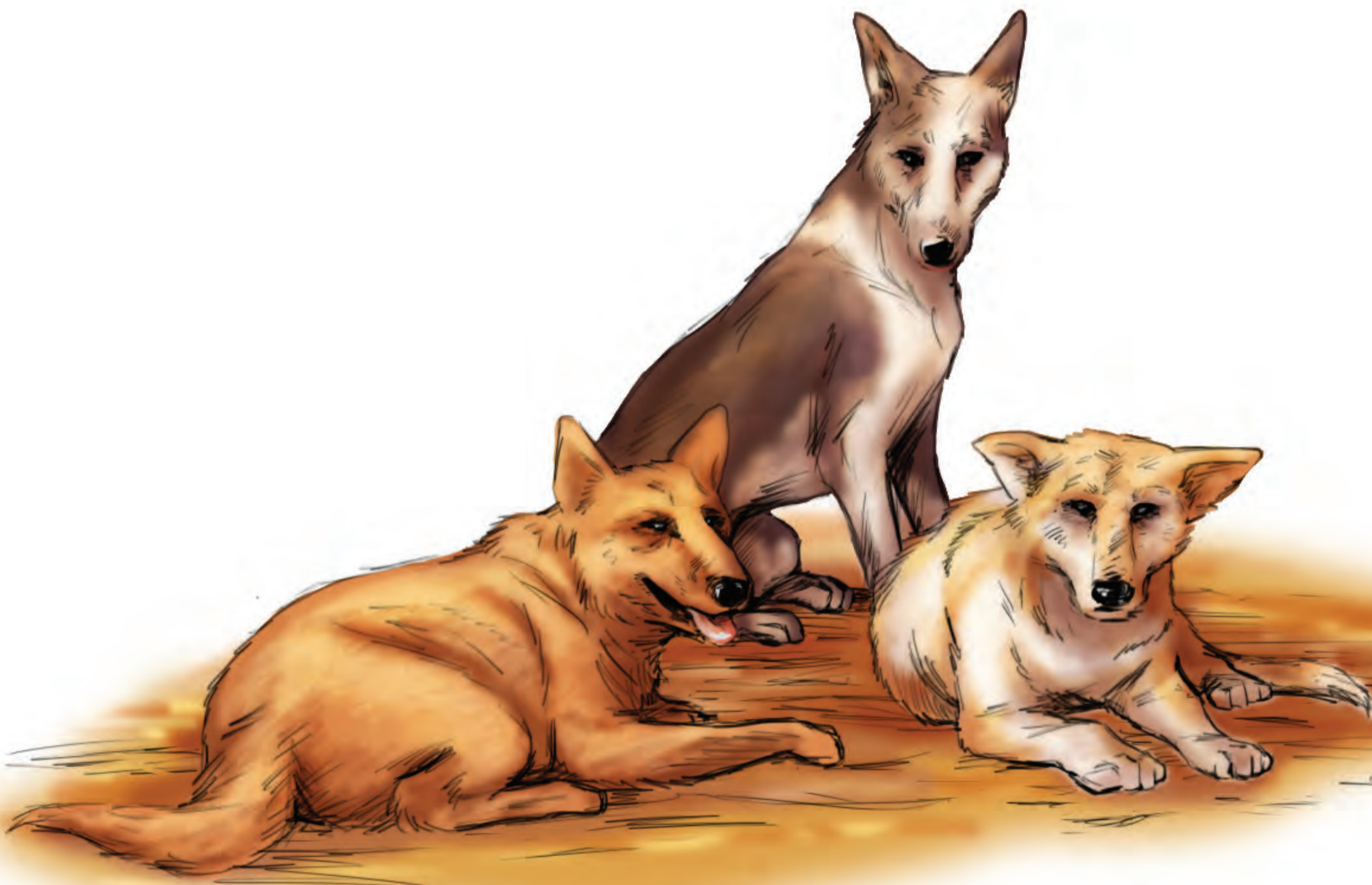
CLEAN FACES, STRONG EYES!

CAN YOU GET TRACHOMA  
FROM DOGS?



**No!**

**You can't get trachoma  
from dogs.**







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## HOW DO YOU KNOW IF YOU HAVE TRACHOMA IN YOUR COMMUNITY?

Kids need to have their eyes checked to find out if they have trachoma.

Sometimes trachoma shows no signs, so it is very important to check.

A great way to get this done is at school screening.

Kids are examined by an Aboriginal Health Worker, nurse or doctor.

This is done simply by flipping the kid's eyelid and taking a close look underneath to check for small white lumps called follicles. This is easy and does not hurt.

If active trachoma is found then the child and everyone who sleeps in the same house will be given trachoma medicine.

This treatment is simple and involves one dose of antibiotics, in a pill or liquid form. This medicine is given every 6 to 12 months.



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# TRACHOMA TREATMENT IS SIMPLE







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## HOW IS TRACHOMA PREVENTED?

**Question: What is the most important thing the community can do to prevent trachoma?**

The most effective and easiest way to prevent trachoma is to ensure that ***every child's face is kept clean.***

In particular it is important to clean any snot from around the nose and any muck from the eyes.

**Washing faces only needs a small amount of water**

**THE MAIN MESSAGE IS.....**

***It does not really matter when the child's face was last washed, if it is dirty it needs to be washed again !***



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## HOW IS TRACHOMA PREVENTED?



**Always keep kids faces clean.**

**Wash faces every time they are dirty.**







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WHAT ELSE CAN WE DO AS A  
COMMUNITY TO PREVENT TRACHOMA?

**The best way is to provide access to running water to wash faces. This may be in houses or outside.**

If the taps or showers aren't working, what can be done to fix them in our community?

**Next, it's important to make sure that blankets, clothes, pillows, sheets and towels are washed to reduce the chance of spreading trachoma.**

If the washing machines are not working, who can help us to get them repaired?

**The removal of rubbish can also prevent the spread of trachoma as it will reduce the number of flies. Encourage kids to shoo flies away from their faces.**

Flies can sometimes pass on the trachoma sickness, but they are not the main cause of the spread of the disease. We know that there is trachoma in places without flies. The main cause of trachoma is the germ that is passed on by close personal contact.

**The best protection against trachoma is to tackle the actual spread of disease by always keeping faces clean. Kids with dirty faces are the main way that trachoma is passed on.**

Is rubbish removed regularly in our community?  
Who can help out if it isn't?

**Take the kids for a swim in the pool, the waterhole or the river, and give their faces a wash.**

Is there a safe, clean place where kids can swim in our community?  
If not, who can help us change this?

**Are there any other problems or barriers in our community that we need to look at?**



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WHAT ELSE CAN WE DO AS A COMMUNITY TO PREVENT TRACHOMA?







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## WHAT IS TRICHIASIS?

If trachoma is not treated in children it often leads to trichiasis in adults – this is because of scarring under the eyelid.

Trichiasis is when the eye lashes turn in and rub on the eye ball.

This hurts the eyes and makes them sore.

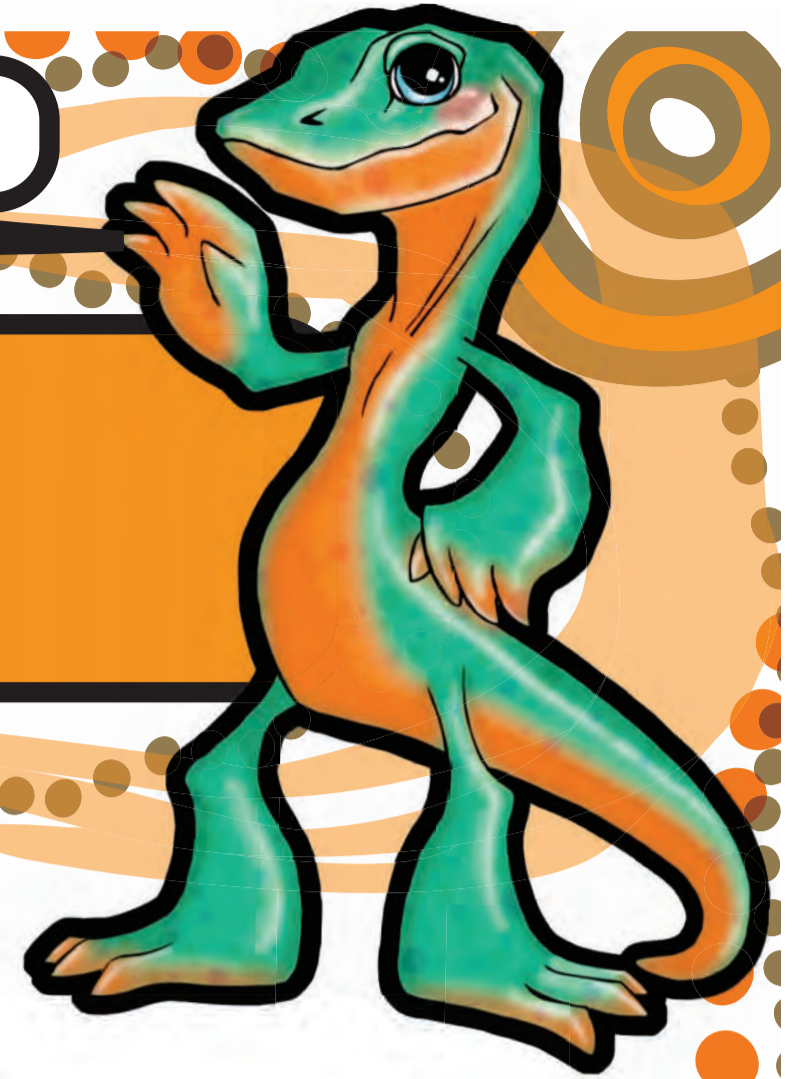
Trichiasis can be treated with a simple operation.

If you don't get treated you can go blind.

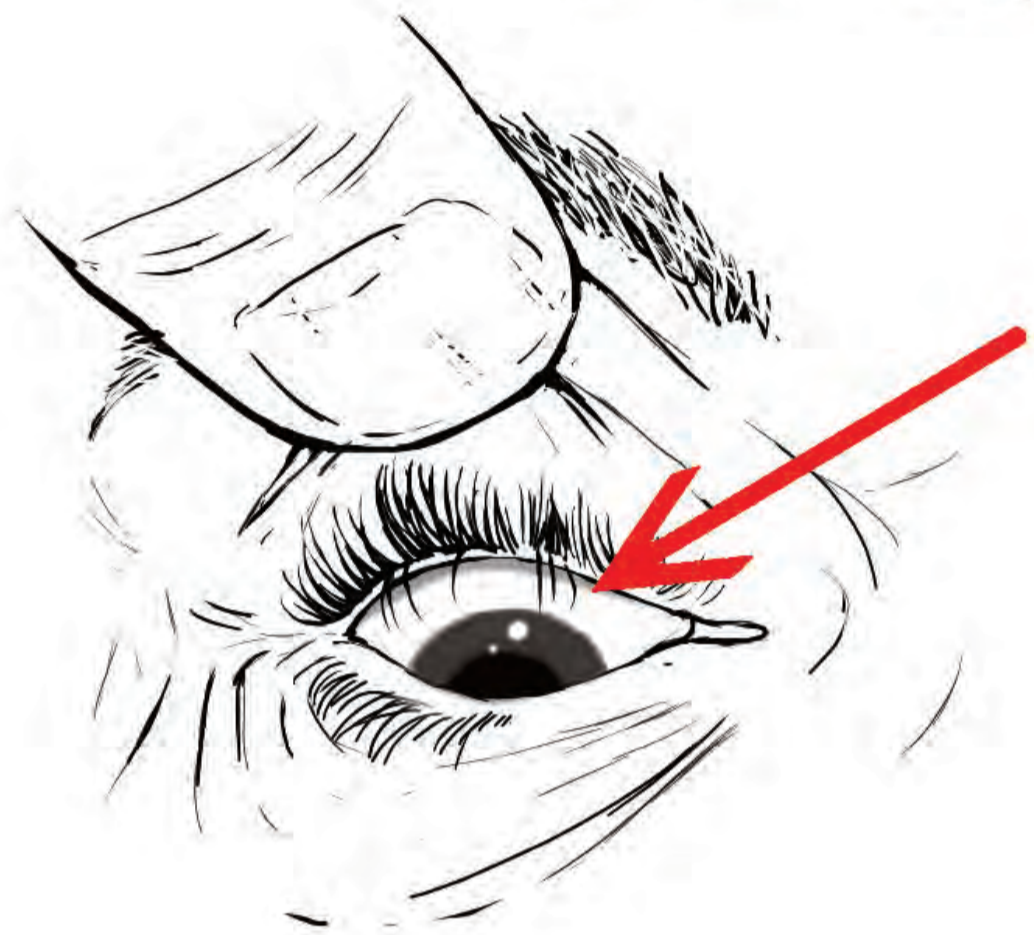
Anyone with sore eyes should see the clinic staff to get their eyes checked.



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## WHAT IS TRICHIASIS?



These pictures show the eye lashes turning in and rubbing on the eyeball, it is called trichiasis.

**If trichiasis is not treated it will lead to blindness.**







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## IMPORTANT POINTS TO REMEMBER

If your community has trachoma, these are some of the important points to remember:

**With community support, screening and treatment trachoma can be eliminated.**

- Keep kids faces clean – every time their face is dirty it needs to be washed
- Have kids checked for trachoma during yearly screening
- IF TRACHOMA IS FOUND it is VERY IMPORTANT that every person takes the antibiotics given by the clinic
- Using showers and washing machines will also help reduce trachoma
- Encourage parents to make sure kids have a shower every night
- Adults need to be checked for trichiasis as part of their annual health check
- If there are water or plumbing problems, either fix them or report them to the Shire



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## IMPORTANT POINTS TO REMEMBER





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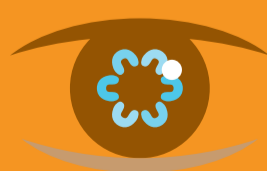
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## Acknowledgements

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