VILLAGE HEALTH MANUAL

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INTRODUCTION

This book is for anyone who wants their village to be a clean and healthy place. Prevention of disease is much better and cheaper than taking medicines to cure disease. We hope that if you practice some of the things in this book, your village will be a healthy place in which your families can live, play and work. Many of the things we have suggested do not need extra money. They depend on the way you live.

A good teacher will teach most effectively by example. The teacher's habits must be healthy as well as his words. Try to be a good example in your community. You can not tell people that smoking is harmful to their health, with a cigarette in your mouth. They will not believe you!
HOW TO AVOID MANY SICKNESSES

If we all took more care to eat well, to keep ourselves, our homes, and our villages clean, and to be sure that our children are vaccinated, we could stop most sicknesses before they start.

Cleanliness and problems that come from lack of cleanliness:
Many common infections of the gut are spread from one person to another because of poor hygiene and poor sanitation. Thousands of germs and worms, or their eggs are passed in the stool of infected persons. These are carried from the stool of one person to the mouth of another by dirty fingers or contaminated food or water. Diseases that are spread from stool-to-mouth in this way include:

- diarrhoea and dysentery
- worms
- hepatitis
- typhoid fever

The way these infections are spread can be very direct.

For example: A child who has worms and who forgot to wash his hands after he passed a stool, offers his friend a biscuit. His fingers, still dirty with his own stool, are covered with hundreds of tiny worm eggs which are so small he cannot see them. Some of these worm eggs stick to the biscuit. When his friend eats the biscuit, he swallows the worm eggs too. Soon the friend will also have worms. This is because he ate some stool on the biscuit.

Many kinds of infections, as well as worm eggs are passed from one person to another in this way.

1. A man with diarrhoea and worms passes a stool behind his house.
2. A pig eats his stool, getting dirt on its nose and feet.
3. Then the pig goes into the house.
4. A child is playing on the floor, in the house. A bit of the man's stool gets on the child too.

5. Later the child starts to cry, and the mother takes him in her arms.

6. Then the mother prepares food, but forgets to wash her hands after handling the child.

7. The family eats the food. Soon, the whole family has diarrhoea and worms.
If the family had taken any of the following precautions, the sickness would not have spread.

- If the man had used a toilet.

- If the family had not let the pigs come into the house.

- If they had not let the child play where the pig had been.

- If the mother had washed her hands after touching the child and before preparing food.
BASIC GUIDELINES FOR CLEANLINESS.

PERSONAL CLEANLINESS
- Always wash your hands with soap and water after passing a stool and before eating.

CLEANLINESS IN THE HOME
- Do not let pigs or other animals come into the house or places where children play.
- Do not let dogs lick children or climb up on beds. Dogs too can spread disease.
- If a child or animal passes a stool near the house, clean it up at once. Teach children to use a toilet.
• Do not spit on the floor. Spit can spread disease. When you cough or sneeze, cover your mouth with your hand or a cloth.

• Sweep and clean the house often.
CLEANLINESS IN EATING AND DRINKING.

- If your drinking water does not come from a pure water system, you must boil it. This is most important for small children and when there is a lot of diarrhoea or cases of typhoid, hepatitis or cholera.
- A good, cheap way to make water clean is to put it in a clear plastic bottle and leave it in direct sunlight for at least 4 hours. This will kill most germs in the water.

- Do not let flies and other insects land or crawl on food. Insects carry germs and spread disease. Do not leave food scraps or dirty dishes lying around, as these attract flies and breed germs.

- Protect food by keeping it covered.

- Wash all food that has fallen on the ground and fruit that fell off a tree before you eat it. Do not let children pick up and eat food that has been dropped – wash it first.

- Only eat meat and fish that is well cooked. Be careful that roasted meat does not have raw parts inside, especially pork and fish. Pork that is not cooked very well carries dangerous diseases.
- Do not eat food that is old or smells bad. It may be poisonous. Heat left over food very hot before you eat it. If possible give only foods that have been freshly prepared, especially to children, elderly people, and sick people.
- Ask people with tuberculosis or other infectious diseases to eat out of separate dishes from other people. Do not let other people use the same utensils and plates that have been used by a sick person, unless you wash them very carefully first.
TOILETS
How to keep your traditional Tibetan platform toilet clean so that it is a pleasant place and does not spread disease

A good toilet will help to keep your family and village healthy.
A bad toilet attracts flies and spreads disease.

A good toilet has 2 pits.
- Build two pits with a hole for each pit. Try to make the door for the pits on the south side, to get the most sun.
- Build the pits about 0.8 metres x 1 metre. The pit should be between ½-1 metre deep. This can be dug down or built up.
- Use one hole for 1 year and block off the 2nd hole with a heavy stone. After a year, or when it is full, change to the 2nd hole and block off the first hole.

A good toilet does not have any flies.
- Cover the hole that you are using with a cover with a handle.
- Cover the hole that you are not using with a heavy stone so that people can not use this hole.
- At the bottom of both pits build a door to remove the compost. Seal this opening with mud and stones or a black metal door, so that the flies can not get in and the animals can not eat the manure.
- Use a self shutting door. You can make a cheap hinge with an old tyre. Put string on the inside of the door over a nail attached to a stone. The weight of the stone will pull the door shut. This will stop flies entering the toilet.

Add a ventilation pipe on the south facing outside wall. It goes from the pit and extends at least ½ metre about the roof level. It helps to prevent smell and flies. Paint the pipe black and cover the top with a tin lid. Cover the air hole with fine netting to stop flies.
A good toilet separates urine from stool.
- Separate the urine from the stool. If the urine goes into a separate bucket you can add 9 times as much water and put it on the crops immediately. At that time it is completely clean and is a very good fertilizer.
- If the compost from the stool does not have urine in it, it makes safer compost more quickly and the toilet smells less.

A good toilet makes good compost.
- Before you start to use the toilet, put a layer of soil at the bottom of the pit.
- Then fill the pit up 90% with vegetable matter, grass, straw, sawdust or dry leaves.
- After you use the toilet put a little ash, leaves or soil into the toilet. This helps to stop the smell and flies and makes very good compost.
- When the pit is full, cover the pit with a layer of soil or ash and cover the hole with a heavy stone. Do not empty this pit for another 1 year.
- After 1 year the first hole compost is ready. The compost will be dark brown and crumbly and is not smelly. It is now clean and safe to use.
- Make metal or wood doors for the pits, paint them black and put them on the south facing side. This will help to heat up the compost and increase the time one pit can be used.

A good toilet is a clean toilet.
- Keep a brush in the toilet to sweep any stool left on the side of the hole and floor.
- Put water and soap for hand washing near to the toilet.
A bad toilet is worse than no toilet.
- Do not build a toilet with a metal or concrete shoot on it. The stool sticks on the shoot, attracts flies and is smelly.
DIARRHOEA

What is Diarrhoea?
Diarrhoea is 3 or more loose stools in a day.

Causes: What are the causes of diarrhoea?
- Human and animal waste in water (germs and worms).
- Eating with dirty hands.
- Germs carried from human and animal waste by flies.
- Using dirty feeding bottles and food utensils.

Prevention: How do you prevent diarrhoea and dehydration?
- Use a latrine. Block the back of the latrine so that flies cannot breed and waste does not escape.
- Dispose of waste properly.
- Prepare clean food in clean utensils.
- Wash hands before eating and after using the toilet.
- For babies under 6 months: give breast milk only
- Never use baby feeding bottles.

Treatment: How do you treat diarrhoea
The best treatment for diarrhoea is to give more fluids.
- For babies: give breast milk often and before other drinks.
- Give plenty of boiled water to drink.
- Give rice water or whey with a little salt.
- Make thin porridge with rice or any other grain like barley or wheat or maize with a little salt and add enough water to make it drinkable.
- Give vegetable soup, thin potato soup or weak tea with a little salt.

How to give re-hydration drink:
- Continue breast feeding
- Give the child sips of fluid every 5 minutes.
- A baby or small child needs ½ a glass of fluid for every diarrhoea stool.
- A middle size child needs 1 glass of fluid for every diarrhoea stool.
- An adult needs 2 glasses of fluid for every diarrhoea stool.
- Give the fluid often in small amounts even if the person vomits. Not all the drink will be vomited. If the person vomits, wait 10 minutes and continue giving drinks.
If dehydration gets worse, go for medical help.

A baby or child does not die from diarrhoea; he dies from dehydration. Dehydration is when there is not enough fluid in the body.
Always give more fluid when someone has diarrhoea.

HEALING WITHOUT MEDICINE

People will get well from most sicknesses including the common cold, by themselves without needing medicines.

To help the body fight off or get better from a sickness, often all that is needed is to:
  1. eat well
  2. drink a lot of liquid
  3. keep clean
  4. get plenty of rest

Even if a patient has a more serious illness, when a medicine may be needed, it is the body that must overcome the disease; the medicine only helps. Nutritious food, lots of water, cleanliness and rest are still very important.

Many sicknesses can be prevented or treated without medicines.
If people simply learned how to use water correctly, this alone might do more to prevent and cure illnesses than all the medicines they now use… and misuse.

**Occasions when the right use of water may do more good than medicines**

**To help prevent these problems**

<table>
<thead>
<tr>
<th>Problem</th>
<th>Use water</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diarrhoea, worms</td>
<td>Boil or filter drinking water, wash hands after the toilet</td>
</tr>
<tr>
<td>Skin infection</td>
<td>Bathe often</td>
</tr>
<tr>
<td>Wounds becoming infected</td>
<td>Wash wound well with soap and clean water</td>
</tr>
</tbody>
</table>

**To treat these problems**

<table>
<thead>
<tr>
<th>Problem</th>
<th>Use water</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diarrhoea, dehydration</td>
<td>Drink plenty of liquids</td>
</tr>
<tr>
<td>Illnesses with fever</td>
<td>Drink plenty of liquids</td>
</tr>
<tr>
<td>High fever</td>
<td>Remove clothing and soak body with warm water</td>
</tr>
<tr>
<td>Minor urinary infection</td>
<td>Drink plenty of liquids</td>
</tr>
</tbody>
</table>
Cough, asthma, bronchitis, pneumonia, Whooping cough, stuffed nose

Drink a lot of water and breathe hot water steam to loosen mucus

Skin infections

Scrub with soap and clean water

Infected wounds, abscesses

Hot soaks or compresses

Stiff sore muscles and joints

Hot compresses

Itching, burning or weeping
Irritations of the skin

Cold compresses

Minor burns

Put the burned part in cold water at once

Sore throat

Gargle with warm salt water

Irritating substance in eye

Flood eye with cool water at once, and Continue for 30 minutes

Constipation, hard stools

Drink lots of water

In each of the above cases, medicines may not be needed if water is used correctly. However in pneumonia the patient must have medicine.
HOW TO CLEAN YOUR TEETH AND WHAT TO DO ABOUT TOOTHACHE

DISEASES OF THE TEETH.

Rotten teeth.
After you eat food, small pieces stick in the cracks. Bacteria eat this food and make an acid which eats away a little bit of the tooth. A small hole will get bigger unless something is done to stop it.

Treatment:
- Go to a dentist.
- A dentist can remove the bad part of the tooth and fill the hole.
- If this is not done the hole will get bigger and become painful.

Tooth pain.
Hot, cold and sweet foods cause pain first. Later you will feel bad pain all the time.
If you do not get the tooth treated, the tooth will die and an abscess will form. This is very painful.

Abscess.
An abscess is an infection around the end of the tooth. It is very painful. You feel pain when the tooth is knocked gently. There is swelling in the mouth next to the tooth. There is swelling of the side of the face.

Treatment for an abscess:
- Go to the doctor.
- The doctor should give medicines to stop infection for 3 days before taking the tooth out.

Gum disease.
The gums are swollen, painful and bleed. The breath smells bad. The teeth become loose and fall out.

Prevention and treatment:
- Brush your teeth properly every day.

Foods that are good for the teeth:
Vegetables and fruit which are firm and have to be chewed. Cheese stops bacteria growing and is good to eat at the end of a meal.
Foods that are bad for the teeth:
Any food or drink containing sugar like sweet tea, sweets, fizzy drinks, biscuits.

Keep Your Teeth Clean!
Tooth decay and gum disease are caused by food sticking to your teeth.
Teach people, especially children in your village to clean their teeth properly.

What to use:
A toothbrush is best. New toothbrushes work best. Change your toothbrush at least every 4 months. A stick which is chewed on the end is also good.

Toothpaste:
Fluoride toothpaste is the best kind of toothpaste because it makes the outside of the tooth very hard, but you can use other toothpastes also. You can also use salt or ash.

When to clean your teeth:
After breakfast and before going to bed at night, and after food, especially sweet foods and drinks.

How to clean your teeth:
Scrub the outside, inside and top of each tooth carefully.

1. Upper Teeth - Put the toothbrush on the gums and brush downwards.
2. Lower Teeth - Put the toothbrush on the gums and brush upwards.
3. Remember to brush the inside of the teeth as well
4. Finish by cleaning the biting surfaces of the teeth
HOW TO KEEP YOUR BABY HEALTHY

Give your baby the best food:
• give only breast milk for the first 6 months of life
• after 6 months give a balanced diet of porridge, vegetables, eggs and a day; fruit

Give your baby a sun bath every day:
• cover your baby’s eyes or keep his head in the shade
• put your baby in the sun for 10 minutes twice a day; you can massage his arms and legs with oil at the same time
• this will give the baby vitamin D and make his bones strong

Keep your baby clean:
• bath him every day

Weigh your baby regularly:
• every month for 1 year
• every 3 months when your baby is between 1 year and 3 years
Your baby needs to have all the immunizations at these times:
- BCG at birth
- Hepatitis B - at birth, 1 month and 6 months
- DPT - 3 months, 4 months, 5 months, 2 years, 7 years
- Polio - 2 months, 3 months, 4 months, 4 years
- Measles - 8 months, 7 years

BREAST FEEDING

Breast feeding is best because:
- If a child breast feeds immediately after it is born, the mother’s uterus contracts more quickly. This stops the bleeding and is good for the mother.
- Sucking helps the breast to produce more milk. Milk is not produced immediately, but takes 2 or 3 days to come. The first 'yellow milk' is important for the baby because it contains protection against disease. Babies do not need more fluid than this in the first few days.
- If the baby gets any other fluids, the baby will get twice as many infections.
- Breast feeding helps mother and baby get to know each other and to love each other.
- Breast milk contains growth, anti-diarrhoea and anti-infection substances. These are not present in cow’s milk, or in powdered milk. A breast fed baby will have less diarrhoea, less worms and less other infections.
- The child develops better. Breast fed babies do better in school and all the way through to school leaving. They can then get a better job and do better all through their life.

Breast milk is:
- simple
- always available
- cheap
- clean
- especially made for human babies

Human milk is for babies – cow’s milk is for calves.
Breast feeding helps family planning.
- The mother will produce her next egg later if she breast feeds, so she cannot get pregnant again so soon.

QUESTIONS ABOUT BREAST FEEDING

1. When should a baby start to breast feed?
As soon as possible after delivery and at least within the first hour.

2. How often should the baby feed?
The baby should feed when he is thirsty, whenever he wants.

3. For how many months should a baby breast feed?
A baby should breast feed for at least 6 months and it is best if he continues until 18 months or 2 years.

4. Can I give barley porridge in the first 6 months of a baby's life?
If you fill the baby's stomach with barley porridge or other food, he will not take enough breast milk to prevent infections and keep healthy.

5. What can we do if the baby is too small and weak to suck?
Tell the mother to express the breast milk and feed it to the baby with a clean cup and spoon.

6. What can we do if the baby can not suck well on the nipple?
Make sure that the baby has a good position on the breast. The baby should be held close to the mother and should have the whole of the nipple and some of the breast in his mouth.

7. What can we do if the mother thinks that she does not have enough milk?
Mother can produce more milk if she:
- lets the baby suck more often
- empties the breasts completely after each feed by expressing the last bit of milk after the baby has sucked
- drinks more fluids
- rests more

8. What can mother do if the breast is very painful or the nipples are cracked?
- the mother must continue to breast feed. Instead of the baby sucking the mother can express the breast every 2 – 3 hours. She can give that milk to the baby using a cup and spoon.
Some problems of bottle feeding:

- Bottle milk is expensive. To make it last longer some mothers make it with too little milk and too much water. The child cannot grow on water!
- Bottles must be cleaned, and boiled for 20 minutes and the nipple boiled for 3 – 4 minutes. The milk must be made with cooled boiled water. Then the feed must be warmed just before it is given to the baby. After each feed the bottle must be cleaned again. This gives the mother a lot of trouble and takes time.
- Bottle fed babies get more diarrhoea and other infections

FEEDING YOUR BABY FROM 6 MONTHS OF AGE ONWARDS

One of the most important times in a child's life is the time between 6 months and three years of age. This is the time when they are growing fast. They are beginning to eat other foods as well as breast milk. Until the age of 6 months, breast milk is all the child needs for growth. After 6 months, breast milk alone does not provide the child with enough food.

The child has a small stomach and cannot take a big quantity of food at one time. A child's stomach is about the size of his fist. Sweet food, white breads and biscuits are not good for the child and are expensive as well as not being nutritious.
Porridge is a good food to start with. When you give the baby porridge it is better to use 2 or 3 different grains, for example barley, wheat or rice. If possible add some beans or peas. Roast and grind each grain individually and then mix together and cook. To make the porridge even better add some ground peanuts, yoghurt, egg or mashed vegetables, and a spoonful of oil.

At first begin with two spoons full of the porridge flour, and increase as the child wants more. If a child spits out the porridge, keep giving it again as he or she is learning to accept this new food.

A small child needs 5 meals a day, or 3 meals and 2 nutritious snacks. Continue to give breast milk as the child wants it. If a child does not get enough food, he will not gain weight, or be active and learn to walk and run. Lack of good food can also cause mental slowness.

Make sure you always have clean hands and clean utensils when you prepare food. If the mother feeds the child using her finger to put the food in the child's mouth she must have clean hands.
NUTRITION
To grow well and to have a healthy body and brain we need to eat some of different kinds of food every day. Each food contains different nutrients. For a good diet, try to eat some food from each group.

MAIN FOOD
Barley, rice, potatoes, corn

FOODS TO HELP YOU GROW
Meat, fish, milk, eggs, beans, peas

FOODS TO HELP PREVENT DISEASE
Vegetables, fruit

FOODS TO KEEP YOU WARM & GIVE ENERGY
Fatty meat, oil, butter, sugar, peanuts

REMEMBER THAT THE DARKEST GREEN VEGETABLES AND THE DEEPEST ORANGE AND RED FRUIT ARE THE BEST.

Brown flour is more nutritious than white flour; brown rice more nutritious than white rice.
VITAMINS AND MINERALS ARE GOOD FOR YOU

<table>
<thead>
<tr>
<th>Vitamin</th>
<th>Why you need it</th>
<th>Sources</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>To keep eyes healthy</td>
<td>Breast milk, animal milk, eggs and butter, red and yellow fruit and vegetables</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>Makes healthy bones and blood</td>
<td>Red, yellow, green fruit and vegetables, milk</td>
</tr>
<tr>
<td>Vitamin D (the sun vitamin)</td>
<td>Makes healthy bones and teeth</td>
<td>Milk, butter, cheese, fish, eggs and sunshine</td>
</tr>
<tr>
<td></td>
<td>Put young babies naked (except to cover their eyes) in the sunshine for 10 minutes twice a day. This will help their skin to make Vitamin D from the sun. This makes their bones strong</td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td>Makes healthy blood</td>
<td>Meat, fish, nuts, dark green vegetables</td>
</tr>
<tr>
<td>Iodine</td>
<td>Helps brain develop</td>
<td>Fish and iodised salt</td>
</tr>
<tr>
<td></td>
<td>Helps children grow</td>
<td></td>
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</tbody>
</table>

THE IMPORTANCE OF IODINE IN YOUR DIET

Most goitres are caused by a lack of iodine in the diet. More importantly, lack of iodine in a pregnant woman’s diet sometimes causes babies to die or to be born mentally slow or a cretin. Women and animals who do not eat enough iodine have more difficulty becoming pregnant and are more likely to have a miscarriage or the baby to be born dead.
Young children who don’t have enough iodine will not be clever in school. Anyone who does not have enough iodine will feel tired and cold, sleep a lot and not be able to do hard work.

Goitres, cretinism and mental slowness due to too little iodine are most common in mountain areas where there is little natural iodine in the soil, water or food.

Iodised Salt
Everyone living in areas where people get goitres should use iodised salt. Use of iodised salt prevents this kind of mental slowness and the common kind of goitre and will help many goitres go away. Even though iodised salt is more expensive than nomad salt, it is worth eating it to help prevent these bad health problems.

It is good to give iodised salt to animals. It will increase milk and meat production and there will be less chance of miscarriage. It will help future generations of animals. When people eat the milk or meat from these animals, they also will get more iodine.
SAFE PREGNANCY AND DELIVERY

Most women have a normal pregnancy and the mother and child are safe. All pregnant women should see the doctor at least two times in the pregnancy. Sometimes the doctor and the midwife can see some of the problems. If a woman has a dangerous symptom send her to a doctor immediately.

Symptoms which can be very dangerous:
1. Painful bleeding or bleeding without pain
2. Swollen face and limbs, headache and dizziness.
3. High fever.
4. Unconsciousness or fits.

If a woman has any of these dangerous symptoms she must go to see the doctor. Treatment at the right time can save the life of the mother and child.
Safe Delivery.

Many babies die soon after they are born because they get cold, because they get an infection, or because they do not feed quickly enough. Mother’s can also die of infections.

So for the best health of mother and baby:
1. Keep the ‘7 cleans’
2. Keep the baby warm.
3. Breast feed the baby immediately after birth.

The best place to have a baby is in a hospital. If this is not possible, try to make the delivery at home as safe as possible.

There are ‘7 cleans’ - things that should be clean for a safe delivery:
1. Clean place
2. Clean mother
3. Clean hands of the helper
4. Clean plastic sheet
5. Clean blade or scissors
6. Clean ties for the cord
7. Clean clothes for the baby

What to do at the delivery:
1. Get everything ready beforehand:
   • boil the blade or scissors for 5 minutes
   • boil three pieces of string for 5 minutes
   • prepare a clean piece of plastic sheet
   • prepare a clean towel for drying the baby
   • prepare a cloth for wrapping the baby
   • prepare a clean room for the delivery
2. The mother should wash herself.
3. Put the mother in the cleanest place possible.
4. The helper should wash her hands with soap.
5. The helper puts down the plastic sheet before the delivery.
6. As soon as the baby is born, dry and wrap the baby in a cloth and keep the baby warm.
7. The helper should wash her hands again.
8. Tie the umbilical cord two times on the baby's side and one time on the mother's side.
9. After the delivery use the sterilized blade to cut the umbilical cord.
10. Bury placenta and used equipment in the ground.
11. Breast feed the new born baby immediately
TREATMENT OF A COMMON COLD

Gargle with salt water

Do not use IV Drips

Drink plenty of fluids, especially hot water

Do not take cough medicine or antibiotics

Drink hot water with lemon or orange and honey if available

Take paracetamol only for headache

There is no medicine for the common cold. Do not waste your money on IV drips, cough medicines or antibiotics.
A CHILD WITH A SERIOUS COUGH
Most coughs are part of a common cold and will get better without treatment. Some coughs are a sign of serious disease that do need treatment.

A cough is serious if
- the child is breathing fast.

Fast breathing at different ages means:
- from birth - 2 months: above 60 breaths a minute is SERIOUS
- from 2 months - 1 year: above 50 breaths a minute is SERIOUS
- from 1 year - 5 years: above 40 breaths a minute is SERIOUS

- child is not sucking well
- child is vomiting
- child is very sleepy
- child has convulsions

Refer these children to a doctor IMMEDIATELY for antibiotic medicine.

TUBERCULOSIS

About tuberculosis:
- Tuberculosis is an infectious disease caused by a germ. It spreads from person to person in the sputum.
- Tuberculosis can kill someone if they do not take the full course of treatment.
- Tuberculosis can be cured by treatment.

How would someone with Tuberculosis feel?

They might have:
- cough for more than 3 weeks
- sputum
- weight loss for more than 3 weeks

They may also have:
- fever for more than 3 weeks
- sweating at night
- loss of appetite for more than 3 weeks
REFER ANYONE WITH THESE PROBLEMS TO A DOCTOR BECAUSE THEY MAY HAVE TUBERCULOSIS

Treatment for Tuberculosis:
- Eat Tuberculosis medicine until the whole course is finished. This is 6-8 months.
- Eat a good diet with plenty of vegetables and fruit.
- Rest as much as possible.

Patients with Tuberculosis should:
- sleep in a separate room
- cover their mouth with a cloth when coughing
- put sputum in a closed container and burn or bury it
- keep the windows open
- eat using different plates from other people

Prevention of Tuberculosis:
- Do not sleep in the same room as someone with TB
- Do not smoke
- Do not spit in public places

SMOKING AND TAKING SNUFF

3 million people in the world die every year from smoking or taking snuff.
1 in 3 Chinese people smoke or take snuff.
Smoking and taking snuff are very dangerous for yourself and smoking is dangerous for other people also.
1. Smoking and taking snuff increases the risk of cancer of the lungs, mouth, throat and lips. The more you smoke, the greater is your chance of dying of cancer.
2. Smoking and taking snuff cause other serious diseases of the lungs and chronic cough.
3. Smoking and taking snuff can cause stomach ulcers or make them worse.
4. Smoking and taking snuff increase your chance of suffering or dying from high blood pressure, heart disease or stroke.
5. Children whose parents smoke have more chance of getting pneumonia and other chest infections.
6. Babies of mothers who smoked or took snuff during pregnancy are smaller and develop more slowly than babies whose mothers did not smoke or take snuff.
7. If anyone is smoking in the house, this will affect the health of others in the house.
8. Parents, teachers, health workers, and others who smoke or take snuff set an unhealthy example for children and young people, and increase the likelihood that the child too will begin smoking.
9. Smoking and snuff cost money. It looks like little is spent, but it adds up to a lot. In poorer countries many of the poorest people spend more on tobacco than on food.

If money spent on tobacco was spent for food instead, children and whole families could be healthier.
Anyone interested in the health of others should not smoke or take snuff.

What can we do to help people not to start smoking or taking snuff?
- Tell children what it will do to them.
- Tell parents what it will do to their children.
- Help children to say ‘No’.
- Do activities with children so they can teach other people not to smoke or take snuff.
- Get posters which are against smoking and taking snuff.
PREVENTION AND TREATMENT FOR
HEART DISEASE AND HIGH BLOOD PRESSURE

1. Eat a healthy diet of:
   - more vegetables and less meat

2. Do not smoke

3. Drink less alcohol

4. Take more exercise

5. Low fat
   - with less butter
   - tea and fatty meat
   - less salt
HEPATITIS, ALCOHOL AND LIVER DISEASE

**Hepatitis is spread in:**
- stool
- urine
- dirty water
- dirty syringe or needle
- sex with an infected partner

**Too much alcohol leads to:**
- liver disease
- death

**To prevent liver disease:**
- do not drink a lot of alcohol
- do not have unnecessary injections
- do not have injections where the syringe or needle has been used for someone else
- drink only water that is clean
- use a toilet
- wash hands frequently
- have sex with only one partner who does not have hepatitis
- do not share razors or ear piercing instruments
- avoid contact with other people's blood

**Treatment:**
- do not drink alcohol
- drink a lot of fluid
- eat a low fat diet
  - no butter tea
  - no fatty meat
- eat plenty of vegetables
- rest as much as possible
AIDS AND SEXUALLY TRANSMITTED INFECTIONS (STIs)

One of the problems with STIs is that at the beginning of the disease there are few or no symptoms particularly for women. Therefore you do not know if your sex partner is infected.

People who have STIs are more likely to catch AIDS because in an STI there may be small sores and wounds in the genital area making it easier to spread AIDS.

STIs are spread by sexual contact or from a mother passing the infection from herself to the baby’s eyes during the birth of the baby.

<table>
<thead>
<tr>
<th>How do I know if I might have an STI?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Women</strong></td>
</tr>
<tr>
<td>Thick smelly vaginal discharge</td>
</tr>
<tr>
<td>Itching of vagina</td>
</tr>
<tr>
<td>Genital sores</td>
</tr>
<tr>
<td>Pain on passing urine. This may also</td>
</tr>
<tr>
<td>be caused by a urine infection.</td>
</tr>
</tbody>
</table>

If the STIs are not treated properly, men may have urine problems, men and women may be unable to have a baby and their health will be poor. They may even die.

STIs can be treated with medicine, injections and vaginal medicine for women. It is important for women and men to see a qualified doctor who can give the right treatment. There are different kinds of STIs which need different treatment.

**How can I prevent getting an STI?**
- Have sex with only one partner whom you know is not infected.
- If you have several sex partners, always use a new good quality condom.

**How to use a Condom:**
1. Check the expiry date and only use the condom if it is in good condition.
2. Gently roll the condom onto the stiff penis.
3. Leave a space at the tip of the condom for semen.
4. If lubrication is needed, only use water, do not use cream.
5. After sexual intercourse remove the condom while the penis is still stiff.
6. If a condom is torn or damaged, stop intercourse immediately. Do not use this condom.
7. After using the condom, wrap it in paper and throw it in the garbage or bury it. Do not throw down the toilet.
8. Only use the condom once and then throw it away.
HIV / AIDS CAN BE PREVENTED BUT NOT CURED

How could I catch HIV / AIDS?

AIDS is spread by:
- infected needles and syringes
- sexual contact
- infected blood transfusion
- from mother to child in pregnancy and at delivery
- the blood, sputum or saliva from an AIDS patient touching a small cut or open sore of a well person.

AIDS is not spread by:
- touching, hugging, light kissing
- using the same toilet
- using the same food utensils
- using the same bathroom and towels.

One of the dangers of AIDS is that at the beginning of the infection the person does not know he has AIDS, this time can be up to 10 years. It is not seen by the patient or his friends. It is only seen when the blood is checked in the hospital.

DURING THIS TIME HE OR SHE CAN SPREAD THE DISEASE TO OTHER PEOPLE.
After a few years, people with AIDS will:
- become thin and weak
- have fever
- have diarrhoea, cough and headache.
- get frequent infections of the whole body, especially the mouth.
- get skin diseases and / or cancer
- eventually AIDS patients will die.

How can I prevent catching AIDS?
- do not have injections with needles and syringes that are not new or clean
- do not have unnecessary injections
- only have one sexual partner who you know is not infected.
- if you have several sex partners always use a new good quality condom
- do not accept blood transfusions from blood that has not been tested for AIDS.

There is no vaccination to prevent AIDS
EYE PROBLEMS

Refer to a doctor for glasses any child who:
- can not see the blackboard clearly at school
- hold their books very close to their face to read

Refer to a doctor for cataract surgery:
- old people who can not see well and have white (instead of black) pupils in their eyes.

To keep healthy eyes:
- eat plenty of eggs, milk, green and orange vegetables and fruit
- wash face at least 2 times a day

An eye infection is a red painful eye or an eye with pus:
- Wash with warm water, use a clean cloth. Do not use this cloth for different people.
- Refer to a doctor for antibiotics

Any person who can not see well at night needs Vitamin A:
- This can be found in milk, green vegetables and fruit.
- Refer to a doctor for vitamin A.
If there is pus in the ear:
- sleep with the bad ear on the pillow so that the pus comes out.

Keep the ear clean and dry:
- dry the ear 4 times a day with a clean piece of cotton or cloth.
- do not put sticks in the ear.

If the ear is painful:
- eat paracetamol medicine.

If there is pus from both ears, or the child is under 2 years old, go to a doctor for antibiotic medicine.

FIRST AID
1. Care of wounds, Bleeding and Bandaging
Wounds and Cuts
Many small scratches and cuts do not need bandages. They heal best if you wash them with soap and water and leave them open to the air. The most important thing is to keep them clean.

Bandages
Bandages keep wounds clean. For this reason, bandages or pieces of cloth used to cover wounds must always be clean themselves. Wash any cloth you will use for a bandage and dry it in the sun in a clean, dust-free place.

Wash the wound first and then put on the cloth.

IT IS BETTER TO HAVE NO BANDAGE AT ALL THAN A DIRTY OR WET ONE.

If a bandage gets wet or dirt gets under it, take it off, wash the cut again, and put on a clean bandage.
Take care!

- For children it is often better to bandage the whole hand or foot instead of one finger or toe. The bandage will not come off as easily.
- Be careful that a bandage that goes around an arm or leg is not so tight that it cuts off the flow of blood. If it is too tight, the fingers or toes will be white and painful. If this happens remove the bandage immediately. Put it back on again more loosely.

INFECTED WOUNDS.

1. **How to recognise them.**
   A wound is infected if:
   - it becomes red, swollen, hot, and painful
   - it has pus
   - it smells bad.

   The infection is spreading to other parts of the body if:
   - the person has a fever
   - there is a red line above the wound
   - there are little lumps that become swollen or tender near the infection, for example under the arm, in the groin or in the neck. If these lumps stay for more than a month, refer to the doctor as the person may have a serious disease.

2. **Treatment of infected wounds.**
   - Put hot compresses over the wound for 20 minutes 4 times a day. Or hold an infected hand or foot in a bucket of hot water. Make sure it is not too hot that it will burn the person.
   - Keep the infected part at rest and raised above the level of the heart.
   - If the infection is severe, send to the doctor.

**Warning.**
- If the wound has a bad smell, if brown or grey liquid oozes out, or if the skin around turns black and forms air bubbles or blisters, this may be gangrene. Seek medical help fast.
Wounds that could become dangerously infected:
- Dirty wound, or wounds made with dirty objects.
- Puncture wounds and other deep wounds that do not bleed much.
- Wounds made where animals are kept
- Large wounds with severe damage or bruising.
- Bites, especially from pigs, dogs or people.
- Bullet wounds.

Wash the wound well with boiled water and soap. Remove all pieces of dirt, blood clots and dead or badly damaged flesh. Send to the village doctor.

When the wound is serious:
- Raise the wounded part a little higher than the heart and keep the injured person still. This way the wound will heal faster and is less likely to become infected.
- Walking on an injured leg or sitting with the leg hanging down will slow healing and encourage infection.

DEEP WOUNDS IN THE ABDOMEN OR CHEST.
- Any wound that goes into the abdomen or chest is dangerous. Seek medical help immediately. But in the meantime, cover the wound with a clean bandage.
- If the guts are partly outside the wound, cover them with a clean cloth soaked in lightly salted, cool boiled water. Do not try to push the guts back in. Make sure the cloth stays wet.
- If the wounded person feels dizzy, raise his feet higher than his head.
- Give absolutely nothing by mouth:  
  - no food, no drink, not even water, unless it will take more than 2 days to get to the hospital. Then give water only in small sips.
  - if the wounded person is awake and thirsty, let him suck on a piece of cloth soaked in water.

HOW TO CONTROL BLEEDING FROM A WOUND.
- Raise the injured part.
- Press directly on the wound with a clean thick cloth, or your hand if there is no cloth. Keep pressing until the bleeding stops. This may take 15 minutes or sometimes an hour or more. This type of direct pressure will stop the bleeding of nearly all wounds.
HOW TO STOP NOSE BLEEDS

- Sit quietly.
- Blow your nose gently to remove mucus and blood.
- Lean forward slightly and pinch the nose firmly for 10 minutes or until the bleeding has stopped.

Prevention:
- If a person’s nose bleeds often, smear a little cooking oil inside the nostrils twice a day.
- Eat oranges, tomatoes, and other fruits, this may help to prevent nose bleeds.

BURNS

2. Care of Burns, Drowning and Choking

Prevention:
Most burns can be prevented. Take special care with children.
- Do not let small babies go near a fire.
- Keep lamps and matches out of reach.
- Turn the handles of pans on the stove so children cannot reach them.
To ease the pain and lessen the damage caused by a minor burn:

- put the burned part in a bowl of cold water and keep it there for 15 minutes. Cover the burn with a clean dry cloth
- do not break any blisters
- if the burn is severe, send the patient to a doctor.
**DROWNING**

**Prevention:**
- Do not allow children to play near the water.

**Treatment:**
- Immediately take the person out of the water and clean the mouth and nose.
- Turn the patient on his side and let any water drain from his mouth.

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**CHOKING**

**Causes:**
- Peas, peanuts, sunflower seeds and small things that get stuck in the throat.

**Prevention:**
- Do not give small children hard or round things that they can put in their mouth.

**Treatment:**
- For a small child, lie him on his chest over your knee and hit him on the back and the object will come out.
- For an older person, stand behind him with your two hands joined together in a fist under his ribs. Press quickly in and upwards.
MENTAL ILLNESS

Many people suffer from mental illness. This may not be recognized by the doctor, or by the family. We can help the person very much if we know how to care for them. People with mental illness may complain of many different problems, which do not have an obvious cause. If someone has complaints in 3 or more different parts of the body they may have a mental disease.

Complaints which are common in people with mental disease:
- Feeling sad and crying a lot.
- Not sleeping well or sleeping too much.
- Not eating well and losing weight
- Poor concentration and not able to do their normal work
- Feeling that life is hopeless
- Not able to relax
- Dizziness, headache, a feeling of difficulty in breathing and a fast pulse.

How can we help these people?
- Ask a doctor to check them to make sure there is no physical cause for their complaints.
- Listen to the person. Let them talk about their problems. Ask about any other problems in their life such as with their family, or problems with money or work.
- Discuss changes they could make in their life, to make life easier for them.
- Re-assure them that they do not have a physical problem.
- Try to understand them and be kind to them.
SERIOUS MENTAL ILLNESS

A person with serious mental illness may behave in strange ways like these:

- Abnormal behaviour that no-one understands.
- Talks too much or not at all.
- Sees or hears things that do not exist.
- Believes that others are harming him or planning to kill him.
- Wants to kill himself or herself or other people. If a woman has just had a baby and wants to kill herself or her baby, make sure she takes medicine. Look after her and her baby carefully. She may try to hurt the baby.

What can you do for these people?

- Talk kindly to them.
- Take the person to the doctor and make sure they eat their medicine regularly. They may need to eat medicine for 6 months or more.
- Make sure they eat and drink enough.
- Encourage the family to involve the person in normal family life.