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PSC. Liberia. Caring for Children with Diarrhea. Informational pamphlet produced in Liberia, 1982.

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Date Published

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Notes

31 pp

Locally produced pamphlet, received by UNICEF, NY, only in photocopy version. The pamphlet demonstrates the mixing of ORS, and uses simple drawings and captions to convey the standard advice on personal hygiene, basic nutrition, and environmental sanitation.

Print Name of Person Submit Image

SAROJA DOUGLAS

Signature of Person Submit

Saroja Douglas

Number of images without cover

31



RT

U N I C E F
UNITED NATIONS CHILDREN'S FUND
FONDS DES NATIONS UNIES POUR L'ENFANCE
INTEROFFICE MEMORANDUM

TO : Ms. Rhonwen Searle,
Information Division, NY

FROM : Ute Deseniss,
Regional PSC Officer, Abidjan

SUBJECT : Visuals aids for Health Education,
your letter of 6 December 1982

DATE : 16 December 1982

FILE N° WARO-1064/UD/sk

I have the pleasure of answering your request on Health Education material produced in Liberia in the Unicef supported Health Education Material Production Unit. Since we have only one item of each material, I sent you a photocopy of it, which you can reproduce.

I have just learnt from the programme Officer for Liberia, Mr. O. Akyea, that Ms. Faul-Jansen abruptly left the country. Thus for the time-being the Material Production Unit is not functioning and the situation has not changed since my mission.

I enclose a copy of my report for your information. On pages 5 and 6 I refer to this project. I also add a copy of a paper in which I refer to the Material Production Unit.

I delivered this paper in Liberia during a 3 day seminar Unicef organized to inform the various ministries with which we collaborate of ways in which Unicef assists governments.

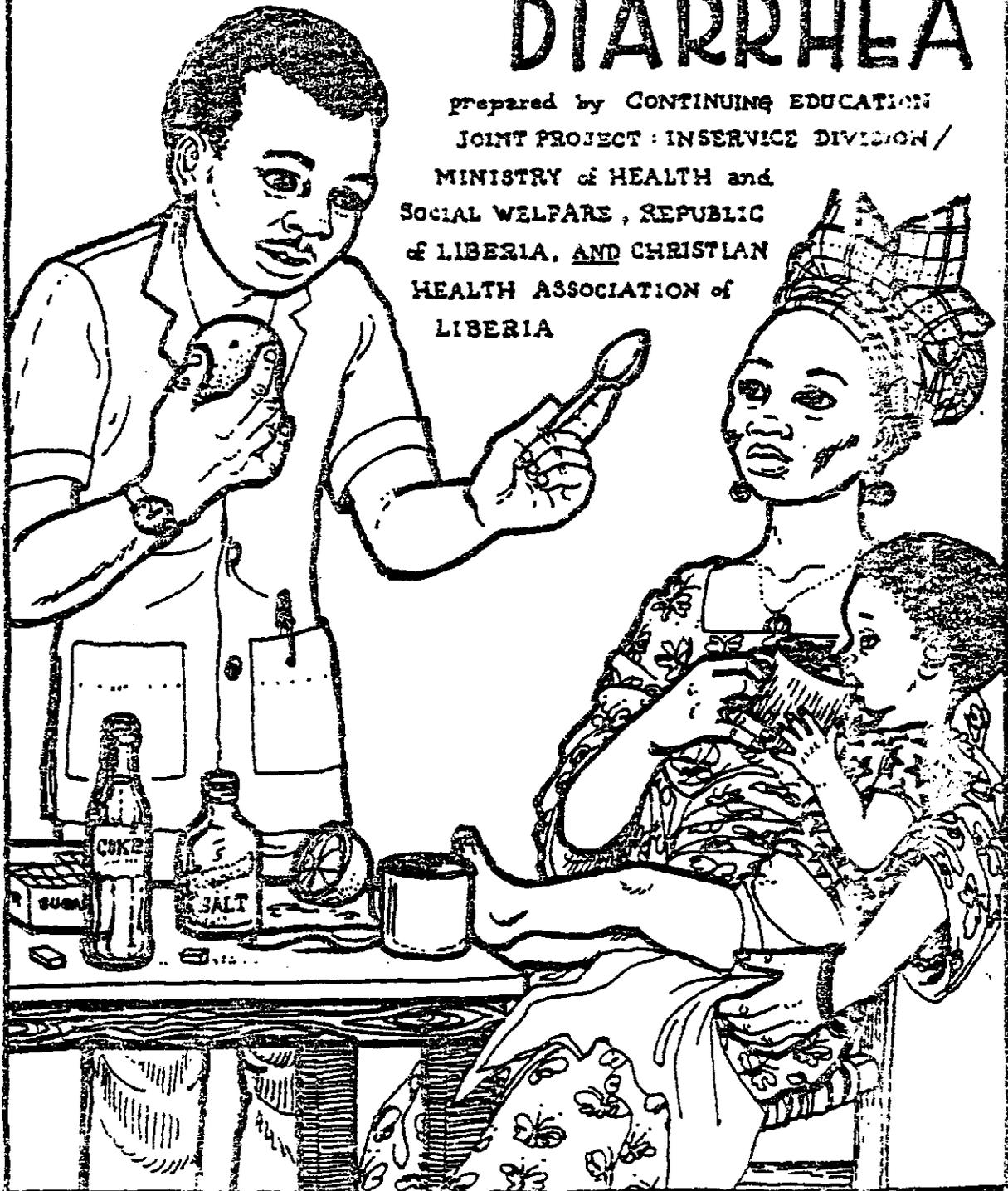
For further material on the Child to Child programmes which originated in London, and which have been frequently mentioned in Ideas Forum you may wish to ask the T.I.R.S. of Geneva.

Yours sincerely,

cc: Messrs. J. Danois
O. Akyea
R. Tuluhungwa

CARING FOR CHILDREN WITH DIARRRHEA

prepared by CONTINUING EDUCATION
JOINT PROJECT : INSERVICE DIVISION /
MINISTRY of HEALTH and
SOCIAL WELFARE , REPUBLIC
of LIBERIA, AND CHRISTIAN
HEALTH ASSOCIATION of
LIBERIA

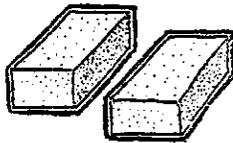


The **BEST**
for **RUNNING**

MIX TOGETHER:

① A COKE BOTTLE
of **CLEAN WATER** and...

(fill the
bottle up
to here)



③ TWO
LUMPS of
SUGAR
and...

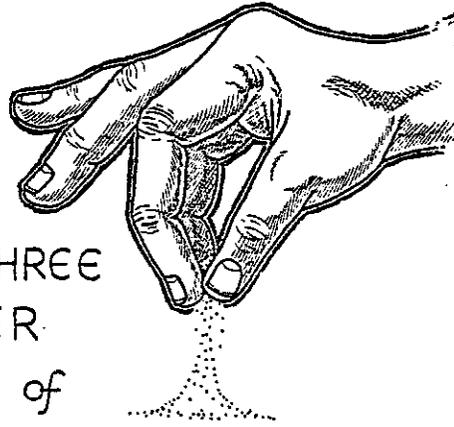


MH & SW
Republic of Liberia
CONTINUING
EDUCATION
PROJECT



⑤
IT
THE

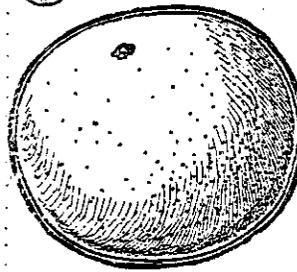
MEDICINE
STOMACH



② a THREE
FINGER
PINCH of
SALT and...

④ the **JUICE** of an
ORANGE
or half a
GRAPEFRUIT.

MIX IT UP IN A CUP
THEN GIVE
FROM
CUP or
WITH A
SPOON.

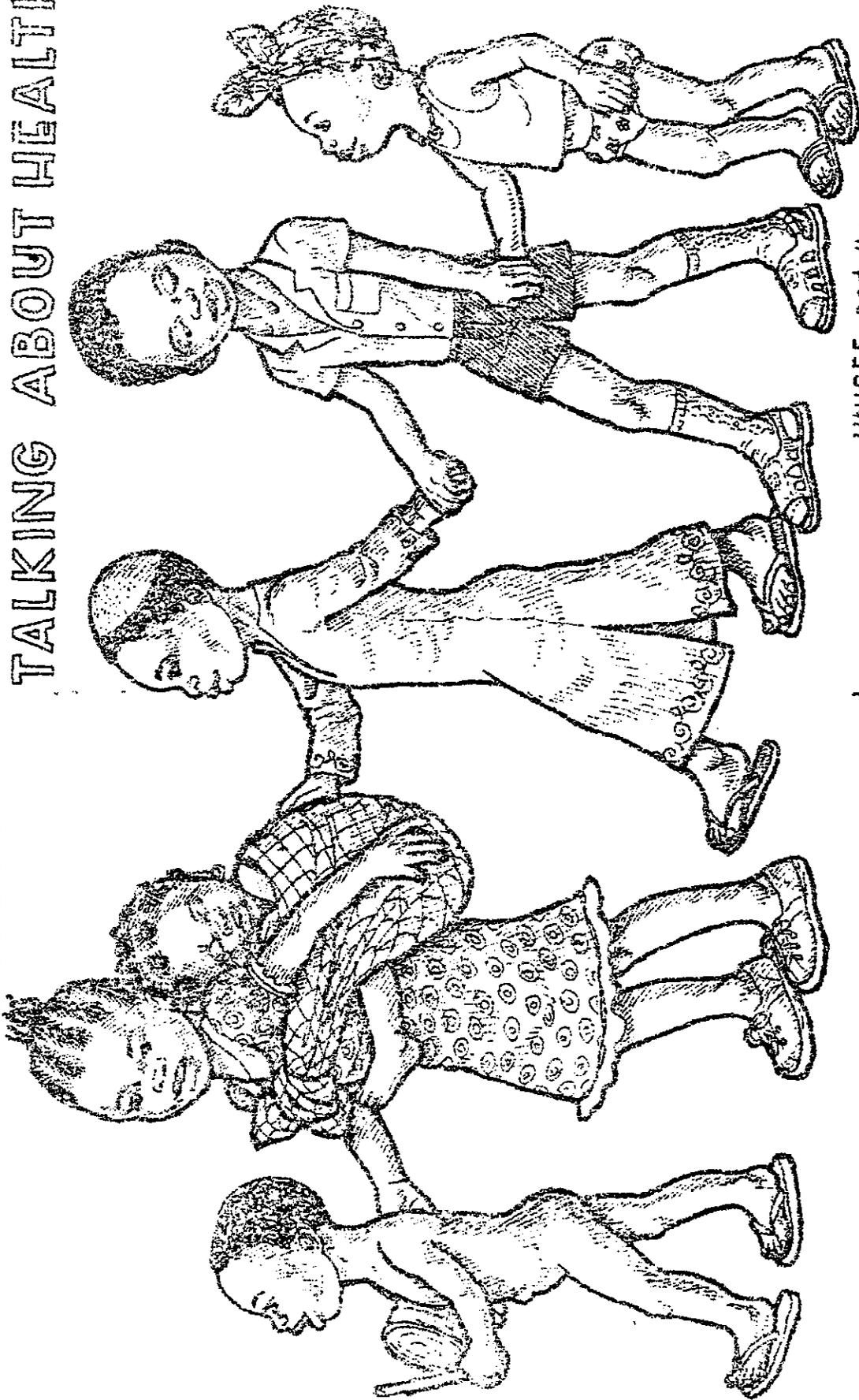


NB: SIZE REDUCED FROM POSTER 22" x 16"

☆ Child to Child ☆

☆ Child to Child ☆

TALKING ABOUT HEALTH



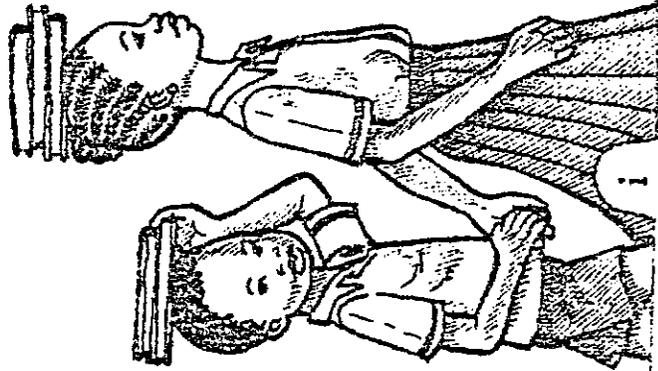
Illustrated by R. C. Faul-Jansen
Preventive Medical Services Project

UNICEF and the
Ministry of Health & Social Welfare
Bureau of Social Welfare
Republic of Liberia

☆ Contents ☆

1. KEEPING THE BODY CLEAN.....	1
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(ORAL REHYDRATION SOLUTION)



☆ Foreword ☆

This booklet is made for children attending school to teach other children good health habits.

It is the duty of every child in school to help educate those children in his or her family, or neighborhood who have not had the opportunity to attend school. This little booklet helps them to meet this national development responsibility.

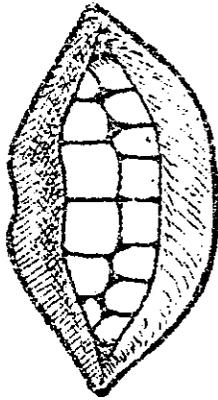
The Arabba County Rural Child Health Education Project is undertaking this vacation Child - To - Child Project sponsored by UNICEF, the National Commission for IYC and the Ministry of Health and Social Welfare.

Special thanks go to the Bureau of Social Welfare and the In-Service Education Division for preparing this booklet.



Chapter 1 ☆

Keeping the Body Clean



Your Teeth

"Putting food in a dirty mouth is
Putting food in dirty dishes".

- Clean your teeth in the morning according to custom.
- According to our custom, it is an insult to wash the mouth soon after eating.
- Still, it is not good to sleep with food remaining in the mouth.
- When possible, wash your mouth before going to bed at night.

What can we clean our teeth with?

Brushing Stick



Charcoal (Fire Coal)



Toothbrush



You can use tooth paste if you want.

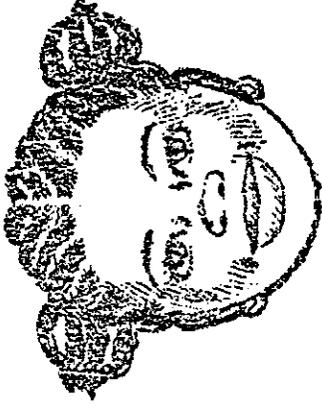
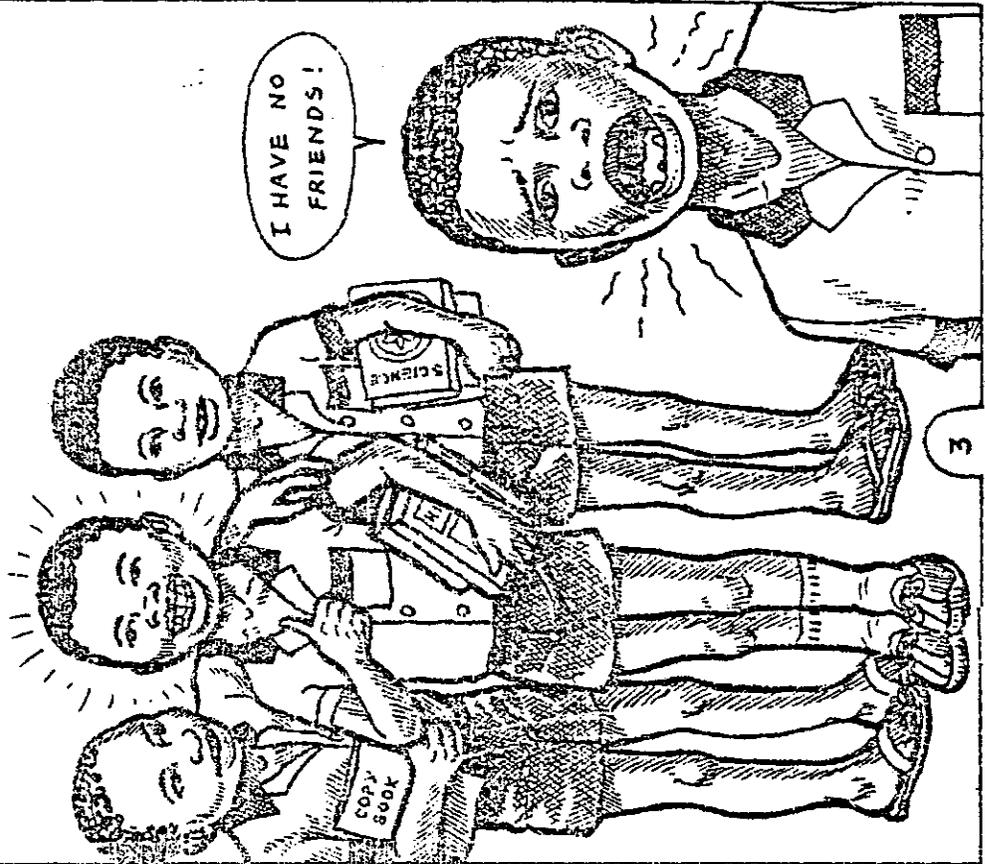


What happens if you don't wash your mouth?

• Teeth can get rotten (tooth ache!)

• Mouth will stink.

"Who wants a rotten mouth?"



YOUR FACE

After washing the mouth, our people customarily wash the face.

- Wash your face well
- Remove the cold from the corner of your eyes, and the dry saliva from the corner of your mouth.

TAKING BATH

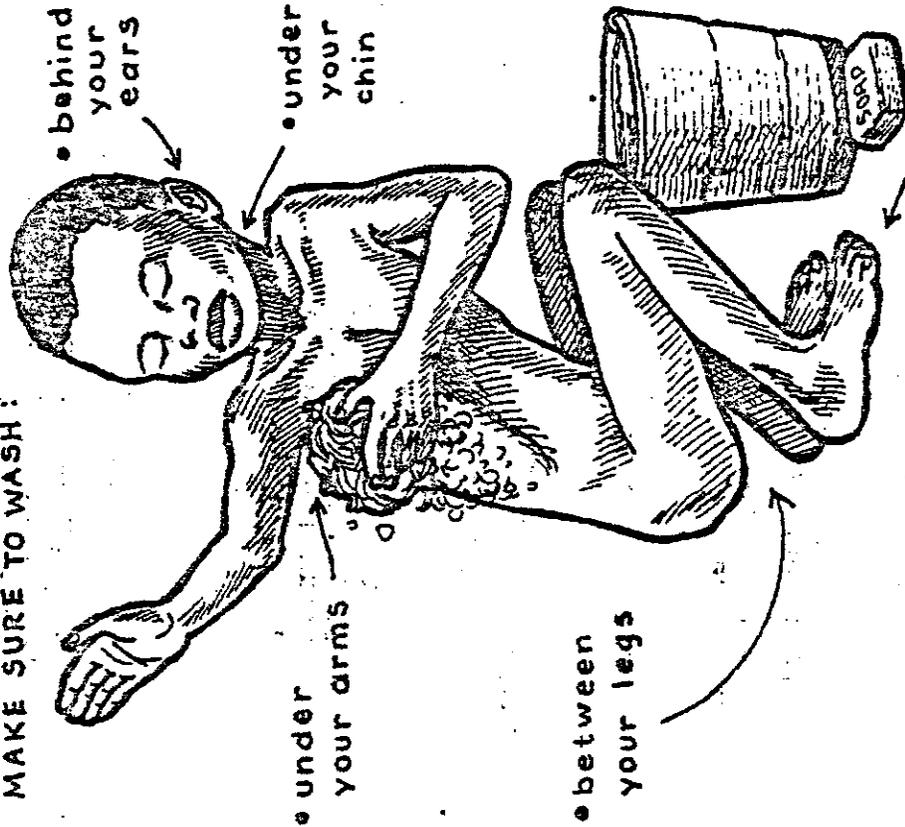
Our custom is to take bath every day. This is a good custom. The old people say, "if you don't take bath the snake will run behind you."



The old people are telling us that when we don't take bath, the body will smell in a certain way that the snake will notice!

But it is not just snakes that notice! Your friends will notice. You can get craw' craw, sores, itching or ringworm, when you don't take bath every day.

MAKE SURE TO WASH:



• between your toes
and scrub around and under
the feet

Take a bath with:

Soap and plenty water. Look for something to scrub your body.



Use the thing that grows on a vine like cucumber. When it is dry, you take off the outside and take out the seeds.



The *Sida* (Sida) that grows in the bush that you cut and beat until it is soft. Split it into little strings to scrub with (Sia-Sia).



There are many kinds of soap in the bush. Can you think of some?

How is soap made in your home? When your body is smelling even after taking bath: rub lime and soda (Not caustic soda!) mixed under the arms.

There are leaves and saps of trees in the bush that can make you smell fine. Do you know these trees?

YOUR HAIR

BOYS: Keep your hair cut low and wash it when you are taking bath.

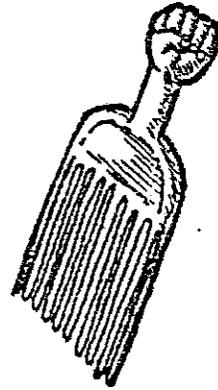
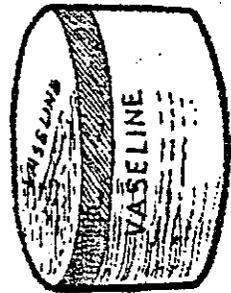


GIRLS: Wash the hair at least every two weeks.



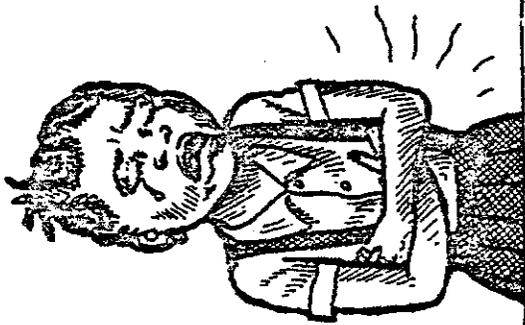
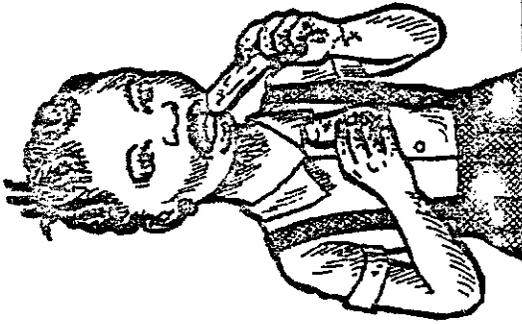
What do people use in your areas to wash their hair? Comb your hair at least twice each week. Grease it properly.

GIRLS: You can grease your hair with grease from the store, or use burned palm oil, like your mother has done.



Remember, people look at your hair when they look at you. Keep it neat.

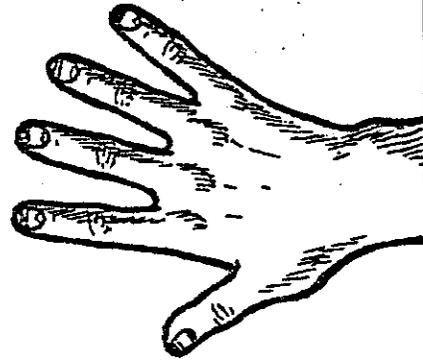
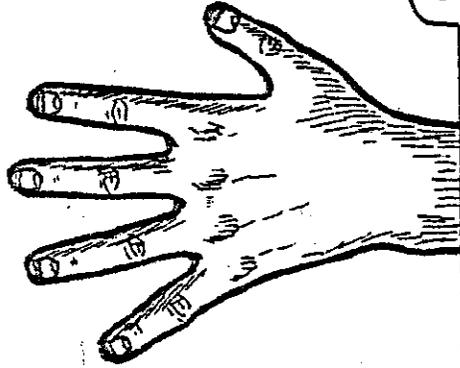
YOUR HANDS



Many times when people get sick, especially with running stomach, it is because they did not wash their hands well when they came from the toilet or before they ate food.

• Your finger nails should be cut short.

• Keep your finger nails clean. Dirt can stay under your finger nails and that can make you get sick!



★ Chapter 2 ★

Sanitation

Just as you must keep your body clean, to stay healthy you must keep your house and your town clean so that everyone can stay healthy.

YOUR HOUSE

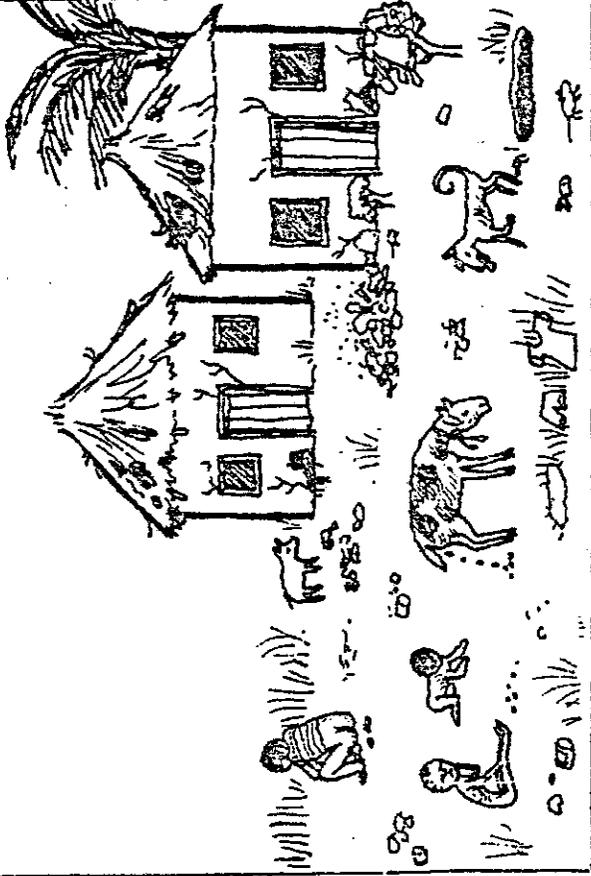
Sweep your house everyday. Where will you throw the dirt? Where do you think is a good place to throw dirt? Rats and insects can hide in holes and cracks and holes in your house?

Do you see people spitting in the house?

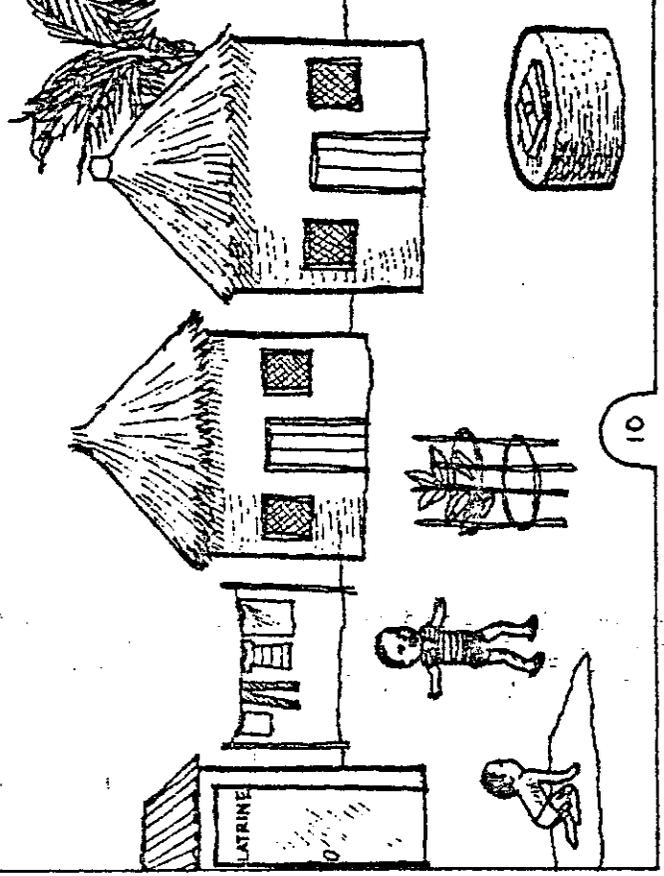
Do you think this is healthy?



This is a dirty village.



This is a clean village.



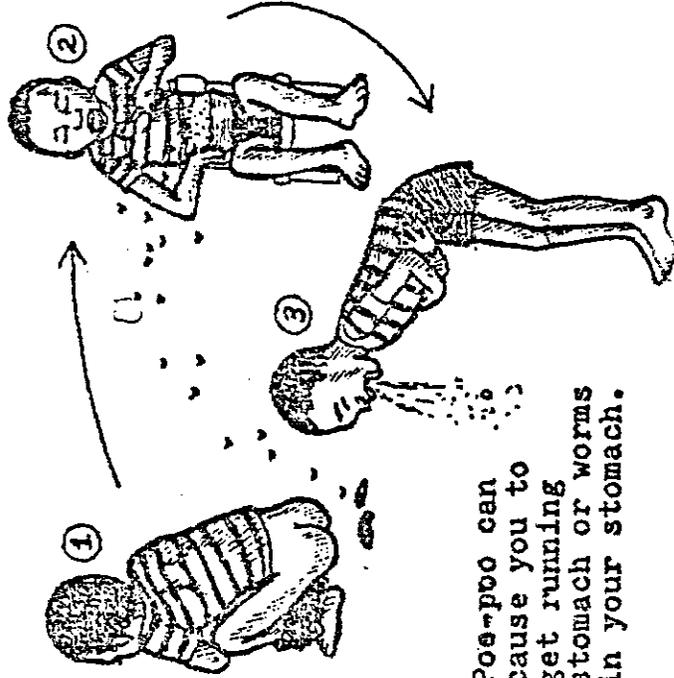
AROUND THE HOUSE (OUTSIDE)

Our people try to sweep all around the house everyday. This is a good custom.

Look around your house: Is the area clean? Do you see any bottles or cups? Are there leaves, papers and old clothes around the house?

• The most dirty thing that can be around the house is poo-poo. It is the main thing that can cause people to get sick.

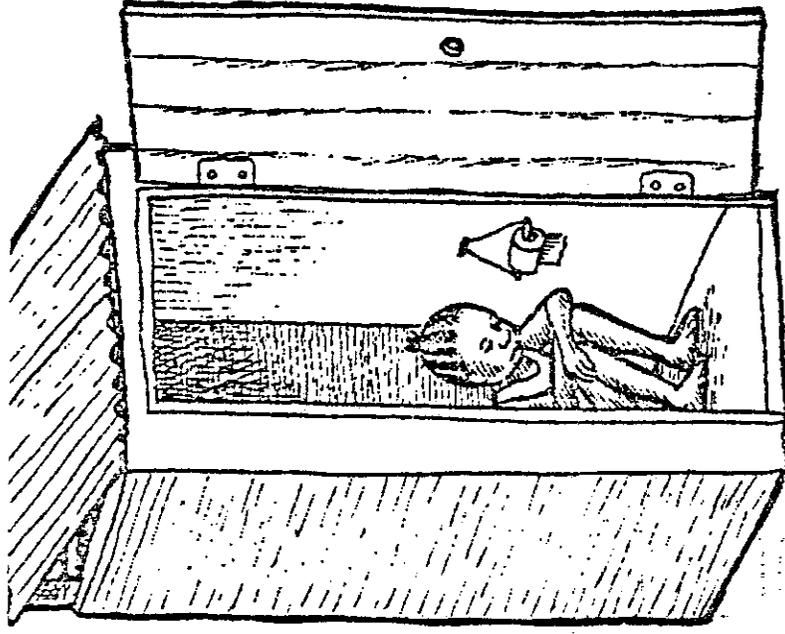
• Flies can sit on it and then carry the poo-poo onto your food.



• Poo-poo can cause you to get running stomach or worms in your stomach.

• Poo-poo can bring many different sicknesses.

• Poo-poo is dangerous to our health.



here is the best place to go poo-poo?

- Is the bush the best place?
- Is the waterside better?
- Near the road?
- Behind the house?
- In the garden?
- The best place to go poo-poo is in the latrine.
- Does your family have a latrine?

If there are no latrines in town, you should talk to the clinic people in your area. They can help you to learn how to build latrines in your town.

IF EVERYBODY: uses the latrines the town will be much more healthy. Where is the best place for people to throw dirt?

Does your town have a special place for people to throw dirt?
Do you throw your dirt there?
Every town should have a special place for throwing dirt.

Are there animals around the house and town? Which kinds?
Is it healthy to have these animals in the town?
Where can animals be kept so they are in the town?

Where can animals be kept so they are not a problem to people?

- Animals in the house can bring more sickness.
- Animal poo-poo brings disease. Keep animals away from where people live.



• Wash your hands after playing with animals.

★ Chapter 3 ★

Safe Drinking Water

We have an old saying in Liberia;
"Water washes man; man does not wash water".

What does this saying mean? Do you agree with it? Can water be dirty?

Will you always be able to see if water is dirty?

This water looks clean but it tastes and smells bad!



Can there be dangerous germs in water that looks clean?

Water can carry some dangerous diseases. Do you know what diseases can be in water?

Here are some: cholera - shistosomiasis - dysentery - typhoid fever.

Where is the best place to get your drinking water? Get it from a well or catch rain water to drink in rain time.



• Use a clean bucket or clay pot to get the water in (Don't use the bathing bucket).

• (Our Country pots can keep the water cold!)

• Be sure the cup or pan to dip the water is clean

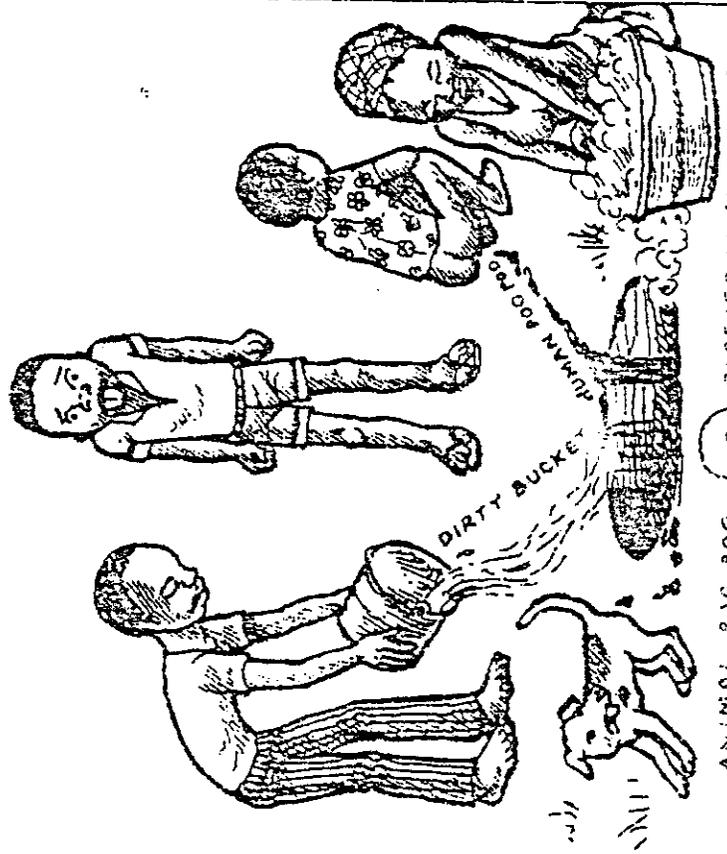
• Cover the water, so dirt and animals can't get in

• Change your drinking water everyday.

What can you do in your home and in your town to make the drinking water clean and safe, so people can stay healthy?

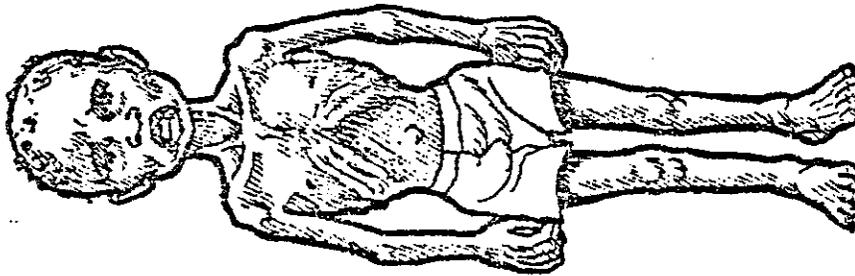
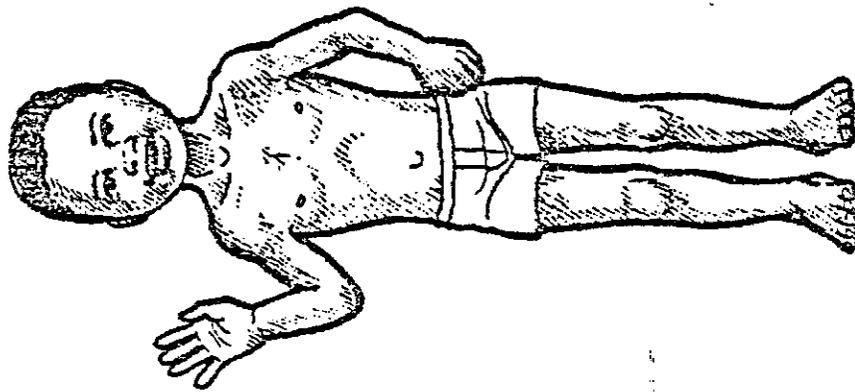
- Keep poo-poo away from creeks and wells.
- Brush around the creek
- Keep animals away from places where people get drinking water.
- Clean the wells regularly and keep them covered. Don't let dirty buckets go into the well.
- Do not bathe and wash clothes in creeks where people get drinking water.

DO YOU WANT TO DRINK FROM THIS WELL??!



★ Chapter 4 ★

Nutrition



Why is this one child fat and why is the other child dry?

Why do we eat? Can't we just go on without eating?

We eat to live!

Different foods have their different work to do.

Group 1: Body Building (Protein) Foods.

Most of our body is made of protein.

We need protein to repair parts of the body that wear out and to repair cuts. Shoes wear out but feet do not because Body Building foods repair our feet all the time.



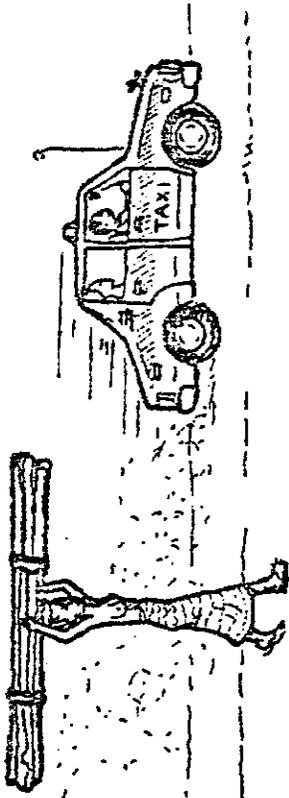
SHOES wear out but FEET do not.

Some Body Building foods are: meat, breast milk, fish, groundpea, keffir-seed, benniseed, beans, snails, bread-nuts, eggs, chicken, bug-a-bugs and bamboo worms.



Group 2: Energy Foods.

Energy foods give our bodies power and heat and make us strong. They are like gasoline for a car or wood for a fire. Energy foods give us energy (power) to work and play.



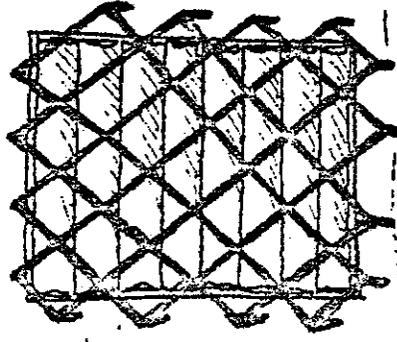
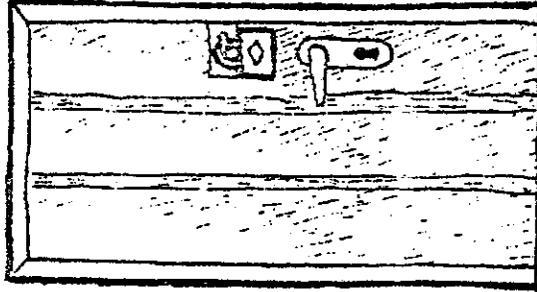
Some Energy foods are: rice, cassava, plantain, palm oil, sugar cane, yam, potato, eddo, banana, coconut, and country bread.

What other foods in your area belong in this group?

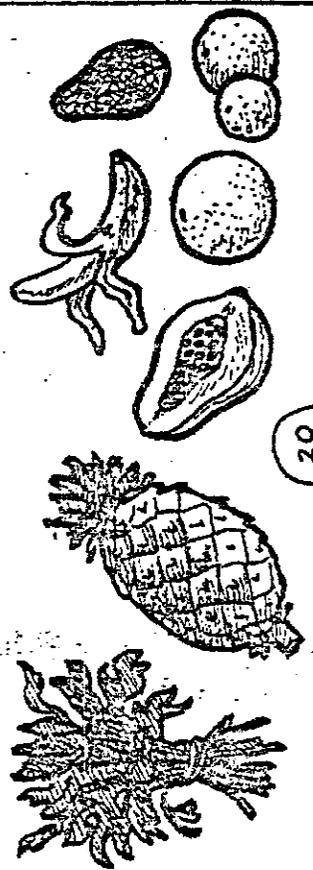


Group 3: Protective Foods.

Like the lock on the door to keep out rogues, protective foods help us to keep healthy by protecting our bodies against sickness. Protective foods make the blood strong and healthy.



Some Protective foods are: greens, bitterballs, pumpkin, eggplant, peppers, okra, tomato, butterbean, plums, paw-paw, grapefruit, guava, tangerine, orange, pineapple, lime, soursop, and palm butter.



Everyday you should eat some things from each of the three food groups.

Did you eat something from each group yesterday?

Do you think our Liberian diet is a healthy one?

Some of the things we eat are not really good food at all. These things are Non-Foods and they are not good for our body.

Some Non-Foods are: coffee, tea, candy, gum, soft drinks and kool aid.



The best foods are the ones we can grow on our own farms and home gardens. Fresh foods have more good things (vitamins and minerals) inside.

Chapter 5

Safety at Play



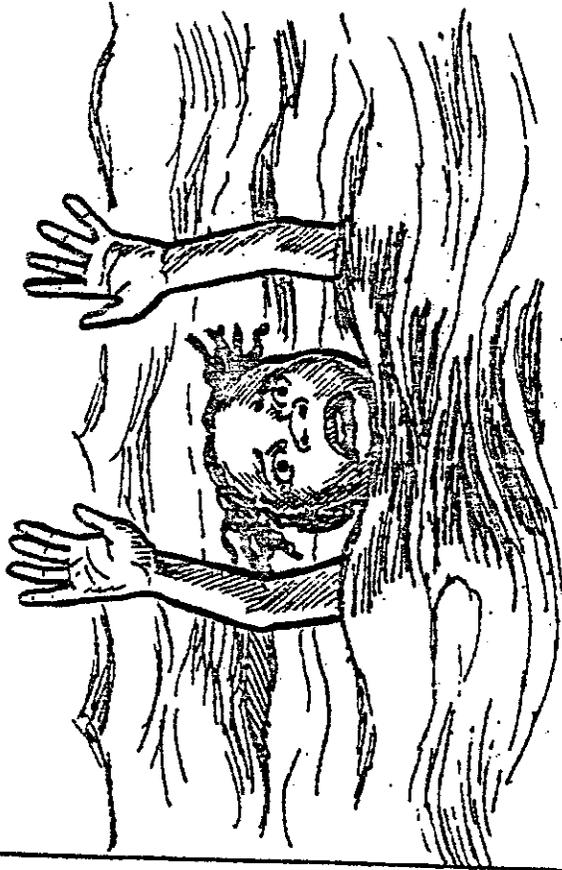
Have you ever fallen and been hurt while you were playing?

Have you ever had a bad cut or burn?

Do you have any friend who drank something poisonous, like kerosene?

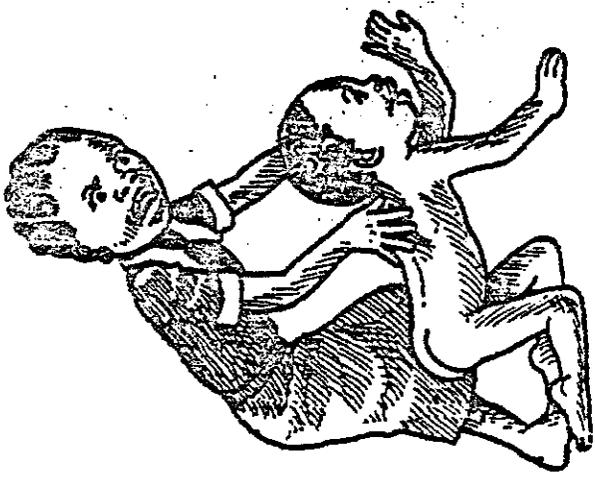
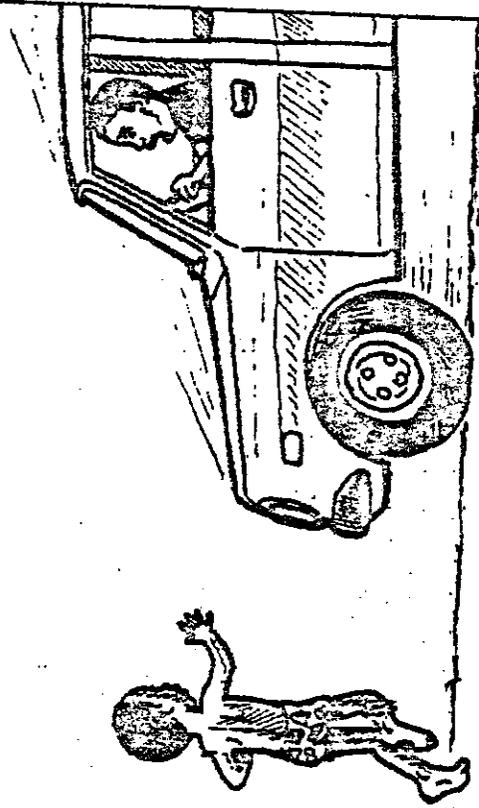
What happened?

Did you ever eat any plant or fruit in the bush that made you sick?



Did you ever know anyone who got drowned?

Have you ever heard about someone who got knocked down by a car or bicycle on the road?



How could these accidents be prevented?

Talk about each one.

Remember to take time when you are playing.

Move dangerous rocks, sticks and empty cans away from the place. Do not climb dead trees.

Watch out for the younger children, to be sure they don't get hurt.

Be careful when you play.

Think about your safety and keep your friends safe. Keep away from wells. Keep yourself and younger children away from the fire and the cook pot.

☆ Chapter 6 ☆

Simple First Aid

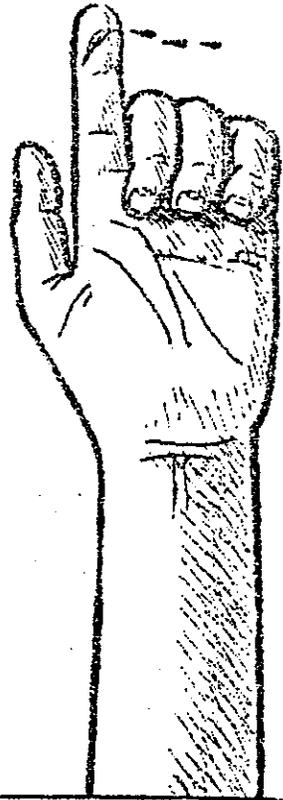
There is other first aid that people in your town know. Can you think of any? What happens when someone is bitten by a snake?



SIMPLE CUTS

If the cut is small, with only small bleeding:

- Clean with disinfectant, or soap and water, then dry the area.
- Put on iodine or alcohol if available.
- Put a piece of plaster or tie with clean cloth.



DEEP CUTS

- If the cut looks deep, clean around the cut with soap, alcohol or Dettol.
- Dry the area with clean cloth; put fresh clean cloth over the cut wrap bandage, tape in place or wrap with clean strip of cloth.

BURNS

Whenever someone gets a burn, the first thing you must do is:

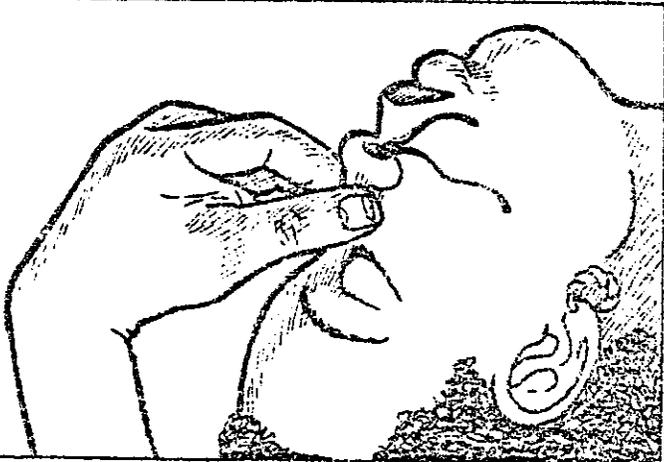
- Throw clean cold water on the burn
- or
- Put the burned part in a bucket or sink with clean cold water.
- or
- Put wet clean cloth on and keep the cloth wet with COLD water.



DO NOT PUT ANY OIL, GREASE OR VASELINE ON ANY BURN. ONLY WATER
IN KITCHENS: Watch for burns from steam, oil or fire.

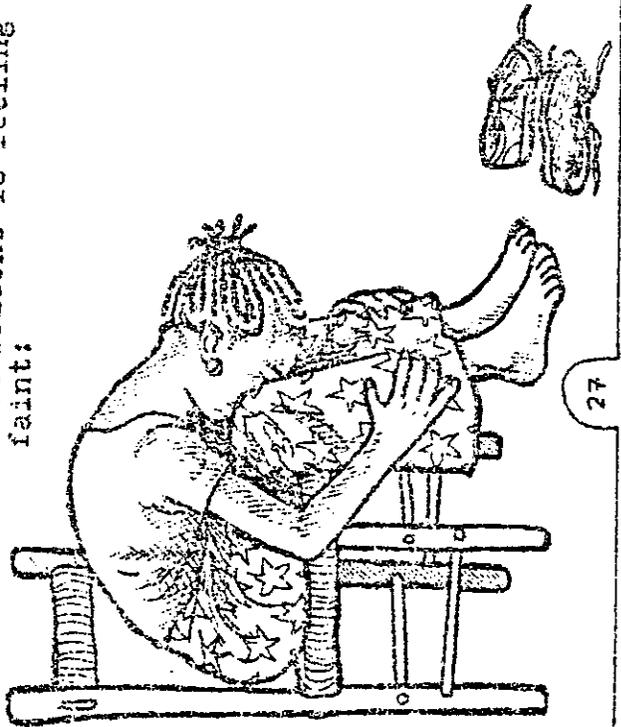
NOSEBLEED

- If some one is bleeding from the nose:
- Have the person put his head back, so his nose is pointed to the sky.
 - Put your thumb and finger on the bridge of the nose (where the nose feels hard)
 - Press, but not too hard to cause pain. (Pressure helps to stop the bleeding).



FAINING

When someone is feeling faint:

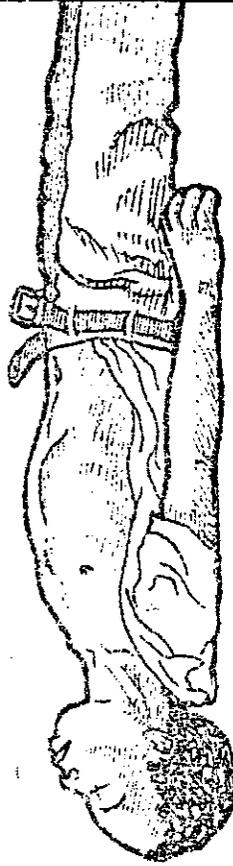


Have the person sit down and put their head DOWN between the legs.

The girl is shown sitting on a chair. You do not need a chair. The person can sit on the ground or on a bench.

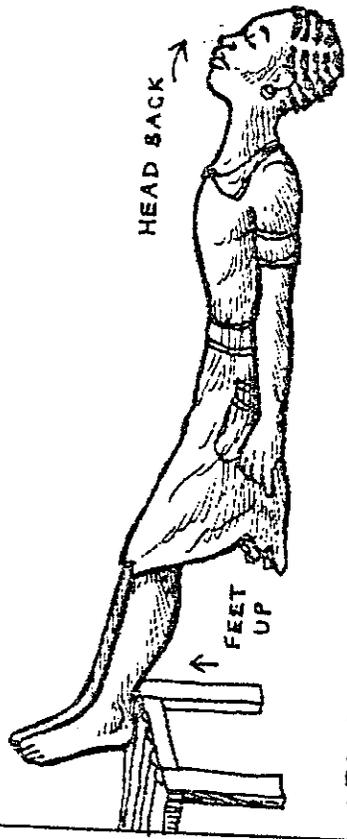
Have the person sit down where he or she is! **GET THE HEAD DOWN!**

If you are called because a person has fainted, (falling off);

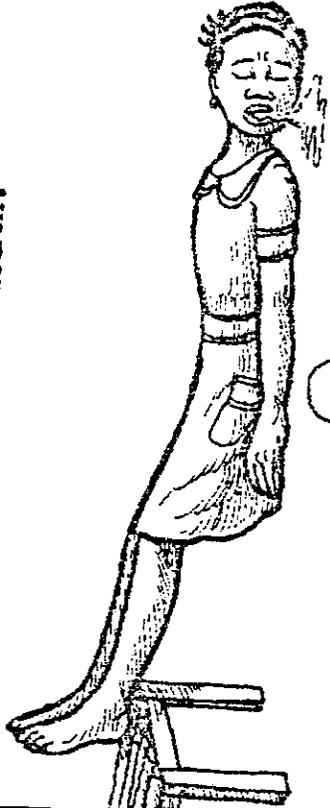


- Open any clothes that are tight
- If it is a boy, open the collar of the shirt, open the belt buckle and trousers buttons if tight around the waist so the body is free.

- If it is a girl, be sure the lappa or skirt is not too tight around the waist.
- Put the person's head back (as in the drawing) so they can breathe easier.



- Find something to put under the feet to get them up a bit.
- If it even seems that the person is about to vomit, or if you see anything coming from the mouth, keep the head back and turn it to the side.
- If you need to take something from the mouth, put gauze or clean cloth on your finger to put it in the mouth.



Chapter 7 ☆

Running Stomach Medicine

One of the diseases that is a big problem to us in Liberia is running stomach (diarrhea). People can die from running stomach because the body loses too much water. Here is a medicine that can put the water back in the body. When someone has running stomach, mix this medicine and let the person be drinking it.

Give the medicine when the stomach starts to run. Do not wait until the person feels plenty!

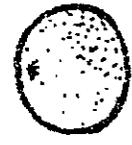
Then you can carry the person to the clinic to ask for any other treatment the person might need.

Continue to give this medicine even when the person is taking other treatment.

THINGS WE NEED FOR THE MEDICINE :



a CLEAN
COKE
BOTTLE
filled with
CLEAN
WATER



an ORANGE
or HALF A
GRAPEFRUIT



SUGAR LUMPS

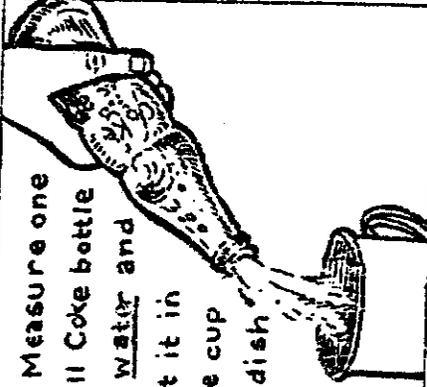
SALT



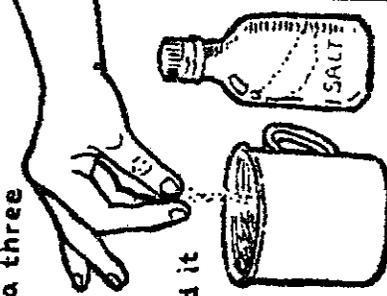
BOIL THE WATER AND LET IT GET COLD, or TAKE IT FROM THE PUMP

Mixing up the Running stomach medicine.

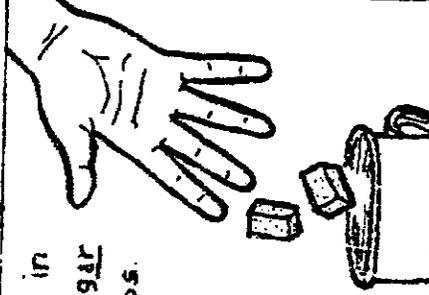
1. Measure one full Coke bottle of water and put it in the cup or dish



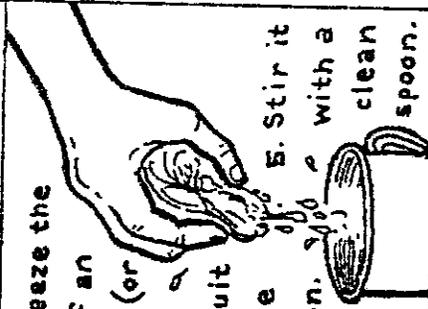
2. Take a three finger pinch of salt and add it to the water.



3. Put in two sugar lumps.



4. Squeeze the juice of an orange (or $\frac{1}{2}$ grapefruit) into the solution.



We add water because we need to put back the water lost with too much watery poo-poo.

We add sugar to give strength to the sick person.

We add salt to put back the salt that is lost in the poo-poo.

We add orange (or grapefruit or even paw-paw) juice to put back the potassium that is lost in the poo-poo.