

## Health – Hand washing

Picture of hand washing steps to discuss

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### Wash your hands with soap and clean water

#### ACTION for the TEACHER

Look in the Teacher Guidance Manual for the following activities:

1. Story activity: The boy who never washed his hands. TGM page ...
2. Activity on hand washing TGM page .. Need oil and chalk

#### Lesson ideas:

1. Write: I wash my hands before I .....
2. I wash my hands after I ....

#### Remember:

You need a bowl, water, soap, ash,

#### Teacher's Code of Conduct for Emergency Situations

Is a role model and demonstrates good behavior such as respect for others, hard work, punctuality, responsibility and team work.

#### Using the picture

What is she doing? Why?

#### Ask and listen:

1. Why do we wash our hands?
2. Why do we keep our nails clean?
3. What sicknesses can we get if our hands and nails are dirty? (diarrhoea, worms)
4. What about your own hands - are they clean?
5. When did you last wash your hands?
6. When should you wash your hands?
7. Which of the following do you do during the day -
  - Prepare food?
  - Look after other children or animals?
  - Clean up dirty areas?
  - Walk in water or mud?

#### Explain:

Most diseases are preventable if we practice healthy behaviors. Good health is within our control. One of the most important things we can do is wash our hands

**Conduct the story activity: The boy who never washed his hands. TGM page ...**

**Conduct the activity on hand washing TGM page ..**

#### Using the picture

1. Show the pupils how to wash their hands using the pictures.
2. Every pupil must follow the teacher's actions.

**Ask and listen:** Why should everyone wash his or her hands with soap and water?

#### Answers:

During the day, you shake hands with people, you touch things, you go to the latrine, and you pick up germs. The best way to get rid of germs is to wash your hands with soap and clean water. If soap is not available, use ash. Washing your hands is good hygiene and helps to kill germs that can cause disease such as diarrhoea.

#### Agree-disagree

Ask pupils to think about the sentence. If they agree they walk to the agree sign. If they disagree they walk to the disagree sign.

**When is it very important for you to wash your hands with soap and clean water?**

1. Before preparing food (agree)
2. Before going to the latrine (disagree)
3. Before feeding a baby or child (agree)
4. Before doing your school work (agree if your hands are dirty)
5. Before disposing of baby's faeces (disagree)

#### Sing

Teach the students the hand washing song

Lather with soap  
Rub your palms together  
Now the backs  
Of your hands  
Interlace your fingers  
Cleaning in between them  
Now the thumbs  
Clean your nails

Demonstrate that they rub all of their hands together for at least 15 seconds to give the soap plenty of time to work.

## Health – The fly

Story of fly

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**Most diseases are preventable if we practice healthy behaviours**

### **ACTION for the TEACHER**

Look in the Teacher Guidance Manual for the following activities:

1. Conduct the story activity: The fly TGM page ..

### **Lesson ideas:**

1. Write a riddle about an animal
2. Write: My home is clean because ....
3. Write the story about the fly.

### **Remember**

The pictures for the fly story

### **Teacher's Code of Conduct for Emergency Situations**

Teachers must promote a protective and positive learning environment however possible, being aware of risks in the area and respond or report security dangers.

### **Read the Riddle TGM page...**

I am very small and move around freely. I live in dirty areas. I like visiting kitchens, latrines, shops, and garbage. I really like to be close to children. I have three pairs of feet that help me to carry dirt and germs. I have contact with lots people but they don't like me or the noise I make. What am I? Answer: fly

### **Using the picture**

1. What can you see in the picture?
2. Describe it.
3. What noise does it make?

### **Ask and listen**

1. Where do flies like to be?
2. How do flies transfer dirty things and disease?
3. What sicknesses are associated with flies?

### **Answers:**

Flies like to sit in rubbish and toilets and then sit on us and our food and make us sick. We can get diarrhoea, skin and eye infections transmitted by flies.

### **Demonstration**

1. Ask a pupil to stand at the front.
2. Put the model fly on the chalk dust and then place it where flies walk on children i.e. hand or face. Put the feet of the fly model on the pupil and everyone can see the chalk dust.
3. Ask what has happened.

### **Explain:**

We have just seen how a fly transfers dirt and disease. Flies travel from dirty places like faeces, refuse, and dead animals to sit on our food and water and on the hands and faces of children.

Flies like dirty things. They transmit germs on their feet and these can cause diarrhoea, skin and eye infections. Flies also carry diseases like typhoid and cholera.

### **Conduct the story activity: The fly TGM page ..**

### **Group work**

1. In groups of 6 pupils discuss ways to care for our home and compound to prevent flies and disease.
2. Each group presents their ideas.

### **Explain:**

I will list some of the ways we can care for our home. How many did you discuss in your group?

- Dispose of our waste correctly
- Don't play in dirty areas
- Don't drop rubbish. Put rubbish in a hole specially dug for the purpose.
- Cover food and water
- Clear up old food
- Don't buy food in the street or bazaar that flies have landed on
- Brush flies away from our faces and out of the room
- Keep our hands and faces clean
- Wipe our noses
- Use latrines correctly
- Clean latrines every day
- When a latrine is not available, bury all faeces.
- Protect younger brothers and sisters from flies
- Keep animals out of our living spaces
- Remove and bury dead animals
- Use fly swats and insecticides to kill flies

Flies are very small creatures but they can cause us a lot of harm by spreading disease if we do not care for our environment.

## Health – Blinding Trachoma

Picture of face with flies and washing face

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**Wash your face with soap and clean water to keep flies away from your eyes**

### **ACTION for the TEACHER**

Look in the Teacher Guidance Manual for the following activities:

1. Parts of an eye. See TGM page ....
2. Visualisation: itchy eyes TGM page ....

### **Lesson ideas:**

1. Write: I wash my face ....
2. Song: Hand washing song
3. Draw your partners eyes.
4. Make a fly swat

### **Remember**

Need a bowl, water, soap,

### **Teacher's Code of Conduct for Emergency Situations**

Teachers encourage both boys and girls to participate fully in all learning opportunities.

### **Using the picture**

1. What can you see in the picture?
2. Why are the flies on the boy's face?
3. What is he doing? Why?

Flies are attracted to dirty faces. They like the watery secretions and tears around our eyes and the mucus that runs from our nose. The boy is washing his face with soap and safe water to clean away the dirt. Now the boy's eyes and face are less interesting to the flies.

### **Ask and listen:**

1. How can flies make us sick?
2. What sickness and diseases can flies give us?

### **Answers:**

Flies carry germs and disease on their feet. When they land on your face, hands or food, they transmit diarrhoea, skin and eye infections. One serious eye infection common in South Sudan is Trachoma.

**Parts of an eye. See TGM page ....**

**Visualisation: itchy eyes TGM page ....**

### **Explain:**

Trachoma causes red and itchy eyes with a watery discharge that attracts flies. Repeated infections cause blindness by making your eyelashes turn in and scratch your eyeball, over and over again. This is called trichiasis and can cause blindness. Trichiasis is very painful and when someone is blind from trachoma, they will never see again.

Remember the story of the blind and lame man. He became blind from trachoma.

### **Pair work:**

1. Take the class outside. Divide into pairs.
2. Person A will close their eyes and pretend to be blind. Person B will help them walk around the school.
3. Change roles: B pretends to be blind. A helps B walk around the school.

### **Ask and listen:**

How did it feel to be blind?  
What is difficult for blind people to do?  
Would you like to be blind?

### **Group work discussion**

1. Discuss: What is the best way to prevent blindness from trachoma?
2. Each group presents their ideas.

### **Answers:**

- Trachoma and trichiasis can be prevented by washing your face with soap and water which keeps your eyes clean and less interesting to flies.
- Wash your face every morning and every evening.
- Do not share clothes that touch the face. They can also carry infection and should be washed frequently
- If you know someone whose eyelashes touch their eyes you should take them to go to the clinic.

### **Using the picture**

Demonstrate how to wash your face using the pictures. Every pupil must follow the teacher's actions.

### **Explain:**

Most diseases are preventable if we practice healthy behaviors. Good health is within our control. One of the most important things we can do is wash our hands and face.

## Health - Sources of safe water

Picture of getting water from borehole and good practices i.e. using clean covered containers, clean hands, bore hole fences off from animals, queue,

Also include someone boiling water? Water in bottle in sunlight?

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### Use safe water for drinking

#### ACTION for the TEACHER

Look in the Teacher Guidance Manual for the following activities:

#### Lesson ideas:

1. Draw pictures of how we use water.
2. Write: I use safe water to ....

#### Teacher's Code of Conduct for Emergency Situations

Teachers must wherever possible try to protect themselves and learners from dangers and make sure that emergencies do not interfere with learning or risk health and safety.

#### Using the picture

1. What can you see in the picture?
2. Why is there a fence?
3. Why are the containers covered or sealed?

#### Answers:

The borehole is fenced off to keep animals and their faeces away. All the containers are covered to prevent flies contaminating the water.

#### Ask and listen

1. What are the different uses for water?
2. Where can we find water in our community?

#### Answers:

We use water for drinking, cooking, washing, transporting things like boats on rivers, breeding fish, in industry and to produce electricity, We find water in rivers, streams, rainwater, ponds, lakes, water points, bore holes, ditches and the sea.

#### Ask and listen: What is safe water?

#### Answers:

Water that does not contain germs and has no possibility of transmitting any disease when we drink it is known as **safe clean water**.

It is not enough to just drink safe water. In order to stay healthy, we should use safe water in our daily lives and for other household activities. For example: in cooking, dish washing, preparing food (fish, meat, fruits and vegetables), bathing, washing hands and after using the latrine or toilet.

It is very important for adolescent girls/women to use safe water to clean themselves during menstruation. Using unsafe water may lead to infections in the reproductive organs. The sanitary clothes used during menstruation should also be washed with clean safe water.

**Ask and listen:** Where does your family get safe water from?

#### Explain:

Many people have to go a long way to collect safe water. It is important that the safe water source is protected and well maintained. Because so many people in your community depend on that water source, protecting it is important to everyone!

#### Group work discussion

In groups discuss the question: How can we protect our water sources?

Ask each group to present their ideas.

#### Answers:

1. Disposing of rubbish and waste away from water sources is easier than cleaning dirty water.
2. Keep your community clean.
3. Practice healthy habits.
4. Latrines should be constructed a distance of 10-12 meters from a water supply. We do not want germs from the latrine to get into our drinking water.
5. Put up a fence so animals cannot defecate near the water source.

#### Explain:

Taking good care of your water means better health for everyone. One person cannot do this alone.

## Health - Sanitation

Picture of poor/good sanitation around school  
Include latrine  
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**To maintain our own and families health we need to practice safe sanitation.**

### **ACTION for the TEACHER**

Look in the Teacher Guidance Manual for the following activities:

1. Activity: Rules for using a latrine TGM page...

#### **Lesson ideas:**

1. Write: I like a clean school because ...
2. I like a clean home because ...
3. I like a clean body because...

### **Teacher's Code of Conduct for Emergency Situations**

Teachers try to understand inappropriate behaviour and provide guidance and support to address the cause of the problem.

#### **Using the picture:**

1. What can you see in the first picture?
2. What can you see in the second picture?
3. Which school do you prefer? Why?

#### **Explain:**

Sanitation means the equipment and systems to keep places clean especially by removing human waste and faeces. The school in the second picture has good sanitation which helps to keep the pupils healthy. Diseases spread by flies are reduced.

#### **Ask and listen:**

1. Where do pupils at this school defecate?
2. Where do people in your family defecate?
3. What happens if people are working in the fields all day and want to defecate?
4. Where do we put the garbage and old food?
5. Where do flies gather?
6. What problem do we have if there are a lot of flies and faeces around?

#### **Group work**

1. Discuss how we can improve the sanitation at school and at home?
2. Each group gives their ideas.

#### **Answers:**

- Use a latrine,
- If there is no latrine, bury faeces and cover with soil
- Wash hands with soap and water or use ash.
- Collect all the garbage and put in a hole in the ground. Burn it or bury it regularly
- Keep animals away from the classroom or the home
- Cover safe water
- Sweep the compound clean

#### **Explain:**

A sanitary latrine is a latrine where the human excrement is contained in a closed space so insects, animal, birds, water or the open air cannot come into contact with the faeces. Germs and bad smells cannot spread and contaminate the environment. The sanitary latrine helps to keep the environment safe.

#### **Ask and listen**

1. How should we look after a latrine so it is healthy?
2. Whose responsibility is it to maintain the latrine?

#### **Answers:**

- Latrines have to be cleaned everyday using a brush, detergent and water.
- Make sure there is no faeces on the slab/sealed part.
- When the latrine hole/pit becomes full of excrement, a new latrine needs to be constructed at least 4 meters from the old latrine.

Many people use the latrine. It is important the latrine is used correctly and well maintained. Because so many people depend on a healthy latrine, everyone has the responsibility to use it correctly and keep it clean.

**Conduct the activity: Rules for using a latrine TGM page.**

#### **Game**

1. Divide the class into groups.
2. Explain the game: The first pupil says "To keep the school healthy I will brush the floor." The second pupil repeats what was said before and adds another idea "To keep the school healthy I will brush the floor and pick up the garbage". The next pupil repeats what was said and adds their idea. Keep going until everyone in the group has added their idea.



## Malaria

Picture of bed net and baby under net but also pots of standing water where mosquitoes breeding – show eggs and larvae

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**Protect yourself from malaria. Sleep under an insecticide treated mosquito net wherever you are**

### **ACTION for the TEACHER**

Look in the Teacher Guidance Manual for the following activities:

#### **Lesson ideas:**

1. Draw a mosquito
2. Role play: Getting malaria and what to do
3. Campaign: using bed nets or clearing up standing water.

### **Teacher's Code of Conduct for Emergency Situations**

In the classroom, teachers provide basic information about emergency risks and life skills.

#### **Read the Riddle**

I am very small and move around freely. I live in hot and wet areas. I like people. I really like to visit young children. I have 6 legs and a long mouth that help me to suck blood. I visit lots people but they don't like me or the noise I make. What am I? Answer: Mosquito

#### **Agree-disagree**

1. Flies can give you malaria (disagree)
2. Malaria is an infection spread to human beings by mosquitoes (agree)
3. All mosquitoes can give you malaria (Disagree – only infected mosquitoes)
4. The mosquito that most often carries malaria bites between sunset and sunrise (agree)
5. Everyone can get malaria (agree)
6. Children under 5 don't get malaria (Disagree)
7. Pregnant mothers are vulnerable to getting malaria and their babies might suffer. (Agree)

#### **Explain:**

Malaria is an infection of the blood. Malaria is spread by mosquitoes. The mosquito suck up the malaria parasites in the blood of an infected person and injects them into the next person it bites.

#### **Ask and listen:**

1. Who has had malaria?
2. Describe the symptoms of malaria.

#### **Answers:**

Fevers every 2-3 days and any of the following signs: vomiting, headaches, diarrhoea, feeling cold, and body aches. After a fever the person feels weak.

**Ask and listen:** What should you do when you have signs of malaria?

#### **Answers:**

If you feel these signs, please ask your parents to take you to the nearest health facility. Small children are at great risk from malaria because the symptoms may not be the same as for adults. If a child has a fever, take the child to the nearest health facility immediately.

#### **Using the picture**

1. What can you see in the picture?
2. How is malaria being prevented? (bed net)

#### **Explain:**

Mosquitoes breed in standing water like in the pots of water in the picture. They lay eggs which hatch into larvae and become mosquitoes. If we remove the places that mosquitoes breed we can help to reduce malaria.

The best way to prevent malaria is to sleep under an insecticide treated mosquito net every night

**Ask and listen:** What are some ways to help reduce malaria during the rainy season?

#### **Answers:**

- Make sure you sleep under an insecticide treated net every night.
- Help your family keep the number of mosquitoes low by removing any standing water near your house.
- All cases of fever should be reported to the nearest health facility or designated health worker within 24 hours (as soon as possible).
- Pregnant women should visit the clinic to get preventative treatment for malaria.



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