

Community Health Information Booklet







Community Health Information Booklet

INTRODUCTION

This booklet contains key messages related to Community Health Information Booklet and hygiene for health promotion to encourage the uptake of priority health behaviors for better health outcomes for men, women, and children under 5.

It serves as a guide, aid and reminder on the key priority MNCH+N behaviors and hygiene for Community Volunteers (CVs), Ward Development Committee (WDCs), Women Empowerment Groups (WEGs), Advocacy Core Group members (SBC-ACG) and other community members/structures while conducting their community activities.



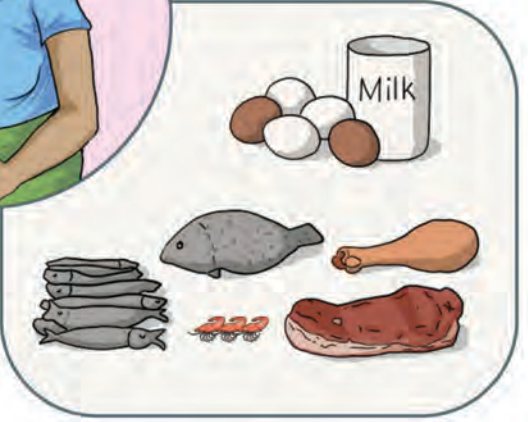


Early Antenatal Care & Intermittent Preventive Treatment in pregnancy

- A woman should go for ANC as soon as she thinks she might be pregnant.
- Early ANC allows the pregnant woman to learn more about her pregnancy from the health worker
- ANC allows the health worker to monitor the growth of the baby and the health of the mother.
- Every pregnant woman should attend ANC at least eight times before delivery.
- Taking Intermittent Preventive Treatment in Pregnancy (IPTp) tablets prevents malaria early, and it should be taken whether there is malaria symptoms or not.
- IPTp is safe and effective for pregnant women and the baby. It is taken in the presence of a health care worker. It is safe for you to take it without food.
- If the woman has not attended ANC, refer her for ANC at the health facility or contact a BA-N Community volunteer for referral.

Malaria in Pregnancy: Sleeping inside an Insecticide Treated Mosquito Net

- A pregnant woman should sleep inside an insecticide treated mosquito net every night to prevent getting malaria from mosquito bites. This is because if she gets malaria, it will be much more serious than when she is not pregnant. And it will also affect her baby.
- Sleeping under an insecticide treated mosquito net all year round will help ensure a better health outcome for both the mother and child.
- Malaria may cause the blood level of a pregnant woman to reduce, and the baby could die in the womb (miscarriage or stillbirth) or be born too early (premature) or too small (low birthweight).
- If there is a report of a feverish pregnant woman, please REFER to the health facility!





Nutrition During Pregnancy

- The pregnant woman and new mother, should eat a variety of locally available foods to make nutritious meals.

A good way to remember is “a 4-star meal”, which has foods from each of the following four (4) food groups:

- Animal-source foods for bodybuilding and repair, for example, fish, meats, crayfish, grasshoppers, eggs, dairy products etc.
 - Staples to provide energy, for example:
 - Grains: e.g., maize, corn, rice, millet, etc.
 - Roots and tubers: yam, cassava, cocoyam, potatoes, etc.
 - Legumes and seeds to maintain body function, for example, Beans, groundnuts, sesame seeds, cashew nuts, Bambara nuts, soybeans, Egusi, etc.
 - Fruits and vegetables to build immunity for example, Spinach, Ugwu leaves, carrots, tomatoes, pawpaw, oranges, mangoes, guava.
- She should ensure that the salt she uses is iodized and should also drink plenty of fluids.
 - In addition to these foods, a pregnant woman should also take Iron and Folic Acid supplements, which she can get from the health facility during ANC.
 - A pregnant woman should eat 3 main nutritious meals and extra meals or snacks. If the pregnant woman has problems with eating large meals, she should eat several small nutritious meals throughout the day.
 - Families do not need to spend much money to eat nutritious foods. Many of the nutritious foods listed above are available in our communities and can be grown in our yards. Chickens and other animals can also be reared in the compound.





Pregnancy Danger Signs

- There are some signs and symptoms that indicate a pregnant woman is having complications. She or her baby's life may be at risk, and she should see a healthcare provider **IMMEDIATELY**

Some of the pregnancy danger signs are:

- Severe headache
 - Swollen hands and feet
 - Acute stomach pain
 - Bleeding from vagina
 - Difficult breathing
 - Seizure
- Going to ANC can help healthcare providers detect any complications before they become danger signs.
 - If a pregnant woman experiences any danger sign, she should **IMMEDIATELY** go to the health facility for urgent care.
 - If any of these signs are present or there are reports of the danger sign by a pregnant woman **REFER** to the health facility immediately!

Delivery with a Skilled Birth Attendant

Although many women feel more comfortable giving birth in their homes, every delivery is a risk even if there were no complications during the pregnancy.

The benefits of delivering with a skilled birth attendant include:

- If there are complications during delivery, the skilled birth attendant is trained to manage them to prevent loss of the mother or baby.
- Skilled birth attendants are better able to manage complications during delivery at the health facility where they have special equipment to work with.
- There are certain signs that indicate the baby is ready to be born like periodic but continuous contractions, discharge of blood mixed with mucus, and/or watery discharge from the vagina.
- When any of these signs are present, they should go to the health facility for delivery **IMMEDIATELY**.





Developing a Birth Plan

Developing a plan for delivery helps to ensure safe delivery and prepare for complications that may arise.

Things you need to plan for include:

- Transportation (how will they get to the facility, even if they need to travel at night).
- Money (how much cash do they need to cover transportation and any fees associated with delivery).
- Escort (who will accompany the woman to the facility).
- Materials and consumables for delivery.
- Chlorhexidine gel and Misoprostol 3 tablets.
- Inform mother and father-in-law, sister and brother-in-law, escort, and others in the household about the plan and ask for their support.

Spousal Communication During Pregnancy

- It is important for spouses to jointly make decisions about the health of a woman, her pregnancy, and the health of the expected baby. By discussing these things, they can come to a decision together, and they will both understand each other
- A husband needs to support his wife to go for ANC, to have proper nutrition, and to give birth with a Skilled Birth Attendant, ensure the children sleep under an insecticide treated mosquito net every night and provide the correct treatment for childhood illnesses.
- You should plan for when and how you will discuss with your spouse, considering the following:
 - When is a good time to talk?
 - What are the specific topics they need to discuss?
 - What are the decisions they need to make?





Skin-to-Skin Care

- The womb that the baby is used to is much warmer than the outside weather.
- To help the baby stay warm and adjust to the outside weather, the baby should be immediately placed on the mother's bare chest and covered for at least one hour after birth.
- Babies who are held skin-to-skin at birth and often afterwards feel comforted and tend to be more calm which allows the mother to have more periods of rest.
- The baby should be kept warm and should not be bathed until 24hrs after birth.
- Helps to promote early initiation of breastfeeding.

Cord Care

- Infection can enter the body through the umbilical cord, so proper care of the cord is important.
- Chlorhexidine gel should be put on the cord to prevent infection and help it to heal properly. Caregivers should wash their hands with soap and running water before applying Chlorhexidine gel to the cord.
 - Chlorhexidine should be put on the cord every day for seven days or until the cord drops off, and the area is completely healed.
 - Chlorhexidine is in Gel formulation and should not be applied on any other part of the body or used with any other thing in caring for the cord.

You can get chlorhexidine gel at the health facility or PPMV, at an affordable price





Immunizations at Birth

- Immunizations help our children's bodies to fight life-threatening diseases and protect them from many illnesses. Immunization saves lives and gives our children a healthy start in life.
- The first immunization should be taken immediately after birth.
- The parents should immediately take the newborn to the facility so it can get its first round of immunizations.

Early Initiation of Breastfeeding and Exclusive Breastfeeding

- The first milk is different from regular milk. It is thick and yellowish. It is called colostrum. It contains all the nutrients the baby needs and protects the baby from diseases.
- Many mothers throw out colostrum because they believe it is contaminated or bad. Colostrum is safe and more nutritious than regular breast milk, and it protects babies from common illnesses that can occur in the first weeks of life.
- Breastfeeding within one hour after delivery will also help reduce the mother's birth pain and bleeding and help her expel the placenta.
- For the first 6 months, breast milk is all the nutrition a baby needs. Anything else is less nutritious and may make the baby sick as its body is not ready to digest other foods. Also, other foods and water may be contaminated during preparation and cause diarrhoea.
- The mother's breast milk contains all the water the baby needs. Even if it is hot outside, a baby does not need to be given water or any liquid or solid food until after 6 months.
- At the beginning of every feeding, the first part of the mother's milk is watery, and the second part has more fat and protein. Therefore, the baby should finish one breast before moving to the other.
- Early initiation and exclusive breastfeeding helps the woman's womb return to its normal size. It also increases the bond between a mother and the newborn child.
- Breast milk is always available. It is safe and free. It saves mothers and families from spending more money on child feeding or hospital visits.





Postpartum Hemorrhage (PPH) Prevention: Misoprostol

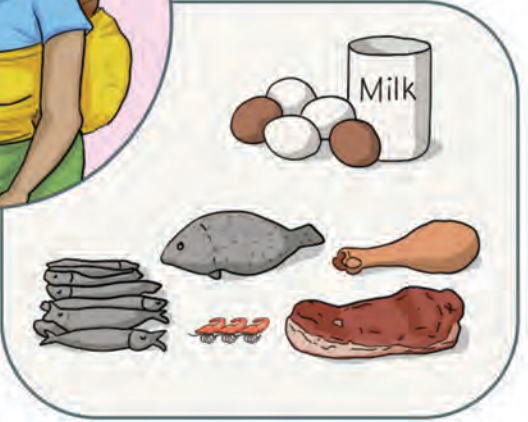
- It is normal for some bleeding to occur after the delivery, but in some rare cases, the bleeding can be excessive, and it can put the new mother's life at risk.
- If the bleeding after the delivery does not slow down or stop (more than three soaked pads in 24 hours), then it is serious. It could lead to a severe drop in blood pressure, dizziness, the woman could collapse, or even die.
- After delivery and once the placenta is out and it is confirmed that there is no other baby - a drug called misoprostol should be taken to prevent excessive bleeding.
- You will be given misoprostol after delivery at the health facility, or you can get it from a PPMV at an affordable price.

If a woman reports experiencing PPH, even if she has taken misoprostol, **REFER!**

Malaria Prevention for New Mothers and Newborn

- New mothers and newborn babies are especially vulnerable to becoming seriously ill due to malaria, and they need to be extra careful to prevent it.
- A new mother and her baby should sleep inside an insecticide treated mosquito net every day - from the evening until the morning all year round - to prevent getting malaria from mosquito bites. This will help ensure a better outcome for both the mother and child.
- We should make sure the net is tucked under the mattress securely so that the mosquito cannot enter the insecticide treated mosquito net.
- We should also ensure that any holes or tears in the insecticide treated mosquito net are sewn up with needle and thread.

Refer to the nearest health facilities for anyone with signs of fever





Nutrition for New Mothers

- New mothers should eat nutritious meals from locally available foods in the community. A good way to remember is “a 4-star meal”, which has foods from each of the following four (4) food groups:
 - Animal-source foods for bodybuilding and repair, for example, fish, meats, crayfish, grasshoppers, eggs, dairy products etc.
 - Staples to provide energy, for example:
 - Grains: e.g., maize, corn, rice, millet, etc.
 - Roots and tubers: yam, cassava, cocoyam, potatoes, etc.
 - Legumes and seeds to maintain body function, for example, Beans, groundnuts, sesame seeds, cashew nuts, Bambara nuts, soybeans, Egusi etc.
 - Fruits and vegetables to build immunity for example, Spinach, Ugwu leaves, carrots, tomatoes, pawpaw, oranges, mangoes, guava.
- New mothers should continue taking iron and folic acid tablets for at least 3 months after the birth of the baby to help build the blood back to normal level.
- Families do not need to spend much money to eat nutritious foods. Many of the nutritious foods listed above are available in our communities and can be grown in our yards. Chickens and other animals can also be reared in the compound



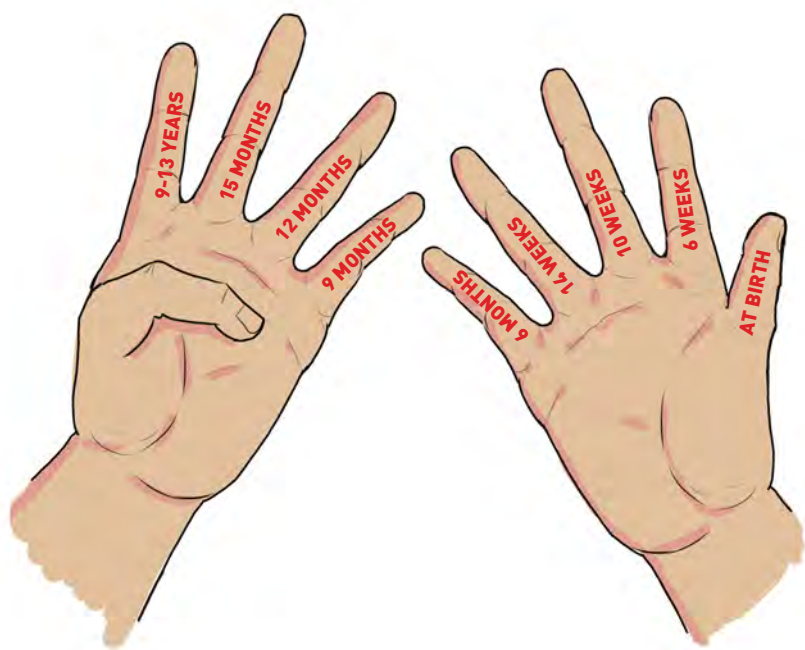
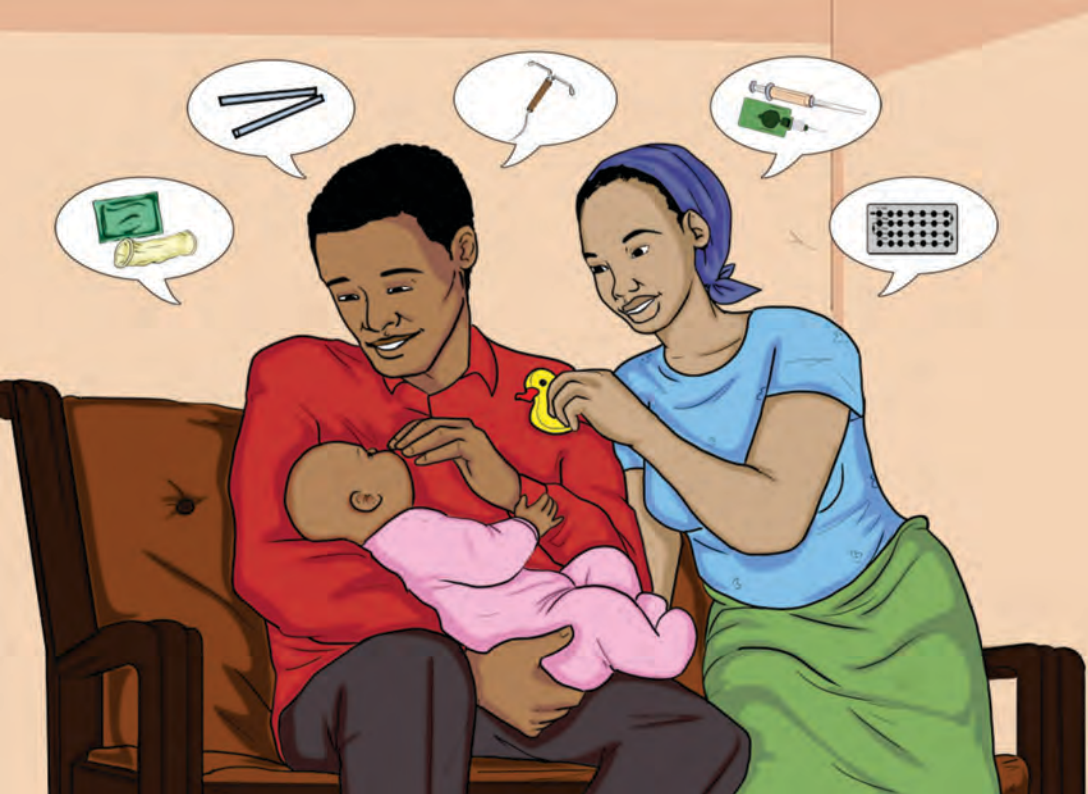


Postpartum Danger Signs

- The same pregnancy danger signs are also danger signs for the new mother after the baby has been born such as sudden and severe stomach pain, severe headache, poor vision, fever, swollen hands, and feet
- There are also danger signs for the newborn, such as: refusing to eat, difficulty breathing, excessive crying, convulsions, fever, yellow palms, and soles of feet.
- The mother and the baby should go to the health facility **IMMEDIATELY** if there are any danger signs

Postnatal Care (PNC) Check-ups

- Sometimes the woman can have problems after delivering, even if the delivery went okay. She might feel well, but the health provider can check to make sure.
- Also, the baby's health should be looked at, and the baby needs to start getting immunizations.
- To detect any problems that might have started after delivery and for the baby to receive the first immunizations, the woman and the newborn need check-ups 24 hours after delivery, 3 days after delivery, 1 week after delivery, and 6 weeks after delivery.
- Postnatal check-ups enable the health provider to check the new mother and baby to make sure everything is fine, and both mother and child are recovering well.
- The mother and the baby should go to the health facility **IMMEDIATELY** if there are any danger signs.



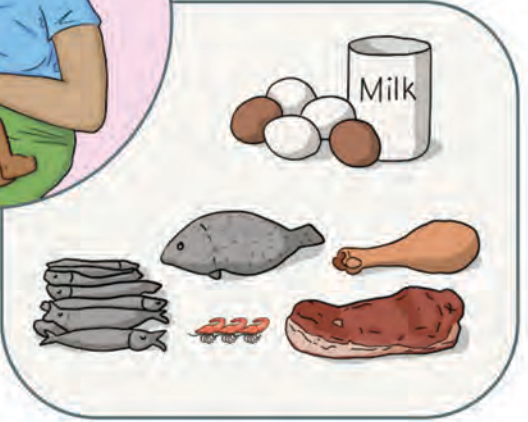


Post-Pregnancy Contraception for Childbirth Spacing

- There are many things the couples need to do for the baby to have a good start in life. However, one of the most important things is Childbirth Spacing.
- It is healthiest for a woman to have a pregnancy when her body is fully recovered from the last pregnancy. It is best for the woman and the newborn if she can recover for at least two years before getting pregnant again.
- When families space their childbirths, the Father, Mother, Children and Community ALL benefit.
- The new mother may get pregnant again before the couple is ready for another child. She may have trouble with the pregnancy since she has not yet recovered her health.
- Also, she may struggle to adequately breastfeed and care for her newborn child if she get pregnant again within 2 years of having the previous baby.
- The new mother and her husband should speak to a health care provider about options for childbirth spacing that would be best for them
- If the couple is not already using childbirth spacing method REFER to the health facility!

Child and Adult Immunization

- Adult and childhood vaccination protects children and adults from life-threatening infectious diseases, saves lives, and makes everyone healthy. It gives a baby a healthy start in life and protects them from vaccine-preventable diseases.
- When children and adults in a community are immunized against a disease, they are protected from life-threatening forms of the disease, and they help to prevent the disease from spreading to others in the community.
- A child needs to visit the health facility nine times to get vaccinations: At birth, 6 weeks, 10 weeks, 14 weeks, 6 months, 9 months, 12 months, 15 months, and 9-13 years.
- The Child Health Card shows the exact date when they should go to the health facility and what vaccine they need to get at each age. Parents should take the Child's Health Card along to the health facility.
- Adults need to take recommended vaccines to protect themselves, their families, and their communities from common infectious diseases like yellow fever and COVID-19.
- Parents and caregivers can easily receive their vaccines when they take their children for routine vaccination at the health facility.
- Vaccinations are safe even if a child or adult has a fever afterwards. This shows the vaccine is working.





Child Nutrition: Beginning Complementary Feeding

- After 6 months, exclusive breastfeeding alone will no longer meet all the baby's needs. They should be given nutritious foods in addition to breastmilk.
- A thick, soft pap or porridge consisting of 2-3 additional ingredients makes for a more nutritious meal. The additional ingredients can be selected from locally available foods such as grounded fish/crayfish, soft pounded meat, eggs, as well as fruits (banana, mango, pawpaw), roots (Irish potato, sweet potato) and vegetables (moringa powder, pumpkin, carrots etc.), sesame seed(riddi), groundnut paste/kuli-kuli powder, palm oil etc.
- A good way to remember is “a 4-star meal”, which has foods from at least four (4) food groups:
 - Animal-source foods for bodybuilding and repair, for example, fish, meats, crayfish, grasshoppers, eggs, dairy products etc.
 - Staples to provide energy, for example:
 - Grains: e.g., maize, corn, rice, millet, etc.
 - Roots and tubers: yam, cassava, cocoyam, potatoes, etc.
 - Legumes and seeds to maintain body function, for example, Beans, groundnuts, sesame seeds, cashew nuts, Bambara nuts, soybeans, Egusi etc.
 - Fruits and vegetables to build immunity for example, Spinach, Ugwu leaves, carrots, tomatoes, pawpaw, oranges, mangoes, guava.
- Breastmilk is still an essential part of the baby's diet, even up to 2 years.
- Food should be prepared by caregivers in the most hygienic conditions by washing hands with soap and water before food preparation, using clean cups/bowls and spoons, and not feeding with bottles, so the child does not get sick.
- From 6-12 months, half of the nutrients needed by the child should come from breastmilk, therefore, breastmilk should still be given before other foods up to one year
- The consistency of the food will change over time, and by 12 months, the child will be able to start having family foods. The amount of food will also increase progressively as the child grows, starting with a couple of spoon size portions.
- Start with mashed foods and add other new foods periodically, introducing different textures and flavours, so they get used to a variety of foods.





Malaria Prevention: Children Sleeping Inside a Mosquito Net

- Insecticide treated mosquito nets protect children from mosquito bites. Mosquito bites cause malaria, which is a very common illness that comes with fever in our community.
- The illness caused by malaria is more serious in children than adults. If malaria in children is not recognized and treated early, it can cause severe illness and death.
- It is the responsibility of the father, mother, and other caregivers in the home to ensure that the child sleeps inside an insecticide treated mosquito net every night.
- The insecticide treated mosquito net needs to be well tucked in under the mattress to protect the child from mosquito bites.

Malaria Treatment: Prompt Care Seeking & Correct Diagnosis

- The caregiver should seek care for the child with fever immediately before the fever gets worse and the child gets seriously sick
- Not every fever is malaria. Many sicknesses can come with a fever, such as a normal cold, typhoid, or ear infection.
- The way to be certain a child has malaria is to test for malaria with Rapid Diagnostic Test (RDT) or blood microscopy.
- Because malaria illness is more serious in children under 5 years, they should be treated immediately if malaria is suspected, even if a test cannot be done immediately at the nearest health facilities or a trained PPMV if the health facility is not available
- Each illness has its own medicine. The medicine for one illness will not work for another one. If a child takes malaria medicine for a fever caused by another illness, the child will not get better and may even get worse. It will also be a waste of time and money

Refer any child with fever to the health facility





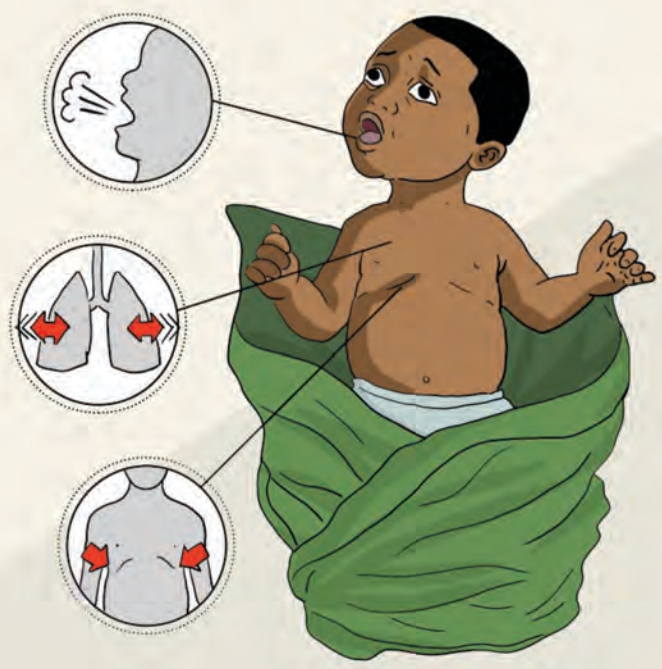
Child Nutrition

- When a child is not getting adequate nutritious food, she will be unusually thin, sometimes with visible ribs, thin arms, and legs, short for his/her age, always tired, have low energy, often cry, getting sick, dry or scaly skin trouble paying attention and learning. Malnutrition can also result in death if not treated.
- If you suspect your child has malnutrition, you should visit the health facility to have the child assessed and receive the right guidance.
- If your child has been recently sick or has not been eating well in the last week, increase the variety of nutritious foods, they are eating. If the child is less than 2 years old, make sure to continue breastfeeding.
- Worms can affect the health, nutrition, and education of the child. It can cause malnutrition, anemia, stunted growth, diarrhea, and nausea which affect the child's growth.
- To prevent worms, ensure children wash their hands properly with soap and water always.
- Regular deworming can improve the nutritional status and general well-being of children.
- Every child from 1 year should be given deworming tablet once every 6 months (2 times a year)
- Deworming tablets will help to remove the worms in the stomach and intestine of the child. Albendazole/Mebendazole tablet is a routine deworming drug that is used for deworming.
- To protect the child's body against disease and infection, reduce the risk for diarrhea and other childhood illnesses, including malnutrition, in children aged 6-59 months, give Vitamin A supplements every six months.

You can get Albendazole/Mebendazole and Vitamin A supplements from the nearest health facility or PPMV shop or at the fixed post during MNCHW.

Malaria Treatment: Correct & Complete Treatment with ACT

- Artemisinin-based combination therapy (ACT) is the malaria treatment recommended by the FMOH for maximum effectiveness.
- Antibiotics, chloroquine, Fansidar, and traditional herbs are not recommended for the treatment of malaria.
- If a child does not take ACTs the required number of times in a day, and for the required number of days, malaria could come back worse, with serious complications, and the child may have to be admitted at the hospital.
- Caregivers sometimes do not complete treatment of malaria with ACT because the child feels better, the drugs are expensive and could be saved for use next time.
- The complete treatment of malaria with ACT must be taken to ensure the malaria is fully cured, even if the child or person feels better before the treatment is finished





Diarrhea: Appropriate Treatment

- A child has diarrhoea when s/he passes loose or watery stools 3 or more times in a day (or more frequently than usual).
- A child loses body fluids during diarrhoea through frequent, watery stooling. Diarrhoea is a serious risk to children under 5 years.
- Decreased body fluids make the child sick and weak. If the diarrhoea is serious and not promptly treated, it can lead to the child's death.
- As soon as the diarrhoea starts, prepare and keep giving ORS/zinc and breastmilk (if still breastfeeding) to the child to replace the body fluids lost through diarrhoea. Caregivers should wash their hands with soap and running water before preparing ORS/Zinc fluid.
- Zinc should be given for 10-14 days to reduce the chance of the child getting diarrhoea again for up to three months. For most cases of diarrhoea, antibiotics do not work and should not be given.
- The child should be taken to the health facility if the diarrhoea lasts more than 3 days, or at the first sign of blood in the stool.
- You can get ORS/zinc at the nearby health facility or PPMV at a reasonable price

Treatment for Acute Respiratory Infection (ARI)

- Cough can be caused by different things, and it may be hard to know if the cough is a mild or serious one or the correct treatment to give. You may spend money on the wrong treatment trying to get the cure.
- When the child is coughing with fast or abnormal breathing and fever - it may be a serious illness called pneumonia, which requires treatment by a trained health worker.
- A child with cough and abnormal breathing should be taken to the health facility or a trained PPMV for assessment and treatment.

Refer to the health facility any child with cough and abnormal breathing.





Nutrition: Adequate Nutritious Foods for the Family

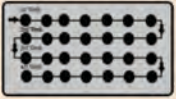
- The pregnant woman, new mother, children, and father should all consume a variety of nutritious foods as follows:
- A good way to remember is “a 4-star meal”, which has foods from each of the following four (4) food groups:
 - Animal-source foods for body building and repair, for example, fish, meats, crayfish, grasshoppers, eggs, dairy products etc.
 - Staples to provide energy, for example:
 - Grains: e.g., maize, corn, rice, millet, etc.
 - Roots and tubers: yam, cassava, cocoyam, potatoes, etc.
 - Legumes and seeds to maintain body function, for example, Beans, groundnuts, sesame seeds, cashew nuts, Bambara nuts, soybeans, Egusi, etc.
 - Fruits and vegetables to build immunity for example, Spinach, Ugwu leaves, carrots, tomatoes, pawpaw, oranges, mangoes, guava
- All foods should be prepared in the most hygienic conditions by washing hands with soap and running water before cooking.
- Many of the nutritious foods listed above are available in our communities and can be grown in our yards. Chickens and other animals can also be reared in the compound.





Nutrition: Adequate Nutritious Foods for the Family 2

- There are special needs during different stages of life.
- A pregnant woman should commence attending ANC as soon as she finds out she is pregnant. She should eat lots of meat and fish, green leafy vegetables (like moringa), milk products, beans (including soya beans), nuts, sweet potatoes.
- She should ensure that the salt she uses is iodized and should also drink plenty of fluids.
- For new mothers to recover well from childbirth and to make enough breast milk, the lactating mother needs to eat a variety of foods, increase her fluid intake and eat three main meals plus two small meals or snacks daily.
- She should eat lots of meat and fish, green leafy vegetables (like moringa), milk products, beans (including soya beans), nuts, sweet potatoes
- For children, after 6 months, exclusive breastfeeding will no longer meet all the baby's needs, and they should start having other food in addition.
- A thick, soft pap or porridge consisting of 2-3 additional ingredients like fish, eggs, fruits, groundnuts, and palm oil, etc. makes for a more nutritious meal.
- As the child gets older, the consistency and quantity of the food will change over time.
- Fathers require bodybuilding (eggs, beans, groundnuts, etc.), energy-giving (rice, yam, potato), and protective foods (fruits and vegetables).
- Meals that are adequately nutritious for all family members can be prepared in one pot.
- Families do not need to spend much money to eat nutritious foods.





Childbirth Spacing

- With childbirth spacing, couple can still have the number of children they want, when they want them, and the mother and child will be healthier.
- Childbirth spacing is when a woman becomes pregnant at least two years after her last birth.
- It is healthiest for a woman to have a pregnancy when her body is able to handle the changes of pregnancy. A woman's body is best able to handle the changes of pregnancy when she is between the ages of 18 and 35 years.
- Women who get pregnant at a very young age or after the age of 35 years are more likely to have health problems during pregnancy and delivery, and their babies are also more likely to be born early, too small or have other health problems.
- There are many things couples need to do to give their baby a good start in life. One of the most important things is Childbirth Spacing.
- Once a woman has a baby, it is healthiest to have her next pregnancy when her body is fully recovered from the last one. It is best for the woman and the baby if she can recover for at least two years before getting pregnant again.
- When families space their childbirths, the father, mother, children and community ALL benefit.
- There are different short or long-term childbirth spacing methods available to choose from.
- Go to the health facility in your community to take up the method of your choice.
- If there are people who desire to space childbirth and want to adopt a childbirth spacing method REFER to the health facility!





Male Engagement in Family Health

- It is important that men - as heads of households - ensure justice and fairness (adaldi) in all aspects of family life. On health matters, there are many things a man/husband can do to support his wife and family. Here are a few of them:
 - Before pregnancy, they should agree on how many children they want, when they want to have them and visit a health facility together to select the best childbirth spacing option for them.
 - During pregnancy, he should go with her to the health facility for ANC to learn about her needs, provide for her, and create a birth delivery plan together.
 - Before labor and delivery, he should know her due date, make all necessary arrangements for the wife to deliver with a skilled birth attendant, and should recognize the signs of labor so he can respond quickly when it starts.
 - Post-natal (After delivery), he should encourage the new mother to start breastfeeding immediately after giving birth and support her to breastfeed exclusively for 6 months.
 - Infancy and childhood, he should ensure that the mother and children eat nutritious foods to stay healthy, seek care with his wife when the child/ren is/are ill or have other health needs and support her to care for the children.
 - A man should ensure that other members of the family understand and support his wife's needs during these periods



Hand washing



Respiratory hygiene



Water hygiene



Environmental sanitation



Food hygiene



Safe distancing



Vaccination



Waste disposal



Personal and Environmental Hygiene

Practice of good personal and environmental hygiene protects individuals and households from infectious diseases. These practices include:

- **Hand washing:** Regularly wash hands with soap under running water, especially, before and after cooking and eating, using the toilet, touching an animal or caring for anyone who is sick.
- **Water hygiene:** Collect and use water that is treated or boiled. The clean water should always be stored in a closed container.
- **Food hygiene:** Wash all food items thoroughly under running water before preparing. Cook foods properly before eating. Store food items in airtight containers to avoid contamination.
- **Respiratory hygiene:** When you feel sick or around people who are sick, wear a mask. Sneeze or cough into your elbow or a tissue and wash your hands afterwards. Ensure proper ventilation by opening windows to allow free flow of air.
- **Safe distancing:** When coughing or have rashes on your skin, maintain a safe distance to avoid infecting other persons close to you. Avoid touching sick or dead animals. Keep and slaughter animals in designated areas, outside your home.
- **Environmental sanitation:** Stop open defecation. Routinely clean, and disinfect the environment (including latrines and where animals are kept) to minimize the risk of transmission of infections.
- **Vaccination:** Humans and animals should be vaccinated in keeping with government recommendation against common infectious diseases. This will protect them and their loved ones from life-threatening forms of the disease.
- **Waste disposal:** Practicing safe disposal of waste including safe burial will keep all community members safe and healthy.



**Rash containing
pus or fluid**



**Swollen lymph
nodes**



Body aches



Headache



Sudden fever



Weakness



**Cook all animal meats
and products thoroughly
before eating**



**Wash hands frequently with soap
under running water or use
alcohol-based hand sanitizer**



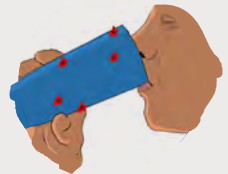
**Avoid close or skin-to-
skin contact with persons
infected with or showing
symptoms of monkeypox**



**Handle and prepare all
meats safely and avoid
cutting yourself**



**Avoid sharing, touching
or handling clothing,
bedsheets, towels etc of
an infected person**



**Do not share eating
utensils or cups and
toilets with a person
infected with monkeypox.**



Monkeypox (mpox)

mpox can be spread from animal to person or from person to person. Just like any disease, it can be severe when not treated in time. It can cause death, especially in children, pregnant women, and those with other underlying health conditions.

Signs and symptoms

Common symptoms of mpox include fever, headache, muscle aches, exhaustion, swollen lymph nodes, and skin rash/swelling. The rash/swelling appears first on the face before spreading to other parts of the body like the palms of the hands, the soles of the feet, mouth, and genital areas between 1-3 days after fever. The rash/swelling has fluid or pus inside of it for about 2 to 4 weeks before it dries up and falls off.

How it spreads:

People become infected:

- when scratched or bitten by an infected animal.
- by eating under-cooked meat or using animal products of infected animals
- when in close contact with an infected person's blood, body fluids, wounds, or in contact with contaminated items.

mpox may also spread between a pregnant mother and her baby during pregnancy or the birthing process.

Most At Risk

The people most at risk of mpox are those who come into contact with infected animals. These are hunters, bush meat sellers, wildlife workers, park rangers and animal health workers. Others include laboratory workers, family members, sexual partners, and people who care for an infected person without the correct use of personal protective equipment.

Prevention

To prevent monkeypox, take these steps:

- Avoid direct contact with bush animals, especially those found sick or dead. Use gloves or nylon to protect yourself from infection if you must touch them.
- Avoid close contact and sharing of personal items with people that are confirmed or that have signs and symptoms of monkeypox.
- Cook all animal food products properly before eating.
- Wash your hands with soap and running water after contact with animals.

What to do when there are symptoms

People can protect themselves by taking preventive measures; and visit the health center immediately if they get symptoms, especially fever. Anyone with mpox should let the healthcare worker know all the people they came in contact with so they can get care too.



Headache



Sore throat



Chest pain



Cough



**General
body pain**



Vomiting



**Use traps, rat gums
to get rid of rats in
the houses**



**Do not touch rats,
dead or alive with
bare hands**



**Block all holes
in the house**



**Wash hands regularly
with soap under
running water**



**Store food in
covered
container**



**Dispose waste
properly in
covered dustbin**



Lassa Fever

Lassa fever is a serious sickness people can get from infected rats and from anyone who is already infected with Lassa fever. Infected rats do not show signs or symptoms but can still spread the disease to other rats and humans.

Signs and symptoms

The signs include fever, body weakness, headache, stomachache, vomiting, facial swelling, chest pain and body aches. Bleeding from the mouth, eyes, and nose is a severe stage of the disease. Deafness is also very common. Lassa fever can lead to death within 2 weeks after the onset of symptoms if not treated immediately.

How it spreads:

Lassa fever is spread when people come into contact with the urine, feces and other body discharges of an infected rat. If an infected rat gets into our food, or even inside our home, we can get infected by consuming anything the rat has touched. It can also be spread by bites from an infected rat or by inhaling dust from its dried urine and feces. Lassa fever can also be spread through contact with cuts or open wounds.

It can also spread by touching the clothes or belongings of an infected person or sharing needles, and sometimes through sexual intimacy.

Prevention

Lassa Fever is preventable by observing the following habits:

- Keep your home and surroundings clean. Block all holes where rats can enter your home.
- Cover all waste bins and dispose of dirt frequently.
- Always cover your food and water to prevent rats from touching them.
- Properly wash your hands with soap and water, and rinse all of your dishes before putting food in them.

What to do when there are symptoms

Early detection of symptoms and reporting can improve the chances of survival. Therefore, it is very important to go to the health center immediately when symptoms, especially fever, appear. If a person has lassa fever, they should let the healthcare worker know all the people they came in contact with so they can get care too.





COVID-19 infection is still around us

What is COVID-19?

- COVID-19 is an infectious disease caused by a virus and it affects the respiratory tract (nose, mouth, throat, and lungs).

How is COVID-19 spread?

- It spreads mainly through infected droplets (when coughing, sneezing, talking, singing, etc.) from person-to-person contact. Infections can be mild, moderate, or severe.

What are the main symptoms of COVID-19?

- Fever, tiredness of the body, body aches, headache, cough, catarrh, sore throat, loss of smell or taste of food in mild cases and in severe cases, difficulty in breathing.

Note: Someone with COVID-19 can still spread the virus without symptoms. Get tested to confirm your status. Its quick and free. Call 6232 for a testing site.

What is Vaccination?

- Vaccination is the process of protecting our body against harmful diseases before we come in contact with them “Vaccination is safe, simple and effective”.

What are the benefits of vaccines?

- It protects our immune system from getting diseases such as measles, smallpox, polio, and even COVID-19
- It saves families and everyone in the community the cost of treatment and living with disability such as paralysis, blindness, etc.

Who is eligible to take the vaccine?

- Both adults and children are eligible to take vaccines. COVID-19 vaccine is safe and effective for persons aged 18 and above, including pregnant women, breastfeeding mothers, and elderly people.

What diseases are vaccines available for?

Vaccines protect children and adults from serious illnesses, long-term disability, and death.

- Children – Polio, Hepatitis, Tuberculosis, Pneumonia, Whooping Cough, Measles, Meningitis, Diarrhoea, Tetanus, etc.
- Adult – Tetanus, Yellow Fever, Hepatitis, COVID-19, etc.

What is a booster dose?

- A booster dose is a dose of vaccine given to someone who has built up protection after vaccination, but that protection is decreasing over time, sometimes due to new forms of the disease. There are lots of diseases that require booster dose vaccination such as tetanus, polio, COVID-19 etc. Booster doses help. to increase the protection you and your community have against the disease.

For more information on vaccines and immunization, visit the nearest health center or call NPHCDA toll-free number on 7722.



For more Information

- Call 421 to play Adventure of WaZoBia game
- Call 7722 for Information on Vaccination
- Call 6232 for Information on infectious diseases.
- Report suspected cases of infectious diseases like Lassa fever and mpox to the LGA Disease Surveillance and Notification Officer.

