

1 Acute watery diarrhoea

Transmission

- Water contaminated with human waste (stools)
- Dirty food and unwashed hands

Symptoms

- 3 or more loose or fluid stools over the period of 24 hours
- Possible stomach pains, fever, nausea and vomiting
- Can cause dehydration and death

Prevention

- ➔ Clean water (good water sources, clean water container in household)
- ➔ Good sanitation facilities (good latrines or defecation facilities)
- ➔ Proper hygiene (handwashing with soap)

- ➔ Clean food
- ➔ Good shelter
- ➔ Continuing breastfeeding
- ➔ Health promotion

Vulnerable people

- Children under 5
- Pregnant and lactating women
- People without clean water and good sanitation
- Others

In case of epidemic

- ➔ Know the source and cause
- ➔ Provision of clean or treated water
- ➔ Provision of good sanitation facilities
- ➔ Detection and referral of cases to health facilities

- ➔ Health promotion
- ➔ Encouragement of breastfeeding
- ➔ Proper hygiene (handwashing with soap)

Volunteer actions

See the following **action tools** for more information on what actions to take against acute watery diarrhoea:

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| 31 | 29 | 32 | 1 | 2 | 3 | 5 | 6 | 7 | 8 | 11 | 12 | 16 | 30 | 33 |
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1 Acute watery diarrhoea

Community-based assessment questions

Make a map of the community and mark the information you gather on the map.

- When did the epidemic start?
- How many people live in the affected community?
- How many children under 5 years of age live in the affected community?
- Who and where are the vulnerable people?
- How many people have died of acute watery diarrhoea and where?
- How many people have fallen sick with acute watery diarrhoea and where?
- Are there any health services and where?
- What water sources are available and where?
- Is the drinking water clean?
- What sanitation facilities and communal latrines are available?
- Do people have enough food?
- What is the children's nutritional situation?
- How common is breastfeeding?
- Is there a health promotion programme in place?
- What are the habits, practices and beliefs regarding hygiene in the community?



A dehydrated child



Proper breastfeeding

2 Cholera

Transmission

- Water contaminated with human waste (stools)
- Dirty food and unwashed hands

Symptoms

- Starts with watery diarrhoea that looks like “rice water”, with or without vomiting
- Turns into severe dehydration with vomiting
- May be accompanied by rapid breathing and dizziness

Prevention

- ➔ Clean water (good water sources, clean water container in household)
- ➔ Good sanitation facilities (good latrines or defecation facilities)
- ➔ Proper hygiene (handwashing with soap)

- ➔ Clean food
- ➔ Good shelter
- ➔ Continuing breastfeeding
- ➔ Health promotion

Vulnerable people

- Almost everyone is vulnerable, but especially:
 - Children under 5
 - Pregnant and lactating women
 - Elderly people

In case of epidemic

- ➔ Early detection and referral of patients with cholera to health facilities
- ➔ Provision of clean or treated water
- ➔ Provision of good sanitation facilities
- ➔ Rapid burial of people who die from cholera

- ➔ Washing of dead bodies should be followed by hygienic measures and handwashing with soap
- ➔ Oral rehydration
- ➔ Health promotion
- ➔ Encouraging breastfeeding

Volunteer actions

See the following **action tools** for more information on what actions to take against cholera:

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2 Cholera

Community-based assessment questions

Make a map of the community and mark the information you gather on the map.

- When did the epidemic start?
How many people live in the affected community?
- How many children under 5 years of age live in the affected community?
- Who and where are the vulnerable people?
- How many people have died from cholera and where?
- How many people have fallen sick with cholera and where?
- Are there any health services and where?
- What water sources are available and where?
- Is the drinking water clean?
- What sanitation facilities and communal latrines are available?
- Do people have enough food?
- What is the children's nutritional situation?
- How common is breastfeeding?
- Is there a health promotion programme in place?
- What are the habits, practices and beliefs about hygiene in the community?

3 Bloody diarrhoea

Transmission

- Contaminated food and water with human waste (stools)
- From person to person
- Very easy to transmit

Symptoms

- Diarrhoea with blood, accompanied by fever and abdominal cramps and/or dehydration
- Worse in young children and elderly people
- Needs to be professionally treated in a health facility

Prevention

- ➔ Clean water (good water sources, clean water container in household)
- ➔ Good sanitation facilities (good latrines or defecation facilities)
- ➔ Clean food

- ➔ Proper hygiene (handwashing with soap)
- ➔ Good shelter
- ➔ Continuing breastfeeding
- ➔ Health promotion

Vulnerable people

- Children under 5
- Older children and adults who are malnourished
- Severely dehydrated and seriously ill patients
- Elderly people

In case of epidemic

- ➔ Early detection of patients with bloody diarrhoea and referral to health facilities
- ➔ Provision of clean or treated water
- ➔ Provision of good sanitation facilities
- ➔ Rapid burial of people who die from bloody diarrhoea

- ➔ Washing of dead bodies should be followed by hygienic measures and handwashing with soap
- ➔ Oral rehydration
- ➔ Health promotion
- ➔ Encouragement of breastfeeding

Volunteer actions

See the following **action tools** for more information on what actions to take against bloody diarrhoea:

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| 31 | 29 | 32 | 33 | 2 | 3 | 7 | 8 | 16 | 30 |
|----|----|----|----|---|---|---|---|----|----|

3 Bloody diarrhoea

Community-based assessment questions

Make a map of the community and mark the information you gather on the map.

- When did the epidemic start?
- How many people live in the affected community?
- How many children under 5 years of age live in the affected community?
- Who and where are the vulnerable people?
- How many people have died from bloody diarrhoea and where?
- How many people have fallen sick with bloody diarrhoea and where?
- Are there any health services and where?
- What water sources are available and where?
- Is the drinking water clean?
- What sanitation facilities and communal latrines are available?
- Do people have enough food?
- What is the children's nutritional situation?
- How common is breastfeeding?
- Is there a health education promotion in place?
- What are the habits, practices and beliefs regarding hygiene in the community?

4 Polio

Transmission

- Water or hands contaminated with the stools of infected people

Symptoms

- Starts with mild symptoms, such as a sore throat and fever, with possible nausea, vomiting and stomach pains
- May be mistaken for influenza
- May develop to cause paralysis (crippling)

Prevention

- ➔ Polio vaccine (2 drops in the child's mouth)
- ➔ Clean water
- ➔ Proper hygiene (handwashing with soap)

- ➔ Good sanitation facilities
- ➔ Health promotion

Vulnerable people

- Children who are not vaccinated are most at risk

In case of epidemic

- ➔ Mass vaccination campaigns by the health authorities
- ➔ Provision of clean or treated water
- ➔ Provision of good sanitation facilities
- ➔ Detection and referral of new and suspected cases to health facilities

- ➔ Social mobilization of the community to get children vaccinated
- ➔ Health promotion

Volunteer actions

See the following **action tools** for more information on what actions to take against polio:

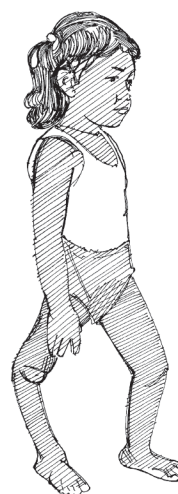
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| 31 | 29 | 32 | 8 | 9 | 4 | 14 | 15 | 30 | 33 |
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4 Polio

Community-based assessment questions

Make a map of the community and mark the information you gather on the map.

- When did the epidemic start?
- How many people live in the affected community?
- How many children under 5 years of age live in the affected community?
- Who and where are the vulnerable people?
- How many people have died from polio and where?
- How many people have fallen sick with polio and where?
- Are there any health services and where?
- What is the water and sanitation situation?
- Is the drinking water clean?
- Are there going to be vaccination campaigns?
- Is there a health promotion programme in place?



A child with polio

Actions

- Get to know health workers who are doing vaccinations and the centres where they are done.
- Know the children and families who are hard to reach and help them reach vaccination centres.
- Help health workers make sure that all children are vaccinated.

5 Yellow fever

Transmission

- Mosquito bite
- Mosquitoes transmitting yellow fever bite during the day

Symptoms

- Starts with sudden fever, headache and backache, muscle pain, nausea, vomiting and red eyes
- The sick person may improve for a short period of time but will get worse and develop jaundice (yellowing of the skin or whites of the eyes)
- May include bleeding from the gums, nose or in the stools or vomiting of blood
- Can be fatal

Prevention

- ➔ Regular vaccination of all children (by injection at 9 months of age)
- ➔ Prevention of mosquito bites by vector control and use of insect screens on windows

- ➔ Health promotion
- ➔ Destruction of mosquito breeding sites (ponds, water surfaces)

Vulnerable people

- Children who are not vaccinated are most at risk

In case of epidemic

- ➔ Mass vaccination campaigns by the health authorities
- ➔ Vector control and spraying
- ➔ Destruction of mosquito breeding sites

- ➔ Detection and referral of new and suspected cases to health facilities
- ➔ Social mobilization of the community to get children vaccinated
- ➔ Health promotion

Volunteer actions

See the following **action tools** for more information on what actions to take against yellow fever:

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|----|----|----|---|---|---|----|----|----|----|----|----|
| 31 | 29 | 32 | 2 | 3 | 4 | 18 | 19 | 14 | 15 | 30 | 33 |
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5 Yellow fever

Community-based assessment questions

Make a map of the community and mark the information you gather on the map.

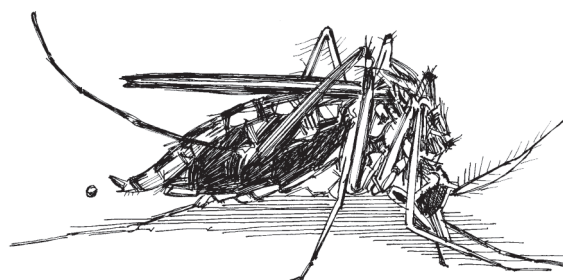
- When did the epidemic start?
- How many people live in the affected community?
- How many children under 5 years of age live in the affected community?
- Are children vaccinated or not?
- Who and where are the vulnerable people?
- How many people have died from yellow fever and where?
- How many people have fallen sick with yellow fever and where?
- Are there any health services and where?
- Are there going to be vaccination campaigns?
- Is there a health promotion programme in place?



A woman and child sleeping under a mosquito net

Actions

- Get to know health workers who are doing vaccinations and the centres where they are done.
- Know children and families who are hard to reach and help them get to vaccination centres.
- Help health workers make sure that all children are vaccinated.



A mosquito

6 Meningitis

Transmission

- Droplets of saliva/mucus from one person to another, mainly while coughing or sneezing

Symptoms

- Starts with sudden high fever and one of the following: neck stiffness, changed consciousness and sometimes skin rash
- If treated early, 90% of the cases can be cured and death prevented
- Without treatment, affects the nervous system and can cause death

Prevention

- ➔ Mass vaccination of all children (by injection)
- ➔ Rapid identification of suspected meningitis cases
- ➔ Health promotion

- ➔ Referral of sick people to health facilities as soon as possible for proper medical treatment

Vulnerable people

- Children who are not vaccinated are most at risk
- Displaced populations are another specific risk

In case of epidemic

- ➔ Mass vaccination campaigns by the health authorities
- ➔ Rapid detection of suspected cases
- ➔ Referral to health facilities of these suspected cases

- ➔ Social mobilization of the community to get children vaccinated
- ➔ Health promotion
- ➔ Respiratory etiquette

Volunteer actions

See the following **action tools** for more information on what actions to take against meningitis:

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| 31 | 29 | 32 | 2 | 3 | 4 | 18 | 19 | 14 | 15 | 30 | 33 |
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6 Meningitis

Community-based assessment questions

Make a map of the community and mark the information you gather on the map.

- When did the epidemic start?
- How many people live in the affected community?
- How many children under 5 years of age live in the affected community?
- Are children vaccinated or not?
- Who and where are the vulnerable people?
- How many people have died from yellow fever and where?
- How many people have fallen sick with yellow fever and where?
- Are there any health services and where?
- Are there going to be vaccination campaigns?
- Is there a health promotion programme in place?

Actions

- Get to know health workers who are doing vaccinations and the centres where they are done.
- Know children and families who are hard to reach and help them reach vaccination centres.
- Help health workers make sure that all children are vaccinated.

7 Measles

Transmission

- Droplets of saliva/mucus from one person to another, mainly while coughing or sneezing

Symptoms

- Can start with high fever, runny nose, cold, cough, red eyes and sometimes white spots inside the cheeks
- Red blotchy rash appears on the third to seventh day, starting behind the ears and on the hairline and then spreading to the rest of the body

Prevention

- ➔ Mass vaccination of all children (by injection), especially in emergency situations
- ➔ Rapid detection and referral of suspected cases to health facilities

- ➔ Health promotion
- ➔ Cough etiquette

Vulnerable people

- Children who are not vaccinated are most at risk
- Displaced populations are another specific risk

In case of epidemic

- ➔ Mass vaccination campaigns by the health authorities at the beginning of an epidemic
- ➔ Rapid detection of suspected cases
- ➔ Vitamin A supplementation

- ➔ Referral of new and suspected cases to health facilities
- ➔ Social mobilization of the community to get children vaccinated
- ➔ Health promotion

Volunteer actions

See the following **action tools** for more information on what actions to take against measles:

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| 31 | 29 | 32 | 27 | 4 | 28 | 2 | 3 | 7 | 30 | 33 | 14 | 15 | 17 |
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7 Measles

Community-based assessment questions

Make a map of the community and mark the information you gather on the map.

- When did the epidemic start?
- How many people live in the affected community?
- How many children under 5 years of age live in the affected community?
- Are children vaccinated or not?
- Who and where are the vulnerable people?
- How many children have died from yellow fever and where?
- How many children have fallen sick with yellow fever and where?
- Are there any health services and where?
- Are there going to be vaccination campaigns?
- Is there a health promotion programme in place?



A vaccination card



A child with measles

Actions

- Get to know health workers who are doing vaccinations and the centres where they are done.
- Know children and families who are hard to reach and help them reach vaccination centres.
- Help health workers make sure that all children are vaccinated.

8 Malaria

Transmission

- Mosquito bite
- Malaria mosquitoes usually bite around sunrise and sunset

Symptoms

- Starts with several days of fever, possibly accompanied by nausea, rigors, vomiting and diarrhoea, headache, back pain, chills and muscle pain
- In very severe cases, weakness, loss of consciousness, bleeding and shock

Prevention

- | | |
|--|--|
| <ul style="list-style-type: none"> ➔ Prevention of mosquito bites ➔ Use of bed nets and screens on windows is the most important prevention ➔ Spraying of houses to kill mosquitoes | <ul style="list-style-type: none"> ➔ Destruction of mosquito breeding sites ➔ Health promotion |
|--|--|

Vulnerable people

- Children under 5 years and pregnant women are more vulnerable
- Anyone who does not use a bed net is also at risk

In case of epidemic

- | | |
|---|--|
| <ul style="list-style-type: none"> ➔ Distribution of bed nets ➔ Destruction of mosquito breeding sites ➔ Sometimes spraying of houses to kill mosquitoes | <ul style="list-style-type: none"> ➔ Detection and referral of new and suspected cases to health facilities ➔ Health promotion |
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Volunteer actions

See the following **action tools** for more information on what actions to take against malaria:

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|----|----|----|----|----|----|----|
| 31 | 29 | 32 | 30 | 19 | 18 | 33 |
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8 Malaria

Community-based assessment questions

Make a map of the community and mark the information you gather on the map.

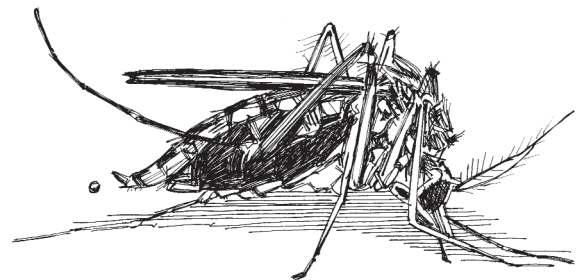
- When did the epidemic start?
- How many people live in the affected community?
- How many children under 5 years of age live in the affected community?
- Are children vaccinated or not?
- Who and where are the vulnerable people?
- How many people have died from malaria and where?
- How many people have fallen sick with malaria and where?
- Are there any health services and where?
- Is there a health promotion programme in place?



A woman and child under a mosquito net

Actions

- Make sure as many people as possible have bed nets.



A mosquito

9 Dengue fever

Transmission

- Mosquito bite
- Dengue fever mosquitoes usually bite during the daytime

Symptoms

- Starts with sudden fever that lasts 3 to 5 days
- Can be accompanied by severe headache, muscle and joint pain, pain behind the eyes, and a rash
- In some very severe cases, can cause bleeding (known as “dengue haemorrhagic fever”)

Prevention

- ➔ Prevention of mosquito bites
- ➔ Vector control and use of insect screens on windows
- ➔ Spraying of houses to kill mosquitoes

- ➔ Destruction of mosquito breeding sites
- ➔ Wearing clothes during the daytime that prevent mosquito bites, such as long-sleeved shirts, etc.

Vulnerable people

- Children under 5 years and pregnant women are more vulnerable

In case of epidemic

- ➔ Vector control
- ➔ Destruction of mosquito breeding sites
- ➔ Sometimes spraying of houses to kill the larvae of mosquitoes

- ➔ Detection and referral of new and suspected cases to health facilities
- ➔ Health promotion
- ➔ Community mobilization

Volunteer actions

See the following **action tools** for more information on what actions to take against dengue fever:

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| 31 | 29 | 32 | 30 | 18 | 33 |
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9 Dengue fever

Community-based assessment questions

Make a map of the community and mark the information you gather on the map.

- When did the epidemic start?
- How many people live in the affected community?
- How many children under 5 years of age live in the affected community?
- Do people usually use insecticide-treated bed nets? Who in the family uses them?
- Who and where are the vulnerable people?
- How many people have died from dengue fever and where?
- How many people have fallen sick with dengue fever and where?
- Are there any health services and where?
- Are there any bed net distributions?
- Is there a health education promotion in place?
- Is there a spraying programme going on in your area? Can you help with it?

Actions

- Make sure as many people as possible have bed nets.

10 Respiratory infections

Transmission

- Droplets of saliva/mucus from one person to another, mainly while coughing or sneezing

Symptoms

- Wide range of symptoms
- Look for fever, cough and difficulty breathing

Prevention

- ➔ Identification of patients before they spread the disease to other people
- ➔ Health promotion
- ➔ Good shelter

- ➔ Reduction of overcrowding
- ➔ Improving the nutritional situation, especially of children
- ➔ Respiratory etiquette

Vulnerable people

- Everyone in the community can get respiratory infections
- People are more at risk in overcrowded and displacement situations

In case of epidemic

- ➔ Rapid identification of sick people
- ➔ Referral of sick people to health facilities
- ➔ Improvement of shelter and reduction of overcrowding

- ➔ Detection and referral of new and suspected cases to health facilities
- ➔ Health promotion
- ➔ Community mobilization

Volunteer actions

See the following **action tools** for more information on what actions to take against respiratory infections:

| | | | | | | | | | |
|----|----|----|----|----|----|---|----|---|---|
| 31 | 29 | 32 | 28 | 30 | 33 | 4 | 27 | 2 | 3 |
|----|----|----|----|----|----|---|----|---|---|

10 Respiratory infections

Community-based assessment questions

Make a map of the community and mark the information you gather on the map.

- When did the epidemic start?
- How many people live in the affected community?
- How many children under 5 years of age live in the affected community?
- What is the shelter situation in the community? How many people live in each household?
- Who and where are the vulnerable people?
- How many people have died from respiratory infections and where?
- How many people have fallen sick with respiratory infections and where?
- Are there any health services and where?
- Is there a health promotion programme in place?

11 Ebola

Transmission

- Touching a sick person or any of his/her bodily fluids (stools, blood, saliva, urine, etc.)
- Very infectious and transmits easily
- Can also be transmitted through the handling of dead bodies

Symptoms

- Starts with fever, headache, back pain, muscle pain, nausea, vomiting and diarrhoea
- Usually followed by a rash and bleeding under the skin, from the nose and from the gums, blood with the cough and in the stools
- A very severe disease that kills 50 to 90% of infected people very fast

Prevention

- ➔ Ebola is very infectious but can be prevented
- ➔ There is no vaccine to prevent Ebola
- ➔ Use of protective clothing, gloves and masks
- ➔ Health promotion
- ➔ Isolation of patients

- ➔ Safe disposal of waste
- ➔ Disinfection of reusable supplies and surrounding environment
- ➔ Social distancing of sick people
- ➔ Safe funeral practices and burial of dead bodies

Vulnerable people

- Everyone in the community is vulnerable to Ebola
- Patients' relatives, health workers, volunteers and people who handle dead bodies are especially vulnerable

In case of epidemic

- ➔ Use of protective clothing, gloves and masks
- ➔ Health promotion
- ➔ Isolation of patients
- ➔ Safe disposal of waste

- ➔ Disinfection of reusable supplies and surrounding environment
- ➔ Social distancing of sick people
- ➔ Safe funeral practices and burial of dead bodies

Volunteer actions

See the following **action tools** for more information on what actions to take against Ebola.

| | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|---|----|----|----|
| 31 | 29 | 32 | 23 | 30 | 20 | 21 | 22 | 5 | 24 | 25 | 33 |
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11 Ebola

Community-based assessment questions

Make a map of the community and mark the information you gather on the map.

- When did the epidemic start?
- How many people live in the affected community?
- How many children under 5 years of age live in the affected community?
- What are the health authorities doing in the epidemic?
- Who and where are the vulnerable people?
- How many people have died from Ebola and where?
- How many people have fallen sick with Ebola and where?
- Are there any health services?
- What are the burial procedures and practices in the community?
- Is there a health promotion programme in place?

12 Marburg

Transmission

- Touching a sick person or any of his/her bodily fluids (stools, blood, saliva, urine, etc.)
- Very infectious and transmits easily
- Can also be transmitted through the handling of dead bodies

Symptoms

- Starts with fever, headache, back pain, muscle pain, nausea, vomiting and diarrhoea
- Usually followed by a rash and bleeding under the skin and from the nose and gums, blood with a cough and in the stools
- A very severe disease that kills 23 to 70% of sick people very fast

Prevention

- | | |
|---|--|
| <ul style="list-style-type: none"> ➔ Marburg is very infectious but can be prevented ➔ There is no vaccine to prevent Marburg ➔ Use of protective clothing, gloves and masks ➔ Health promotion | <ul style="list-style-type: none"> ➔ Isolation of patients ➔ Safe disposal of waste ➔ Disinfection of reusable supplies and surrounding environment ➔ Social distancing of sick people ➔ Safe funeral practices and burial of dead bodies |
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Vulnerable people

- Everyone in the community is vulnerable to Marburg
- Patients' relatives, health workers, volunteers and people who handle dead bodies are especially vulnerable

In case of epidemic

- | | |
|---|---|
| <ul style="list-style-type: none"> ➔ Use of protective clothing, gloves and masks ➔ Health promotion ➔ Isolation of patients ➔ Safe disposal of waste | <ul style="list-style-type: none"> ➔ Disinfection of reusable supplies and surrounding environment ➔ Social distancing of sick people ➔ Safe funeral practices and burial of dead bodies |
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Volunteer actions

See the following **action tools** for more information on what actions to take against Marburg.

| | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|---|----|----|----|
| 31 | 29 | 32 | 23 | 30 | 20 | 21 | 22 | 5 | 24 | 25 | 33 |
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12 Marburg

Community-based assessment questions

Make a map of the community and mark the information you gather on the map.

- When did the epidemic start?
- How many people live in the affected community?
- How many children under 5 years of age live in the affected community?
- What are the health authorities doing in the epidemic?
- Who and where are the vulnerable people?
- How many people have died from Marburg and where?
- How many people have fallen sick with Marburg and where?
- Are there any health services?
- What are the burial procedures and practices in the community?
- Is there a health promotion programme in place?

13 Rift Valley fever

Transmission

- Mosquito bite and bodily fluids of infected animals and humans

Symptoms

- Starts with fever, headache, back pain, muscle pain, nausea, vomiting and diarrhoea
- Can cause jaundice (yellow skin)
- May be followed by a rash and bleeding under the skin and from the nose and gums, blood with the cough and in the stools

Prevention

- ➔ Safe animal husbandry and slaughter practices
- ➔ Eating well-cooked animal products (meat, milk, blood)

- ➔ Prevention of mosquito bites
- ➔ Spraying of houses to kill mosquitoes
- ➔ Health promotion

Vulnerable people

- Children under 5
- Pregnant women

In case of epidemic

- ➔ Safe animal husbandry and slaughter practices
- ➔ Destruction of mosquito breeding sites
- ➔ Vector control

- ➔ Detection and referral of new and suspected cases to health facilities
- ➔ Health promotion

Volunteer actions

See the following **action tools** for more information on what actions to take against Rift Valley fever:

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|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 31 | 29 | 32 | 35 | 18 | 19 | 29 | 20 | 21 | 33 | 24 | 25 | 22 |
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13 Rift Valley fever

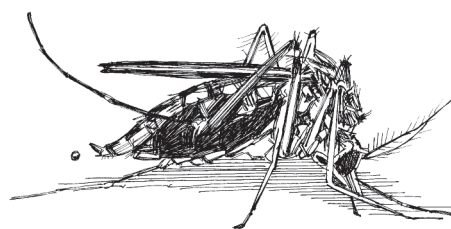
Community-based assessment questions

Make a map of the community and mark the information you gather on the map.

- | | |
|---|--|
| <ul style="list-style-type: none"> • When did the epidemic start? • How many people live in the affected community? • How many children under 5 years of age live in the affected community? • Do people usually use insecticide-treated bed nets? Who in the family uses them? • Are there places with known infected animals and where? • How do people keep and slaughter animals and handle them? • Do people cook meat and milk thoroughly before consuming it? | <ul style="list-style-type: none"> • Who and where are the vulnerable people? • How many people have died from Rift Valley fever and where? • How many people have fallen sick with Rift Valley fever and where? • Are there any health services and where? • Are there any bed net distributions? • Is there a spraying programme going on in your area? Can you help with it? • Is there a health promotion programme in place? |
|---|--|

Actions

- Make sure as many people as possible have bed nets.



A mosquito

14 Avian influenza

Transmission

- The bodily fluids, faeces and feathers of sick birds, both wild and domestic
- It is possible to transmit through not well cooked bird meat or eggs

Symptoms

- A severe kind of influenza with very similar symptoms to regular influenza, such as sudden illness, fever, cough and shortness of breath
- May be accompanied by chills, runny nose, sore throat, tiredness and feeling unwell or loss of appetite
- All of these symptoms may be very severe

Prevention

- | | |
|--|--|
| <ul style="list-style-type: none"> ➔ There is very little that can be done to prevent avian influenza ➔ Protected and safe slaughter and handling of bird meat and products ➔ Culling sick birds and burning them | <ul style="list-style-type: none"> ➔ Spraying of birds (places where birds are raised) with disinfectant ➔ Eating only well-cooked bird meat and bird products ➔ Health promotion |
|--|--|

Vulnerable people

- Anyone with close contact with birds is most vulnerable, especially those raising birds in their yards

In case of epidemic

- | | |
|---|--|
| <ul style="list-style-type: none"> ➔ Culling of sick birds (by the authorities) ➔ Spraying of bird farms with disinfectants ➔ Prevention of mixing birds and humans in the same residences | <ul style="list-style-type: none"> ➔ Community mobilization ➔ Health promotion ➔ Detection and referral of new and suspected cases to health facilities ➔ Use of personal protective equipment |
|---|--|

Volunteer actions

See the following **action tools** for more information on what actions to take against avian influenza:

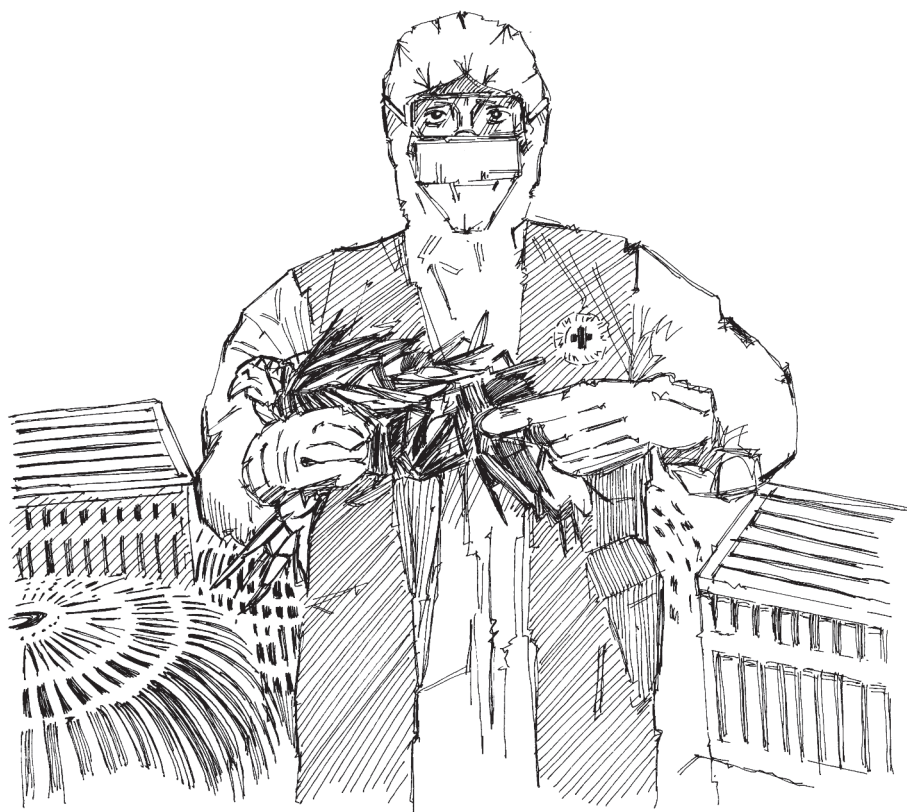
| | | | | | | |
|----|----|----|----|----|----|----|
| 35 | 33 | 20 | 21 | 29 | 27 | 23 |
|----|----|----|----|----|----|----|

14 Avian influenza

Community-based assessment questions

Make a map of the community and mark the information you gather on the map.

- When did the epidemic start?
- How many people live in the affected community?
- How many children under 5 years of age live in the affected community?
- Who and where are the vulnerable people?
- How many people have died from avian influenza and where?
- How many people have fallen sick with avian influenza and where?
- Where are the infected birds?
- What is the government doing about infected birds?
- What are the habits in the community with respect to raising birds in the household?
- Are there any health services and where?
- Is there a health promotion programme in place?



Safe handling of a sick bird

15 Pandemic influenza

Transmission

- Like respiratory infections, through droplets of saliva/mucus from one person to another, mainly while coughing or sneezing

Symptoms

- A severe kind of influenza with very similar symptoms to regular influenza, such as sudden illness, fever, cough and shortness of breath
- May be accompanied by chills, runny nose, sore throat, tiredness and feeling unwell or loss of appetite
- All of these symptoms may be very severe if the germ that develops is very strong

Prevention

- ➔ There is very little that can be done to prevent an influenza pandemic
- ➔ Prepare for it very well and know what to do if it happens

- ➔ Health promotion

Vulnerable people

- It is not yet known who will be most at risk

In case of epidemic

- ➔ Isolation of sick people from those who are not sick
- ➔ Social distancing
- ➔ Community mobilization
- ➔ Health promotion

- ➔ Detection and referral of new and suspected cases to health facilities
- ➔ Respiratory etiquette

Volunteer actions

See the following **action tools** for more information on what actions to take against pandemic influenza:

| | | | | | | | | | | | | | |
|----|----|----|----|---|---|----|----|----|----|----|----|----|----|
| 31 | 29 | 32 | 30 | 2 | 3 | 26 | 27 | 15 | 29 | 23 | 33 | 20 | 21 |
|----|----|----|----|---|---|----|----|----|----|----|----|----|----|

15 Pandemic influenza

Community-based assessment questions

Make a map of the community and mark the information you gather on the map.

- When did the epidemic start?
- How many people live in the affected community?
- How many children under 5 years of age live in the affected community?
- Who and where are the vulnerable people?
- How many people have died from pandemic influenza and where?
- How many people have fallen sick with pandemic influenza and where?
- Are there any health services and where?
- Is there a health promotion programme in place?

16 Hepatitis A

Transmission

- Water contaminated with human waste (stools)
- Dirty food and unwashed hands
- Ingestion of shellfish cultivated in polluted water that is associated with a high risk of infection

Symptoms

- Early symptoms can be mistaken for influenza
- They include fatigue, fever, abdominal pain, nausea, diarrhoea, yellowing of the skin or whites of the eyes (jaundice), weight loss, itching
- Some sufferers, especially children, show no signs of having the disease at all

Prevention

- ➔ Hepatitis A can be prevented by vaccine
- ➔ Clean water (good water sources, clean water container in household)
- ➔ Good sanitation facilities (good latrines or defecation facilities)

- ➔ Clean food
- ➔ Good shelter
- ➔ Health promotion
- ➔ Proper hygiene (handwashing with soap)

Vulnerable people

- Conditions of poor sanitation and overcrowding

In case of epidemic

- ➔ Early detection and referral of patients to health facilities
- ➔ Provision of clean or treated water

- ➔ Provision of good sanitation facilities
- ➔ Health promotion

Volunteer actions

See the following **action tools** for more information on what actions to take against Hepatitis A:

| | | | | | | | | | | | |
|----|----|----|----|----|----|---|---|----|----|----|----|
| 31 | 29 | 32 | 33 | 15 | 43 | 8 | 9 | 10 | 11 | 12 | 30 |
|----|----|----|----|----|----|---|---|----|----|----|----|

16 Hepatitis A

Community-based assessment questions

Make a map of the community and mark the information you gather on the map.

- When did the epidemic start?
- How many people live in the affected community?
- How many children under 5 years of age live in the affected community?
- Who and where are the vulnerable people?
- What are the drinking water sources? Are they clean?
- What are the means of sanitation in the community?
- How many people have fallen sick with Hepatitis A and where?
- How many children have fallen sick with Hepatitis A and where?
- Are there any health services and where?
- Is there a health promotion programme in place?

17 Hand, foot and mouth disease (HFMD)

Transmission

- Direct contact with the mucus, saliva or faeces of an infected person

Symptoms

- Fever, headache, vomiting, fatigue, sore throat, non-itchy body rash, followed by sores with blisters on palms of hands and soles of feet, sores in the mouth, irritability, loss of appetite, diarrhoea

Prevention

- | | |
|---|---|
| <ul style="list-style-type: none"> ➔ Clean water (good water sources, clean water container in household) ➔ Good sanitation facilities (good latrines or defecation facilities) ➔ Clean food | <ul style="list-style-type: none"> ➔ Good shelter ➔ Health promotion ➔ Proper hygiene (handwashing with soap) ➔ Clean surrounding environment |
|---|---|

Vulnerable people

- Usually affects infants and children/can happen in small epidemics in kindergartens or schools
- Adults with immune deficiencies

In case of epidemic

- | | |
|---|---|
| <ul style="list-style-type: none"> ➔ There is no specific treatment ➔ Try to control symptoms i.e. managing fever ➔ Referral to health facilities ➔ Provision of clean or treated water | <ul style="list-style-type: none"> ➔ Provision of good sanitation facilities ➔ Health promotion ➔ Community clean-up |
|---|---|

Volunteer actions

See the following **action tools** for more information on what actions to take against HFMD:

| | | | | | | | | |
|----|----|----|----|----|----|---|---|----|
| 31 | 29 | 32 | 30 | 33 | 25 | 8 | 9 | 11 |
|----|----|----|----|----|----|---|---|----|

17 Hand, foot and mouth disease (HFMD)

Community-based assessment questions

Make a map of the community and mark the information you gather on the map.

- When did the epidemic start?
- How many people live in the affected community?
- How many children under 5 years of age live in the affected community?
- Who and where are the vulnerable people?
- How many people have died from HFMD and where?
- What are the drinking water sources? Are they clean?
- What are the means of sanitation in the community?
- What is the waste disposal system in the community? Does it need improving?
- How many people have fallen sick with HFMD and where?
- How many children have fallen sick with HFMD and where?
- Are there any health services and where?
- Is there a health promotion programme in place?