

REVISION SESSION. 18 : DIARRHOEA



Germ is tiny bugs that we cannot see with our own eyes unless we have a microscope. They are waiting to get into our body and if they succeed they cause disease. Germs steal our health and must be kept out of our body. There are many ways that people get diarrhoea. Therefore to prevent diarrhoea, we must do a range of things to protect our health.

A Comparison: Germs are like Thieves (Tsotsies)

A germ is like a thief (a Tsotsi) who tries to enter our house to steal our goods (health). Diarrhoea is a sickness that we get when our body has been invaded by germs i.e. when the Tsotsi has got in to the house.

Like protecting a house, we need a strong wall or fence, held up by strong poles (1st barrier) The poles are the hygiene practices that are important for good health.

If one of the poles falls, the Tsotsi will get into your yard.

If he does get into your yard, you have another chance to protect yourself.

You may still keep him out of your house, if you close the windows and doors.

The windows = safe food, water. The doors = clean hands.

So the last chance to defend yourself is to close the windows (take safe food / water) and shut the door; wash your hands well. These are the '2nd barriers'.

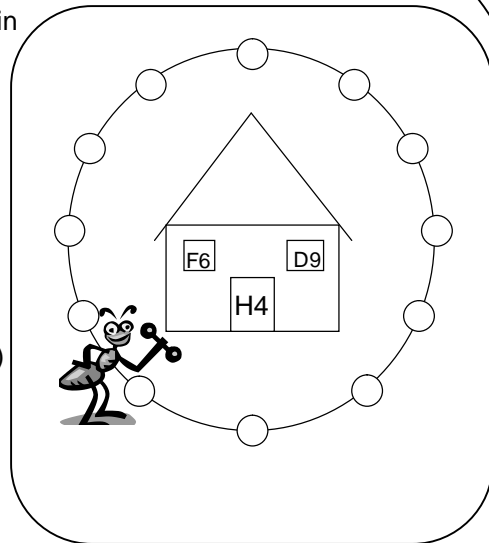
The 2nd barriers will still enable you to avoid getting diarrhea if the germs have got through the 1st barrier.

ACTIVITY 18 : Block the Tsotsi - Memory Game:

Ask people to give suggestions as to the main ways that hygiene can prevent diarrhoea.

You may have a list like the following:

1. Clean toilet (S15)
2. Solid waste disposal (V5)
3. Put rubbish in black bags (V3)
4. Keep kitchen surfaces clean (C3)
5. Wash tray before preparation (C2)
6. Container for Rubbish (C16)
7. Community environment committee (M15)
8. Wash or peel fruit before eating (T8)
9. Put nappies in black bags (S4)
10. After eating wash dishes (F13)
11. Cat method to bury faeces (S6)
12. Store perishable food in fridge (F15)



Find cards that depict the practices you have chosen (if not the ones shown above).

Give out one of the cards you have chosen to each person.

Everyone with a 'pole picture' stands in a circle.

Holding up and explain each picture.

Include the '2nd barrier pictures : H4 (hand washing), F6 (hot food), D9 (boiled water).

These three people also join the circle. Everyone should memorize all the 15 pictures.

Take the pictures away and give them a ball.

Throw the ball to one another to give everyone a turn.

The one who catches the ball must call out one of the 'hygiene poles'.

If anyone cannot think of a hygiene pole, they have to sing a hygiene song