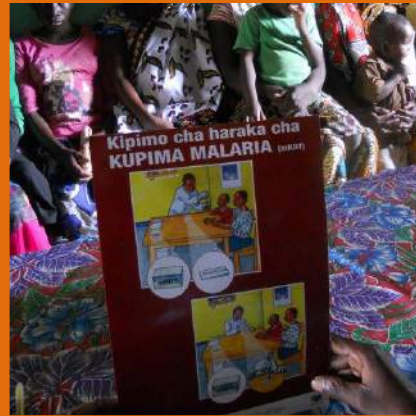


PEACE CORPS  
TANZANIA MALARIA TEAM'S  
**MALARIA TRAINING OF TRAINERS**  
TRAINING MANUAL



1. **Fighting Malaria in Our Communities:** Peace Corps will work to ensure every malaria-impacted Peace Corps Volunteer community (village or urban neighborhood) has comprehensive malaria prevention and treatment education programs.
2. **Partnering to Defeat Malaria in Target Countries:** Peace Corps will work with partners in all malaria-impacted countries to achieve the internationally agreed upon of milestone or near zero deaths caused by malaria by 2015
3. **Building an International Malaria Prevention Community:** Peace Corps will work with partners to catalyze a community of practice for frontline malaria prevention professionals, using the internet to facilitate documentation and sharing of malaria prevention best practices internationally.



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# Malaria TOT Objective

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## Objective:

This is a Training of Trainers: Every participant will leave this training **competent** and **knowledgeable** in basic malaria science, prevention, and treatment, and will implement his/her skills and knowledge with his/her counterpart in their village.

## Expectation:

All participants and their counterparts are expected to do two malaria related events in their village within six months of completing this malaria training.

## Tanzania Malaria Team:

We are comprised of five Regional Coordinators representing super regions throughout Tanzania. We provide support to all Volunteers and their counterparts.

- When requested, join Volunteers at village-based trainings.
- Provide encouragement, resources, and support to Volunteers implementing malaria projects.
- Reach-out and follow-up with Volunteers to implement malaria activities and encourage 100% PCV participation in malaria work.

## Current Team Members:

Team Member:	Title:	Contact Information:
Holly Trace	National Malaria Coordinator	Airtel: 0786621247 htrace@peacecorps.gov htrace4@gmail.com
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Fletcher Davis	Regional Coordinator for Tabora, Rukwa and Mbeya	Airtel: 0786024279 fletcher.davis@gmail.com
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**Our Peace Corps staff contact is Endesh Mollel 0788885241**

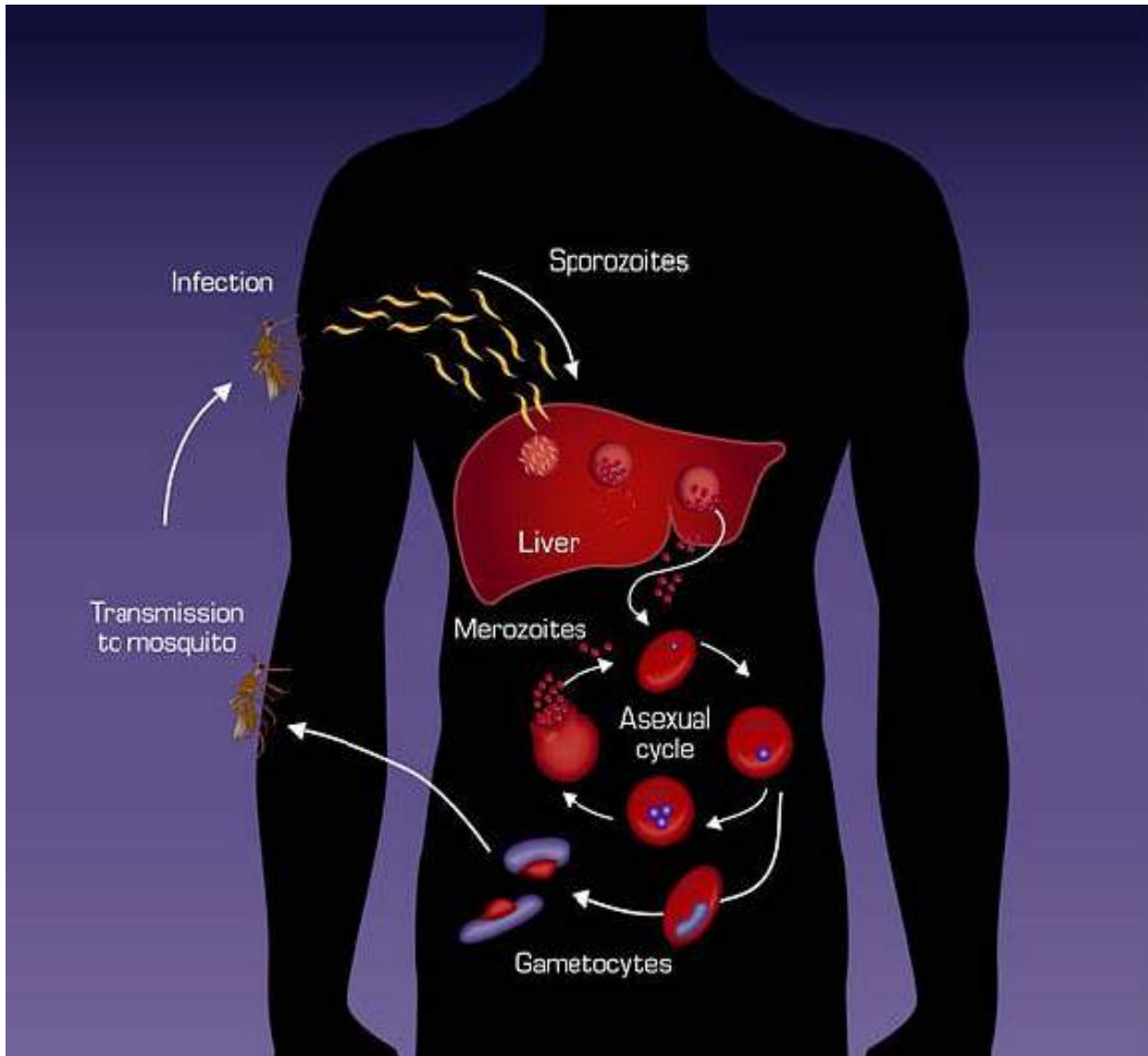
## Malaria Acronyms:

<b>ACT</b> Artemisinin-based Combination Therapy	<b>MEE</b> Middle East and Eurasia
<b>AI</b> Active Ingredients (refers to the four AI classes of pesticides)	<b>MERG</b> Monitoring and Evaluation Reference Group
<b>AL</b> Artemether-Lumefantrine	<b>NGO</b> Non-Governmental Organization
<b>ANC</b> Antenatal care	<b>NMCP</b> National Malaria Control Program
<b>AS</b> Artesunate	<b>OR</b> Operational Research
<b>BCC</b> Behavior Change Communication	<b>PAR</b> Populations at risk of malaria
<b>CQ</b> Chloroquine	<b>PSM</b> Procurement and Supply Chain Management
<b>EPI</b> Expanded Program for Immunization	<b>PQ</b> Primaquine
<b>GMAP</b> Global Malaria Action Plan	<b>R&amp;D</b> Research and Development
<b>HWG</b> Harmonization Working Group	<b>RBM</b> The Roll Back Malaria Partnership
<b>IEC</b> Information, Education and Communication	<b>RDT</b> Rapid Diagnostic Tests
<b>IPTp</b> Intermittent Preventive Treatment in pregnancy	<b>RTS,S</b> Most clinically advanced vaccine against <i>P. falciparum</i>
<b>IRS</b> Indoor Residual Spraying	<b>RWG</b> Resources Working Group
<b>IVM</b> Integrated Vector Management	<b>SP</b> Sulphadoxine-pyrimethamine
<b>ITN</b> Insecticide-Treated Nets	<b>SRN</b> Sub-Regional Networks
<b>LLIN</b> Long-Lasting Insecticidal Nets	<b>SSA</b> Sub-Saharan Africa
<b>MAWG</b> Malaria Advocacy Working Group	<b>SUFI</b> Scale-Up For Impact
<b>M&amp;E</b> Monitoring and Evaluation	<b>WHO</b> World Health Organization
<b>MDA</b> Mass Drug Administration	<b>WHOPES</b> WHO Pesticide Evaluation Scheme
<b>MDG</b> Millennium Development Goal	<b>WIN</b> Scalable Vector Control Working Group
<b>MIP</b> Malaria In Pregnancy	

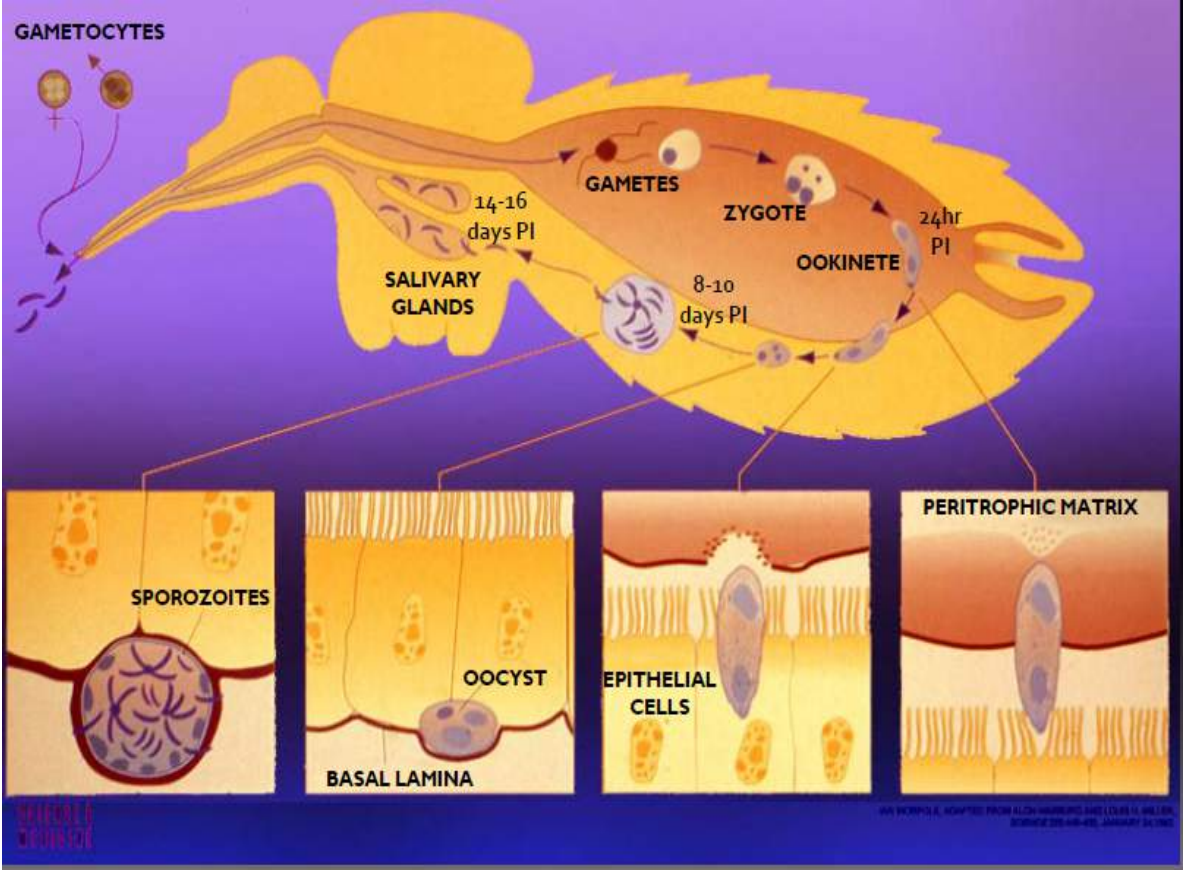
# Malaria Science

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## Malaria Katika Mtu:

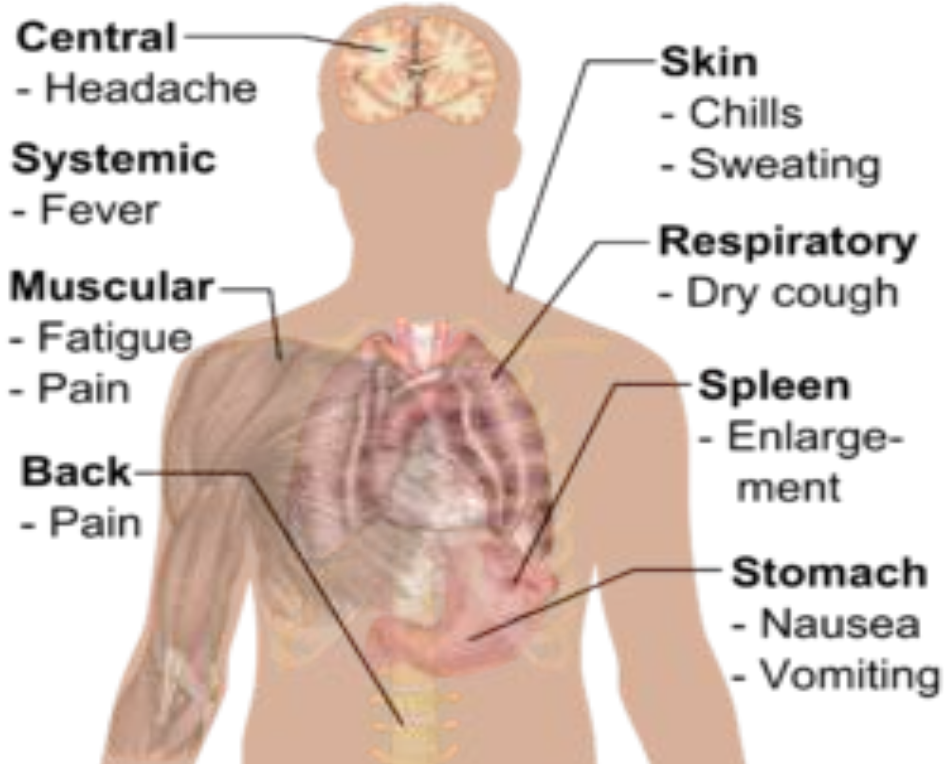


**Malaria Katika Mbu:**



Dalili ya Malaria:

## Symptoms of Malaria





# **National Malaria Control Program (NMCP)**



# **President's Malaria Initiative (PMI)**



# Village-Based Training



## Malaria Games/Machezo:

**Mtu na Mbu:** Just like the classic childhood game sharks and minnows, you set up two safe zones and chose a single person to act as the malaria carrying mosquito in the middle zone. When the facilitator shouts: Malaria haikubaliki! The participants have to leave their safe zone and run through the mosquito invested middle zone to the next safe zone. If the mosquito tags a person, then that person has to join the mosquito in the middle for the next round (just as people with malaria perpetuate the infection cycle). Play until all but one or two people are in the middle and use the game to lead a discussion about how malaria spreads and how we can protect ourselves and our neighbors through using a bed net.

**Malaria Freeze Tag:** Choose 1-3 “anopheles mosquitoes” and 1-2 healthcare workers, the rest will be normal villagers. The mosquitoes will go around tagging villagers. Once tagged, the villagers have to remain still or “frozen” until a healthcare worker tags them. This represents the importance of seeking immediate care and how malaria can keep people from engaging in their normal activities. To increase the difficulty of the game, more “mosquitoes” can be added to show how malaria over burdens the healthcare system. Then, to show the positive impact of nets, specific areas can be “nets” or safe zones where the “mosquitoes” can’t tag the villagers. Use this game to talk about the importance of going to a health facility to receive early treatment and how using a net can impact the whole community.

**Chandarua, Kupima, Dawa:** If you have ever played the game Zip, Zap, Zop then this game will seem familiar to you. One person leads the game off and points to someone else in the circle saying “Chandarua/Kupima/Dawa” which ever the person says the person pointed at has to perform a correlating action with the help of their two neighbors in the circle. If the people respond promptly and with the correct action, then the middle person points to someone else and shouts an action—the faster you go the better. If a group messes up, they can either sit out and watch the game continue or dance in the middle of the circle. Correlating Actions:

**Chandarua:** middle person “sleeps” and neighbors create a net using their arms

**Kupima:** middle person holds out arms and neighbors pretend to take blood samples

**Dawa:** middle person pretends to swallow pills and neighbors spray them down with bug spray

**“Anopheles Says...”:** Before the game starts, work with the group to name the symptoms and assign each a corresponding action and sound and a leader for the round. Just like “Simon Says...” the leader stands in a place where they can see the whole group and makes statements starting with “Anopheles says...” and follow with a symptom of malaria. If the leader does not begin with “Anopheles says...” then nobody should perform the action. If someone does perform the action when they shouldn’t, they can either sit out the rest of the game or dance before the group. This is a good game to talk about the symptoms of malaria from mild to severe and what they look like when presented.

### **Kweli/Sikweli (True/False):**

Read the following statements aloud and ask the audience if they are true or false. Were there is confusion about the answer, explain why it is true or false. This is a good way to take a quick baseline of a group's knowledge or test them on recently learned material.

#### **Maswali/Questions**

1. Vimelea vya malaria huwa vinasambazwa na mbu wa aina yoyote.  
*The malaria parasite is carried by all kinds of mosquitoes.*
2. Malaria kali inaweza kusababisha degedege kwa watoto wadogo.  
*Severe malaria can cause convulsions in small children.*
3. Wachawi na waganga wa kienyeji wanaweza pia kusababisha degedege na kutibu degedege  
*Wizards and witch doctors can cause and treat convulsions.*
4. Kimelea cha malaria kinaitwa plasmodium.  
*The malaria parasite is called plasmodium.*
5. Malaria inasababishwa na mbu wanaokaa kwenye jua na kwenye maembe mabichi.  
*Malaria is caused by mosquitoes that stay in the sun and on unripe mangoes*
6. Mbu wanapenda kuzalia mayai kwenye majani ya mti.  
*Mosquitoes prefer laying eggs in tree leaves.*
7. Wanaume watu wazima wapo kwenye hatari zaidi ya kuungua malaria kwa sababu wao ni wakubwa sana.  
*Adult males are at the most risk of becoming sick with malaria because they are so large.*
8. Unaweza kulala kwenye chandarua ikiwa utalala kwenye godoro au mkeka.  
*You can sleep under a mosquito net whether you sleep on a mattress or a mat.*
9. Vyandarua vilivyowekwa dawa ni hatari kwa watoto wadogo.  
*Insecticide treated nets are dangerous for small children.*
10. Kulala kwenye chandarua sio muhimu kwa kujikinga dhidi ya malaria kwa sababu unaweza kuumwa na mbu wakati wa mchana au jioni.  
*To sleep under a mosquito net is not important because you can be bit by mosquitoes in the afternoon or evening as well.*

### Majibu/Answers

1. Uwongo, ni mbu wa jike aina ya anofelesi tu ndiye husambaa vimelea vya malaria  
*False, the female anopheles is the only mosquito that carries the parasite*
2. Ukweli  
*True*
3. Uwongo, degedege ni dalili ya malaria kali na inahitaji kupata matibabu haraka kwenye kituo cha afya  
*False, convulsions are a symptom of severe malaria and requires treatment from the health center.*
4. Ukweli  
*True*
5. Uwongo, ni vimelea vya plasmodium vienezavyo na mbu jike aina ya Anofelesi vinasababisha malaria.  
*False, malaria is caused by the plasmodium parasite carried by the female Anopheles.*
6. Uwongo, wanapenda kuzaliana kwenye maji yaliyotuwama/ madimbwi.  
*False, they prefer to lay eggs in still standing water.*
7. Uwongo, watoto wadogo na wanawake wajaawazito pamoja na walioathirika na VVU wapo kwenye hatari zaidi ya kuugua malaria kwa sababu miili yao haina kinga ya kutosha kumpambana na vimelea vya malaria.  
*False, children under the age of five, pregnant women, and people living with HIV/AIDs are at the highest risk of becoming sick with malaria because their bodies immune system is not strong enough to fight off the malaria parasite.*
8. Ukweli  
*True*
9. Uwongo, dawa inayowekwa kwenye vyandarua ni maalumu kwa ajili ya kuulia mbu aina ya Anofelesi na ni salama kwa watu wote hata kwa watoto.  
*False, the insecticide used is dangerous only for mosquitoes and is safe for all people even for small children*
10. Uwongo, kulala kwenye chandarua chenye dawa ni njia bora ya kujikinga dhidi ya malaria kwa sababu mbu Anofelesi wanaosambaza vimelea vya malaria wanauma zaidi usiku (Wakati wa kulala).  
*False, sleeping under the net is the best way to prevent malaria because the Anopheles mosquito bites at night while people are sleeping.*

### **Piga Hatua:**

Have the group line up and face you. Explain that when the facilitator reads one of the following statements, each person who identifies with the statement should take one step forward, towards the facilitator. If the statement is not true for a person, they should remain standing. This game helps provide some background information on the participants and their experiences with this disease.

Piga hatua kama unajua malaria ni nini.

*Take a step if you know what malaria is.*

Piga hatua kama umewahi kupima malaria.

*Take a step if you have tested for malaria before*

Piga hatua kama unamfahamu mtu aliyeugua malaria.

*Take a step if you know someone who has been sick with malaria.*

Piga hatua kama una ndugu aliyewahi kuugua malaria.

*Take a step if you have a relative who has been sick with malaria.*

Piga hatua kama umewahi kuugua malaria.

*Take a step if you have ever had malaria.*

Piga hatua kama unamfahamu mtu aliyefariki kutokana na malaria.

*Take a step if you know someone who has died from malaria.*

Piga hatua kama unalala kwenye chandarua kila siku.

*Take a step if you sleep under your net every day.*

Piga hatua kama umeugua malaria mwaka huu.

*Take a step if you have been sick with malaria this year.*

Piga hatua kama uliugua malaria mwezi huu au mwezi uliopita.

*Take a step if you have been sick with malaria this month or last month.*

Piga hatua kama unaamini Tanzania tunaweza kutokomeza malaria!

*Take a step if you believe in Tanzania we can stomp out malaria!*

## Malaria Vocabulary:

<b>Uncomplicated malaria</b>	Malaria isiyo kali	<b>Antenatal Clinic</b>	Kliniki kwa wajawazito
<b>Severe malaria</b>	Malaria iliyo kali	<b>Blood loss</b>	Upungufu wa damu
<b>Cerebral malaria</b>	Malaria iliyopanda kichwani	<b>Physically weak</b>	Dhaifu
<b>Plasmodium</b>	Vijidudu vya malaria, vimelea vya malaria	<b>Anemia</b>	Upungufu wa damu
<b>Parasites</b>	Vimelea (ki/vi)	<b>Afterbirth</b>	Kondo ya nyuma
<b>Red blood cells</b>	Seli za damu nyekundu	<b>Maternal mortality</b>	Kupoteza maisha wakati wa kujifungua
<b>Vector</b>	Wadudu wadhurifu	<b>Infant mortality</b>	Vifo vya watoto wachanga
<b>Transmission</b>	Uambukizaji	<b>Low birthweight</b>	Mtoto njiti
<b>Mosquito</b>	Mbu	<b>Treat</b>	Tibu
<b>Bite</b>	Kuuma	<b>Medical treatment</b>	Matibabu, utibabu
<b>Between sunset and sunrise</b>	Kati ya machweo na mapambazuko	<b>Drug</b>	Dawa
<b>Lay eggs</b>	Kutaga mayai	<b>Dose</b>	Dozi
<b>Mature</b>	Kukomaa	<b>ACT (artemisin combination therapy)</b>	Dawa mseto, ALU
<b>Stagnant water</b>	Maji yaliotuama	<b>Traditional medicine</b>	Dawa za kienyeji
<b>Symptoms</b>	Dalili	<b>Diagnosis</b>	Utambuizi, ubainishaji wa ugonjwa
<b>Signs</b>	Ishara	<b>Laboratory</b>	Maabara
<b>Fever</b>	Joto la homa, kusikia joto	<b>Blood sample</b>	Sampuli ya damu
<b>Chills</b>	Kusikia baridi	<b>Rapid diagnostic test (RDT)</b>	RDT
<b>Shiver</b>	Tetemeka	<b>Respiratory illness</b>	Ugonjwa unaohusiana na upumuaji
<b>Weakness</b>	Udhaifu	<b>Traditional healer</b>	Mganga wa kienyeji
<b>Fatigue</b>	Uchovu	<b>Harms</b>	Madhara (n/n)
<b>Headache</b>	Kuumwa na kichwa	<b>Disability</b>	Ulemavu
<b>Ache</b>	Mchonyoto, maumivu	<b>Death</b>	Kifo
<b>Stomach ache</b>	Kuumwa na tumbo	<b>Presence</b>	Kuhudhuria
<b>Nausea</b>	Kuchafuka moyo	<b>Absence</b>	Kutohudhuria
<b>Vomit</b>	Kutapika	<b>Economy</b>	Uchumi
<b>Convulsions</b>	Degedege	<b>Misguided belief (myth)</b>	Imani potofu
<b>Loss of appetite</b>	Kukosa hamu ya kula	<b>Prevent</b>	Kuzuia
<b>Diarrhea</b>	Harisha	<b>Prevention</b>	Uzuiaji
<b>Dizziness</b>	Kizunguzungu		
<b>Unconsciousness</b>	Poteza ufahamu		
<b>Blood loss</b>	Upungufu wa damu		
<b>Pregnancy</b>	Ujazito		
<b>Pregnant mother</b>	Mjamzito		

<b>Traditional birth attendant</b>	Mkunga wa jadi
<b>Long lasting insecticide treated nets (LLINs)</b>	Vyandarua vilivyotiwa viuatilifu vya muda mrefu
<b>Indoor residual spraying (IRS)</b>	Kupulizia viuatilifu kwenye makazi au katika kuta za nyumba <i>au</i> dawa ya ukoko
<b>Put screens in windows and doorways and other open areas</b>	Kuweka wavu katika madirisha, milango na sehemu nyingine zenye uwazi
<b>Prophylaxis</b>	Tiba ya kuzuia maradhi



# Zinduka: Malaria

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## 8// Kick Out malaria!

### GOALS : BY THE END OF THE PRACTICE, PLAYERS SHOULD BE ABLE TO...

- Explain how sleeping under an CCD every night can protect them from malaria.
- Explain how malaria can be cured.
- Name 1 place to access CCDs and malaria treatment.

### MATERIALS

- 2-3 Mosquito CCD Nets
- 2-3 Soccers
- 2-3 Large Sheets (Used in Place of CCDs in Game)

### PREPARATION

- Review the malaria Information Sheet at the end of the Coach's Resource Kit before implementing this practice.
- Make a Flip Chart paper for your CCD Demonstration.
- **Prepare a space for the CCD demonstration. For example, you can hang on a goal or a tree.**
- Find out specific locations in the community where people can access CCDs and malaria treatment. Fill in contact info at the end of the practice.

### SCHEDULE

- Warm Up (15 min)
- Bed Net Ball (35 min)
- Bed Net Demo (5 min)
- Cool Down (5 min)

## ACTIVITIES:

### WARM UP (15 MIN)

#### 1// Energizer

- Lead a quick 1-minute energizer.

#### 2// Recap Last Practice

- Bring the group back in a circle and recap the activities and key messages of the last practice.

#### 3// Take A Stand

- Explain:
  - We will start today's practice with *Take a Stand*. This will help get our minds warmed up for the practice.
  - I will read a statement and you will need to decide whether you agree or disagree, then share your reasons why.
  - There are no right or wrong answers in this game and it is OK to disagree with your friends.
  - I will read a statement while you have your eyes closed so you can't see anyone else's response and they can't see yours.
  - If you **Agree** with the statement, put **two thumbs up**. If you **Disagree**, put **two thumbs down**.
  - After everyone has made a choice, I'll ask you to open your eyes and *Take a Stand* by defending your choice or opinion.
- Read the statements. After each statement, spend 2 or 3 minutes trying to heat up the discussion. Use the follow-up questions if necessary. Once the discussion is hot and players have shared some interesting ideas, move on to the next statement.

☛ malaria is a big problem in Tanzania.

- Is malaria a big problem in TZ? Why or Why not?

☛ I can protect myself from malaria.

- How can you protect yourself?

### BED NET BALL (35 MIN)

#### 1// Play "Just for Fun"

- Ask players:
  - What is a CCD?

- ✓ CCD stands for **Chandarua Chenye Dawa**.
- ✓ A CCD contains a poison that kills mosquitoes, but is harmless to humans.
- Introduce the game.
- Divide players into 2-4 teams and instruct each team to stand around a CCD.
- Explain the rules:
  - o The purpose of this game is to use the CCD to throw the ball high in the air and catch it with the net.
  - o Select a team captain who will count to 3 before you throw the ball.
  - o You need to communicate with each other and work as a team to be successful.
  - o We will play several rounds of this game.

Coach's Tip: Use the "Mosquito" kilo for this practice.

- Play the game.
- If players can easily throw and catch the ball, instruct the teams to throw the ball to each other or even throw two balls at the same time.

Coach's Tip: Encourage teams to communicate and make a strategy to be successful.

### Discussion:

- o Which animal kills the most people per year in Africa?
  - ✓ The mosquito! Mosquitoes carrying malaria kill nearly 1 million people each year.
  - ✓ malaria kills over 60,000 Tanzanians every year—with 80 percent of these deaths among children less than five years old<sup>1</sup>.
- o How can a CCD protect you from malaria?
  - ✓ If cared for properly, one CCD can help protect you against malaria for at least three years!
  - ✓ CCDs can reduce malarial illnesses among children under 5 and pregnant women by up to 50%.<sup>2</sup>

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<sup>1</sup> Presidents malaria Initiative: <http://pmi.gov/countries/profiles/tanzania.html>

<sup>2</sup> President's malaria Initiative: <http://www.pmi.gov/technical/itn/index.html>

KEY MESSAGE

**MALARIA CAN KILL. YOU CAN PROTECT YOURSELF FROM MALARIA BY SLEEPING UNDER A CCD EVERY NIGHT.**

- o How can malaria be treated and cured?
  - ✓ See a healthcare worker immediately if you think you might have malaria to get the proper medicine.

2// Play the game again, including malaria message

- Combine one or two of the teams so that it is more difficult to get everyone under the net.
- Explain the rules:
  - o We are going to play the game again. This time, we are going to pretend:  
1. The ball represents mosquitoes. 2. The CCD represents a CCD. 3. Your coach represents a health care worker.
  - o As a team, throw the ball as high into the air as you can.
  - o When the ball is in the air, all members of your team get under the net and fully cover themselves before the ball hits the ground.
  - o Cover your head when you're under the net so the ball hits the net and doesn't hit you directly.
  - o If you are outside the net when the ball hits the ground, run as fast as possible to get a high-five from the coach before returning to your team.
- Your assistant coach stands 15-20 meters away from the teams to play the "health care worker".

Coach's Tip: One coach can watch the teams carefully to make sure players that are not under the net go see the health care worker.

- Start the game. Play several rounds.

Coach's Tip: If it is too easy for players to get under the net, make the teams larger so that a few players have to go see the health care worker in every round.

Discussion:

- o In this game, you ran to your coach if you were exposed to malaria. Who can you run to in life if you think you might have malaria?
  - ✓ See a health care worker immediately.

- ✓ malaria medication is available for a small fee at government hospitals.
- ✓

KEY MESSAGE

★ **MALARIA CAN BE CURED. IT IS IMPORTANT TO GET TREATED FOR MALARIA IMMEDIATELY. FOLLOW THE HEALTHCARE WORKERS INSTRUCTIONS AND COMPLETE THE DOSE PRESCRIBED TO YOU.**

- o Is it safe to just buy malaria treatment from a shop or a traditional healer?
  - ✓ No! Traditional healers and shops may provide medicine that can make you feel better for a short period of time, but they won't cure malaria.
  - ✓ malaria treatment may cost money, but there is nothing more important than your health!
  - ✓ Getting proper health treatment for malaria the first time can be cheaper than going to a shop or traditional healer over and over again.
- o Who is most at risk of dying from malaria?
  - ✓ Pregnant women and young children are more likely to die from malaria
  - ✓ People with weakened immune systems, such as people with HIV, are more likely to get malaria.
- o Where can you get a CCD in your community? Where can you get treated for malaria?

*Coach's Tip: Remind players that CCDs are not toys and they should not use their nets to play Bed Net Ball.*

- o How do you properly care for a CCD?
  - ✓ Air the CCD in shade before first use.
  - ✓ Wash with mild soap when dirty and mend when torn.

KEY MESSAGE

★ **TAKE PROPER CARE OF YOUR CCD. AIR IN SHADE BEFORE FIRST USE, WASH WITH MILD SOAP, AND MEND WHEN TORN.**

- o What are some other ways you can protect yourself from malaria?
  - ✓ Discard any open containers that can collect water where mosquitoes can breed.
  - ✓ Cut bushes and grass around your house.
  - ✓ Stay indoors at night, if possible.
  - ✓ Wear long-sleeve clothes and cover yourself if outside in the evening.
  - ✓ Use mosquito spray.
  - ✓ CCDs are the best way to protect yourself from malaria, so do everything you can to get one for you and your family members!

## BED NET DEMO (5 MIN)

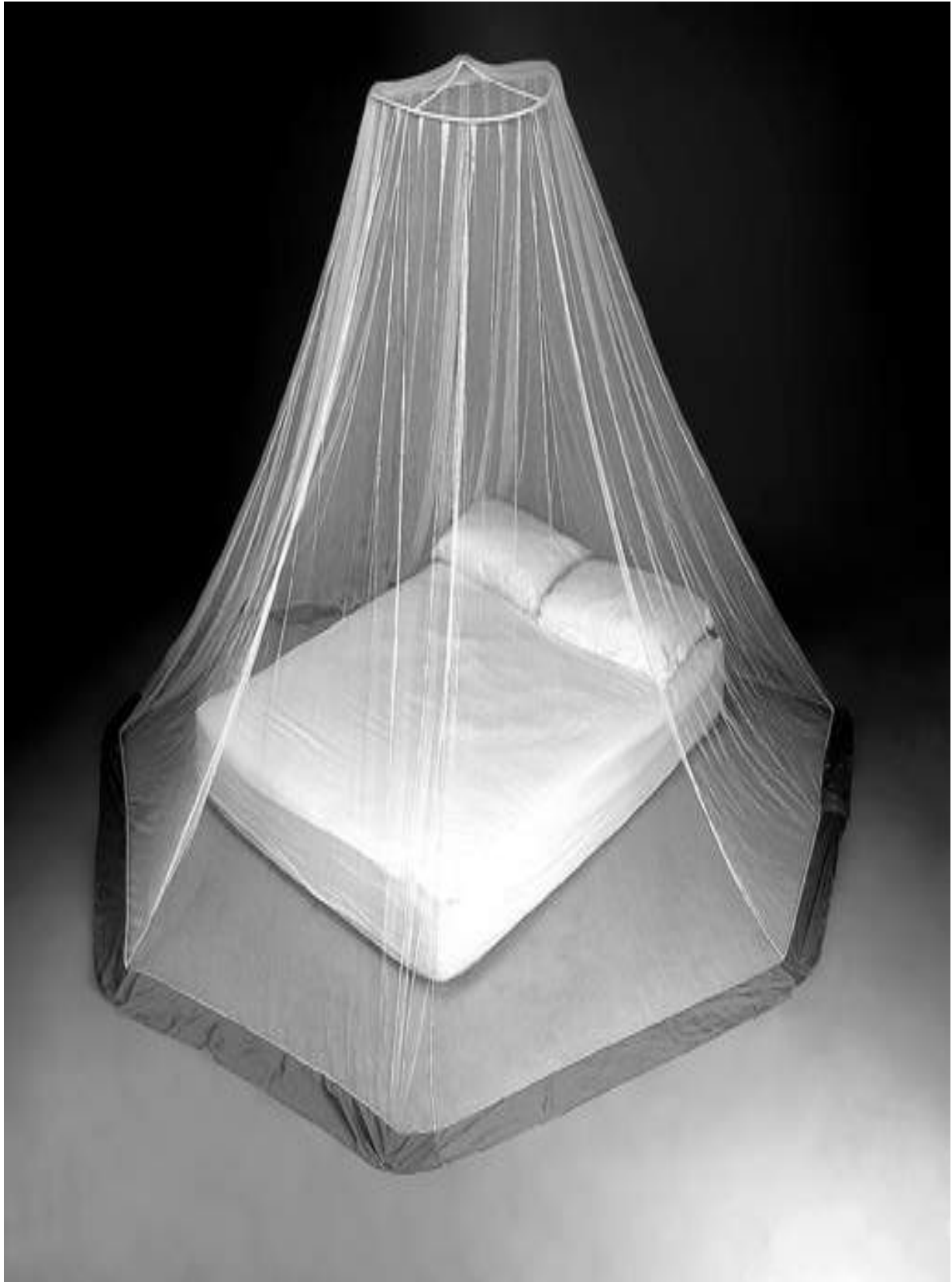
### 1// Demonstrate how to use a CCD

- Ask for two players to volunteer to demonstrate how to use a CCD.
- Find a place where you can demonstrate how to hang a CCD.

Coach's Tip: use the picture below to explain how to properly use and hang an CCD.

- Explain how to properly hang a CCD:
  - o Air the net in the shade for 2 days.
  - o Connect the net with ropes to nails on the walls of the room.
  - o Hang CCD over the bed. Allow the CCD to hang all the way to the floor.
  - o Make sure the CCD does not touch or rest against your body.
  - o Tuck the net under the mattress if it is placed over a bed to ensure mosquitoes cannot fly in. Keep the space enclosed as often as possible.
- Remind players that CCDs are only helpful if used properly. They are not used for window screens, fishing nets, garden fences, etc.
- Ask your assistant coach underneath the CCD to demonstrate how to use an CCD while the two volunteers hold the CCD.

2// Show this picture to players



## COOL DOWN (5 MIN)

### 1// Recap the practice

- Ask 2 players what they learned and encourage them to tell you the key messages in their own words.
- Remind players when the next practice will be

### 2// Attendance Register

- Spend 1 minute recording who is present and who is absent in your attendance register. Follow instructions for practices!

### 3// ZINDUKA Cheer

**COME UP WITH A UNIQUE AND EXCITING CHEER OR  
PICK ONE POWERFUL WORD FROM THE DAY THAT  
THE PLAYERS CAN CHEER TO FINISH THE PRACTICE.  
BE CREATIVE AND ENERGETIC!**



## 8// BUTUA MALARIA!

MALENGO : MPAKA MWISHO WA MAZOEZI, WACHEZI WANTAKIWA WAWA NA UWEZO WA...

- Eleza ni jinsi gani kulala kwenye chandarua chenye dawa ya muda mrefu kila usiku kunavyoweza kuwalinda dhidi ya malaria.
- Eleza ni jinsi gani malaria inavyoweza kutibika.
- Taja sehemu moja unayoweza kupata chandarua chenye dawa ya muda mrefu na tiba ya malaria.

### VIFAA

- 1-2 zenye dawa ya muda mrefu (CCD)
- 2-3 mipira ya miguu
- 2-3 shuka kubwa

### MAANDALIZI

- Pitia taarifa za malaria zilizopo mwishoni mwa kitini cha kocha kabla ya kuwasilisha zoezi hili.
- Andaa banyo kitita ambayo imeandikwa Chandarua Chenye Dawa.
- **Andaa sehemu kwa ajili ya kuonesha CCD kwa mfano unaweza kutundika kwenye mti au kwenye goli/ukuta.**
- Tafuta sehemu au kituo cha afya katika jamii husika ambapo watu wanaweza kupata CCD na tiba ya malaria. Jaza taarifa za mawasiliano za sehemu hizo mwisho wa zoezi.

### RATIBA

- Pasha (Dk 15)
- Mpira wa “CCD” (shuka) (Dk 35)
- Onesho la “CCD” (shuka) (Dk 5)
- Mapumziko (Dk 5)

## PASHA (DK 15)

### 1// Kichangamshi

- Ongoza kichangamshi cha haraki takribani dakika 1.

### 2// Rudia zoezi la mwisho

- Liweke kundi kwenye mdwara halafu rudia mazoezi yaliyopita na ujumbe mkuu wa zoezi lililopita.

### 3// Kuwa na Msimamo

Elezea:

- Tutaanza zoezi la leo kuchukua msimamo.hii itasaidia akili zetu kuchangamka na kuwa tayari kwa zoezi.
- Nitawasomea sentensi na mtahitajika kuamua kama unakubali au unakataa na mtashirikishana sababu kwa nini.
- Hakuna majibu ambayo ni sahihi na ambayo sio sahihi, huu ni Mchezo na ni sawa tu kutofautiana na rafiki zako.
- Nitawasomea sentensi wakati mmefunga macho ili usiweze kuona jibu la mwingine na mwingine asione jibu lako.
- Kama **unakubaliana** na sentensi hiyo weka **vidole gumba viwili juu** na kama **hukubaliana** nayo weka **vidole gumba viwili chini**.
- Baada ya kila mmoja kufanya uchaguzi, nitawaomba mfumbue macho na mchukue Msimamo kwa kutetea chaguo lako au wazo lako.

Soma sentensi zote. Baada ya kila sentensi tumia Dk 2-3 kufanya majadiliano. Tumia maswali ya ziada kama yatahitajika. Majadiliano yatakapopamba moto na wachezaji wameshirikishana mawazo mazuri, hamieni kwenye sentensi nyingine.

★ Malaria ni tatizo kubwa Tanzania.

- Je malaria ni tatizo kubwa Tanzania? Kwa nini au kwa nini sio?

★ Ninaweza kujilinda dhidhi ya malaria.

- Kwa njia zipo?

## MPIRA WA CCD (35 MIN)

### 1// Cheza Huku Ukifurahia

- Waulize wachezaji:
  - Nini ni CCD?

- ✓ CCD inamaanisha **Chandarua Chenye Dawa**.
- ✓ CCD ina dawa inayoua mbu lakini haina madhara kwa binadamu.

- Tambulisha mchezo.
- Gawa wachezaji katika makundi 2-4, waelekeza kusimama kuzunguka CCD.
- Eleza sheria za mchezo:
  - o Madhumuni ya mchezo huu ni kutumia CCD kurusha mpira juu hewani na kudaka kwa kutumia CCD
  - o Chagua kiongozi wa timu atakayehesabu 1,2,3 kaba ya kurusha mpira
  - o Mnahitaji kuwasiliana na kufanya kazi kama timu ili kufanikiwa
  - o Tutacheza mizunguko kadhaa

Dokezo la Kocha: Tumia “mbu” kilo kwa zoezi hili.

- Cheza mchezo.
- Ikiwa wachezaji wataweza kurusha na kudaka mpira kwa urahisi, elekeza timu hizo kurushiana mipira au kurusha mipira miwili kwa pamoja.

*Dokezo la Kocha: Hamamisha timu kuwasiliana na kupanga mipango ya ushindi na kufanikiwa.*

## JADILIANO:

- Ni mnyama gani anaeua watu wengi zaidi kwa mwaka katika Afrika?
  - ✓ Mbu! Mbu wanaosambaza malaria wanaua watu karibu milioni 1 kilamwaka.
  - ✓ Malaria inawaua watanzania zaidi ya 60,000 kila mwaka-asilimia 80 ya vifo hivi ni watoto chini ya miakamitano<sup>1</sup>.
- Ni jinsi gani CCD inaweza kukulinda dhidhi ya malaria?
  - ✓ Kama ikitunzwa vizuri, CCD 1 inaweza kukukinga dhidhi ya malaria angalau kwa miaka mitatu!
  - ✓ CCD inaweza kupunguza ugonjwa wa malaria kwa watoto chini ya umri wa miaka mitano ya mama wajawazito mpaka kwa 50%<sup>2</sup>

## UJUMBE MKUU

**MALARIA INAWEZA KUUA. UNAWEZA KUJIKINGA DHIDHI YA MALARIA KWA KULALA NDANI YA CCD KILA USIKU.**

- Unawezaje kutibu na kuonya malaria?
  - ✓ Mwone mhuduma wa afya haraka unapohisi umepata malaria ili upate dawa sahihi.

## 2// CHEZA TENA, JUMUISHA UJUMBE WA MALARIA

- Jumuisha timu 1 au 2 ili iwe ngumu kwa kila mchezaji kujificha chiniya CCD
- Eleza sheria:
  - Tutaenda kucheza mchezo tena, lakini muda huu tutaigiza: 1. Mpira inawakisha mbu, 2. CCD ni CCD, 3. Kocha msaidizi nimhudumu wa afya.
  - Kama timu, rusheni mpira juu zaidi kama mwezavyo.
  - Wakati mpira upo hewani, wachezaji wa timu nzima wajifiche chini ya CCD kabla ya mpira haijagusa chini.

<sup>1</sup> Presidents Malaria Initiative: <http://pmi.gov/countries/profiles/tanzania.html>

<sup>2</sup> President's Malaria Initiative: <http://www.pmi.gov/technical/itn/index.html>

- Zibakichwa wapokuwa chini ya CCD ili mpira usikupige moja kwa moja bali upige CCD.
- Kama upo nje ya CCD wakati mpira imegusa chini, kimbia haraka kugonga tano na mhudumu wa afya (Kocha msaidizi) kabla ya kurudi kwenye timu yako.
- Kocha msaidizi atasimama mita 20 kutoka zilipo timu akiwa kilisha mhudumu wa afya.

*Dokezo la Kocha: Kocha mmoja anaagalia timu zote kwa umakini, kuhakikisha washiriki wasiojificha chini ya CCD kumwona mhudumu wa afya.*

- Chezo mchezo, kwa mizunguko kadhaa.

*Dokezo la Kocha: Kama ni rahisi kwa wachezaji kujificha kwenye CCD, ongeza idadi ya wachezaji kwenye timu. Kuakikisha kila mzunguko wachezaji wanakwenda kumwona mhudumu wa afya.*

#### JADILIANO:

- Katika mchezo huu, ulikimbia kwa kocha wako ulipopata malaria, unakimbia kwa nani katika maisha yako unapodhani umepata malaria?
  - ✓ Mwone mhudumu wa afya haraka.
  - ✓ Dawa za malaria zipo katika hospitali za serikali kwa bei nafuu.

#### UJUMBE MKUU

**MALARIA INAWEZA KUPONYWA, NI MUHIMU KUTIBIWA MALARIA HARAKA. FUATA MAELEKEZO YA MHUDUMU WA AFYA NA KUMALIZA DOZI YOTE YA DAWA.**

- Je, ni salama kununua tiba ya malaria kutoka madukani au waganga wa asili?
  - ✓ Hapana! Waganga wa asili na madukani wanaweza kukupa dawa za kutuliza maumivu kwa muda mfupilakini hawawezi kuponya malaria.

- ✓ Matibabu ya malaria yanaweza kukugharimu, lakini ***hakuna kitu cha muhimu zaidi ya afya yako!***
  - ✓ Kupata tiba sahihi ya malaria kwa mara moja ni nafuu kuliko kwenda kwenye maduka au waganga wa asilimara kwa mara.
- Nani yapo katika hatari zaidi ya kufa kwa malaria?
    - ✓ Mama wajawazito na watoto wadogo hatarini zaidi.
    - ✓ Watu wenye kinga dhaifu kama watu wenye VVU wapo hatari zaidi ya kupata malaria.
  - Wapi unaweza kwenda kupata CCD katika jamii yako? Wapi unaweza kwenda kupata tiba ya malaria?

*Dokezo la Kocha: Wakumbushe wachezaji CCD sio vifaa vya mchezo na wasitumia CCD kwa ajili ya mchezo.*

- Unawezaje kutunza CCD kwa usahihi?
  - ✓ Anika CCD kwenye kivuli kabla ya matumizi ya kwanza.
  - ✓ Fua CCD kwa sabuni ikiwa imechafuka na uishone ikiwa imetoboka.

#### UJUMBE MKUU

**TUNZA KWA USAHIHI CCD YAKO. ANIKA KIVULINI KABLA YA MATUMIZI YA KWANZA, FUA KWA SABUNI INAPOCHAFUKA, NA SHONA INAPOTOBOKA.**

- Ni njia zipi nyingine unaweza kutumia kujikinga dhidi ya malaria?
  - ✓ Kufunika makopo ya madimbwi yanayoweza kutuamisha maji ambapo mbu wanaweza kutaga mayai.
  - ✓ Kufyeka nyasi na vichaka kuzunguka nyumba yako.
  - ✓ Kukaa ndani ya nyumba wakati wa usiku kama inawezekana.
  - ✓ Kuvaa mavazi yanayofunika mwili wakati wa usiku kama inawezekana.

- ✓ CCD ni njia bora zaidi ya kujikinga dhidhi ya malaria, hivyo jitahidi kupata CCD kwa ajili yako na familia nzima!

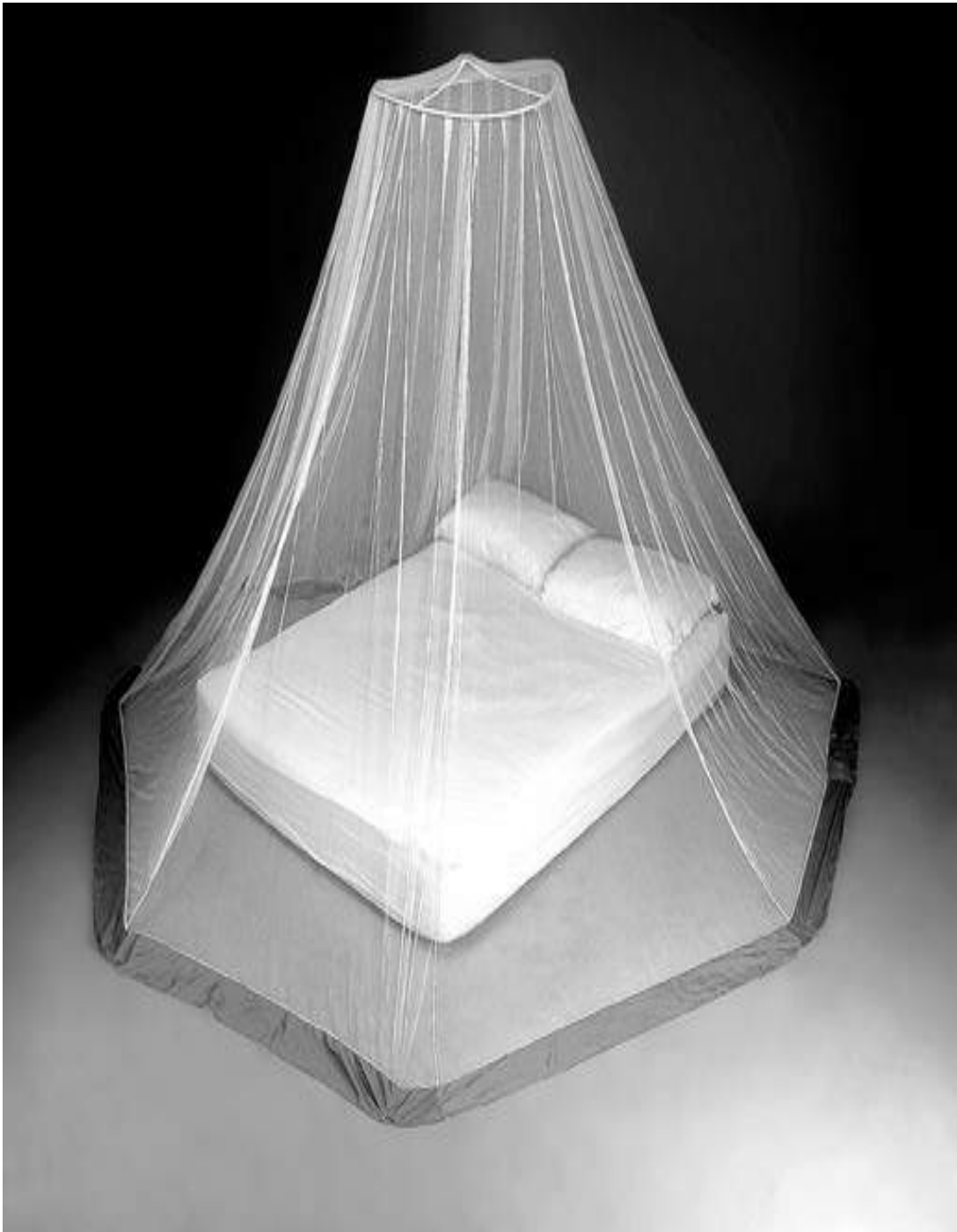
## ONESHO LA CCD (DK 5)

### 1// ONESHO LA JINSI YA KUTUMIA CCD

- Omba wachezaji 2 kujitolea kuonesha jinsi ya kutumia CCD.
- Tafuta sehemu utakayoonesha jinsi ya kutundika CCD.

*Dokezo la Kocha: Tumia picha inayofuata kuelezea jinsi ya kutundika na matumizi sahihi ya CCD.*

- Elezea njia sahihi za kutundika CCD:
  - Anika CCD kivulini kwa siku mbili.
  - Funga CCD kwa kamba kwenye misumali iliyoko kwenye kuta za chumba.
  - Ning'iniza CCD kufunika kitandakizima. Acha CCD ifike kwenye sakafu.
  - Hakikisha CCD haigusi mwili wako.
  - Chomeka CCD chini ya godoro kuhakikisha mbu hawawezi kuingia. Hakikisha hakuna uwazi mara kwa mara kadri inavyowezekana.
- Wakumbushe wachezaji kwamba CCD ni msaada pekee kama zitatumika kwa usahihi. Hazitumiki kama mapazia, uzio, n.k.
- Mwambie kocha wako msaidizi aliye ndani ya CCD kuonesha matumizi sahihi ya CCD wakati washiriki wa kujitolea washikilia CCD.



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3 Image: [http://www.lifsystems.co.uk/psec/mosquito\\_nets/hoopnet\\_mosquito\\_net.htm](http://www.lifsystems.co.uk/psec/mosquito_nets/hoopnet_mosquito_net.htm)



# MAPUMZIKO (DK 5)

## 1// RUDIA ZOEZI LILOPITA

- Rudia ujumbe mkuu wazoezi. waulize wachezaji wamejifunzanini na wahamasishe wakwambie ujumbe mkuu kwa maneno yao.
- Wakumbushe wachezaji zoezi linalofuata litakuwalini.

## 3// MAHUDHURIO

- Tumia dakika moja kurekodi waliopo na ambao hawapo katika Mahudhurio.

## 4// KISHANGILIO CHA ZINDUKA!

- Tunga kishangilio cha pekee na kizuri au chagua neno moja lenge nguvu kwa siku hiyo ambalo wachezaji watatumia kushangilia kumaliza zoezi. kuwa mbunifu na mwenye nguvu.

# Zinduka: Reporting Made Easy

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GrassrootSoccer (GRS) specifically created the Zinduka curriculum for Peace Corps Tanzania. As part of the partnership between PCTZ and GRS, we ask that all PCVs that use GRS curriculum report their usage of it on GRS's website, so they can follow the spread of their curriculum and continue to work with PCTZ to develop and perfect interventions pertinent to our country of service.

To report go to: [http://grassrootsoccer.force.com/PeaceCorps/Site\\_NewEventIntervention](http://grassrootsoccer.force.com/PeaceCorps/Site_NewEventIntervention) and follow the directions to report on your bed net ball intervention. See? It is so easy!!!

# Nightwatch:

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## Nightwatch: An Education Program to End Malaria

Dear Principals and Teachers,

Thank you for participating in this vital program to teach your students about the importance of using a mosquito net to help end malaria forever. We must protect our lives and our dreams. Your leadership and teaching are critical in making this important change for your community. Ending malaria means a healthier continent, better education and a better economic opportunity for all of us.

The purpose of this curriculum is to engage students about malaria prevention throughout instruction and creative expression. We need you, as teachers, to help students understand why sleeping under a mosquito net every night is an essential step to staying healthy. We want each of your students to accomplish their goals and dreams.

The curriculum will take up to six days to teach but should also be continued throughout the year to reinforce the messages. In doing so, we will help our community, Africa, and the world end malaria forever. The curriculum is meant to be enjoyable, memorable and shareable!

My dream for Africa is to be malaria free forever. Your participation is very important.

Sleep peacefully,  
Youssou NDour

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## Overview of Curriculum

This manual includes all the information teachers will need to teach students about malaria prevention and the importance of sleeping under a mosquito net every night.

Malaria is a life threatening disease caused by a parasite that is transmitted from one person to another through the bite of an Anopheles mosquito. Malaria is the number one killer of young children in Africa. Sadly, a child dies every 45 seconds from malaria, but this is absolutely preventable. Ending deaths by malaria requires a comprehensive set of solutions that include education, distribution and daily use of mosquito nets, insecticide spraying, testing, and availability of anti-malarial drugs to treat the disease.

The main objective of the curriculum is to show students that by keeping themselves safe under their mosquito net, they are keeping their dreams and goals safe too. This curriculum is designed to be interactive with lessons, activities and games to engage students about malaria prevention – with the hope that they will share their learning with friends, family and neighbors.

For six days, Teachers will take 30 minutes of class time to teach about malaria. Teachers can call this “NightWatch Time.” The teacher will spend the first few days reviewing facts about malaria and mosquito net use followed by a test. Once students pass the test, they will participate in an activity called Dream Keeper. This activity reminds students of the important role they play to help end malaria and that sleeping under their net every night means they have the power to “protect their health and keep their dreams alive.”

It will be important for teachers to continue teaching and discussing the facts throughout the school year as part of ongoing NightWatch activities. The manual includes suggested activities to continue using once the curriculum is over for students to stay involved in the fight against malaria.

### Teacher Review of Curriculum Materials

- Review the materials carefully, specifically the 9 Basic Facts about Malaria and Mosquito Nets, so that you understand what students are expected to learn before you begin teaching.
- Review the lesson plans to make sure you have materials ready before teaching each lesson.
- Practice setting up the mosquito net prior to asking students to try it in the classroom.
- Review the 9-point test to make sure students can answer the questions themselves.

### General Teaching Tips

- Decide what time of day is best to teach the curriculum.
- Allow 6-8 days to complete the unit.
- Allow 45 minutes during Lesson 1 to give students enough time to answer the net use questions and to learn about the upcoming curriculum.
- Allow around 30 minutes each day to complete each lesson, the test and any related ongoing activities.
- Keep materials safe and secure so the curriculum unit can be used throughout the school year for ongoing related activities to reinforce what was learned.
- **If there is no board available in the classroom to write down the facts:**
  1. State the facts out loud,
  2. Ask students to write down the facts,
  3. Ask the entire class, or select students, to repeat each fact out loud.
- For each fact, there is supplementary information in the manual that can be used to support the lesson (see Appendix)
- After each fact is presented, remember to ask students if they have any questions.
- In order to keep students engaged in the curriculum, it will be important to deliver the curriculum with excitement and energy.

## **Curriculum Summary**

1. Before introducing the curriculum, students will be asked two very important questions about their mosquito net use.
2. Next, teachers will preview the six-day curriculum.
3. Three lesson plans will provide life-saving facts about malaria and mosquito net use, followed by a 9-point test.
4. After passing the test, students will receive a Certificate of Achievement and participate in a fun Dream Keeper activity. Students will create personal “dream banners” as the culminating activity for the curriculum.
5. It is expected that the learning will have greater impact as the curriculum is connected through a series of ongoing activities. These activities will reinforce the fact that sleeping under a mosquito nets every night means, “keeping ourselves and our dreams alive.”

## **Day 1: Mosquito Net Use Questions & Curriculum Preview**

### **Lesson Objectives**

Teachers will follow the two-step sequence exactly for introducing information in this lesson.

**Step 1.** Students will answer two important questions about their mosquito net use at home.

**Step 2.** Teacher will provide a brief summary of what will be learned in the curriculum for the next six days and throughout the year.

### **Teacher Preparation**

Write Mosquito Net Use questions on the board for students to copy down and answer.

If no board is available in the classroom, be prepared to read the questions out loud and ask the students to write down their answers.

### **Instructional Procedures**

Please follow the sequence exactly as directed to introduce this unit of study.

**If there is no board in the classroom to write down the Mosquito Net Use questions:**

1. Read the questions out loud,
2. Ask students to write down the answers.

### **Step 1: Mosquito Net Use Questions**

Begin the lesson by asking the class these two very important questions.

The questions should be written on the board or asked precisely this way, and one at a time.

1. Do you have a mosquito net to sleep under?
2. If yes, did you sleep under a mosquito net last night?

The answers should be quietly written down and handed back to the teacher. The teacher then writes down the answers on the form located in the Appendix.

This form should then be emailed back to:

**Holly Trace**

**National Malaria Coordinator**

**Peace Corps Tanzania**

**htrace@peacecorps.gov**

(Contact subject to change as Volunteers COS)

**Note:** These questions should be asked later on in the year and a second form included in the program should be mailed back to the address above.

**Step 2:** Preview Malaria Curriculum Use the points below to introduce the curriculum for students. Tell the class that they will be participating in a six-day education program to end malaria and that...

- Malaria is a crisis in Africa.
- Sadly, a child dies every 45 seconds from malaria.
- Malaria is absolutely preventable.
- You may have known someone who had malaria or yourself, may have had malaria in the past.
- It is very important to learn about malaria and the importance of using a mosquito net.
- Over the course of the week, you will learn facts about malaria and the importance of mosquito nets to keep your hopes and dreams alive.
- There will be a test at the end of this unit to assess your learning.
- After the test you will receive a Certificate of Achievement and Participate in a fun Dream Keeper activity. You will create “dream banners” that will include your dreams and goals.
- Students will continue the curriculum with ongoing activities throughout the school year to reinforce the learning, especially at home.

### **Home Connection**

Encourage students to share with family and friends at home that they will be participating in an education program to end malaria.

## **Day 2 Malaria Facts**

### **Lesson Objectives**

Make students aware that Africa is in the midst of a malaria crisis – a disease that kills one million people a year, with 90% of the deaths in Africa. We can solve the crisis through education. Students will be expected to learn basic facts about the disease.

### **Teacher Preparation**

Write malaria facts on the board for students to copy and leave facts on the board for the duration of the lesson.

### **Instructional Procedures**

Tell the class that they must learn and understand a total of nine important facts about malaria and mosquito nets, which will be taught over the next two days. In this lesson, students will be taught six facts about malaria. At this time, you may ask students what they know about malaria to engage them and get the conversation started. Then

ask students to write down the six facts about malaria (see below). Once they have written down the facts, ask for volunteers to read each fact. For more information on these facts, see page 18 in the Appendix.

1. Malaria is a preventable life-threatening disease that can kill you and your dreams.
2. Malaria is transmitted only by a special kind of mosquito – called the Anopheles mosquito – which primarily bites at night.
3. Malaria symptoms are fever, chills, headache, vomiting and other flu like symptoms.
4. Malaria should be treated immediately. If you think you or someone in your family might have malaria, visit a health clinic as soon as possible. They have a test to tell you if you have malaria.
5. Malaria has been eliminated in much of the world, throughout the use of insecticides, medicine and by sleeping under mosquito nets.
6. Malaria is preventable and curable. You have the power to end malaria deaths in your community, in your country and throughout Africa.

### **Home Connection**

Encourage students to share what they have learned about malaria with family and friends at home. Have each student pick one fact from today's lesson and quiz their family to see if they know whether it is true or false. Students can then share what they learned during the next lesson.

### **Tips for Teachers**

If there is no board available in the classroom to write down the facts, during the lesson:

1. Read the facts out loud,
2. Ask students to write down the facts,
3. Ask the entire class, or selected students, to repeat each fact out loud.

By having students write the facts down, it will help reinforce the learning and they will have a copy of the facts to study at home and share with their family and friends.

Students should understand that they can and should be part of the solution to eliminate malaria. If they work hard in the next few years to help eliminate malaria, their children will not have to live with it. This will improve the lives of their family, community and country.

Make sure to reinforce the facts to dispel any rumors or mistruths about malaria.

## **Day 3 Malaria Prevention**

### **Lesson Objectives**

Review basic malaria facts and introduce how to avoid being infected with the disease by the nightly use of a mosquito net.

### **Teacher Preparation**

Write the basic Facts about Malaria and Mosquito Nets on the board for students to copy and leave facts on the board for the duration of the lesson) 6 facts from the lesson before and 3 new facts on mosquito nets; see page 19).

### **Instructional Procedures**

Before starting the lesson, ask for volunteers to tell you two facts they remember from the previous lesson and what they learned from talking with their family on the facts as part of their homework.

Then ask students to write down the facts (if they don't have their copy from previous lesson). Ask for volunteers to read each fact. For additional information on these facts, see page 18 in the Appendix.

1. Malaria is a preventable life-threatening disease that can kill you and your dreams.
2. Malaria is transmitted only by a special kind of mosquito – called the Anopheles mosquito – which primarily bites at night.
3. Malaria symptoms are fever, chills headache, vomiting and other flu-like symptoms.
4. Malaria should be treated immediately. If you think you or someone in your family might have malaria, visit a health clinic as soon as possible. They have a test to tell if you have malaria.
5. Malaria has been eliminated in much of the world, throughout the use of insecticides, medicine and by sleeping under mosquito nets.
6. Malaria is preventable and curable. You have the power to end malaria deaths in your community, in your country and throughout Africa.

After reviewing the six facts about malaria, students will now be taught three facts about mosquito nets. At this time, you may ask students what they know about mosquito nets to engage them and get the conversation started. Then ask students to write down the three facts about mosquito nets (see below). Once they have written down the facts, ask for volunteers to read each fact. For additional information on these facts, see page 19 in the Appendix.

### **Home Connection**

Encourage students to share what they have learned at home with family and friends and to study the facts in preparation for the test. Have students make sure that their mosquito nets are being used at home. Students can then share how many people used their net that night during the next lesson.

### **Tips for Teachers**

If there is no board available in the classroom to write down the facts, during the lesson:

1. Read the facts out loud,
2. Ask students to write down the facts,
3. Ask the entire class, or selected students, to repeat each fact out loud.

By having students write the facts down, it will help reinforce the learning and they will have a copy of the facts to study at home and share with their family and friends.

Students should understand that they can and should be part of the solution to eliminate malaria. If they work hard in the next few years to help eliminate malaria, their children will not have to live with it. This will improve the lives of their family, community and country.

Make sure to reinforce the facts to dispel any rumors or mistruths about malaria.

## **Day 4 Mosquito Nets save Lives**

### **Lesson Objectives**

Review the facts about malaria and mosquito nets. Teach how to set up a mosquito net in the classroom so students can teach their family and friends.

### **Teacher Preparation**

- Set up a mosquito net in your classroom. The directions are included with the mosquito net.
- The mosquito net should be hung up in the classroom and left up for the remainder of the curriculum for all students to see.
- If space is limited, find another place in the school, or outside, to hang the mosquito net where students can practice taking turns setting up a mosquito net.
- Write the three facts about mosquito nets on the board.



## **Instructional Procedures**

As part of this exercise, have students share how many of them used a mosquito net the night before.

Then tell the class they will review the three facts about mosquito nets. Ask students to write down the facts. Once they have written down the facts, ask for volunteers to read each fact. For additional information on these facts, see page 19 in the Appendix.

1. Mosquito nets at night really do work and can prevent malaria.
2. All people need to sleep under a mosquito net every night of the year, not just kids or pregnant women. Mosquito nets need to be used all year round, even when there are not many mosquitoes.
3. Mosquito nets can save your life, your goals and dreams begin under a mosquito net.

At the end of the review lesson, the teacher or student volunteers can show the class how to hang a mosquito net.

Select one student volunteer that has a net at home to show the class how to set up a net. Ask for 2-3 more volunteers (students with nets at home) to help teach their classmates how to set-up a net.

Discuss the importance of having the net set-up each night before 9 P.M. and for all their family members, especially younger siblings and pregnant mothers, to sleep under the net.

When students demonstrate they are confident about setting up a mosquito net, check to see if there are any questions.

Inform students that this is the final lesson in this curriculum and that there will be a test about the facts.

## **Home Connection**

Encourage students to study the 9 Basic Facts about malaria and Mosquito Nets for the test to practice setting up nets at home. Have students make sure their nets do not have any holes and are properly hung at home. Remind them to share the new information they have learned with their family and friends.

## **Tips for Teachers**

If there is no board available in the classroom to write down the facts, during the lesson:

1. Read the facts out loud,
2. Ask students to write down the facts,
3. Ask the entire class, or selected students, to repeat each fact out loud.

By having students write the facts down, it will help reinforce the learning and they will have a copy of the facts to study at home and share with their family and friends.

Students should understand that they can and should be part of the solution to eliminate malaria. If they work hard in the next few years to help eliminate malaria, their children will not have to live with it. This will improve the lives of their family, community and country.

Make sure to reinforce the facts to dispel any rumors or mistruths about malaria.

## Day 5 Test

### Lesson Objectives

Test students to ensure that they know the 9 Basic Facts about Malaria and Mosquito Nets.

### Teacher Preparation

Give each student a printed test that is located on page 22 of the Appendix. If there are no printed tests available for the class, the questions can be written on a board for students to then mark their answer on a separate piece of paper.

### Instructional Procedures

- Tell the class they will be given a test on the 9 basic Facts about Malaria and Mosquito Nets.
- Pass out a photocopy of the test to each student it is located on page 22 of the Appendix.
- Once students are done with their test, they should hand it back to the teacher.
- The tests will then be graded by the teacher.
- In order to pass the test, students must get all answers correct.
- The teachers must help the students who do not pass and have the students study and re-take the test the next day, and so on, until everyone passes.
- Once students pass the test, they can take the test home, which has a Certificate of Achievement on the back that will be signed by the student and teacher.
- The certificate is a way to recognize the student's hard work and understanding of the Basic Facts about Malaria and Mosquito Nets. On the certificate is a place for the student to sign under "I promise to do my best to keep myself and my dreams alive and sleep under a mosquito net every night and help others do the same."
- The test should be brought home after class for their parent or guardian to sign as a way to encourage them to share with their families what they have learned in class.
- In order to reinforce learning, students should be tested throughout the school year as a reminder of the 9 Basic Facts about Malaria and Mosquito Nets. If you cannot photocopy the test, teachers may write the questions on the board for the class to write down on a piece of paper.

### Home Connection

Encourage students to bring their test home to share with their families what they learned.

A parent or guardian should sign the certificate on the back of the test to show that they read the materials.

### Tips for Teachers

If there is no board available in the classroom to write down the test questions, during the test:

1. Read the test questions out loud,
2. Ask students to write down their answers,
3. Ask the entire class to hand in their answers at the end of taking the test for the teacher to grade.

The test should be given at least 5 days after the start of the program. It is recommended to give the test after the start of the program. It is recommended to give the test after a weekend in order to ensure that students are remembering the lessons learned at school as well as home.

It is important that every student passes the test. The tests will then be graded by the teacher. In order to pass the test, a student must get all answers correct.

For students who do not pass the test on the first try, teachers should encourage them to study and give those students the test again the next day, and so on, until everyone passes and has a certificate.

For those who do not pass, it is important for the teacher to discuss the facts and identify where they are having trouble and help them to study and to be comfortable to take the test again.

All students should feel like “winners,” and “proud” even those who did not pass on the first try. Therefore, it is important for the teacher to be encouraging and include all students in the ongoing activities even if they did not pass (but have students continue to take the test in the meantime).

It is most important to remember by helping each other, together we can end malaria.

Remind students before taking the test that they should read all possible answers first and- then select the best answer.

## **Day 6 Dream Keeper Activity**

### **Activity Objective**

Students will make and display “dream banners” with images and a list of dreams and goals each student hopes to accomplish in their lives. Banners will be kept at home as a reminder to sleep under their net every night; stay healthy and achieve their dreams and goals.

### **Teacher Preparation**

- Gather Dream Keeper materials and give to students in classroom (banners/paper/poster board, markers, etc.)
- All Dream Keeper materials should be kept in a safe and secure place so it may be used again throughout the year.

### **Instructional Procedures**

Teachers announces to the class that it is now “NightWatch Time” Students will participate in a fun activity called Dream Keeper to create a banner that includes dreams and goals they want to accomplish in life. Ask students to do the following:

1. Think of 3 dreams or goals that you would like to accomplish in your life...It may be something for you, your friends or your family. It may be something for you in next few years or an idea for your future education or job.
2. Write your dreams and goals on the provided “dream banner.” Once you have written down your goals and dreams, you can decorate or draw pictures of your dreams on their banner. Then place your banner inside the mosquito net in the classroom for the rest of the week.
3. At the end of the week you can take your ”dream banner” home to place in your own mosquito net. Every night and every morning look at your dreams and goals and think about what you need to do to accomplish them. This includes getting a good night sleep under your net every night, staying healthy and continuing your education.

### **Home Connection**

Encourage students to look at their banner and think about their dreams and goals every night and morning to help them create ways to achieve these dreams and goals. Remind students to share the new information they have learned with family and friends at home.

### **Tips for Teachers**

The goal of this activity is for students to understand that by keeping themselves safe under their net, students are keeping their dreams and goals safe and alive too. When students write down their goals and dreams, the act of writing helps ground the dreams in reality!

Encourage students to take some time to really think about their dreams and goals and to come up with their own messages and ideas. This might mean closing their eyes and being silent for a several minutes so they can visualize their dreams.

The “dream banners” can include motivational phrases like: I promise to keep my dreams alive, NightWatch, sweet dreams or names of careers they admire such as scientist, explorer, doctor, teacher, etc.

One suggested way to have students hang up their “Dream Banners” in the classroom is to have them:

- Go up one at a time and stand under the mosquito net.
- While under the mosquito net, the student can then hang their “Dream Banner” and share out loud with the class their dream and goals.
- Once the student has shared what was written on his or her banner, the teacher then says “Sweet Dreams” to the student.
- The student then comes out from behind the mosquito net to return to his/her desk.
- This can be repeated for each student in the classroom until all the “Dream Banners” are hung inside the net.

## **Activities Ongoing Night Watch Activities**

### **Ongoing NightWatch Activities**

Teachers should encourage their students to continue NightWatch activities throughout the school year as a way to share information with other students, their family and the community, Depending on the resources and space available at your school, these activities can include students forming an after-school program, Club NightWatch, where they participate in art, music, drama and the exchange of ideas with their friends at school or in the community.

The following ideas are recommended student activities to reinforce the curriculum:

### **Club NightWatch**

Encourage students to create Club NightWatch, a place to come together to have fun, participate in activities, and share the important facts about malaria and mosquito nets with other students, family and friends.

### **Music**

Encourage students to create a NightWatch song and practice and perform it for their school, family and community.

### **Drama**

Encourage students to create and perform a NighWatch short play and perform it for their school, family and community.

### **Art**

Encourage students to create a “promise Banner” that all members in the club can sign that shows they promise to sleep under a mosquito net every night. Students can share their art with their school, family and community.

**Sport**

Encourage students to create special NightWatch seating under mosquito nets at soccer games, etc. This will help create awareness and pride of using a net every night.

**NightWatcher**

Choose a volunteer to be a “NightWatcher” each day before class when taking attendance. The NightWatcher will be responsible for asking classmates if they remembered to sleep under their mosquito net the night before. A NightWatcher can be chosen each week by either the principal or teacher. Each school morning, either the school bell, a drum beat, or a ringtone can be heard 9 times at 9 P.M.

**Tips for Teachers**

The principal and teachers can help teach why nighttime is so important, keeping in mind that the Anopheles mosquito strikes primarily at night.

**Encourage students to:**

- Ask the question every night: Are you and your family safe under mosquito nets tonight?
- Take responsibility and help make sure mosquito nets are up for everyone, every night.
- Help everyone understand the 9 Basic Facts about Malaria and Mosquito Nets.
- Make sure there are no mosquitoes under their net and that no mosquito can get inside the net.

## **Nightwatch: Programu ya Elimu ya Kutokomeza Malaria**

### **Ujumbe kutoka kwa Youssou Ndour**

Wapendwa wakuu wa Shule na Walimu

Asanteni sana kwa kushiriki katika programu hii muhimu ya kuwafundisha wanafunzi wenu kuhusu umuhimu wa kutumia vyandarua kusaidia kukomesha kabisa malaria. Ni lazima tulinde maisha yetu na ndoto zetu. Uongozi wenuna mafunzo yenu ni muhimu sana katika kuleta mabadiliko haya muhimu sana kwa ajili ya jamii yenu. Kutokomeza malaria maana yake ni kuwa na bara lenye afya, elimu bora na fursa nzuri zaidi za kiuchumi kwetu sote.

Madhumuni yamtaala huu ni kuwashirikisha wanafunzi kuhusu kuinga malaria wakati wote wa mafunzo na kujieleza kwa ubunifu. Tunawataka ninyi kama walimu, kuwafanya wanafunzi waelewe kwa nini kulala ndani ya chandarua kila usiku ni hatua muhimu ya kuishi ukiwa na afya. Tunataka kila mwanafunzi wenu atimize malengo na ndoto zake.

Mtaala huu utachukua hadi siku sita kufundisha ingawa ni lazima uendelee mwaka mzima ili kusisitiza na kuimarisha ujumbe. Kwa kufanya hivyo tutasaidia jamii yetu ya Afrika na dunia kutokomeza malaria kabisa. Mtaala huu unakusudiwa kufurahiwa, kukumbukwa na kuwa shirikishi!

Ndoto yangu kwa Afrika ni kutokuwa na malaria daima. Ushiriki wenu ni muhimu sana.

Laleni kwa amani,

Youssou Ndour

### **Yaliyomo**

Uk 46 Mapitio ya Jumla ya Mtaala/Mtaala

Uk 47 Siku ya 1: Utangulizi: Maswali yanayohusu matumizi ya chandarua & mapitio ya awali ya somo.

Uk 48 Siku ya 2: Somo: Ukweli kuhusu malaria katika maisha

Uk 49 Siku ya 3: Somo: Ukweli kuhusu kujikinga na malaria

Uk 51 Siku ya 4: Somo: Vyandarua huokoa maisha

Uk 52 Siku ya 5: Jaribio & cheti cha mafanikio

Uk 53 Siku ya 6: Shughuli ya Mtunza ndoto

Uk 54 Shughuli za Nightwatch zinazoendelea

## **Mapitio ya Jumla ya Mtaala**

Mwongozo huu unajumuisha taarifa zote watakazohitaji walimu kuwafundisha wanafunzi kuhusu kujikinga na malaria na umuhimu wa kulala kwenye chandarua kila usiku.

Malaria ni ugonjwa unaotishia maisha unaosababishwa na kimelea kinachoenezwa kutoka kwa mtu mmoja kwenda kwa mtu mwingine kwa kuumwa na mbu wa aina ya anophelesi. Malaria ni ugonjwa unaoongoza kwa vifo vya watoto wadogo Afrika. Inasikitisha kila baada ya sekunde 45, mtoto mmoja hufariki dunia kwa malaria, kusema kweli hali hii inazuilika kabisa. Kutokomeza vifo vinavyotokana na malaria kunahitaji seti ya ufumbuzi, ikiwemo elimu; usambazaji na matumizi ya vyandarua kila siku, unyunyuziaji wa dawa, kupimwa na upatikanaji wa dawa za kinga dhidi ya malaria ili kutibu ugonjwa huu.

Lengo kuu la mtaala huu ni kuwaonyesha wanafunzi kuwa wanapolala salama kwenye vyandarua vyao, wanafanya ndoto na malengo yao kuwa salama pia. Mtaala huu umetayarishwa kuhusianisha masomo, shughuli/mazoezi na michezo ya kuwashirikisha wanafunzi kuhusu kinga dhidi ya malaria - kwa matarajio kwamba watafikisha mafunzo yao kwa marafiki, familia na majirani.

Kwa muda wa siku sita, walimu watumia dakika 30 za muda wa masomo kufundisha malaria kila siku. Walimu wanaweza kuita kipindi hicho kuwa ni “Nightwatch Time”. Mwalimu atatumia siku chache za kwanza kupitia kuhusu malaria na matumizi ya chandarua na kufuatiwa na zoezi. Wanafunzi wakifaulu zoezi, watahiriki kwenye shughuli/zoezi lilulikanalo kuwa Mtunza ndoto. Shughuli hii inawakumbusha wanafunzi umuhimu wa wajibu walionao katika kusaidia kutokomeza malaria na kulala kwenye vyandarua vyao kila usiku kuwa watakuwa na uwezo wa “kulinda afya zao na kutimiza ndoto zao”

Itakuwa muhimu kwa walimu kuendelea kufundisha na kujadili ukweli huu katika kipindi chote cha mwaka wa masomo kama sehemu ya shughuli za Nightwatch zinazoendelea. Mwongozo huu unajumuisha shughuli zinazopendekezwa kuendelea kutumiwa baada ya mtaala kumalizika kwa ajili ya wanafunzi kuendelea kushirikishwa katika mapambano dhidi ya malaria.

### **Mapitio ya Mwalimu ya Nyenzo za Mtaala**

- Pitia nyenzo za kufundishia kwa makini, hasa mambo tisa ya msingi kuhusu Malaria na vyandarua, ili uelewe wanafunzi wanachotarajiwa kujifunza kabla ya kuanza kufundisha.
- Pitia muhtasari wa mipango ya somo ili kuhakikisha kuwa una nyenzo za kutosha kabla ya kufundisha kila somo.
- Fanya zoezi la kufunga chandarua kabla ya kuwaambia wanafunzi wajaribu kufanya hivyo darasani.
- Pitia zoezi la mambo/ya msingi kuhusu malaria ili kuhakikisha kuwa wanafunzi wataweza kujibu maswali hayo wao wenyewe.

### **Vidokezo vya kufundishia kwa jumla**

- Amua ni wakati gani wa siku unafaa zaidi kufundisha mtaala.
- Tenda siku 6 – 8 kukamilisha sura
- Wape wanafunzi dakika 45 katika somo la kwanza ili wapate muda wa kutosha wa kujibu maswali ya matumizi ya chandarua na kujifunza kuhusu mtaala unaofuata.
- Kila siku tenga dakika 30 kukamilisha kila somo; zoezi na shughuli nyingine yoyote inayoendelea.
- Tunza nyenzo kwa usalama ili sura ya mtaala iweze kutumiwa katika mwaka wote wa masomo kwa ajili ya shughuli zinazohusika zinazoendelea kuimarisha na katika mkazo wa kile walichojifunza.
- Iwapo darasani hakuna ubao wa kuandikia hoja:
  1. Taja hoja hizo kwa sauti
  2. Waambie wanafunzi waandike hoja
  3. Waambie darasa zima au baadhi ya wanafunzi waliochaguliwa, warudie hoja hizo kwa sauti.
- Kwa kila hoja, kuna taarifa ya nyongeza kwenye mwongozo inayoweza kutumiwa kusaidia somo (angalia kiambatanisho)
- Baada ya kila hoja kuwasilishwa kumbuka kuwauliza wanafunzi iwapo wana swali lolote.

- Ili kuwafanya wanafunzi washiriki kwenye mtaala, itakuwa muhimu kuwasilisha somo kwa nguvu na msisimko.

### **Muhtasari wa Somo**

1. Kabla ya kuanza somo wanafunzi wataulizwa maswali mawili muhimu kuhusu matumizi yao ya chandarua.
2. Baadaye, walimu watapitia masomo ya siku sita.
3. Mipango ya masomo matatu itaeleza hoja za namna ya kuokoa maisha kuhusu malaria na matumizi ya chandarua, na kufuatia jaribio la mambo 9 ya msingi kuhusu malaria.
4. Baada ya kufaulu jaribio, wanafunzi watapewa cheti cha mafanikio na kushiriki kwenye shughuli ya kufurahisha ya mtunza ndoto. Wanafunzi watatayarisha “Mabango ya Ndoto” binafsi kama shughuli ya upeo wa somo.
5. Inatarajiwa kwamba mafunzo hayo yatakuwa na athari kubwa kwa kuwa masomo hayo yanahusiana na mfululizo wa shughuli zinazoendelea. Shughuli hizi zitaimarisha ukweli kwamba kulala kwenye vyandarua kila usiku, maana yake ni “kufufua ndoto zetu na kujilinda”.

## **Siku ya 1: Maswali yanayohusu Matumizi ya chandarua & Mapitio ya Awali ya somo**

### **Malengo ya Somo:**

Walimu watafuata hatua mbili kwa mfuatano kwa ajili ya kutambulisha taarifa kwenye somo hili.

**Hatua ya 1.** Wanafunzi watajibu maswali mawili muhimu kuhusu matumizi yao ya chandarua nyumbani.

**Hatua ya 2.** Mwalimu atatoa muhtasari wa kila watakachojifunza kwenye masomo katika siku sita katika kipindi cha mwaka mzima.

### **Maandalizi ya Mwalimu**

Andika maswali ya Matumizi ya vyandarua kwenye ubao ili wanafunzi wanakili na kujibu.

Iwapo darasani hakuna ubao, uwe tayari kusoma maswali kwa sauti na waambie wanafunzi waandike majibu yao.

### **Taratibu za kufundisha**

Tafadhali fuata mfuatano kama ulivyoelekezwa kutambulisha somo hili.

Iwapo darasani hakuna ubao wa kuandikia maswali ya matumizi ya chandarua:

1. Soma maswali hayo kwa sauti,
2. Waambie wanafunzi waandike majibu.

### **Hatua ya 1: Maswali ya Matumizi ya chandarua**

Anza somo kwa kuwauliza wanafunzi maswali mawili haya muhimu. Maswali ni lazima yaandikwe ubaoni au yaulizwe kwa usahihi kama ifuatavyo, swali moja baada ya jingine.

1. Je, unacho chandarua cha kulalia?
2. Iwapo ndiyo, je, jana usiku ulilala kwenye chandarua?

Majibu ni lazima yaandikwe kimya kimya na akabidhiwe mwalimu. Halafu mwalimu aandike majibu kwenye fomu iliyopo kwenye kiambatanisho.



Halafu fomu hiyo irudishwe kwa njia ya posta kwa:

**Holly Trace**

**National Malaria Coordinator**

**Peace Corps Tanzania**

**htrace@peacecorps.gov**

**Zingatia:** Maswali haya yaulizwe baadaye katika mwaka wa masomo na fomu ya pili iliyomo kwenye programu ni lazima irudishwe kwa anwani iliyopo hapo juu.

**Hatua ya 2:** Pitia mtaala wa Malaria kwa kutumia hoja zilizopo hapa chini kutambulisha somo kwa wanafunzi. Waambie wanafunzi kwamba watashiriki katika programu ya elimu ya siku sita ili kutokomeza malaria na kwamba....

- Malaria ni tatizo kubwa barani Afrika.
- Cha kusitikisha kila sekunde 45 mtoto mmoja hufa kwa malaria.
- Malaria inaweza kuzuiwa kabisa.
- Unaweza kuwa unafahamu mtu aliyeambukizwa malaria au wewe mwenyewe uliwahi kuugua malaria zamani.
- Ni muhimu kujifunza kuhusu malaria na umuhimu wa vyandarua ili kufufua matarajio na ndoto zako.
- Mwisho wa somo hili kutakuwa na jaribio la kupima ulichojifunza.
- Baada ya jaribio utapewa cheti cha mafanikio na kushiriki kwenye shughuli ya kufurahisha ya mtunza ndoto. Utatayarisha “Malengo ya ndoto” yatakayojumuisha ndoto na malengo yako.
- Wanafunzi wataendelea na somo pamoja shughuli zinazoendelea katika kipindi chote cha mwaka wa masomo kuimarisha na kusisitiza kujifunza hasa nyumbani.

### **Ni kuhusisha nyumbani**

Wahimiza wanafunzi wafahamishe familia na marafiki wa nyumbani kwamba watashiriki kwenye programu ya elimu ya kutokomeza malaria.

## **Siku ya 2: Ukweli kuhusu Malaria**

### **Malengo ya Somo:**

Wafahamishe wanafunzi kuwa Afrika inakabiliwa na tatizo kubwa la malaria – ugonjwa unaoua watu milioni moja kwa mwaka, ambayo ni sawa na asilimia 90% ya vifo barani Afrika. Tunaweza kutatua tatizo hilo kwa njia ya elimu. Wanafunzi watatarajiwa kujifunza mambo ya msingi kuhusu ugonjwa huo.

### **Maandalizi ya Mwalimu**

Andika ukweli kuhusu malaria ubaoni kwa ajili ya wanafunzi kunakili na acha ukweli huo ubaoni wakati wote wa somo.

### **Taratibu za kufundisha**

Waambie wanafunzi kuwa ni lazima wajifunze na kuelewa jumla ya hoja tisa muhimu kuhusu malaria na vyandarua, zitakazofundishwa katika muda wa siku mbili zijazo. Katika somo hili, wanafunzi watafundishwa mambo sita kuhusu malaria. Katika hatua hii kabla ya kuanza somo, waulize wanafunzi wanachoelewa kuhusu malaria na washirikishe na anzisha mazungumzo. Halafu waambie wanafunzi waandike mambo sita ya msingi kuhusu malaria (angalia hapa chini). Baada ya kuandika, waambie wanafunzi wajitolee kusoma kila hoja kwa maelezo zaidi kuhusu hoja hizo, angalia ukurasa wa 18 kwenye kiambatisho.

1. Malaria ni ugonjwa unaozuilika na hutishia maisha, unaoweza kukuua wewe na ndoto zako.
2. Malaria huenezwa na mbu maalum – anayetwa anopheles – anayeuma zaidi usiku.
3. Dalili za malaria ni homa, kuhisi baridi, kuumwa na kichwa, kutapika na dalili nyingine za mafua.
4. Malaria ni lazima itibiwe haraka. Iwapo unadhani wewe una malaria au mtu mwingine kwenye familia yako anaweza kuwa na malaria, nenda kwenye kituo cha huduma za afya haraka kadiri iwezekanavyo. Wanacho kipimo cha kukufahamisha iwapo una malaria.
5. Malaria imetokomezwa katika sehemu kubwa duniani kwa kutumia dawa za kunyunyizia wadudu, dawa na kulala kwenye vyandarua.
6. Malaria inazuilika na kutibiwa. Una uwezo wa kutokomea vifo vya malaria kwenye jamii yako, nchini mwako na barani Afrika.

### **Kuhusisha nyumbani**

Wahimiza wanafunzi wawafahamisha wanafamilia na marafiki huko nyumbani walichojifunza kuhusu malaria. Mwambie kila mwanafunzi achague hoja moja kutoka kwenye somo la leo na waulize familia zao waone iwapo wanajua kama ni kweli au uongo. Halafu wanafunzi waweza kueleza walichojifunza kwenye somo lifuatalo.

### **Vidokezo vya Walimu**

Iwapo darasani hakuna ubao wa kuandikia hoja wakati wa somo:

1. Soma hoja hizo kwa sauti,
2. Waambie wanafunzi waandike hoja
3. Waambie darasa zima au baadhi ya wanafunzi waliochaguliwa warudie kila hoja kwa sauti.

Kwa kuwaambia wanafunzi waandike hoja, kutawasaidia kuimarisha na kuisitiza walichojifunza na watakuwa na nakala ya hoja za kujifunza nyumbani na kuzungumza na familia na marafiki zao.

Wanafunzi ni lazima waelewe kuwa wanaweza kuwa ni sehemu ya ufumbuzi wa kutokomeza malaria. Iwapo wataongeza juhudi katika miaka michache ijayo kusaidia kutokomeza malaria, watoto wao hataambukizwa malaria. Hii itaboresha maisha ya familia zao, jamii na nchi kwa ujumla.

Hakikisha kuimarisha na kuisitiza hoja ili kuondoa uvumi/tetesi yoyote au upotoshaji wowote kuhusu malaria.

## **Siku ya 3: Kujikinga na malaria**

### **Malengo ya Somo:**

Kupitia ukweli wa msingi kuhusu malaria na kutambulisha namna ya kuepuka kuambukizwa ugonjwa huo kwa matumizi ya chandarua wakati wa kulala usiku.

### **Maandalizi ya Mwalimu**

Andika mambo ya msingi kuhusu malaria na vyandarua ubaoni ili wanafunzi wanakili na kuacha hoja hizo ubaoni katika kipindi chote cha somo (mambo sita kutoka kwenye somo kabla na matatu mapya kuhusu vyandarua, angalia ukurasa wa 19)

### **Taratibu za kufundisha**

Kabla ya kuanza somo, waambie wanafunzi wajitolee kukueleza hoja mbili wanazokumbuka kutoka somo lililopita na walichojifunza kutokana na kuzungumza na familia yao kuhusu hoja kama sehemu ya mazoezi ya nyumbani.

Halafu waambie wanafunzi waandike hoja hizo (iwapo hawana nakala kutoka somo lililopita) waambie wanafunzi wa kujitolea wasome kila hoja. Kwa maelezo zaidi kuhusu hoja hizi angalia uk. 18 kwenye kiambatisho.

1. Malaria ni ugonjwa unaozuilika na hutishia maisha, unaoweza kukuua wewe na ndoto zako.
2. Malaria huenezwa na mbu maalumu- anayelitwa anopheles – anayeuma zaidi usiku.
3. Dalili za malaria ni homa, kuhisi baridi, kuumwa na kichwa, kutapika na dalili nyingine za mafua.
4. Malaria ni lazima itibiwe haraka. Iwapo unadhani wewe una malaria au mtu mwingine kwenye familia yako anaweza kuwa na malaria, nenda kwenye kituo cha huduma za afya haraka kadiri iwezekanavyo. Wanacho kipimo cha kukufahamisha iwapo una malaria.
5. Malaria imetokomezwa katika sehemu kubwa duniani kwa kutumia dawa za kunyunyizia wadudu, dawa na kulala kwenye vyandarua.
6. Malaria inazuilika na kutibiwa. Una uwezo wa kutokomeza vifo vya malaria kwenye jamii yako, nchini mwako na barani Afrika.

Baada ya kupitia hoja sita kuhusu malaria, wanafunzi hivi sasa watafundishwa hoja nyingine tatu kuhusu vyandarua. Hadi sasa unaweza kuwauliza wanafunzi kile wanachokijua hadi sasa kuhusu vyandarua kuwashirikisha na kuanzisha mazungumzo. Halafu waambie wanafunzi waandike mambo matatu kuhusu vyandarua (angalia hapo chini). Baada ya kuandika mambo hayo waambie wanafunzi wajitolee kusoma kila moja kwa maelezo zaidi kuhusu mambo hayo, angalia ukurasa wa 19 kwenye kiambatanisho.

### **Kuhusisha Nyumbani**

Wahimiza wanafunzi wawafahamisha wanafamilia na marafiki huko nyumbani walichojifunza na kusoma hoja hizo katika kujiandaa kwa jaribio. Waambie wanafunzi wahakikishie kwamba vyandarua vyao vinatumika nyumbani. Halafu wanafunzi wanaweza kueleza ni watu wangapi walitumia vyandarua vyao usiku ule kwenye somo lifuatalo:-

### **Vidokezo vya Walimu**

Iwapo darasani hakuna ubao wa kuandikia hoja wakati wa somo:

1. Soma hoja hizo kwa sauti,
2. Waambie wanafunzi waandike hoja,
3. Waambie darasa zima au baadhi ya wanafunzi waliochaguliwa, warudie kila hoja kwa sauti.

Kwa kuwaambia wanafunzi waandike hoja kutawasaidia kuimarisha na kuisisitiza walichojifunza na watakuwa na nakala ya hoja za kujifunza nyumbani na kuzungumza na familia na marafiki zao.

Wanafunzi ni lazima waelewe kuwa wanaweza kuwa ni sehemu ya ufumbuji wa kutokomeza malaria. Iwapo wataongeza juhudi katika miaka michache ijayo kusaidia kutokomeza malaria, watoto wao hawataamukizwa. Hii itaboresha maisha ya familia zao, jamii na nchi kwa jumla.

Hakikisha kuimarisha na kuisisitiza hoja ili kuondoa uvumi/tetesi yoyote au upotoshaji wowote kuhusu malaria.

## **Siku ya 4: Vyandarua vinaokoa maisha**

### **Malengo ya Somo**

Kupitia ukweli kuhusu malaria na vyandarua. Kufundisha namna ya kufunga chandarua darasani ili wanafunzi waweze kufundisha familia zao na marafiki.

### **Maandalizi ya Mwalimu**

- Funga chandarua darasani kwako. Maelekezo ya namna ya kufunga yamo ndani ya chandarua.
- Chandarua kining'inizwe darasani na kibaki muda wote wa somo ili wanafunzi wote wakione.
- Iwapo nafasi haitoshi, tafuta nafasi nyingine shuleni, au nje, ili kufunga chandarua mahali ambapo wanafunzi wanaweza kufanya mazoezi kwa zamu ya namna ya kufunga chandarua.
- Andika hoja tatu kuhusu vyandarua ubaoni.

### **Taratibu za Kufundisha**

Kama sehemu ya zoezi hili, waambie wanafunzi waeleze ni wangapi walitumia vyandarua usiku uliopita.

Halafu waambie wanafunzi kuwa watapitia hoja tatu kuhusu vyandarua. Waambie wanafunzi waandike hoja hizo. Baada ya kuandika hoja hizo, waambie wanafunzi wajitolee kusoma kila hoja. Kwa maelezo zaidi kuhusu hoja hizi, angalia ukurasa 19 kwenye kiambatanisho.

1. Vyandarua wakati wa kulala usiku vinafaa sana na vinaweza kukinga malaria.
2. Watu wote wanahitaji kulala kwenye chandarua kila usiku mwaka mzima, na si watoto au wajawazito tu. Vyandarua ni lazima vitumike mwaka mzima, hata kama hakuna mbu wengi.
3. Vyandarua vinaweza kuokoa maisha, malengo yako na ndoto huanzia kwenye chandarua.

Mwishoni mwa somo la kupitia, mwalimu au wanafunzi wa kujitolea wanaweza kuonyesha darasani namna ya kuning'iniza chandarua.

Chagua mwanafunzi mmoja wa kujitolea mwenye chandarua nyumbani awaonyeshe wenzake darasani namna ya kufunga chandarua. Waambie wanafunzi 2 hadi 3 zaidi (wanafunzi wenye vyandarua nyumbani) wasaidie kuwafundisha wenzao namna ya kufunga chandarua.

Jadili umuhimu wa kufunga chandarua kila usiku kabla ya saa 3.00 usiku na kwa familia yote, hasa watoto wadogo na kina mama wajawazito, kulala kwenye chandarua.

Wakati wanafunzi wanapoonyesha, wanauhakika kuhusu kufunga chandarua, uliza kama kuna maswali yoyote.

Waambie wanafunzi kwamba hili nisomo la mwisho kwenye mtaala huu na kwamba kutakuwa na jaribio kuhusu hoja hizi.

### **Kuhusisha Nyumbani**

Wahimize wanafunzi wasome hoja tisa za msingi kuhusu malaria na vyandarua kwa ajili ya jaribio la kufunga chandarua nyumbani. Wanafunzi wahakikishe kuwa vyandarua vyao havina matundu yoyote na vimening'inizwa vizuri nyumbani. Wakumbushe wawaarifu marafiki na familia zao taarifa mpya waliyojifunza.

### **Vidokezo vya Walimu**

Iwapo darasani hakuna ubao wa kuandikia hoja wakati wa somo:

1. Soma hoja hizo kwa sauti,
2. Waambie wanafunzi waandike hoja,
3. Waambie darasa zima au baadhi ya wanafunzi waliochaguliwa, warudie kila hoja kwa sauti.

Kwa kuwaambia wanafunzi waandike hoja kutawasaidi kuimarisha na kusisitiza walichojifunza na watakuwa na nakala ya hoja za kujifunza nyumbani na kuzungumza na familia na marafiki zao.

Wanafunzi ni lazima waelewe kuwa wanaweza kuwa ni sehemu ya ufumbuji wa kutokomeza malaria. Iwapo wataongeza juhudi katika miaka michache ijayo kusaidia kutokomeza malaria watoto wao hawataambukizwa malaria. Hii itaboresha maisha ya familia zao, jamii na nchi kwa jumla.

Hakikisha kuimarisha na kusisitiza hoja ili kuondoa uvumi/tetesi yoyote au upotoshaji wowote kuhusu malaria.

## **Siku ya 5: Jaribio**

### **Malengo ya Somo**

Kuwapima wanafunzi ili kuhakikisha kuwa wanajua mambo tisa ya msingi kuhusu malaria na vyandarua.

### **Maandalizi ya Mwalimu**

Mpe kila mwanafunzi karatasi ya jaribio iliyopo kwenye ukurasa wa 22 wa kiambatanisho. Iwapo hakuna karatasi za majaribio zilizochapwa kwa ajili ya wanafunzi, maswali yanaweza kuandikwa ubaoni kwa ajili yao, na kusahihisha majibu yao kwenye karatasi nyingine.

### **Taratibu za Kufundisha**

- Waambie wanafunzi kuwa watapeleka jaribio kuhusu mambo tisa ya msingi kuhusu malaria na vyandarua.
- Gawa nakala za jaribio kwa kila mwanafunzi ipo kwenye ukurasa wa 22 wa kiambatanisho.
- Wanafunzi wakishamaliza kufanya jaribio, wamkabidhi mwalimu.
- Halafu jaribio litasahihishwa na kupewa alama na mwalimu.
- Ili kufaulu jaribio, wanafunzi ni lazima wapate majibu yote kwa usahihi.
- Walimu ni lazima wawasaidie wanafunzi wasiofaulu na wajifunze tena na kufanya jaribio siku inayofuata, na kuendelea mpaka kila mmoja afaulu.
- Wanafunzi wakishafaulu jaribio, wanaweza kupeleka nyumbani matokeo hayo na cheti cha mafanikio nyuma yake, kitakachotiwa saina na mwanafunzi na Mwalimu.
- Cheti hicho ni namna ya kutambua bidii ya mwanafunzi na uelewa wa mambo makuu tisa ya msingi kuhusu malaria na vyandarua. Kwenye cheti kuna sehemu ambapo mwanafunzi atasaini palipoandikwa “Naahidi kujitahidi kadiri ya uwezo wangu kufufua matumaini na ndoto zangu na kulala kwenye chandarua kila usiku na kuwasaidia wenzangu kufanya hivyo”.
- Jaribio ni lazima lipelekwe nyumbani baada ya masomo kwa ajili ya wazazi wao au walezi kutia saina kama namna ya kuwahimiza wawafahamisha familia zao, kile walichojifunza darasani.
- Ili kuimarisha na kusisitiza kujifunza, wanafunzi ni lazima wajaribiwe katika kipindi chote cha masomo cha mwaka mzima kama njia ya kukumbusha hoja tisa za msingi kuhusu malaria na vyandarua. Iwapo huwezi kutoa nakala za jaribio walimu wanaweza kuandika maswali ubaoni kwa ajili ya wanafunzi kuandika majibu kwenye karatasi zao.

### **Kuhusisha Nyumbani**

Wahimiza wanafunzi wapeleke matokeo ya majaribio yao nyumbani ili waonyeshe familia zao kile walichojifunza.

Mzazi au mlezi ni lazima atie saina cheti nyuma ya karatasi ya jaribio kuthibitisha kuwa wamesoma jaribio hilo na matokeo.

### **Vidokezo vya Mwalimu**

Iwapo darasani hakuna ubao wa kuandikia maswali ya jaribio, wakati wa jaribio.

1. Soma maswali ya jaribio kwa sauti.
2. Waambie wanafunzi waandike majibu yao.
3. Waambie wanafunzi wote wakabidhi majibu yao mwisho wa kufanya jaribio kwa mwalimu ili asahihishe na kutoa alama.

Jaribio ni lazima litolewe angalau siku 5 baada ya kuanza kwa programu. Inapendekezwa kutoa jaribio baada ya kuanza programu. Inapendekezwa kutoa jaribio baada ya mwisho wa juma ili kuhakikisha kuwa wanafunzi wanakumbuka masomo waliyojifunza shuleni pamoja na nyumbani.

Ni muhimu kwa kila mwanafunzi kufaulu jaribio. Halafu walimu watasahihisha na kutoa alama. Ili mwanafunzi afaulu jaribio ni lazima apate majibu yote sahihi.

Kwa wanafunzi wasiofaulu zoezi kwa mara ya kwanza walimu wawahimiza wasome ili wafanye tena jaribio siku inayofuata, warudie vivyo hivyo mpaka kila mwanafunzi afaulu na kupata cheti.

Kwa wale wasiofaulu jaribio hilo, ni muhimu kwa mwalimu kujadili hoja na kubainisha tatizo liko wapi na kuwasaidia kujifunza mpaka waweze kufanya tena jaribio bila ya tatizo.

Wanafunzi wote ni lazima wajione kuwa ni “washindi” na “wenye fahari” hata wale wasiofaulu walipojaribu mara ya kwanza. Kwa hiyo, ni muhimu kwa mwalimu kuwatia moyo na kuwajumuisha wanafunzi wote kwenye shughuli zinazoendelea hata kama hawakufaulu (lakini wape fursa wanafunzi kuendelea kufanya jaribio kwa sasa)

Ni muhimu zaidi kukumbuka kwa kusaidiana, kwa pamoja tunaweza kutokomeza malaria.

Kabla ya kufanya jaribio, wakumbushe wanafunzi kuwa ni lazima wasome majibu yote yanayoweze kama kwanza na halafu wachague jibu bora zaidi.

## **Siku ya 6: Shughuli ya Mtunza Ndoto**

### **Lengo la Shughuli**

Wanafunzi watatayarisha na kuonyesha “Mabango ya ndoto” yenye picha na orodha ya ndoto na malengo anayotarajia kuyatimiza kila mwanafunzi maishani mwao. Mabango yatawekwa nyumbani kama kikumbusho cha kulala kwenye vyandarua vyao kila usiku; kuishi wenye afya na kufikia ndoto na malengo yao.

### **Maandalizi ya Mwalimu**

- Kusanya nyenzo zote za Mtunza ndoto na wagawie wanafunzi darasani (mabango/karatasi/mbao za mabango, kalamu za mkolezo, nk).
- Nyenzo zote za Mtunza Ndoto ni lazima zitunzwe mahali salama ili ziweze kutumika tena mwaka mzima.

### **Taratibu za Kufundisha**

Walimu watangaze darasani kuwa hivi sasa ni “Nightwatch Time” wanafunzi watashiriki katika shughuli ya kufurahisha ijulikanayo kuwa ni Mtunza Ndoto, kutayarisha bango linalojumuisha ndoto na malengo wanayotaka kufikia maishani. Waambie wanafunzi wafanye yafuatayo:-

1. Fikiria ndoto tatu au malengo unayotaka kuyafikia maishani mwako ..... inaweza kuwa ni kitu kwa ajili yako , rafiki yako au familia yako. Inaweza kuwa ni kitu kwa ajili yako katika kipindi cha miaka michache ijayo au wazo kwa ajili ya elimu yako ya baadaye au kazi.
2. Andika ndoto na malengo yako kwenye “bango la ndoto” ulilopewa. Ukishamaliza kuandika malengo na ndoto zako, unaweza kupamba au kuchora picha za ndoto zenu kwenye mabango yao. Halafu weka bango lako ndani ya chandarua darasani kwa wiki yote.

3. Mwisho wa wiki utapeleka nyumbani “bango la ndoto” yako na kuliweka kwenye chandarua chako. Kila asubuhi nausiku angalia ndoto na malengo yako na fikiria utafanya nini kuyatimiza hayo ni pamoja na kupata usingizi mnono kwenye chandarua chako kila usiku, kuishi mwenye afya na kuendelea na elimu yako.

### **Kuhusisha Nyumbani**

Wahimize wanafunzi waangalie mabango yao na wafikirie kuhusu ndoto na malengo yao kila siku usiku na asubuhi kuwasaidia kutafuta namna ya kufikia ndoto na malengo yako. Wakumbushe wanafunzi wawaarifu familia na marafiki nyumbani kwao kuhusu jambo jipya walilojifunza.

### **Vidokezo vya Walimu**

Lengo la Shughuli hii na kwa wanafunzi kuelewa kwamba kwa kujiweka salama kwenye vyandarua vyao, wanafunzi wanaweka malengo na ndoto zao salama na hai pia. Wakati wanafunzi wanapoandika malengo na ndoto zao, kitendo cha kuandika husaidia kufanya ndoto zao kuwa halisi!

Wahimize wanafunzi kutumia muda wa kufikiria kuhusu ndoto na malengo yao na kubuni ujumbe na mawazo yao. Hii itamaanisha kufumba macho yao na kuwa kimya kwa dakika kadhaa ili waweze kutafakari ndoto zao.

“Mabango ya ndoto” yatajumuisha vifungu vya kuhamasisha kama: Naahidi kufufua ndoto zangu. Nightwatch, ndoto njema au majina ya watu mashuhuri wanaowapenda kama vile mwanasayansi, mvumbuzi, daktari, mwalimu nk.

Njia moja inayopendekezwa kuwafanya wanafunzi waning'inize “Mabango ya Ndoto” zao darasani ni:

- Kuwaruhusu wapande juu mmoja mmoja na kusimama chini ya chandarua.
- Wanapokuwa ndani ya chandarua wanafunzi wanaweza kuning'iniza “Mabango ya Ndoto” zao na kueleza kwa sauti darasani ndoto na malengo yao.
- Baada ya mwanafunzi kueleza kilichoandikwa kwenye bango lake, mwalimu atasema “Ndoto Njema” kwa wanafunzi.
- Halafu mwanafunzi hutoka kwenye chandarua na kurudi kwenye dawati lake.
- Hii itarudiwa kwa kila mwanafunzi darasani mpaka “Mabango ya Ndoto” yote yaning'inizwe ndani ya chandarua.

## **Shughuli za NightWatch Zinazoendelea**

Walimu wawahimize wanafunzi wao waendeleo na shughuli za NightWatch katika mwaka wote wa masomo kama njia ya kubadilishana taarifa na wanafunzi wengine, familia zao na jamii. Kutegemea rasilimali na nafasi iliyopo shuleni kwako, shughuli hizi zijumuishie wanafunzi wanaounda program ya baada ya masomo. NightWatch, watakaposhiriki kwenye sanaa, muziki, maigizo na majadiliano na marafiki wao shuleni au katika jamii.

Yafuatayo ni mawazo ya shughuli za wanafunzi zinazopendekezwa huimarisha na kusisitiza mtaala.

### **Club NightWatch**

- Wahimize wanafunzi waunde Club NightWatch, mahali pa kukutania na kufurahi, kushiriki katika shughuli, na kubadilishana taarifa muhimu kuhusu malaria na vyandarua na wanafunzi wengine, familia na marafiki.

**Muziki**

- Wahimize wanafunzi kutunga wimbo wa NightWatch na kuufanyia mazoezi na kuonyesha kwenye shule, familia na jamii yao.

**Drama**

- Wahimize wanafunzi wabuni na kuigiza mchezo wa kuigiza mfupi wa NightWatch Shuleni kwao, katika familia na jamii.

**Sanaa**

- Wahimize wanafunzi wabuni “Bango la Ahadi” litakalotiwa saini na wanachama wote wa kwenye klabu na kuonyesha kuwa wanaahidi kulala kwenye chandarua kila usiku. Wanafunzi wanaweza kuonyesha sanaa yao shuleni, katika familia na jamii.

**Michezo**

- Wahimize wanafunzi wabuni mkao maalum wa NightWatch kwenye chandarua katika michezo ya mpira wa miguu,nk. Hii itasaidia kuleta utambuzi wa fahari ya kutumia chandarua kila usiku.

**NightWatcher**

- Chagua mwanafunzi wa kujitolea kuwa “NightWatcher” kila siku kabla ya kuingia darasani wakati wa kuhakiki mahudhuro. NightWatcher atakuwa na jukumu la kuwauliza wanafunzi wenzake iwapo wamekumbuka kulala kwenye vyandarua vyao usiku uliyopita. NightWatcher anaweza kuchaguliwa kila wiki na ama mkuu wa chuo au mwalimu. Kila asubuhi ya Shule ama kengele ya shule, mdundo wa ngoma au wito wa simu unaweza kusikika mara 9 saa 3.00 usiku.



# Malaria Transmission Community Sketch

.....

ENTER A FATHER, MOTHER, 2 KIDS MAMADOU AND DJENOBA

**MOTHER:** Why aren't you going to the field today?

**FATHER:** My head aches. I have the chills. The light hurts.

**MOTHER:** You're just lazy. Who's going to harvest the crops?

**FATHER:** Mamadou, Djenoba, you're going to have to stay home from school today to mind my fields.

**DJENOBA:** But today's my favorite class

**MAMADOU:** I hate school. I'd rather go to the fields.

**MOTHER:** Why is this happening to our family?

ENTER THE COMMUNITY HEALTH WORKER WHO TURNS TO THE AUDIENCE

**COMMUNITY HEALTH WORKER:** He has malaria. Say it with me: he has –

**AUDIENCE:** Malaria.

**COMMUNITY HEALTH WORKER:** What?

**AUDIENCE:** Malaria.

**COMMUNITY HEALTH WORKER:** What?

**AUDIENCE:** MALARIA!

**MOTHER:** Moussa, Moussa, my husband is sick. We don't know why.

**COMMUNITY HEALTH WORKER:** What's wrong with him?

**FATHER:** My head aches. I have the chills. The light hurts.

**COMMUNITY HEALTH WORKER:** His head aches. He has the chills. The light hurts.

**DJENOBA AND MAMADOU:** His head aches. He has the chills. The light hurts.

**COMMUNITY HEALTH WORKER:** (to the audience) What could it be?

**AUDIENCE:** Malaria

**COMMUNITY HEALTH WORKER:** (to the Father) They think you have malaria.

**MOTHER:** Oh no!

**FATHER:** I can't have malaria. I haven't eaten any green mangos.

**COMMUNITY HEALTH WORKER:** (to audience) Do green mangos cause malaria?

**AUDIENCE:** No!

**DJENOBA:** I heard it was drinking dirty water.

**COMMUNITY HEALTH WORKER:** (to audience) Does drinking dirty water cause malaria?

**AUDIENCE:** No!

**MAMADOU:** Everyone knows that sorcerers cause malaria!

**COMMUNITY HEALTH WORKER:** (to audience) Do sorcerers cause malaria?

**AUDIENCE:** No!

**FAMILY:** If green mangos, and dirty water, and sorcerers don't give him malaria, what does?

**COMMUNITY HEALTH WORKER:** (picking an audience member at random) He does.

**FAMILY:** Who is he?

**COMMUNITY HEALTH WORKER:** (Pulls the volunteer to the front and as he describes things, makes the audience member act them out) He has wings that flap. (makes volunteer flap his arms like wings) He buzzes. (makes volunteer buzz) He comes into your house at night and bites you. (Makes volunteer go over and bite Mother, who screams). Do you know who he is yet?

**FAMILY:** A mosquito.

**COMMUNITY HEALTH WORKER:** (to the audience) Who is he?

**AUDIENCE:** A mosquito.

**FATHER:** But how can a mosquito make me so sick when I am large and he is small?

**COMMUNITY HEALTH WORKER:** Ahhh... but the person who gave you malaria was large. A mosquito is just an arrow. But who shot the bow?

**FAMILY:** We don't understand.

**COMMUNITY HEALTH WORKER:** The mosquito cannot make malaria. It can only carry it. Who put the malaria in the mosquito?

**FAMILY:** We don't know.

**COMMUNITY HEALTH WORKER:** (picking another volunteer from the audience) [Samba – or insert audience members name] did!

**FAMILY:** What!

**COMMUNITY HEALTH WORKER:** He had malaria. You know what it was like.

**FAMILY:** His head ached. He had the chills. The light hurt.

**COMMUNITY HEALTH WORKER:** (making the volunteer mosquito go and bite the man) And a mosquito came and bit him. And the cunning malaria hitched a ride on the mosquito. The bow was pulled back and the arrow launched and it hit...

**DJENOBA AND MAMADOU:** Papa!

**COMMUNITY HEALTH WORKER:** Yes! The mosquito flew to your papa and bit him, and now the malaria that was in Samba, that hitched a ride on the mosquito, is now in your papa.

**FAMILY:** His headaches. He has the chills. The light hurts.

**FATHER:** I will go rest until the malaria passes.

**COMMUNITY HEALTH WORKER:** Will you not take medicine?

**FATHER:** I have had malaria many times. I always got better. And if it is god's will I will get better this time.

**COMMUNITY HEALTH WORKER:** If you will not take medicine for yourself, will you not take it for your children? For your neighbors children? For the children of the village? For the pregnant mothers? Do you not love them?

**FATHER:** Of course I love them!

**COMMUNITY HEALTH WORKER:** Would you stand in the center of the village and shoot arrows at the sky?

**FATHER:** Of course not. I love my village and I wouldn't want an arrow to come down and hit anyone.

**COMMUNITY HEALTH WORKER:** Then why will you not take your medicine. Every day that you have malaria mosquitos come and bite you. YOUR malaria hitches a ride on them. Who will they bite next? Your wife, your neighbor, your child? (to Djenoba and Mamadou) Do you want your papa to give you malaria?

**DJENOBA AND MAMADOU:** No!

**COMMUNITY HEALTH WORKER:** (to Mother) Do you want your husband to give you malaria?

**MOTHER:** No!

**COMMUNITY HEALTH WORKER:** (to audience) Do you want your neighbor to give you malaria?

**AUDIENCE:** No!

**COMMUNITY HEALTH WORKER:** (to audience - louder) Do you want your neighbor to give you malaria?

**AUDIENCE:** NO!

**COMMUNITY HEALTH WORKER:** (to audience - loudest) Do you want your neighbor to give you malaria?

**AUDIENCE:** NOOOO!

**COMMUNITY HEALTH WORKER:** (to Father) The village has spoken. Put away your bow. Take your medicine.

**FATHER:** (in tears) I never want to hurt my village. I did not know. I will take my medicine!

**DJENOBA AND MAMADOU:** We love you papa.

The End

## **Malaria Maamdukizi Jamii Igizo** (Malaria Transmission Community Sketch)

*Anaingia: Baba, Mama, Watoto Wawili, Mamadou na Djenoba*

**Mama:** Kwa nini huendi shambani leo?

**Baba:** Ninaumwa kichwa. Ninahisi baridi. Mwanga unaniumiza.

**Mama:** Huo ni uvivu. Nani atavuna mazao shambani?

**Baba:** Mamadou, Djenoba hamtaenda shule leo ili muende shambani.

**Djenoba:** Lakini leo ni siku ya shule ninayoipenda

**Mamadou:** Sipendi shule. Ni afadhali niende shambani.

**Mama:** Kwa nini haya yanatokea kwenye familia yetu?

*Anaingia Mtendaji Wa Afya Jamii Na Kegeukia Umati*

**Matendaji:** Ana Malaria. Sema na mimi: ana-

**Umati:** Malaria

**Mtendaji:** Nini?

**Umati:** Malaria

**Mtendaji:** Nini?

**Umati:** Malaria

**Mtendaji:** Nini?

**Umati:** MALARIA!

**Mama:** Moussa, Moussa, mume wangu anaumwa. Hatajui kwa nini.

**Mtendaji:** Nini kinamsibu?

**Baba:** Kichwa Kinaniuma. Nahisi baridi. Mwanga unaniumiza.

**Djenoba na Mamadou:** Kichwa Kinamuuma. Anahisi baridi. Mwanga unamuumiza.

**Mtendaji:** *(Kwa umati)* Itakua ni nini?

**Umati:** Malaria

**Mtendaji:** *(Kwa baba)* Wanahisi una malaria.

**Mama:** Jamani!

**Baba:** Siwezi kuwa na malaria. Sijala maembe mabichi.

**Mtendaji:** *(Kwa umati)* Maembe mabichi husababisha malaria?

**Umati:** Hapana!

**Djenoba:** Nilisikia husababishwa na kunywa maji machafu.

**Mtendaji:** *(Kwa umati)* Je maji machafu husababisha malaria?

**Umati:** Hapana!

**Mamadou:** Kila mtu anajua kuwa wachawi ndio husababisha malaria?

**Mtendaji:** *(Kwa Umati)* Wachawi husababisha malaria?

**Umati:** Hapana!

**Familia:** Kama Maembe mabichi, na maji machafu, ma wachawi hawasababishi malaria, nini kinampatia?

**Mtendaji:** *(Anachugua mtu yeyote kwenye umati)* Huyu ndiye anayesababisha.

**Familia:** Huyu ni nani?

**Mtendaji:**

*(Anamuita mbele aliyejitolea na anavyoelezea vitu anamuomba aliyejitolea atende asemayo)*

Ana mabawa yanayo piga piga

*(Anamwambia aliyejitolea apige pige mikono yake kama mabawa)*

Analia hivi

*(Anamwambia aliyejitolea alie kama mbu)*

Anakuja nyumbani kwako usiku na kukung'ata

*(Ananamwambia aliyetolea anende kumng'ata mama, anayeshtuka)*

Umeshamjua ni nani?

**Familia:** Mbu!

**Mtendaji:** *(Kwa umati)* Huyu ni nani?

**Umati:** Mbu!

**Baba:** Lakini mbu anawezaje kufanya niumwe wakati mimi ni mkubwa nay eye ni mdogo?

**Mtendaji:** Ahaa ... lakini mtu aliyekupa malaria ni mkubwa. Mbua ni mshale tu. Ila nani aliyevuta upinde?

**Familia:** Hatuelewi.

**Mtendaji:** Mbu hawezi kutengeneza malaria. Yeye anabeba tu. Nani aliyeweka malaria kwa mbu?

**Familia:** Hatujui

**Mtendaji:** *(Anachugua mtu mwingine yeyote kwenye umati) (Samba-au weka jina halisi la anayejitolea)*

Huyu ndio kaweka.

**Familia:** Ati nini?

**Mtendaji:** Alikua ana malaria. Unajua inavyokuwa.

**Familia:** Kichwa kilimuuma. Alihisi baridi. Mwanga ulimumiza.

**Mtendaji:** (*Anamwambia aliyejitolea kuwa mbu aende kumng'ata samba*)

Mbu alienda kumng'ata. Malaria ikadandia lifti kwa mbu. Upinde ukavutwa, mshale ukaachiwa na kumpata...

**Djenoba Na Mamadou:** Baba!

**Mtendaji:** Ndio! Mbu alipaa mpaka kwa baba na kumng'ata, na sasa malaria iliyokuwa kwa Samba na ikapata lifti kwa mbu, imempata baba.

**Familia:** Anaumwa kichwa. Anahisi baridi. Mwanga unamuumiza.

**Baba:** Nitaenda kupumzika mpaka malaria iishe.

**Mtendaji:** Hutatumia dawa?

**Baba:** Nimepata malaria mara nyingi. Huwa napona. Na kama ni mapenzi ya Mungu, hata sasa nitapona tu.

**Mtendaji:** Kama hutakunywa dawa ajili yako, hutakunywa kwa ajili ya watoto wa jirani zako? Kwa watoto wa kijiji chako? Kwa wamama wajawazito? Kwani huwapendi?

**Baba:** Mbona nawapenda sana tu!

**Mtendaji:** Utasimama katikati ya kijiji na kurusha mishale angani?

**Baba:** Hapana siwezi. Nakipenda kijiji Changu na nisingependa mshale umpate mtu yeyote.

**Mtendaji:**

Sasa kwa nini hutaki kutumia dawa. Kila siku ukiwa na malaria mbu wanakuja kukung'ata. Malaria yako inapata lifti kwa hawa mbu. Nani atakaye ng'atwa baadaye? Mke wako, jirani yako, watoto wako

(*Kwa Dejenoba na mamadou*)

Mnatake baba yenu awaambukize malaria?

**Dejenoba na Mamadou:** Hapana!

**Mtendaji:** (*Kwa mama*) Unataka mume wako akuambukize malaria?

**Mama:** Hapana!

**Mtendaji:** (*Kwa umati*) Mnataka jirani yenu awaambukize malaria?

**Umati:** Hapana!

**Mtendaji:** (*Kwa umati-kwa sauti kubwa*) Mnataka jirani yenu awaambukize malaria?

**Umati:** HAPANA!

**Mtendaji:** (*Kwa umati-kwa sauti kubwa zaidi*)

MNATAKA JIRANI YENU AWAAMBUKIZE MALARIA?

**Umati:** HAPANAAAAA!!!!

**Mtendaji:** (*Kwa baba*) Kijiji kimeongea. Weka chini mshale wako. Kunywa dawa zako.

**Baba:** (*Kwa majonzi*) Sikuwahi kutaka kuumiza kijiji change. Sikuwa najua. Nitatumia dawa!

**Djenoba Na Mamadou:** Tunakupenda baba.

## **Barriers to Transmission:**

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# MALARIA PRE/POST TEST

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## OPEN ANSWER:

1. What is Malaria?

## TRUE AND FALSE:

*Fill in the blanks with true or false*

2. Malaria is caused by any mosquito. \_\_\_\_\_
3. Sleeping under a net is ineffective because mosquitoes can bite in the morning, afternoon, and evening as well. \_\_\_\_\_
4. Mosquitoes can spread AIDs. \_\_\_\_\_
5. Elderly are most at risk for malaria infection. \_\_\_\_\_
6. It is necessary to finish the malaria medication even if you are feeling better. \_\_\_\_\_

## FILL IN THE BLANKS:

7. It is important for pregnant women to receive prophylaxis because the malaria parasite \_\_\_\_\_ in her \_\_\_\_\_, making it difficult to test for.
8. Name three Malaria prevention techniques:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
9. Name three Malaria symptoms:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
10. Write the name of two places in or near your community where you can receive treatment for Malaria:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
11. Write one activity you can do in your village to help educate the community about Malaria.

12. **DRAW** the Malaria Infection Cycle:

# MALARIA JARIBIO KABLA YA NA BAADA YA MAFUNZO

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## ELEZEA:

1. Malaria ni nini?

## KWELI AU SIKWELI:

*Jibu kama ni kweli au sikweli*

13. Vimelea vya malaria huwa vinasambazwa na aina yoyote ya mbu. \_\_\_\_\_
14. Kulala kwenye chandarua sio muhimu kwa kujikinga dhidi ya malaria kwa sababu mbu wanaweza kung'ata wakati wa asubuhi, mchana, au jioni. \_\_\_\_\_
15. Mbu anaweza kuambukiza ugonjwa wa UKIMWI. \_\_\_\_\_
16. Wazee wapo kwenye hatari zaidi ya kuugua malaria kaliko watu wengine. \_\_\_\_\_
17. Ni lazimal muhimu kumaliza dozi ya malaria hafa kama unajisikia vizuri. \_\_\_\_\_

## JAZA NAFASI ZILIZO WAZA:

18. Ni muhimu kwa wajawazito kupewa SP kwa sababu vijidudu vya malaria \_\_\_\_\_ ndani ya \_\_\_\_\_ vinasababisha ugumu wa kupima.

19. Andika njia tatu za kuzuia Malaria:

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

20. Andika dalili tatu za Malaria:

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

21. Andika majina ya sehemu mbili ambazo wanajamii wa kijiji chako wanaweza kwenda kupata matibabu ya Malaria:

- a. \_\_\_\_\_
- b. \_\_\_\_\_

22. Andika shughuli au mradi mmoja mtakaoweza kufanya kuelimisha wanajamii wa kijiji chako mtakapomaliza mafunzo haya.

23. **CHORA** njia ya maambukizi ya Malaria kwa mbu na binadamu:

## PCV Malaria Event Report

**PCV Name**

**PCV Region & Village name**

**Grant Used YES NO Grant Type**

**Date Start Time End Time**  
**Attendance # of Actual Participants \_\_\_\_\_ # of Estimated Participants \_\_\_\_\_**

**# of Female # of Male # of children (before primary school)**

**The number of people who slept under a long lasting Insecticide treated Bed Net last night.**

**The number of individuals with a fever in the last two weeks who received anti-malarial treatment AND within one day of the onset of fever.**

**Where the event was**

**held: Region**

**District**

**Village/Town**

**Venue** School Bus Stand Clinic Market Dispensary Camp Worksite Other: \_\_\_\_\_

**Venue Name**

**Event Type** Market Presentation Hospital/Clinic Presentation LLITNet Distribution # of homes \_\_\_\_\_ Indoor Residual Spraying  
 School Lesson Village Conf/Train MVU Mural Cultural Show

**Target Groups** Medical Professionals Community Mobilizers Community Members (students)  
 Entrepreneurs Teachers Pregnant Women Other: \_\_\_\_\_

### **Event Description**

**Counterpart Name**

**Telephone**

**E-Mail**

**Partner**

**Contact**

**Organization**

**Telephone**

**E-Mail**

**PCV Support Name**

**Region/village**

**Telephone**

**E-Mail**

**Other activities HIV/AIDS Female Empowerment Food Security Other: \_\_\_\_\_**

**AUTHORISATION NAME OF VEO/WAO/ MKUU/DR./ETC.**

**SIGNATURE**

**OFFICIAL STAMP**

