

MY BEAUTIFUL FAMILY, MY BEAUTIFUL HOME, MY BEAUTIFUL COMMUNITY.

ARISE Project
Community
Flipbook

How to keep my family and
community safe from diseases



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MINISTRY OF HEALTH - ETHIOPIA



NALA

THE **END** FUND

JOB AID FOR COMMUNITY HEALTH WORKERS AND VOLUNTEERS

The goal of this flipbook is to improve health of local families and their children. In your community, there are diseases that can be prevented through simple changes to water, sanitation, and hygiene (WASH) practices.

This tool will guide you through how to prevent these diseases at the household level, including how to assess risks, explain important health information, and recommend actions for improved health and well-being

CONTENTS

Part 1: Diseases in our Community

Part 2: Personal Hygiene

Part 3: Household Hygiene

Part 4: Household Sanitation (WASH Conditions)

My Beautiful Community



HOW TO USE THE FLIPBOOK

The content is divided into four parts, which are then each sub-divided into 3 sections and color-coded as such:

Assessment



Each part begins with an assessment that includes questions and observations. Conduct the assessment together with the family, and adapt recommendations to their feedback.

Explanation



An explanation follows the assessment, marked by the green speech bubble. This part includes images and information for instruction.

Recommendation



Each step ends with a recommendation, marked by yellow stars. The recommendation will visually inform the family of what changes to make to prevent disease

Assessment

Explanation

Recommendation

OVERVIEW

The flipbook is designed for use in communities with hygiene-related illnesses such as intestinal worms (STH), schistosomiasis, and trachoma. Through simple changes to household practices, families can prevent these diseases and provide a healthier future for their children.

This flipbook provides an illustrated step-by-step guide for health workers and volunteers to use together with families.

HOUSEHOLD VISITS

We recommend using the flipbook with families over 2-4 household visits. More than one visit is necessary in order to check progress. During the household visit, use the flipbook together with the family and include them in self-assessment and practice.

KEY MESSAGES



"MY BEAUTIFUL FAMILY"

Personal hygiene:



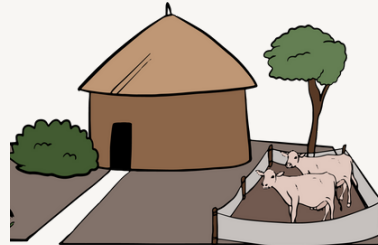
Hand
washing



Face
washing

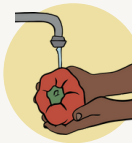


Wearing
shoes



"MY BEAUTIFUL HOME"

Household hygiene and sanitation:



Food
hygiene



Safe water
storage



Latrine use



Regular
cleaning



"MY BEAUTIFUL COMMUNITY"

Community responsibility:



Share health
messages



Participate in
health
campaigns

DISEASES IN OUR COMMUNITY



Has anyone in the household
been sick with diarrhea or
nausea in the last year?
Lost weight?



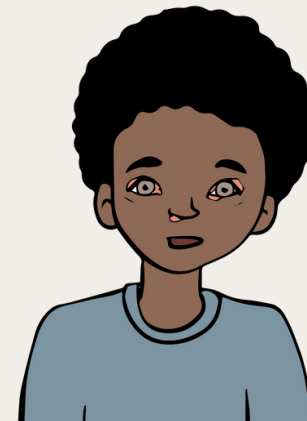
Has anyone had an eye
infection in the last year?



Check if anyone looks
underweight, extremely
tired, or pale and unwell.



Check eyes for
redness or irritation



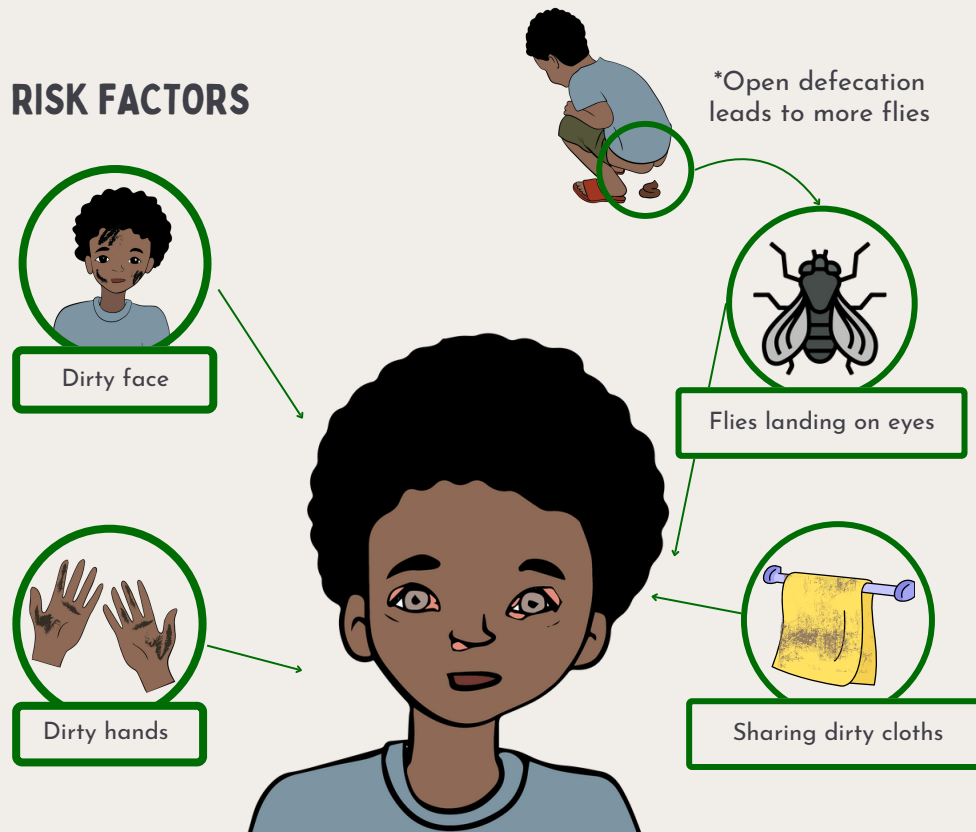
Assessment

TRACHOMA

TRANSMISSION

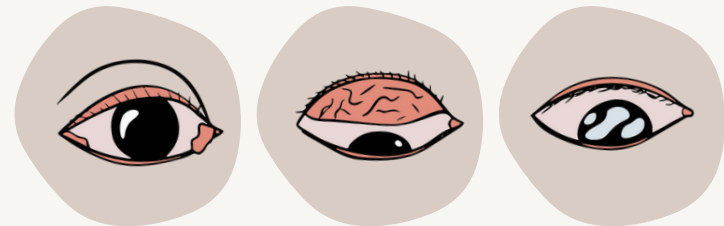
Trachoma is a bacterial infection that spreads via eye and nasal discharge from a sick person to a healthy person. Most often it is spread via flies, dirty hands, and/or sharing of dirty cloths.

RISK FACTORS



SYMPTOMS

Trachoma starts as an eye infection. However, repeated infections can scar the eye, leading to vision problems and blindness.



Short-Term Symptoms

Itching and irritation of eyes and eyelids
Eyelid swelling
Sensitivity to light

Long-Term Symptoms

Visual impairment
Blindness
Disability

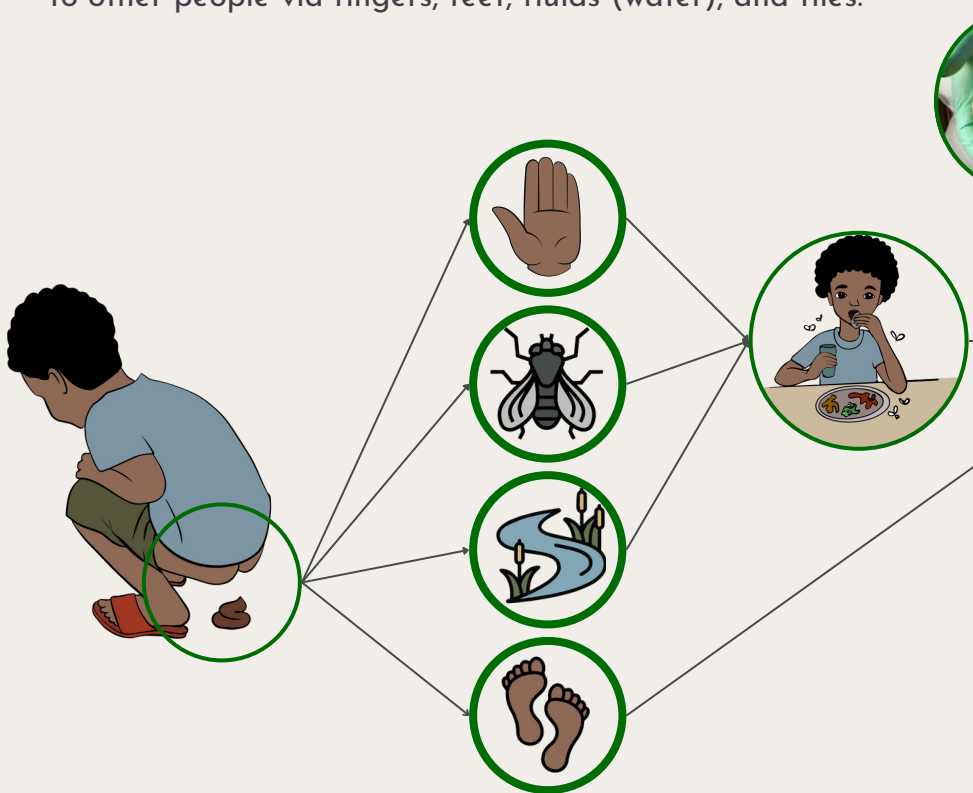


PART 1: ABOUT DISEASES

INTESTINAL WORMS: SOIL TRANSMITTED HELMINTHS (STH)

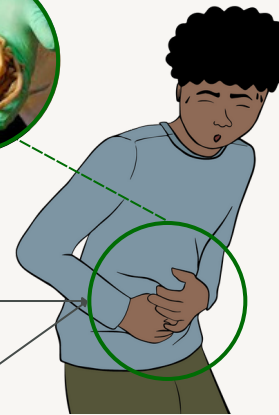
TRANSMISSION

Intestinal worms are parasites that are transmitted due to open defecation (feces) in the environment. They spread to other people via fingers, feet, fluids (water), and flies.



SYMPTOMS

Intestinal worms cause intestinal problems and difficulties in learning and growing.



Short-Term Symptoms

- Stomach Pain
- Diarrhea
- Nausea
- Weight loss
- Tiredness



Long-Term Symptoms

- Malnutrition
- Stunted growth
- Anemia
- Learning difficulties

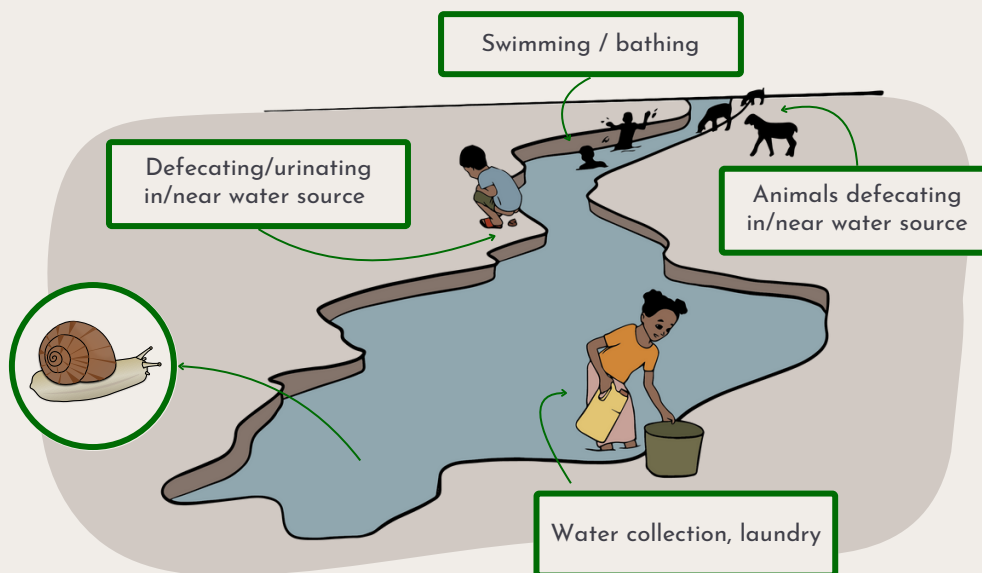


INTESTINAL WORMS: SCHISTOSOMIASIS (BILHARZIA)

TRANSMISSION

People become infected with bilharzia when the parasite, released by freshwater snails, penetrates the skin during contact with infested water.

Transmission occurs when people suffering from bilharzia contaminate freshwater sources with feces or urine containing parasite eggs, which hatch in water.



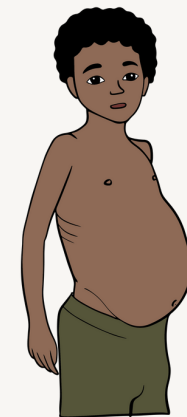
SYMPTOMS

Some symptoms of bilharzia are similar to STH, but long-term it is a much more serious disease that can lead to organ damage and sometimes even death.



Short-Term Symptoms

- Stomach Pain
- Diarrhea
- Cough
- Muscle aches
- Bloody urine or feces



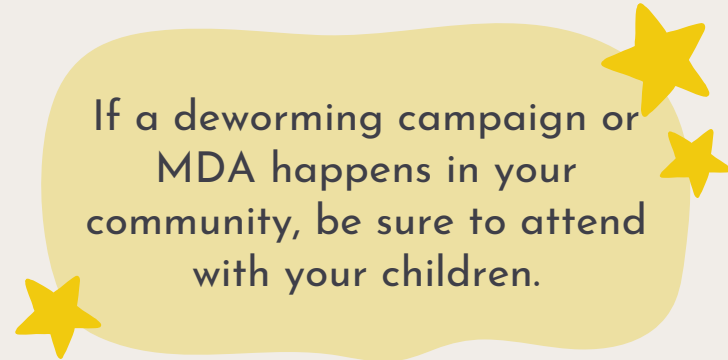
Long-Term Symptoms

- Malnutrition
- Anemia
- Learning difficulties
- Organ damage
- Enlarged liver



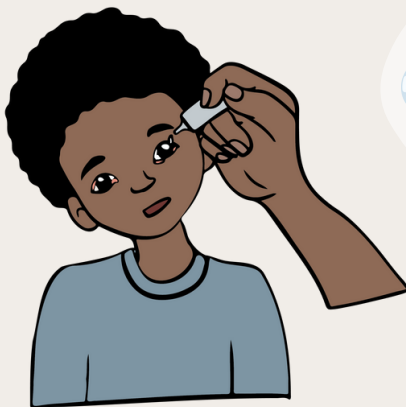


If someone in your household shows symptoms, they should go to the health post or health center for treatment.



If a deworming campaign or MDA happens in your community, be sure to attend with your children.

The treatment may include pills or eye drops (for trachoma).



It is recommended to eat before you go to the MDA to reduce the risk of side effects



PART 2: PERSONAL HYGIENE

"MY BEAUTIFUL FAMILY"



How many times a day
do you wash your hands?

Are there specific times?



How many times a day do
you wash your face?

Your children's faces?



Do you wear shoes when
going outside?



Check the hands of people in
the household for dirt



Palms



Back of hands



Under fingernails

Check the faces of people
in the households



Dirt on face



Discharge from eyes



Discharge from nose

How many people in the
household are wearing shoes?



Wearing shoes



Not wearing shoes



PART 2: PERSONAL HYGIENE

HANDWASHING STEPS



Water and soap



Between fingers



Palm to palm



Back of hands



Focus on wrists



Rinse with water



Dry hands

KEY TIMES FOR HANDWASHING

**AFTER CONTACT WITH
FECES/WASTE**



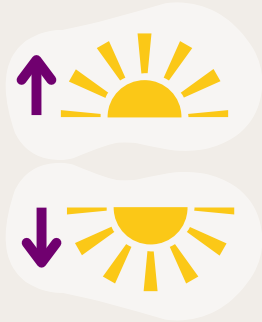
**BEFORE ANY CONTACT
WITH FOOD**



PART 2: PERSONAL HYGIENE

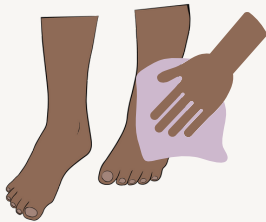
KEY TIMES FOR FACEWASHING

Wash your face after waking up
and before going to sleep.
Help your children do the same.



Dry your face with a clean cloth.
Don't use the same cloth to dry
many faces.

FOOT HYGIENE



Wash feet everyday and
dry them completely



Wear shoes outside



If shoes get wet or muddy,
clean and dry them
completely before wearing



PART 2: PERSONAL HYGIENE

RECOMMENDATION

Check your children's hands and faces every morning and every night to make sure they are clean.



✓ Clean face



✓ Clean hands



Practice handwashing and face washing with your children so they know how to do it properly.

Make sure your children wear shoes when going outside



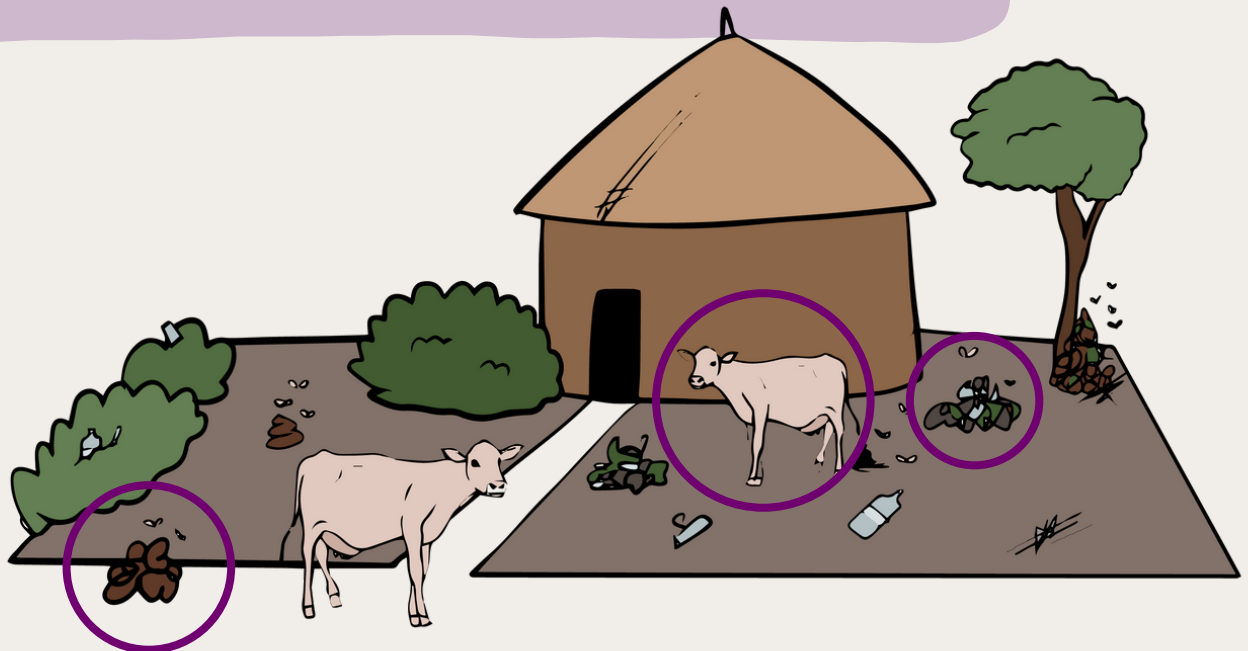
PART 3: HOUSEHOLD HYGIENE



Walk around the yard/ household with the family to find potential risks.

Check for:

- ☐ Feces
- ☐ Unmanaged trash
- ☐ Animals near living area
- ☐ Areas with many flies



Check how water is
being stored

- ☐ Open
- ☐ Dirty
- ☐ Flies/insects

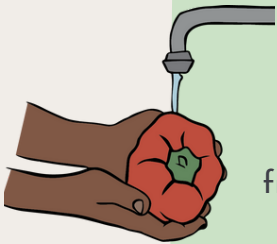


Check the cleanliness of
the cooking area.



WHY HYGIENE AT HOME MATTERS

FOOD HYGIENE



Dirty food can cause sickness by spreading harmful germs and bacteria. Stay safe by washing fruits and vegetables, and cooking food completely.



HOUSEHOLD HYGIENE

When waste or animals are too close to the home, they bring dirt and disease. A clean home protects your family every day.



WATER HYGIENE

Drinking water can carry germs if it's not treated or stored well. Clean water keeps children strong and healthy.

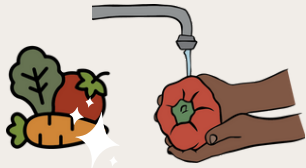


PART 3: HOUSEHOLD HYGIENE

FOOD HYGIENE



Wash hands with water and soap before cooking or handling food



Wash, cook, or peel fruits and vegetables before eating



Wipe cooking surfaces daily and keep them free of flies and dirt

WATER HYGIENE



Collect water using clean containers



Boil or treat water before drinking

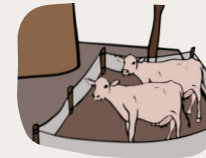


Store water in closed clean containers

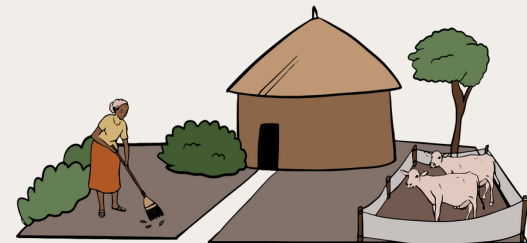
HOUSEHOLD HYGIENE



Dispose waste in a designated location



Keep animals in a fenced area and away from cooking area



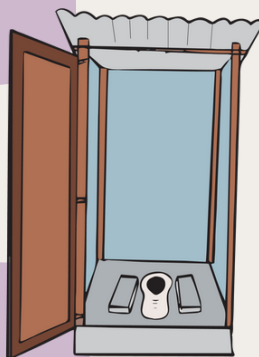
Sweep the home daily and remove trash and feces from the compound



PART 4: HOUSEHOLD SANITATION



Do you have a latrine?
How often is it cleaned?



If there is a latrine, assess for the following risks:



Open Defecation



Dirty



Bad smell



Many flies



Where do you wash
your hands?



If there is a place for handwashing,
assess for the following:



Water available



Soap available



DANGERS OF OPEN DEFECACTION



Rain / weather conditions



Sexual harassment



Snakes / wildlife

CHILD LATRINE USE

Babies



Wash hands after cleaning, make sure to dispose of feces/water used for cleaning in the latrine

Toddlers



Use a small pot or bucket that can then be dumped into the latrine

Children



Once children are old enough, support them in using latrine



SANITATION LADDER

Use the sanitation ladder to discuss with the family where they are now.

Handwashing with soap and water is required, regardless of latrine type.

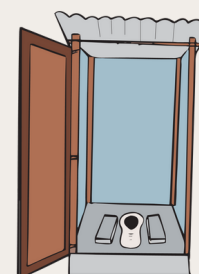


PIT LATRINE WITH SLAB (SHARED)



An improved latrine has a permanent structure and slab. If it is shared between 2+ households, keeping it clean may be harder.

PIT LATRINE WITH SLAB (NOT SHARED)



A private pit latrine with a slab is considered safe, if it is regularly cleaned and maintained.

VENTILATED IMPROVED LATRINE WITH HANDWASHING



To be safely managed, feces must be safely disposed or treated. Upgrades include a ventilation pipe and a handwashing station.

PIT LATRINE



A basic structure with a curtain for privacy can be used with a hole at least 1.5 meters deep.

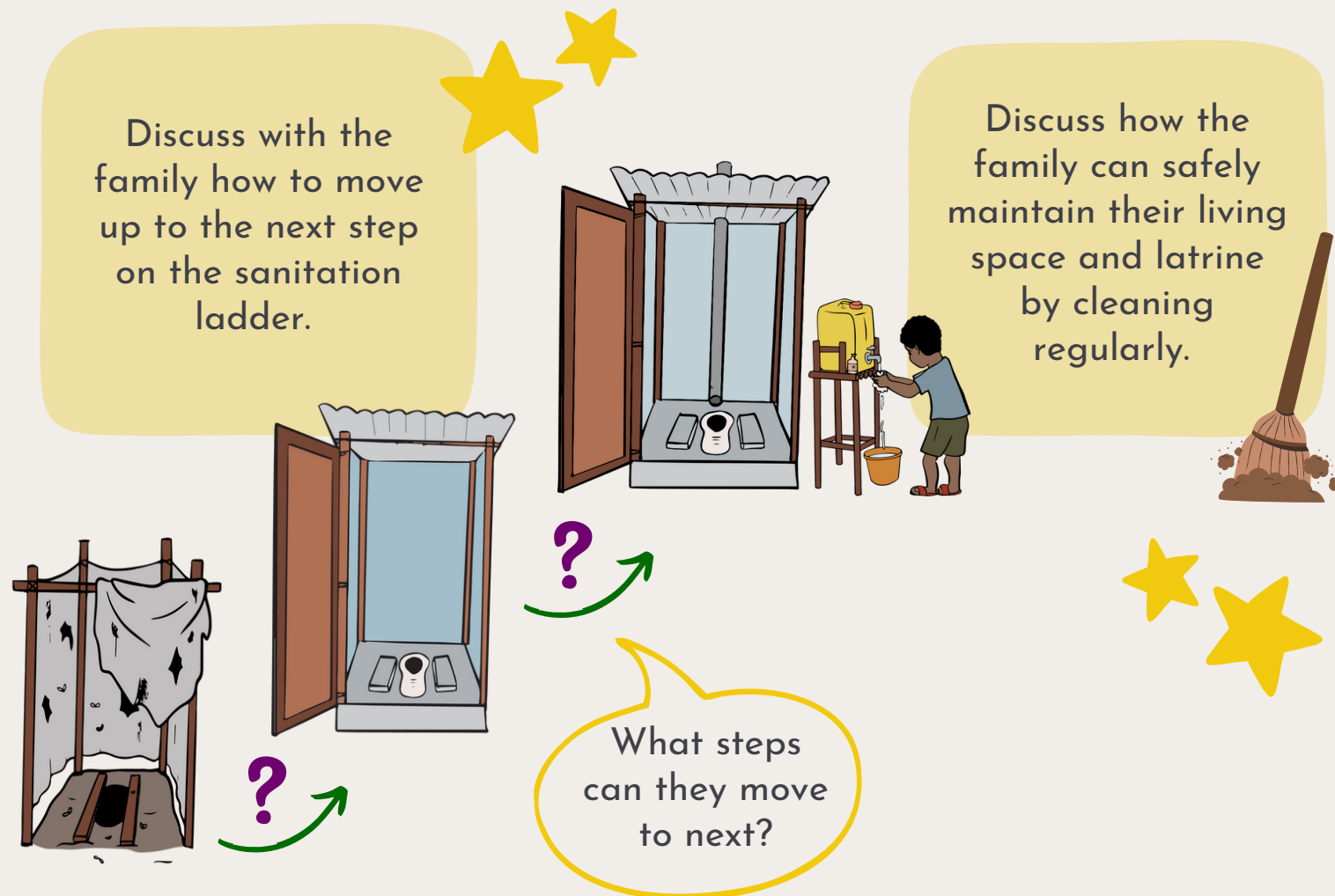
OPEN DEFECACTION



Open defecation is a dangerous health risk, especially near water sources.

Latrines should be built at least 30 meters from any water source that people use.

RECOMMENDATION



MY BEAUTIFUL COMMUNITY

HOW CAN WE HELP IMPROVE OUR COMMUNITY?



Share messages



Participate in deworming campaigns



Cleaning campaigns for the community

HEALTHY IS BEAUTIFUL



Recommendation