

# I Ensure My Family Is Healthy. Do You?



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# About the Flipbook

Hi! Please use this book to educate your family, colleagues and communities. The content is in the form of stories and conversations. I hope you enjoy this informative flipbook.



Do you want to know about my organisation? Swasti is an international public health platform headquartered in Bengaluru. We work to improve health outcomes of low income and vulnerable communities.

Do you want more details about our work? You can go to our website: [www.swasti.org](http://www.swasti.org)

Oh! Before I go away, I want to thank the 'Healthy Child Handbook' (World's Children, South Asia Edition) by Cassady Thomas and Lauren Hughey and 'Where there is no doctor a village health care handbook' by David Werner for guiding us through the content for this flipbook.



# Instructions to use the Flipbook



1

Use both your hands to hold the flipbook and ensure that your hands do not cover the flipbook while projecting it to the audience. You do not want your audiences to miss out on the colourful illustrations!



2

Please project the picture towards the audience. This will help them see better.



Now please don't do all the talking! Make the session interactive. Encourage people to talk. We want feedback.



4

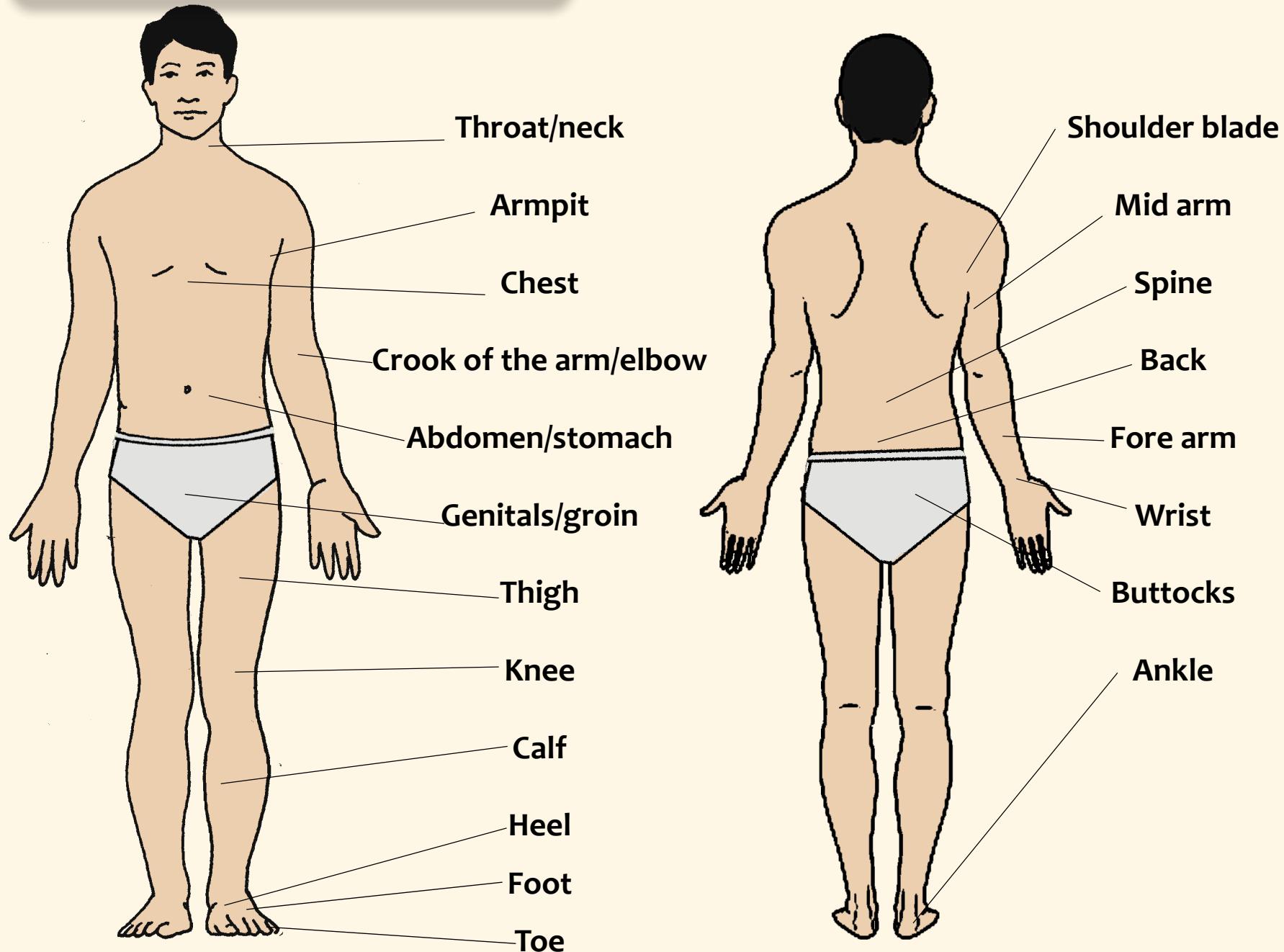
Use your fingers to navigate the audience through the images. By doing so you will help them focus on the content.



3

You must know the content well before you train someone else, right? Go through the content of the flipbook multiple times so that you are familiar with the content and can take people through it easily.

# Parts of the Body



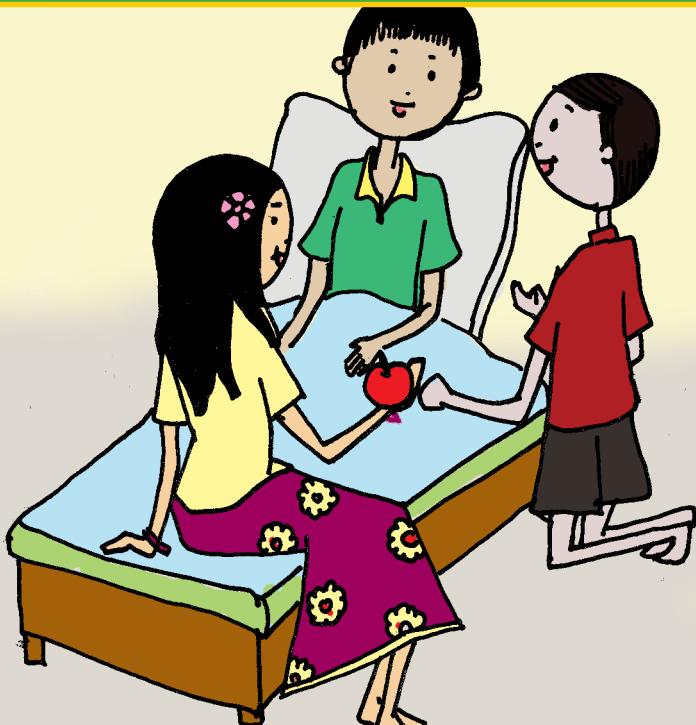
# Good Health and Wellbeing

At least once a year all of us fall sick. Children fall sick more frequently. Sickness/diseases can be categorised into two main types:

## INFECTIOUS



## NON-INFECTIOUS

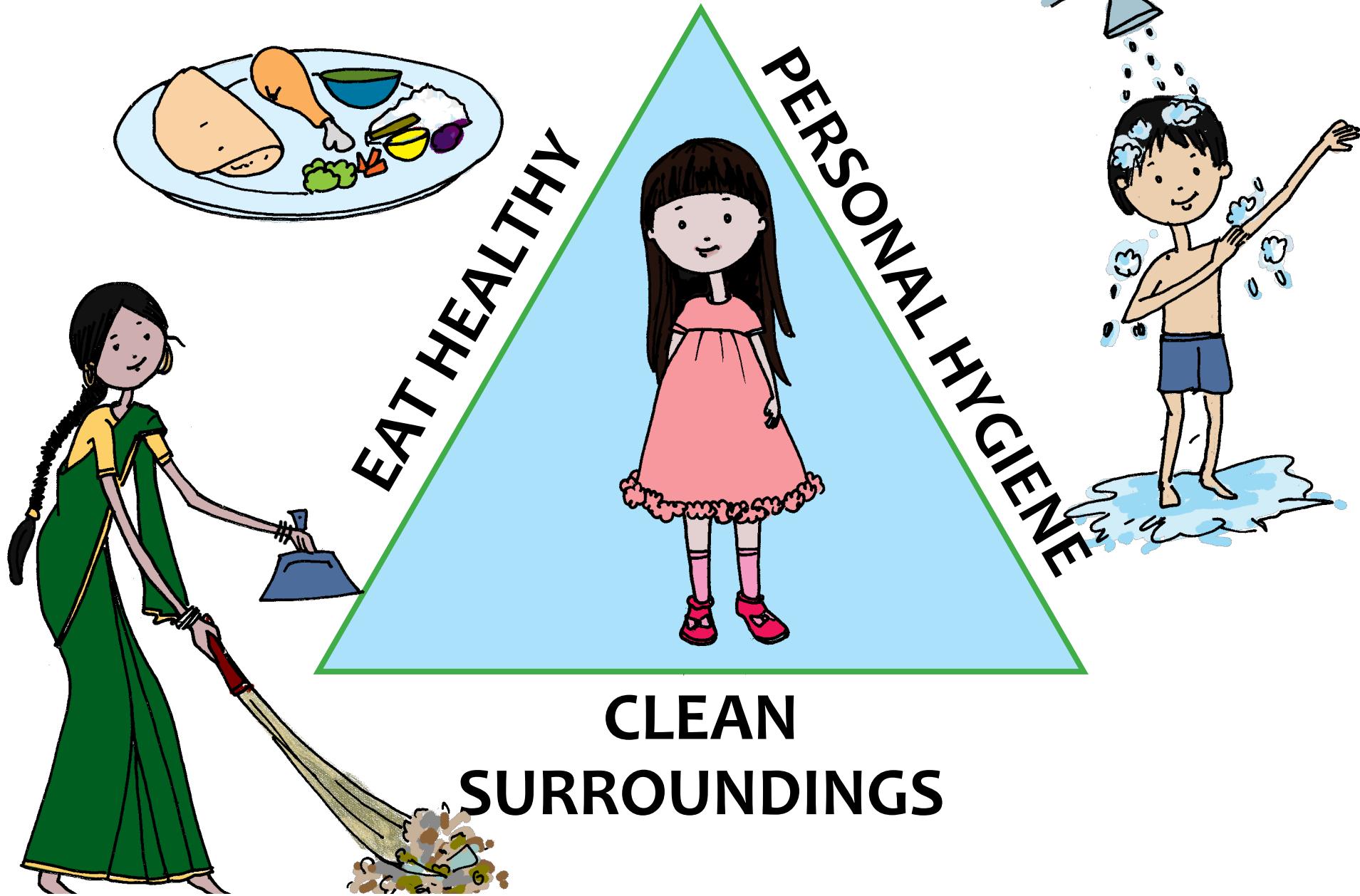


The disease can spread from person to person through infected droplets of saliva or mucus, infected feces, mosquitoes, poor sanitation and hygiene etc.

The disease does not spread from person to person. The causes for these diseases vary from disease to disease.

# Prevention: Avoiding Sickness

There are 3 key steps to avoiding sickness:



The pictures below show you simple steps you can take to stay healthy and keep your family healthy:



Wash hands with soap and water,  
before eating, before making  
food, after going to bathroom



Bathe daily



Brush twice every day



Clean house and  
surroundings often



Wear shoes



Cover your mouth  
while coughing



Go to the doctor when sick

The pictures below show you simple steps you can take to stay healthy and keep your family healthy:

8



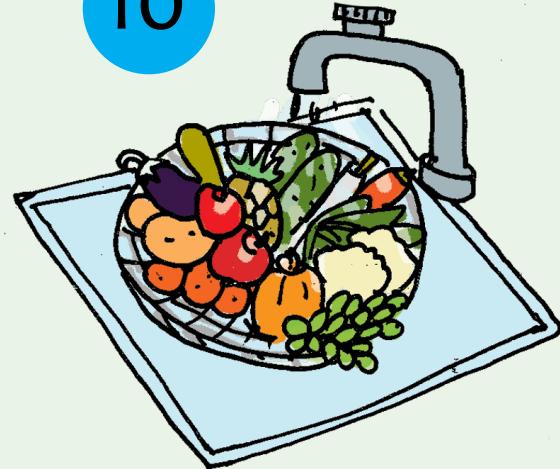
Sleep safely

9



Drink clean water

10



Wash fruits and vegetables  
before cutting them

11



Cook food thoroughly

12

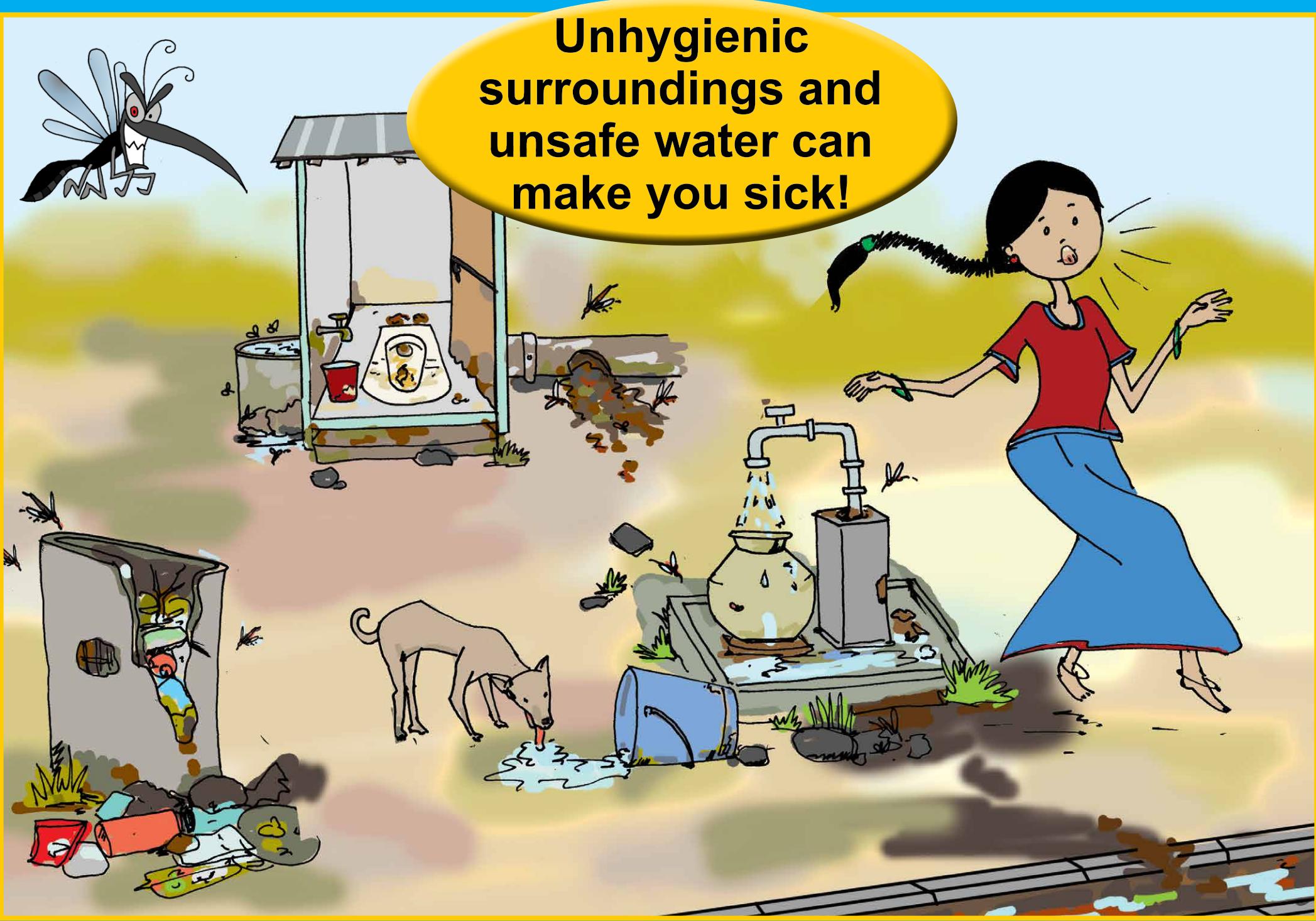


Keep flies away

13



Eat nutritious food



**Unhygienic  
surroundings and  
unsafe water can  
make you sick!**

# Diarrhea and Dysentery



Do your children suffer from loose watery stools or frequent bowel movements, sometimes for many days?

This illness is called diarrhea. Generally curable at home, diarrhea can sometimes be very dangerous and life threatening, especially if the diseased is malnourished, does not practice good hygiene, or has serious illnesses such as HIV/AIDS. A very serious form of diarrhea is called dysentery.



How can you look after/treat someone with this illness?



1. Give the person lots of water and fluids
2. Give the person lots of nutritious food
3. Give the person many small meals and ensure the person is well nourished- 5-6 small meals should be good
4. Plenty of rest
5. If the disease lasts for more than 4 days and is not getting better seek medical help. With children, do not wait for 4 days. Rush them immediately to a doctor

There is also a serious form of diarrhea called Dysentery. What are the symptoms?

## CAUSES



1. Diarrhea with mucus and blood
2. Abdominal pain
3. Fatigue
4. Loss of appetite and weight loss
5. Chills and vomiting

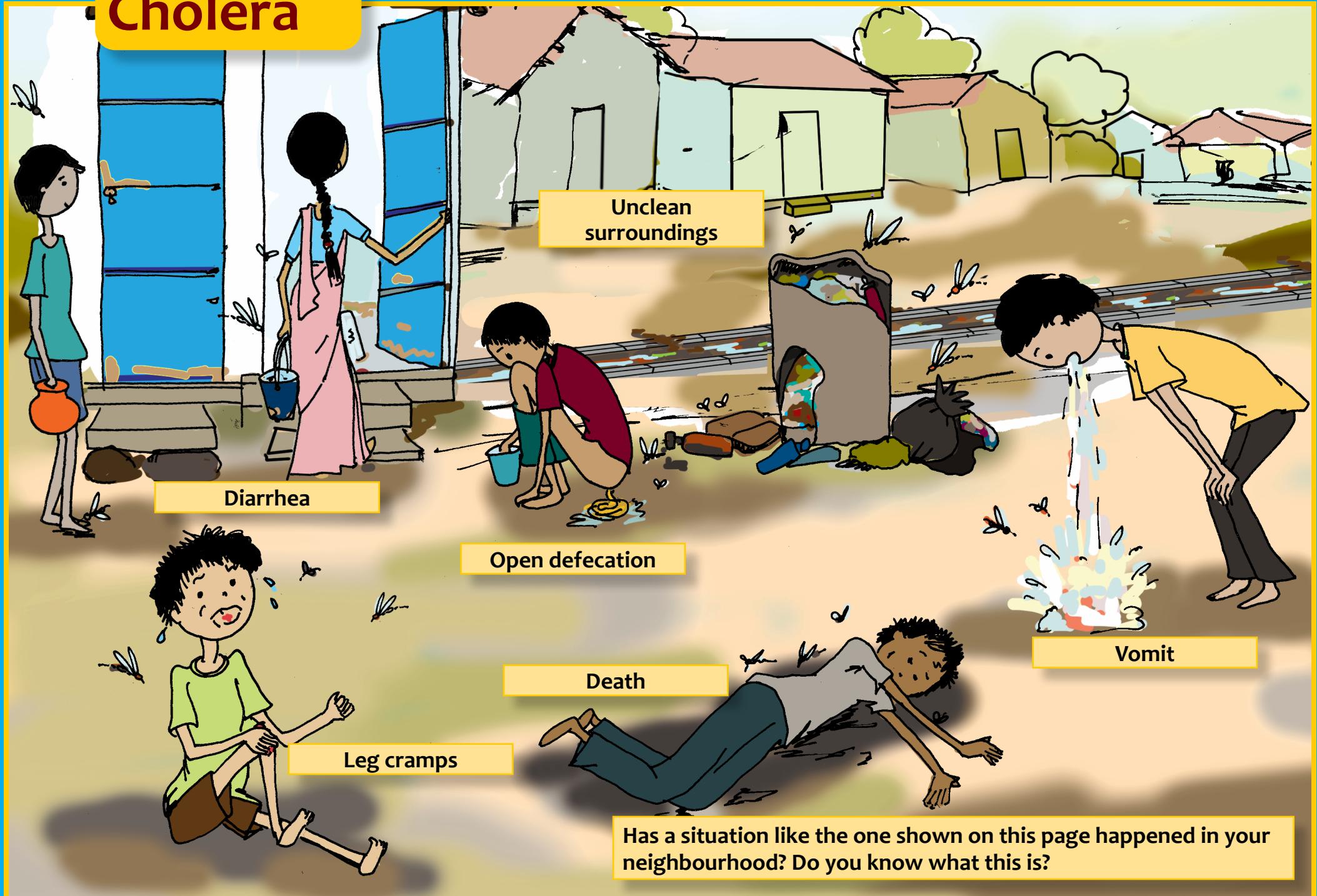
Preventing diarrhea is simple and each of you can take these simple steps:



1. Boil/filter water before drinking
2. Cook in hygienic surroundings
3. Have a well balanced diet
4. Wash hands regularly with soap and clean water



# Cholera



# Cholera

This is a disease called Cholera. It is a serious bacterial infection and causes severe diarrhea. But this is a fatal disease and can kill a person in as little as one day.

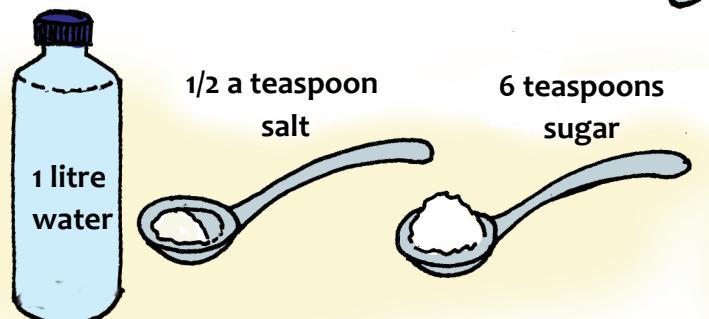
How do you know if you have cholera?

1. Profuse watery diarrhea that looks like rice water
2. Vomiting
3. Leg Cramps
4. Severe dehydration

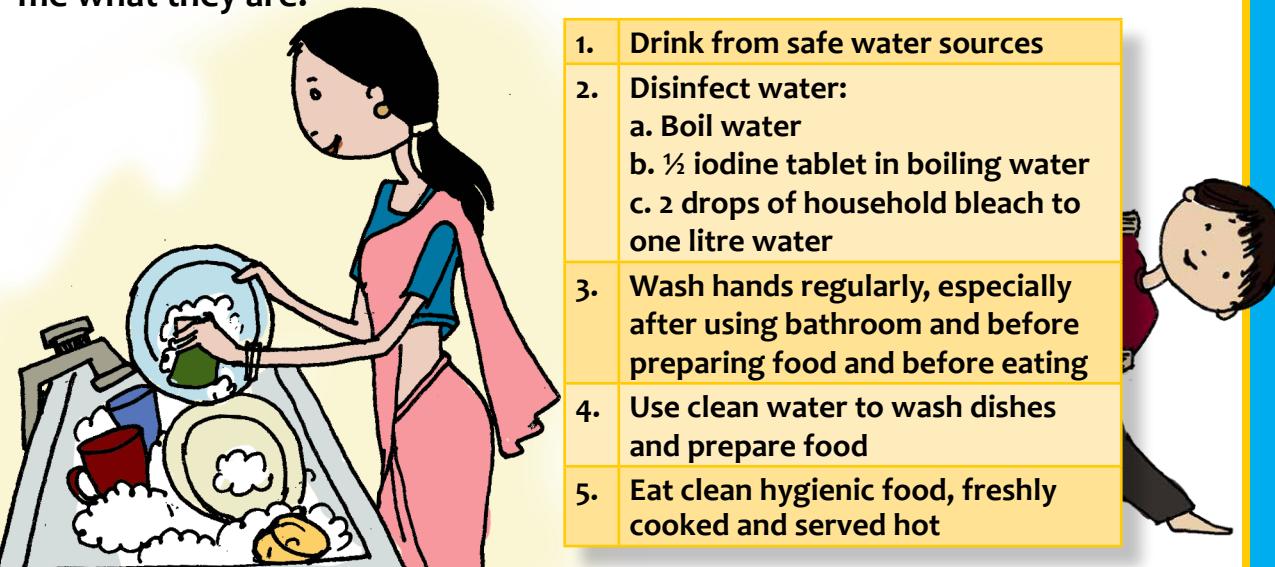


What can you do if you have cholera?

1. First step is to get medical help
2. Plenty of water, fluids and the rehydration drink
3. Consult with a doctor



It is always better to prevent such a situation and the steps are quite simple. The picture shows you a family with good practices. Can you tell me what they are?



1. Drink from safe water sources
2. Disinfect water:
  - a. Boil water
  - b.  $\frac{1}{2}$  iodine tablet in boiling water
  - c. 2 drops of household bleach to one litre water
3. Wash hands regularly, especially after using bathroom and before preparing food and before eating
4. Use clean water to wash dishes and prepare food
5. Eat clean hygienic food, freshly cooked and served hot

# Chikungunya



How many of you know what Chikungunya is?



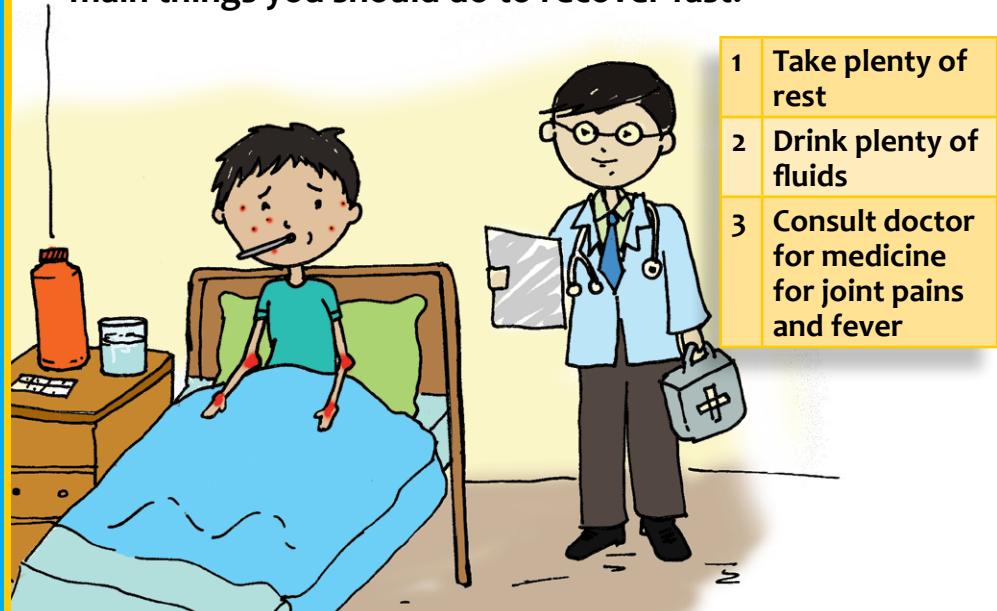
1	Viral infection
2	Spread by mosquitoes

The boy is not keeping well. His mother thinks he has Chikungunya. What makes her think so? What is the boy suffering from? Can you look at the image and tell?



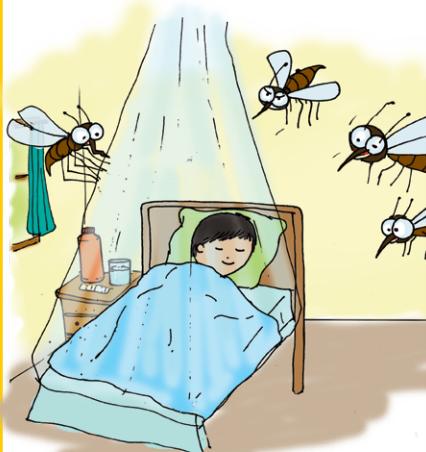
1	Muscle /Joint pain and swelling
2	Vomiting
3	Headache
4	Fatigue
5	Fever
6	Rash

Once you are infected with Chikungunya what are the 3 main things you should do to recover fast?



1	Take plenty of rest
2	Drink plenty of fluids
3	Consult doctor for medicine for joint pains and fever

The child in the picture is safe and healthy. Can you tell me what are some of the things you should do to prevent Chikungunya?



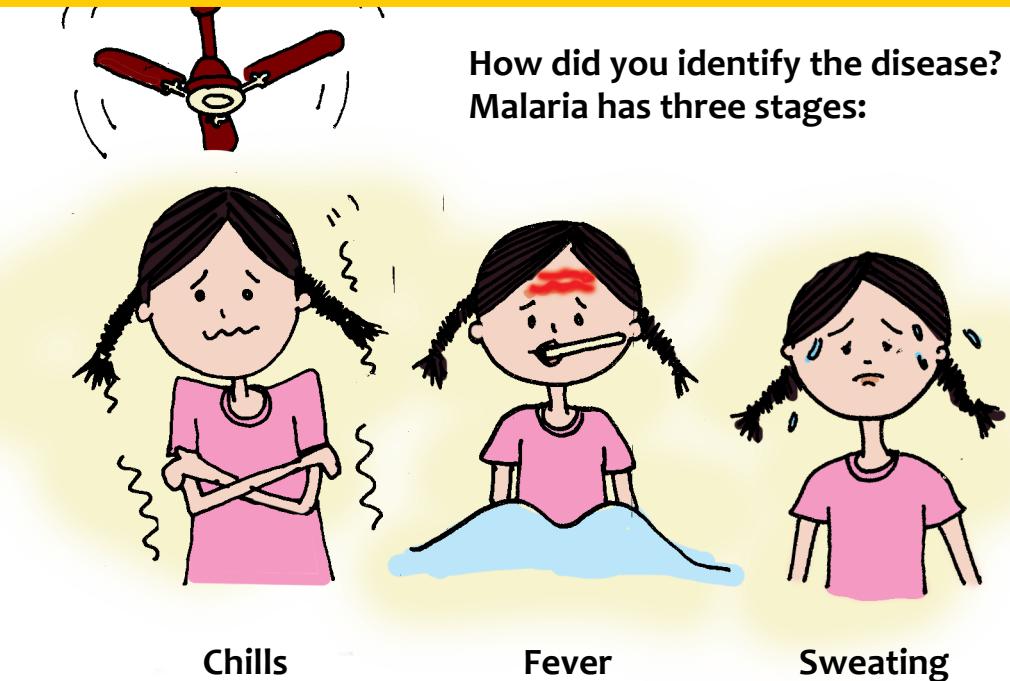
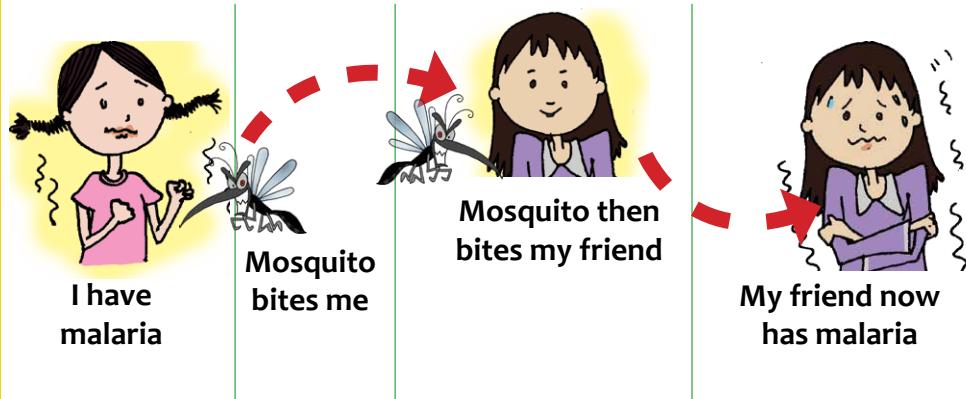
1	Get rid of all standing water near homes and schools. Mosquitoes can breed in very small pools
2	Use mosquito coils or mosquito repellent
3	Place screens over doors and windows
4	Sleep under mosquito nets
5	Wear clothes covering all parts of body when in areas with mosquitoes
6	Keep people infected with Chikungunya away from mosquito bites for first 3 days of illness





# Malaria

Are there mosquitoes in your area?  
Do you know Malaria is spread by mosquitoes?  
Can someone tell me how it spreads?



You can also identify malaria by some of the common symptoms:

1. Runny nose, cough and signs of respiratory infection
2. Diarrhea
3. Skin rash
4. Fever and chills
5. Seizure or short periods of unconsciousness
6. Swelling of joints



Please do not try home remedies to treat this illness.  
Go directly to a health facility and see a doctor.  
Monitor the patient closely and check progress.

There definitely are quite a few ways of preventing this illness. The woman in the picture is trying to protect her family from Malaria:

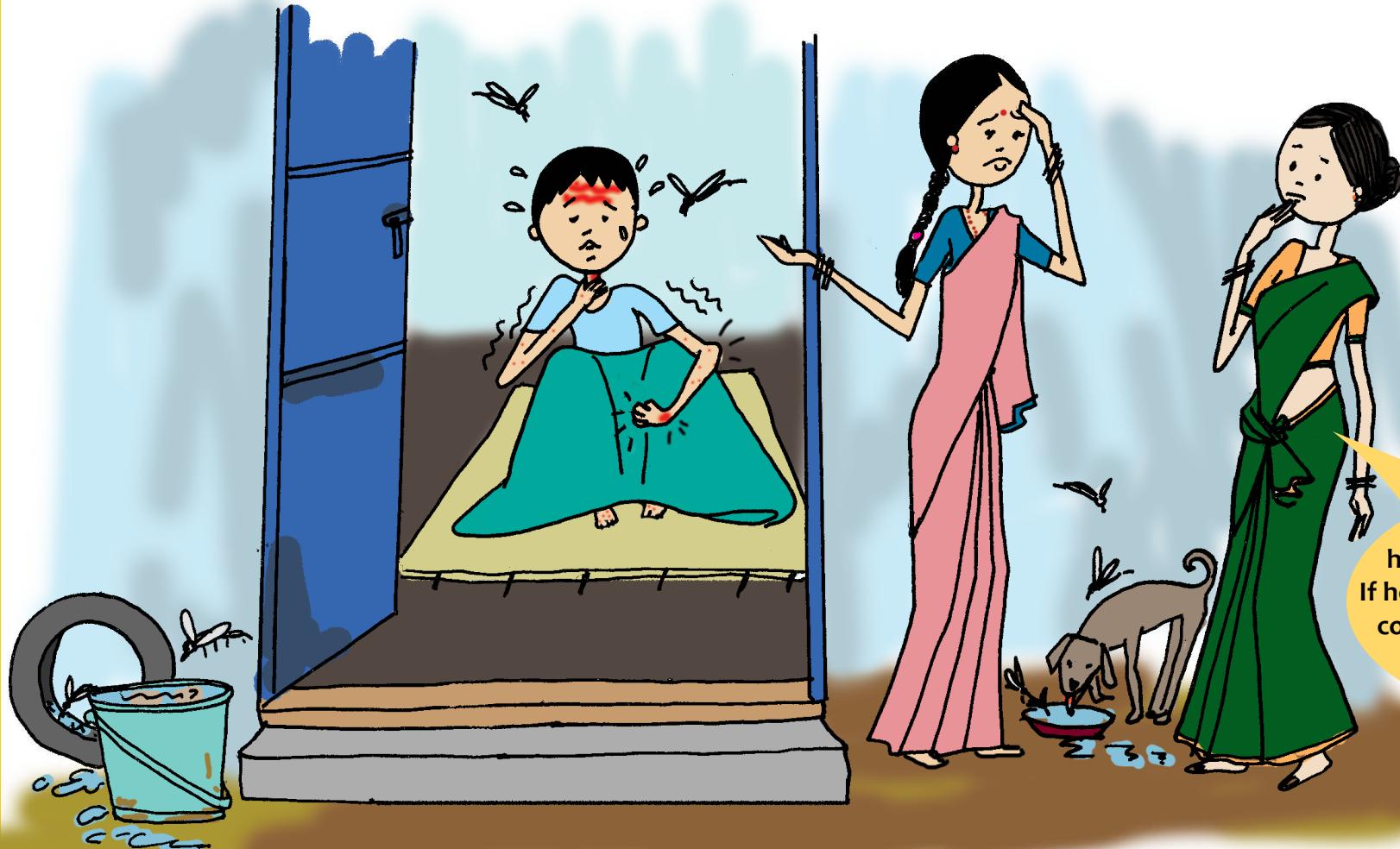
1. Sleep under mosquito nets
2. Put screens/netting on windows and doors
3. Use mosquito repellent
4. Remove standing water where mosquito breeds and hatches
5. Wear full sleeves, long pants and socks in areas with mosquitoes





# Dengue

Sheela's son is very sick. She says "It's mosquitoes I know, but is it Dengue or Malaria? I am worried!"



Can we help Sheela? I think it is Dengue. Could you tell her the symptoms?

1.	High fever and chills for 2-7 days
2.	Body pain
3.	Headache with eye pain
4.	Sore throat
5.	Rashes in the hands and feet, spreads across the body except face
6.	Dark spots and visible bleeding - a very dangerous symptom

Don't worry. Give him plenty of water and juices. If he develops dark spots, bleeding, continuous vomiting or stomach pain, rush him to a doctor.

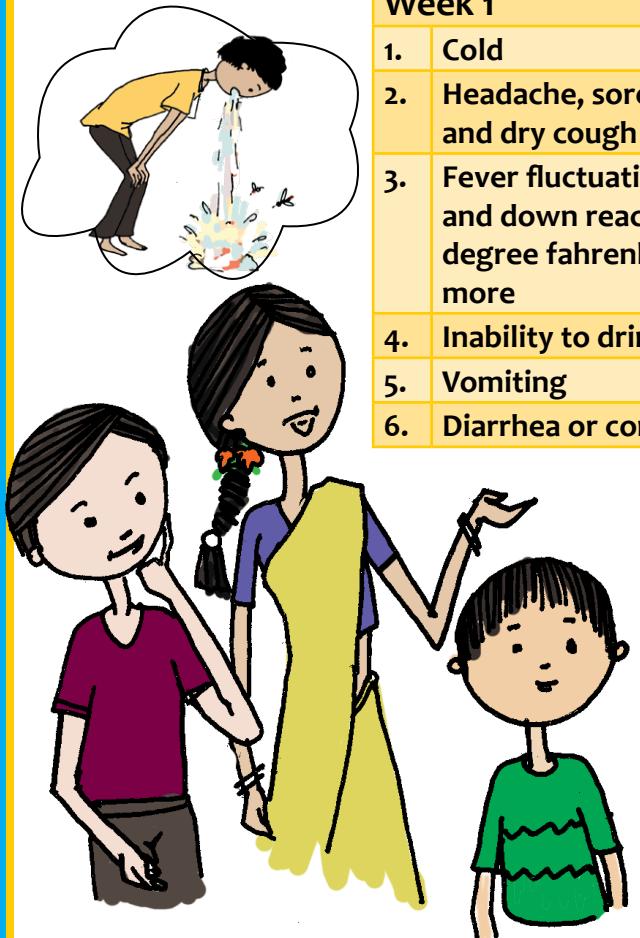
Only if Sheela had made her son sleep under a mosquito net, put netting on the windows and doors and removed standing water, her son would not have had Dengue.



# Typhoid Fever

Typhoid occurs in large waves of sickness through dirty food and water. Rahul wants to educate his family and friends about Typhoid and protect them.

Rahul says “Typhoid symptoms can be split into week 1,2 and 3”



## Week 1

1. Cold
2. Headache, sore throat and dry cough
3. Fever fluctuating up and down reaching 104 degree fahrenheit or more
4. Inability to drink
5. Vomiting
6. Diarrhea or constipation

## Week 2

1. Fever with low pulse rate
2. Pink spots on body
3. Quivering or shaking
4. Not make sense while speaking
5. Weakness and weight loss

## Preventing Typhoid is simple:

1. Wash hands frequently with clean water and soap, especially after using bathroom and before preparing food
2. No open defecation. Only defecate in clean and safe latrines
3. Boil or filter water. Always drink safe water

## Awareness about Typhoid

## Week 3

Same symptoms as week 1 and 2. The symptoms slowly start going away.

Once you contract typhoid what can you do?

1. Rush to the doctor NOW!
2. Take plenty of water, juices and nutritious watery food like Khichadi
3. Take complete rest till fever completely goes away
4. If stool contains blood or diseased has severe abdominal pain, take medical assistance immediately



# Internal Worms

Suman and Raju are playing barefeet. This can cause serious illnesses.

Worms and other tiny organisms could enter their body, eat up the nutrition and make them weak or very very sick.



Worms are dangerous- they cause malnutrition and anemia. They also affect growth and development in children.

1. Stomach pain
2. Vomiting
3. Itching
4. Diarrhea
5. Loss of Appetite
6. Swollen Belly
7. Blood in feces or urine
8. Tiredness
9. Poor physical and mental growth

## How do worms enter your body?

1. Through your feet when you roam around barefoot
2. Through infected food and water
3. Through your skin



If you notice any of the above mentioned symptoms, ensure that you first go and seek medical help. Also make sure you drink plenty of water and other fluids.

Suman and Raju should follow these steps to keep all the worms away and play happily:

1. Wash hands regularly with clean water and soap
2. Wear shoes when they play outside
3. Avoid contact with feces. Only defecate in Latrines and not in the open
4. Eat hygienic food.
5. Drink clean filtered/boiled water
6. Take the pill recommended by doctors once or twice a year



# Polio

Have you got your child vaccinated against polio?

Dirty surroundings and poor personal hygiene increase the risk of polio.



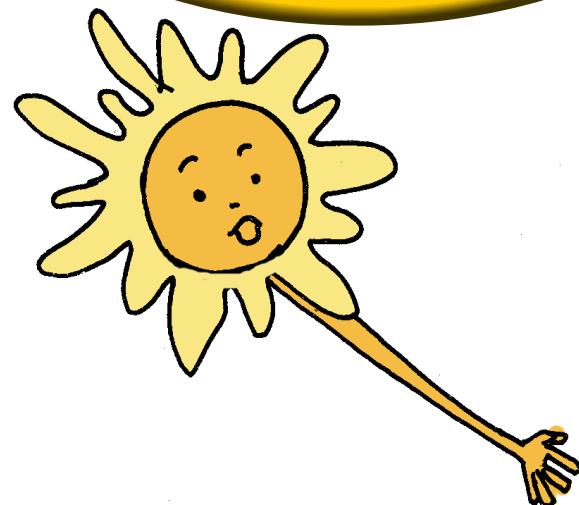
Polio does not necessarily make you feel sick but there are some symptoms that can help you identify the disease:

1. Nausea and vomiting
2. Stomach pain and constipation
3. Stiffness in the back or legs
4. Loss of reflexes
5. Muscle cramps or twitching



Once the disease has begun no medicine can cure it. Vaccinate your child immediately. Reach out to the nearest health facility.

# Some Common Illnesses



# Cold and Flu

What is the most common illness you and your family members, especially children face?

## 'Cold and Flu'

Eating an icecream or playing in the rain do not cause cold and flu. It is passed from sick people to healthy people through saliva or mucus. Open sneezes and coughs are often the reasons for it.

Cold with high fever, nausea and chills indicates flu.

Having plenty of water, citrus fruits and rest are the answers to cold and flu. Gargling warm water also helps.

Consult a doctor if you feel very sick or if fever lasts for more than 3-5 days.



All of you know the symptoms of cold and flu

1. Runny nose and cough
2. Sore throat
3. Sneezing
4. Headache
5. Mild joint pain



Shoo away cold and flu by following these simple measures:

1. Get enough sleep and eat nutritious food
2. Wash hands regularly with soap and clean water
3. When you are sick, eat and sleep away from others. Do not allow the virus to spread.
4. Always sneeze or cough into your arm and not into your hands
5. Keep your handkerchief clean and do not let it touch other people

Flu vaccine will protect children below 6 months from cold and flu. Don't forget to vaccinate your child.



# Viral Fever

After every rainy season doesn't fever visit your houses at least once and stays on for 3 days to a week?

Like cold and flu this also passes from sick people to healthy people through the wet droplets from sneezes, coughs, nose blowing and talking.

Plenty of water, rest and healthy food, warm water gargle and fruits such as oranges and limes will help you recover real quick.



What symptoms of viral fever does the girl show?

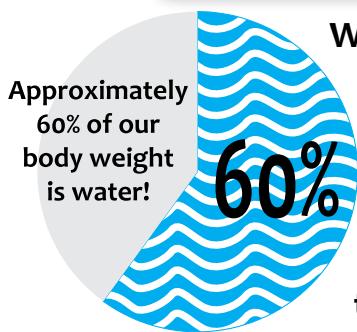
1.	Fever
2.	Sore throat
3.	Skin rash
4.	Cough and runny nose
5.	Fatigue, muscle/joint pain
6.	Red and/or burning eyes
7.	Chills and breathlessness

Certain steps can save you from yearly attack. Like what?

1.	Wash hands regularly with soap and clean water especially after coughing or sneezing
2.	Cover your mouth with arms not hands when you cough or sneeze
3.	Drink plenty of fluids
4.	Get plenty of sleep
5.	Eat plenty of nutritious food
6.	Wash all utensils that a sick person uses with soap and water



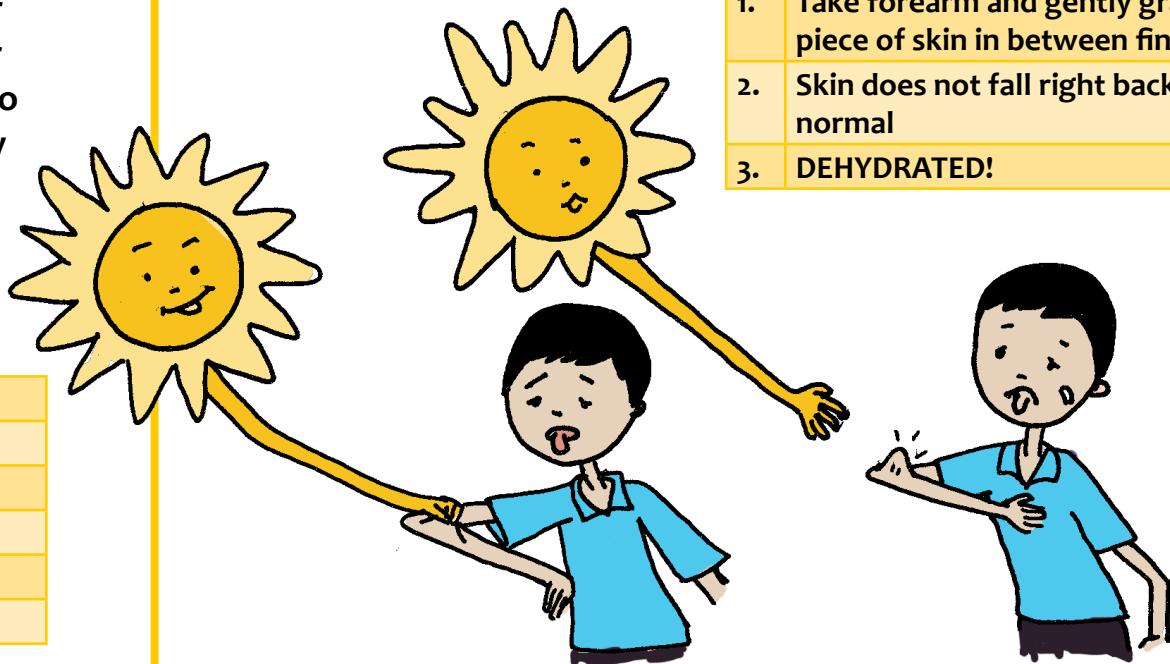
# Dehydration



When do you get dehydrated? When your body loses more water than you take in, due to diarrhea, drinking very less water or spending too much time under the sun.

It is easy to identify dehydration:

1. Sunken eyes and no tears
2. Very thirsty and drink eagerly
3. Little to no urine or dark yellow urine
4. Dry mouth
5. Sudden weight loss
6. Stretchiness of skin and laziness



Here is a quick check for dehydration:

1. Take forearm and gently grasp a piece of skin in between fingers.
2. Skin does not fall right back to normal
3. DEHYDRATED!

When a person is dehydrated it is important to ensure that the person takes good rest and drinks lots of the rehydration fluid and also green coconut water.

Get medical help if you see the condition of the person worsening.

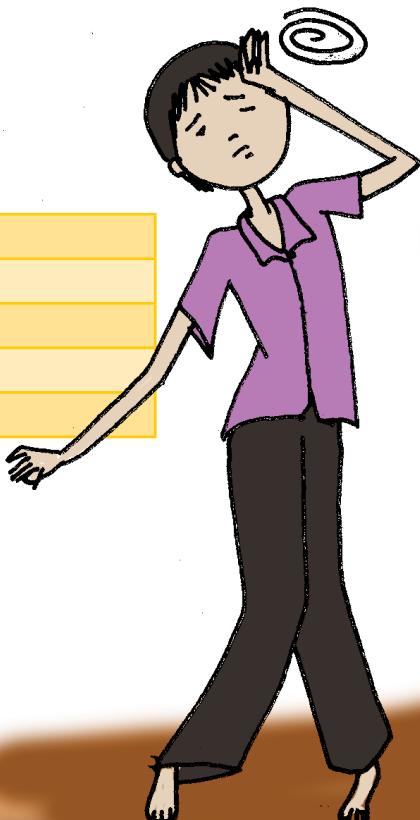
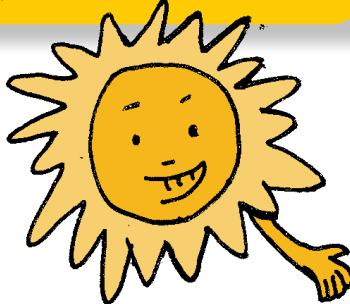


# Heat Exhaustion

We all very often roam around under the sun. It is important to be exposed to sunlight to keep us healthy, but over exposure can cause heat exhaustion.

Have you felt these symptoms when under the sun?

1. Weakness or fainting
2. Pale skin
3. Skin cool and moist
4. Rapid and weak pulse
5. Vomiting sensation



You then know that you have heat exhaustion and should take the necessary steps.

1. Lie in a cool place and take rest
2. Get your feet raised and legs rubbed
3. Mix 1 teaspoon of salt in 1 litre water and drink

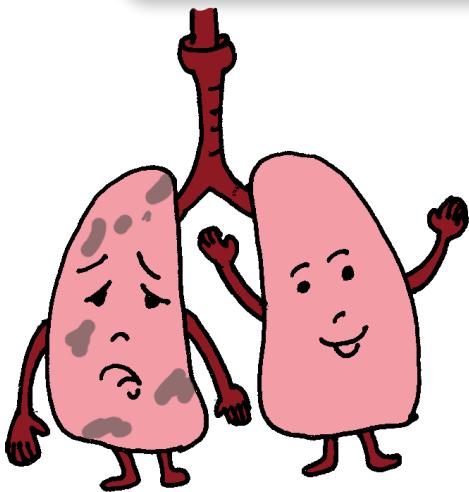


These simple steps will make you feel better

1. Drinking enough water
2. Sitting in a cool place when you feel warm
3. Small breaks to avoid over exerting in the hot sun will keep you energetic and strong and the sun will never make you weak



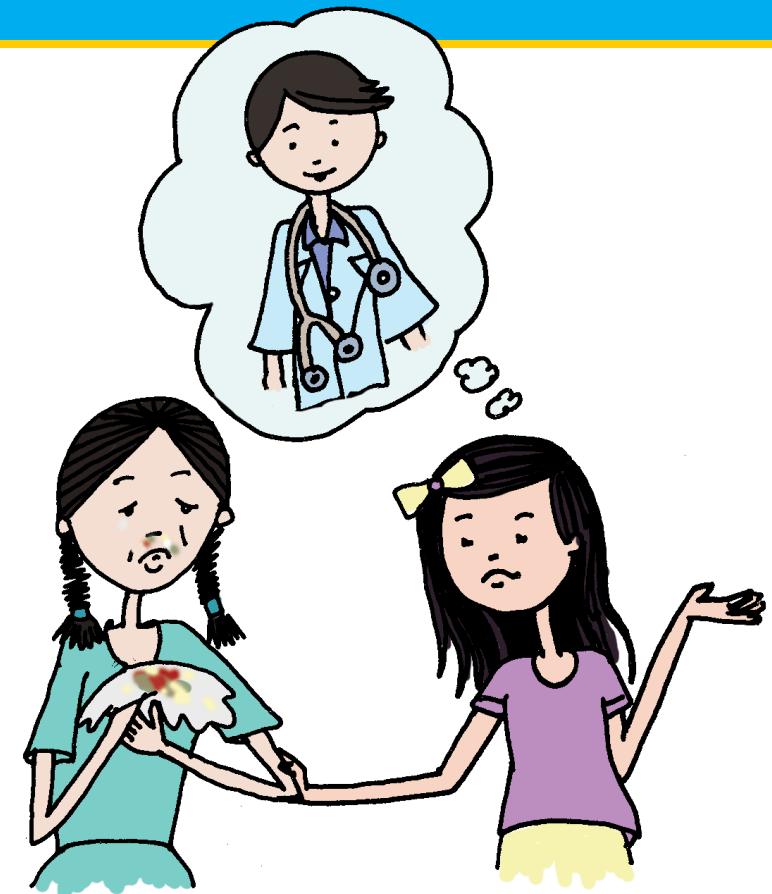
# Pneumonia



Lungs, an important body part, helps us breathe. Pneumonia is sickness of the lungs. This can be very dangerous. Pneumonia can also follow flu and chronic cough.

If you notice the following symptoms in anyone, please rush the person to a doctor immediately.

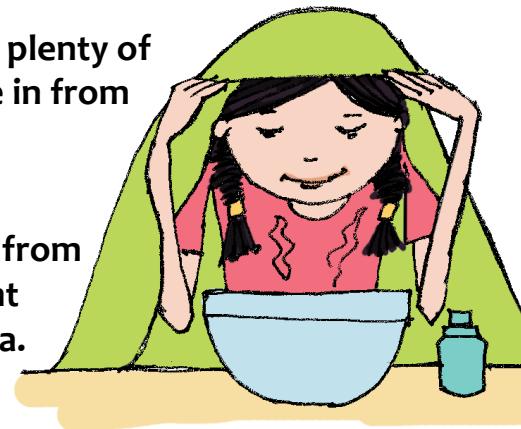
1. Shallow fast breathing sometimes with grunting and wheezing
2. Nostrils spread or flare with each breathing
3. Chills with high fever
4. Cough - yellow greenish mucus with blood stains sometimes
5. Inability to eat or drink
6. Chest pain and weakness
7. Sores on face, lips and throat



Meera should see a doctor immediately and strictly follow the medicine schedule suggested by the doctor.

Meera should also drink plenty of clean water and breathe in from a pot of boiling water.

She should wash hands regularly and stay away from other children to prevent the spread of Pneumonia.



# Allergies

Sometimes certain food items, dust or animal hair can cause discomfort, sneezing, breathing problems, itching etc. This is an allergy.

How do you know if you are allergic to something? When you suddenly develop the following symptoms try to identify the unusual thing you ate or were exposed to. You are probably allergic to that substance.

**Symptoms:**

1. Sneezing
2. Coughing
3. Runny nose
4. Itchy eyes
5. Itching
6. Rash
7. Swelling

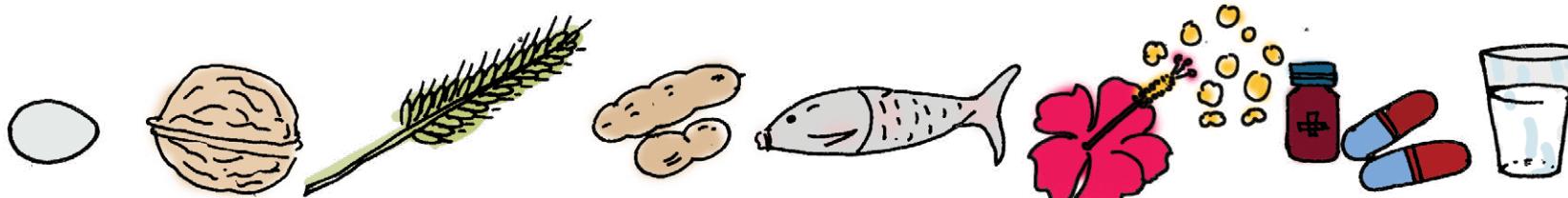


If you think you have an allergy, rush to a doctor immediately as some allergies can be very dangerous, causing death.

It is best to prevent allergies. For example, if you are allergic to dust and animal hair, try to stay away from animals and close your nose and mouth when exposed to dust.

Here are some other preventive measures:

1. Be aware of allergy symptoms and note down causes
2. Do not breathe, touch or consume a known allergen
3. Keep home clean and free of dust
4. Air bedding in the sun often
5. If animal allergy, keep them away from home
6. Wear shoes when outside
7. Be careful while eating unknown food items



# Asthma

If you regularly have difficulty in breathing and your chest and throat make harsh noises, you may have asthma.

These could be possible causes for asthma:

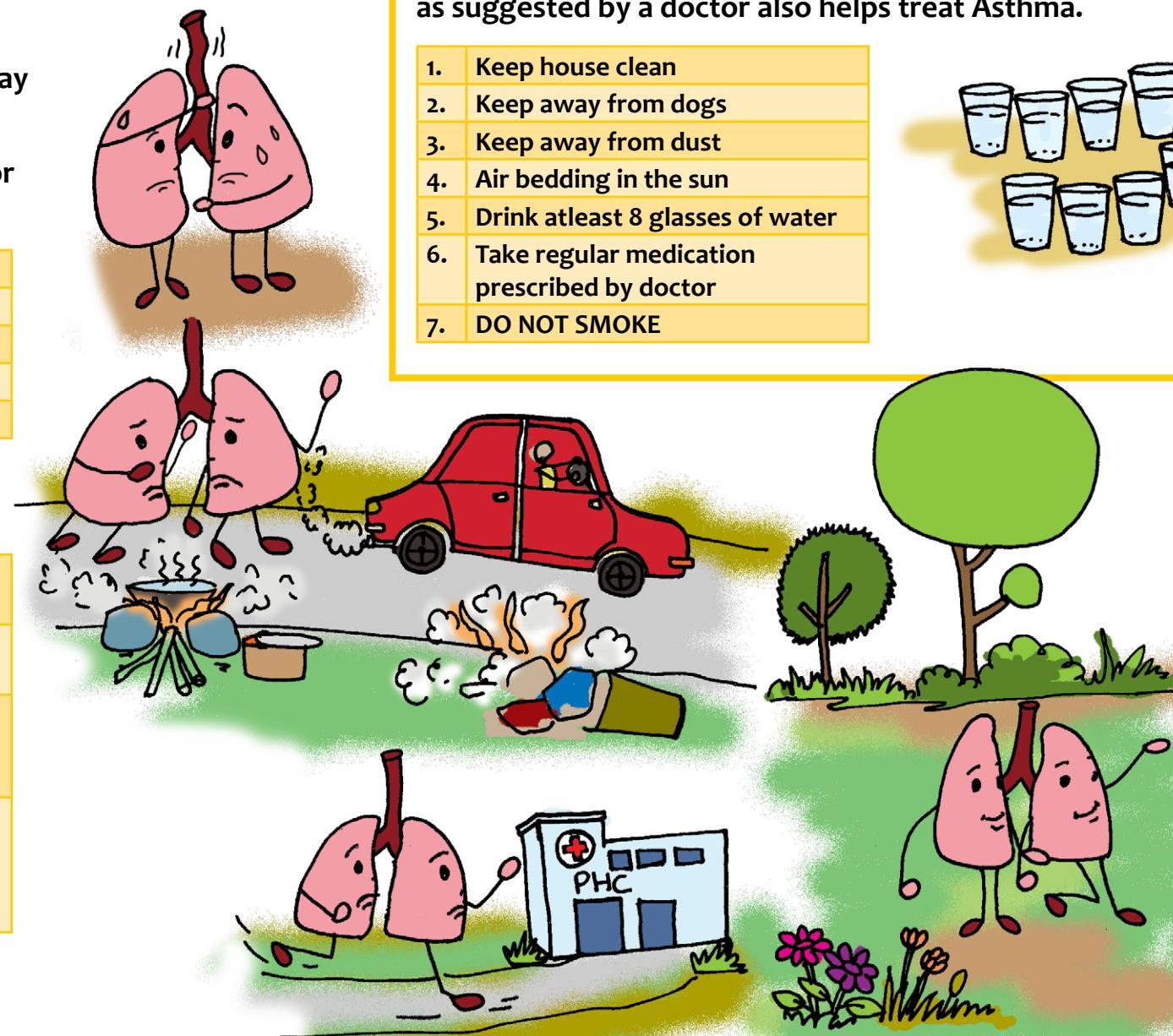
1. Factory smoke
2. Cigarette smoking
3. Vehicle exhaust
4. Cooking in a closed room, anxiety
5. Your parents have Asthma

Certain symptoms will help you identify asthma fast:

1. A hissing wheezing sound especially while breathing out.
2. When breathing in, skin around ribs and collar tightens
3. Finger nails and lips may turn blue and veins in the neck may swell
4. Asthma may be severe during certain months of the year, at night and in places where pollution is high

Please consult a doctor to manage asthma as it can differ from person to person. Also drink lots of water and juices and get fresh air. A rescue inhaler as suggested by a doctor also helps treat Asthma.

1. Keep house clean
2. Keep away from dogs
3. Keep away from dust
4. Air bedding in the sun
5. Drink atleast 8 glasses of water
6. Take regular medication prescribed by doctor
7. **DO NOT SMOKE**

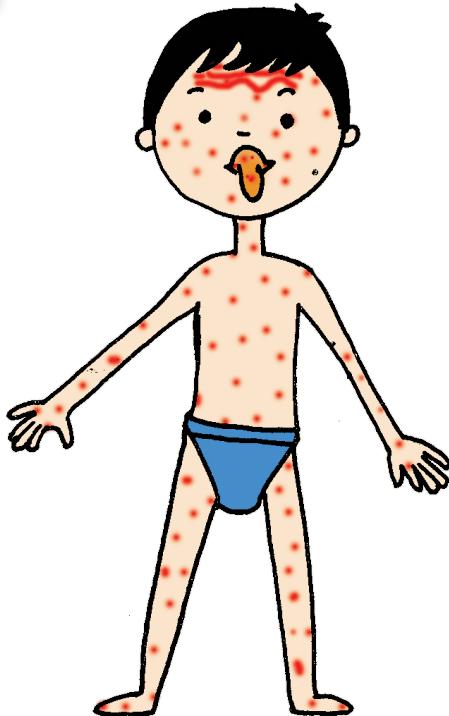


# Chicken Pox

If you did not get chicken pox as a child, stay away from people who have it. Chicken pox in adults can be dangerous. The disease primarily affects children.

What are the initial signs of chicken pox?

1. Small, itchy red spots on the body
2. Spots become small blisters that pop and scab
3. Spots spread to face, arms and legs
4. Mild fever



Chicken pox usually goes away in about a week. But it is important to take care of a person who has the disease:

1. Bathe the person daily with soap and warm water
2. Keep the person away from scratching. Cut fingernails short
3. Cold compress from boiled and strained oatmeal will calm an itchy person.
4. If scabs become infected, apply a warm compress and consult with a doctor

There is a vaccination for chicken pox. This will help prevent the disease. Go ask your doctor!



# Mumps

Why are the 5 men in the picture giving angry looks to Ram standing on the left?

They all have mumps because Ram by sneezing without covering his mouth and by talking to them passed the disease. The disease spreads through infected droplets of saliva and mucus that comes out of the mouth.

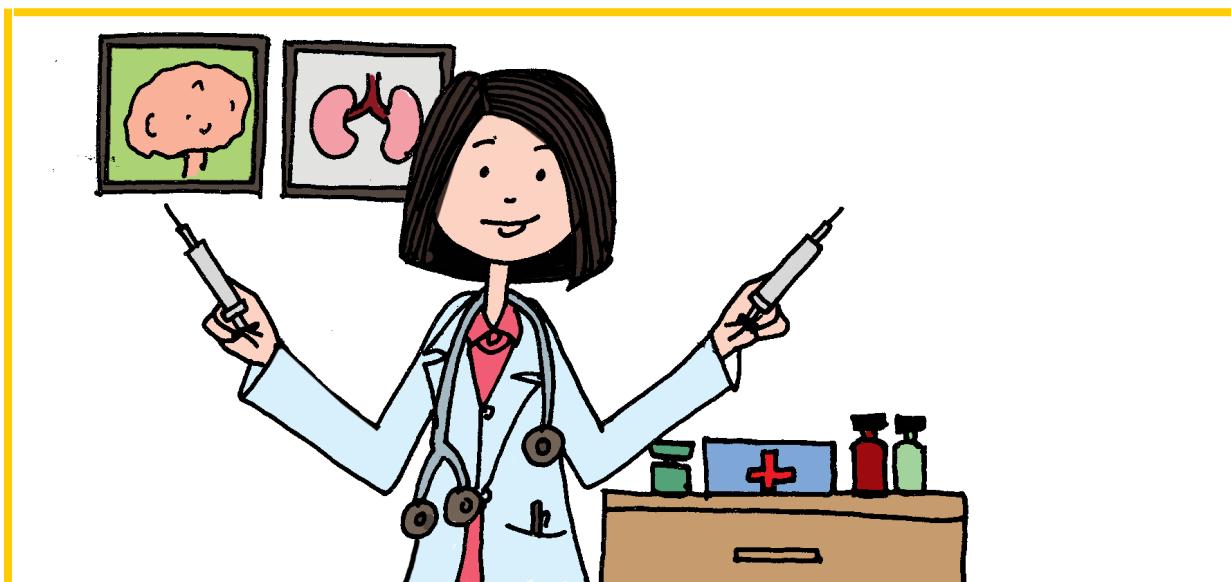
Mumps can also spread through sharing items like cups or other eating utensils.

Common symptoms of mumps include:

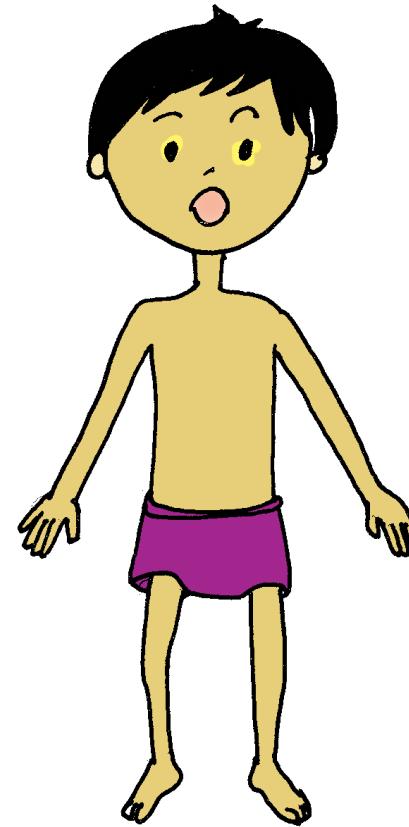
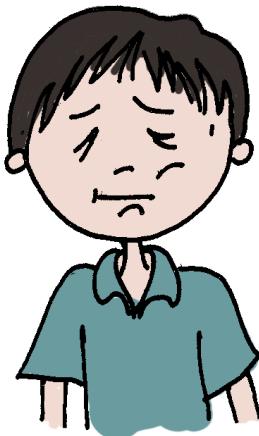
1.	Fever
2.	Headache
3.	Sore muscles
4.	Fatigue
5.	Loss of appetite
6.	Swollen glands under the ears and jaw
7.	Sometimes swollen cheeks

Take the diseased person to a doctor and get medication. Also keep the person away from other healthy people.

There is a vaccination that can help prevent mumps. Go consult your doctor!



# Common Serious Illnesses



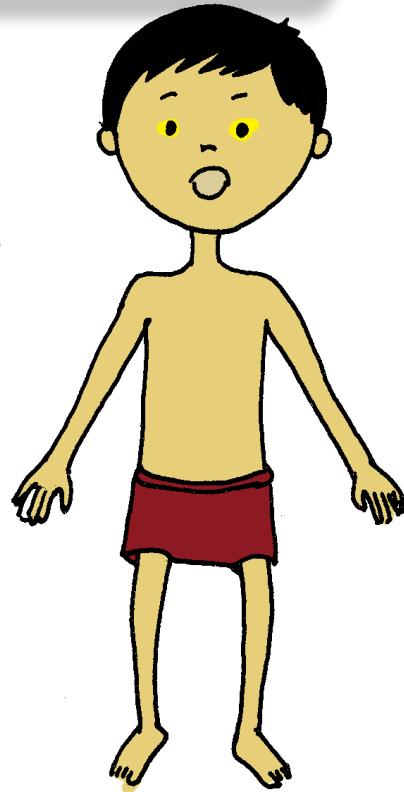
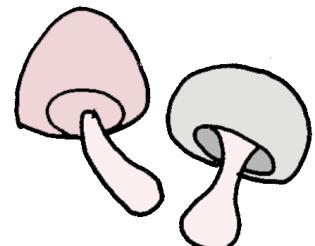
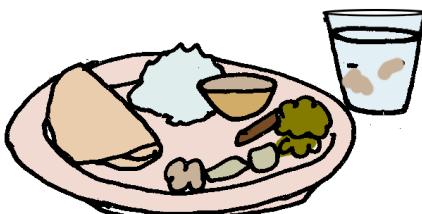
# Jaundice

If you notice the skin and eyes of a sick person turning yellow, it could probably be Jaundice. Jaundice as such is not a disease, but it can result in the diseased contracting many other health problems.

There are a number of causes for Jaundice:

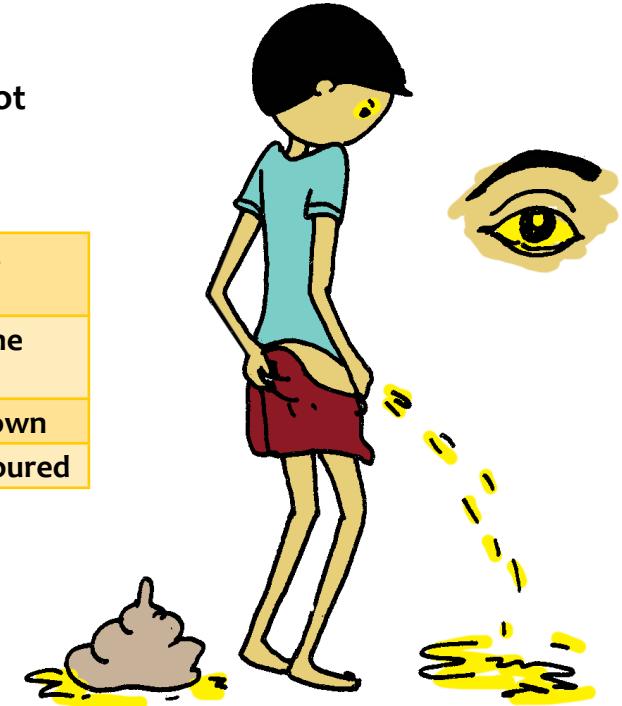
1. Eating stale or dirty food, food cooked in dirty surroundings
2. Unknown food items such as certain types of mushrooms can be poisonous and cause Jaundice

These are only a few of the many causes.



Rohan in the picture does not look too well. He shows the following symptoms:

1. Skin and white of the eyes turning yellow
2. Tongue and gums inside the mouth are yellowish
3. Urine is dark yellow or brown
4. Stools are pale or clay coloured



Only a doctor can provide treatment for this illness as the doctor has to first identify the disease and its cause.



# Measles



Did you know that measles is one of the leading causes of death among many young children every year?

Measles is very dangerous in a child especially if he/she does not eat right and is under nourished.

Measles has some common symptoms:

1. Fever, runny nose, tired eyes and a cough- especially after one week of being exposed to measles
2. Diarrhea as one gets sicker
3. Tiny white spots inside the mouth after a few days
4. Rash behind the ears and on the neck and then spreads to the body
5. Severe measles - dark spots on the body

Go consult your doctor as soon as you notice some of these symptoms. Drink lots of water and juices.



How to prevent measles?

1. Go get your child vaccinated against measles.
2. Keep a diseased person away from those who are healthy.
3. Maintain good personal hygiene by washing hands and body regularly if you are taking care of a person with measles.
4. Avoid public places such as schools, stores and parks (for 10 days) if you have measles or have been around someone with measles. This will check the spread of the germs.



# Tetanus

When we get hurt and bleed we often ignore it if the bleeding is not too severe. Even if it is a small wound, if it is deep enough it can be dangerous. We can contract a disease called 'Tetanus'.

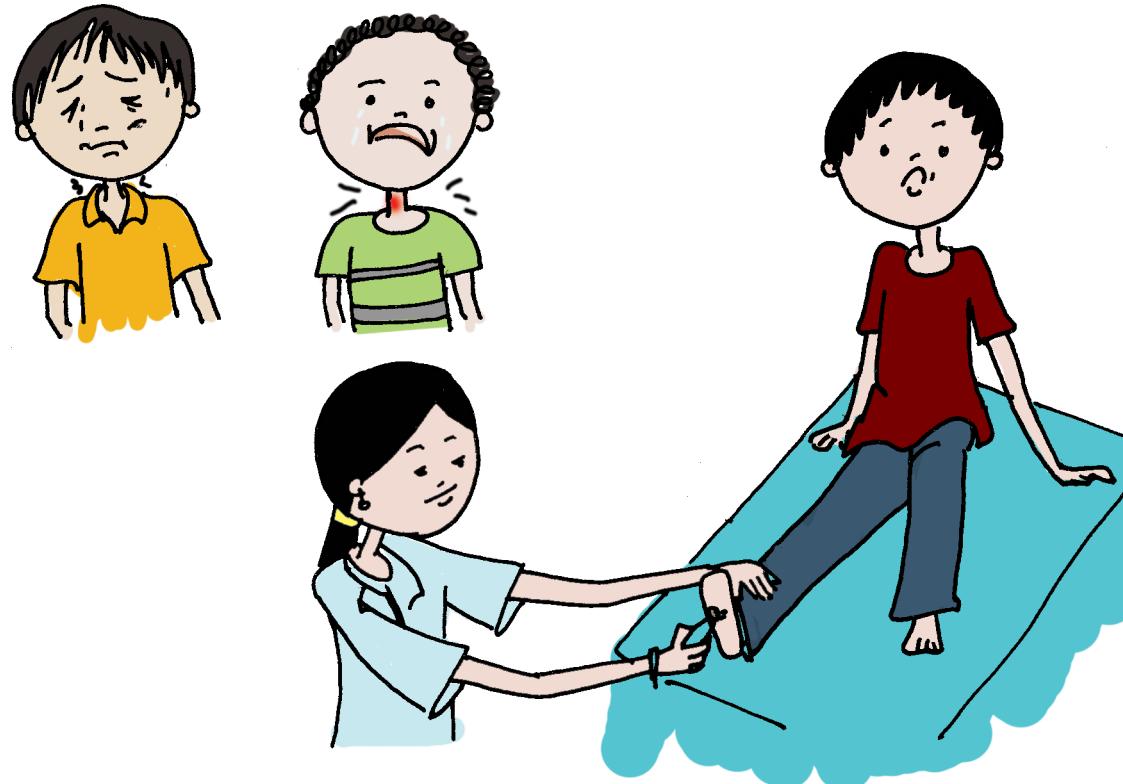
The wound can get infected and affect our nerves and muscles.



If you:

1. Find it difficult to swallow food
2. Find it difficult to open close mouth or move hands or legs
3. Find it difficult to walk
4. Pain while moving jaw and later the whole body

Please look through your body thoroughly for an infected wound with pus in it.



The only way to tackle this problem is to rush to the doctor.

Simple steps can prevent Tetanus:

1. Get vaccinated against Tetanus
2. Every pregnant woman should get vaccinated
3. Clean wound properly
4. Go to a local clinic to take care of deep wounds

# Rabies



Animal bites and scratches by dogs, cats, bats etc. could cause Rabies if the animal has the disease. It is always better and safer to keep away from stray animals. Also ensure you vaccinate your animals against rabies before interacting with them.

Rabies can be very dangerous if treatment is not given within 12-48 hours of exposure.

We should be extremely careful about children, as they are more likely to interact with stray animals.



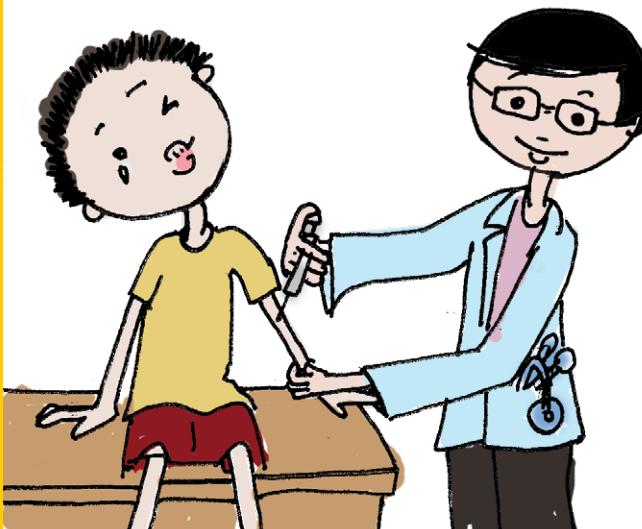
## Initial Symptoms:

1.	Itching, numbing or tingling sensation around the wound
2.	Fever
3.	Headache



## Severe Symptoms:

1.	Anxiety
2.	Tendency to fight
3.	Fear of water
4.	Drooling
5.	Insomnia
6.	Difficulty in swallowing
7.	Hallucinations



Once severe symptoms occur it is difficult for a person to recover.

Treatment for rabies is simple - we need to ensure that the wound is cleaned thoroughly and take the person immediately to the nearby hospital for a series of **anti rabies injections**.

It is best to prevent diseases such as rabies by staying away from stray animals and carefully spotting rabid dogs or other animals.

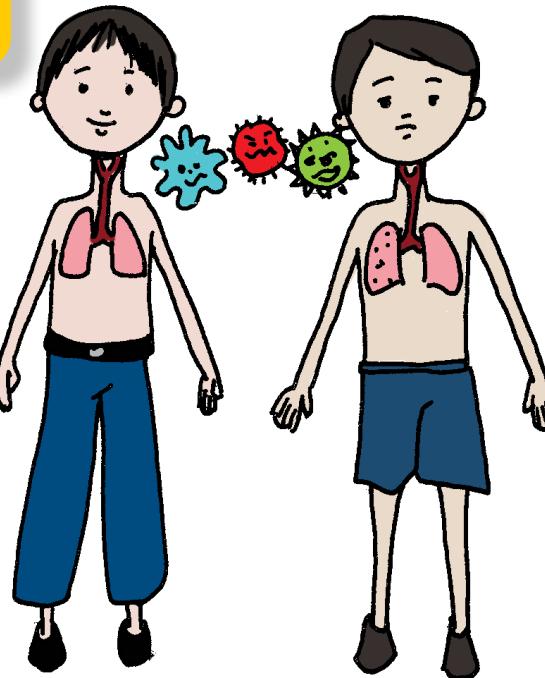
# Tuberculosis

Tuberculosis mostly affects our lungs. It can also affect other parts of our body.

It is very easy for tuberculosis to pass on from one person to another. So you have to be very cautious when around people who have this disease.

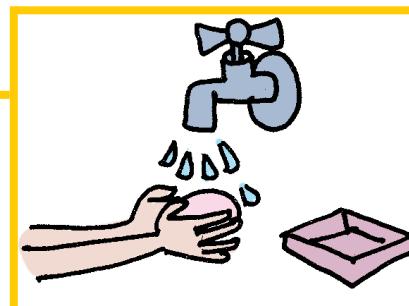
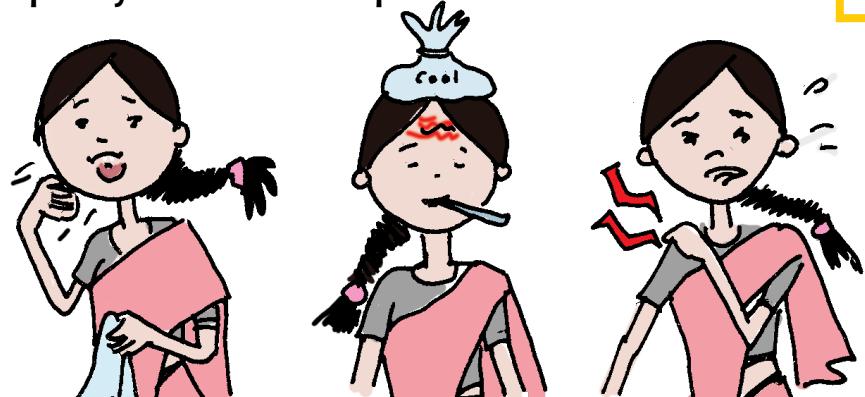
Certain symptoms will help you identify this disease:

1. A cough lasting longer than 3 weeks, often worse in the mornings
2. Fever in the evening and night sweats
3. Pain in the chest or upper back and shoulder blades
4. Weight loss and weakness



When serious, people with tuberculosis cough up small amounts of blood and will also look pale.

Go to a doctor first when you notice symptoms. Along with the medication, a healthy diet and plenty of rest also helps.



You can take preventive steps:

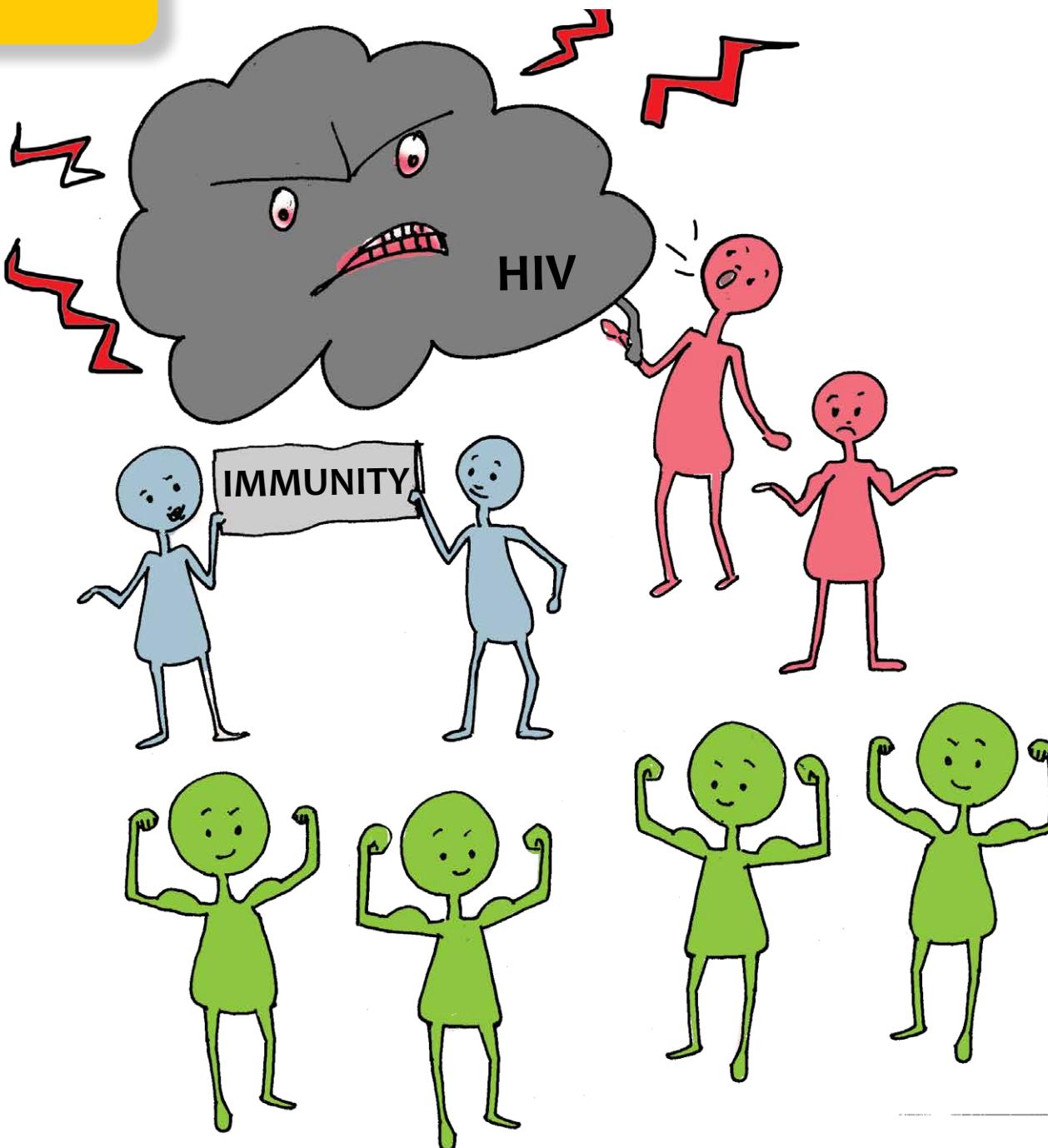
1. Get your children vaccinated against tuberculosis. The schedule in the later sections will give you more information
2. As the disease is very contagious, it is best for a person with tuberculosis to stay away from others who aren't infected
3. A person with the disease should also cover his mouth with his arms while coughing and never spit on the floor as saliva could also spread the disease
4. As always, wash hands regularly, especially after they cough or sneeze into their arms before eating or preparing food

# HIV/AIDS

Your body has the ability to fight germs and diseases. What happens if that ability is lost?

A disease that can affect this ability of your body to fight diseases is called Acquired Immunodeficiency Syndrome (AIDS). A small organism called HIV (Human Immunodeficiency Virus) causes this disease.

This disease makes your body weak and prone to many diseases including common cold, diarrhea, tuberculosis and pneumonia.



## HIV can spread in a number of ways:

1. It can pass from person to person through unprotected sex
2. It can pass from a mother to her unborn child during pregnancy
3. It can pass during blood transfusion. When people share needles or syringes, the virus can pass from one infected person to a healthy person



## How can you identify AIDS?

1. Gradual weight loss
2. Chronic Diarrhea
3. Fever lasting more than a month
4. A bad cough lasting more than a month
5. Rashes or dark patches
6. Warts or sores that do not go away, especially around the genital area and the buttocks.
7. Weakness, fatigue and feeling tired



## Some simple measures can help check the spread of HIV:

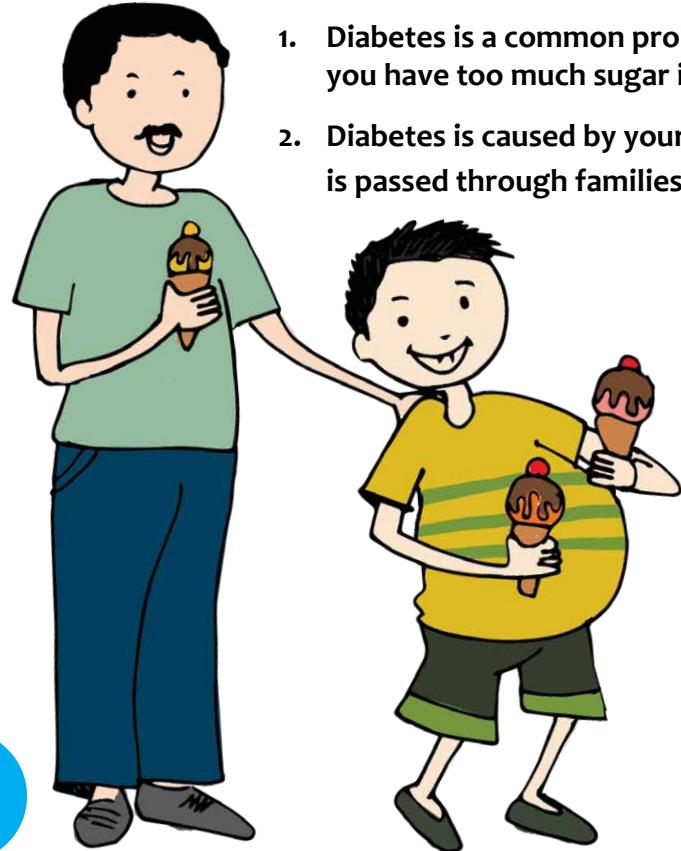
1. Get ourselves tested to know the HIV status
2. Always practice safe sex. Using condoms greatly reduces the risk of getting or giving HIV through sexual transmission.
3. Never share razors or needles.
4. Always ensure items used for piercings are sterilised

# Diabetes

1

## What is diabetes?

1. Diabetes is a common problem. It means you have too much sugar in your blood.
2. Diabetes is caused by your diet and also is passed through families.



3

## How do you know if you have it?

Sometimes you feel nothing so you need to be tested if: age above 30, overweight, diabetes in your family, high blood pressure.

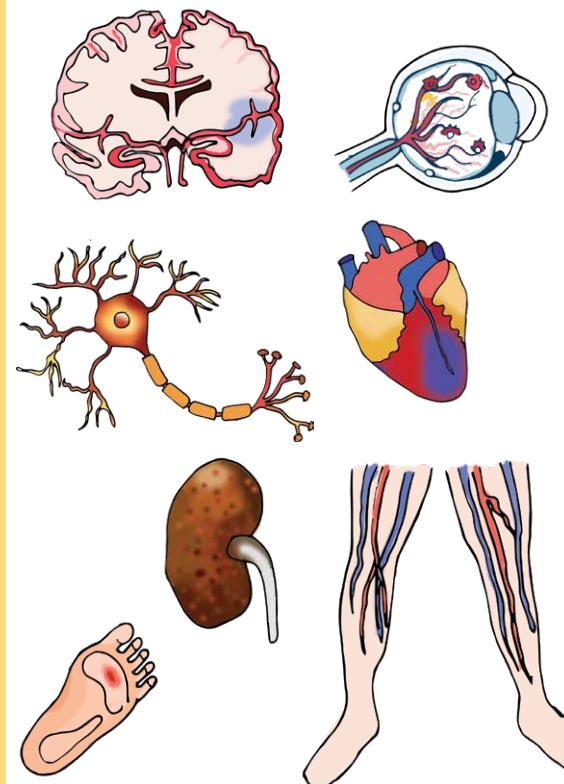
If you are urinating more than usual and find yourself very thirsty, or have patches of skin that are getting darker, that could also be a sign of diabetes

2

## What does it do?

Sometimes you don't feel you have diabetes because it can have no effects

With time it can cause problems like painful hands and feet, vision problems, kidney problems, heart problems like heart attacks, repeat infections.



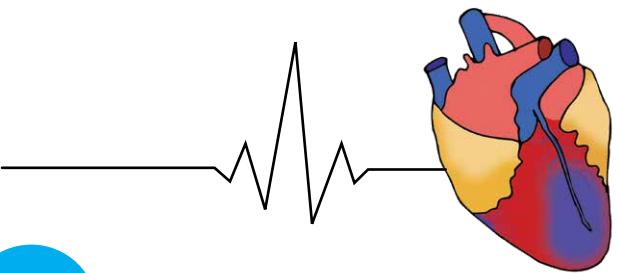
4

## How do you prevent it?

Eat well! Eat less food with sugar like bread, rice, sweets, and fruits like pineapple. Eat a healthy diet

Exercise for 45 minutes a day 3-4 days a week. Do things like play sports, walk fast, jog and do not smoke tobacco

# Hypertension



1

## What is it?

High blood pressure is also a common problem. It means that the pressure inside your arteries is higher than normal



3

## How do I know if I have it?

1. You need to get tested at a clinic to know if you have high blood pressure. This can sometimes take more than one visit.
2. Everyone should be screened when they see the nurse especially if you have diabetes, obesity, or are a smoker

2

## What does it do?

With time it can cause problems like painful hands and feet, vision problems, kidney problems, heart problems like heart attacks, and strokes.



Difficulty in breathing



Vision Problems



Pounding in your Chest, Neck or Ears



Chest Pain or Irregular Heartbeat



Blood in the Urine



Severe Headache

4

## How can I prevent it?

1. Eat healthy food and don't smoke or use tobacco or drink too much alcohol.
2. Exercise for 45 minutes a day 3-4 days a week. Do things like play sports, walk fast, jog
3. Make sure to regularly follow up with your healthcare professional.

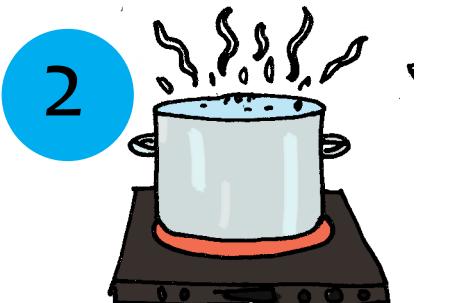


# RECAP

# 7 Key Steps to Healthy Living



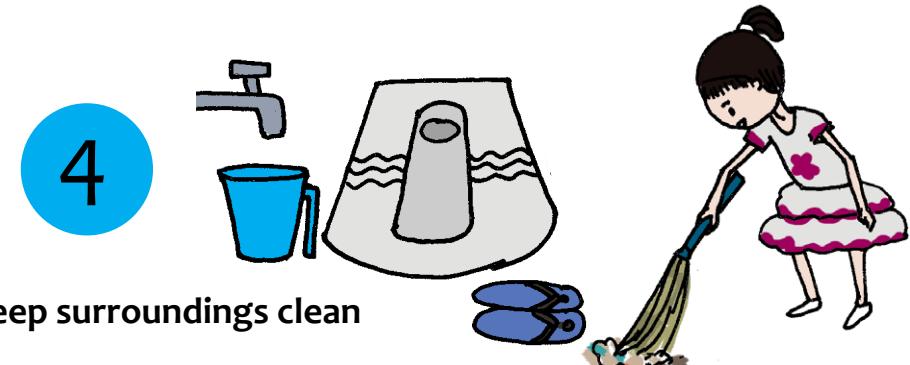
1  
Wash hands with soap and clean water



2  
Drink boiled/filtered water



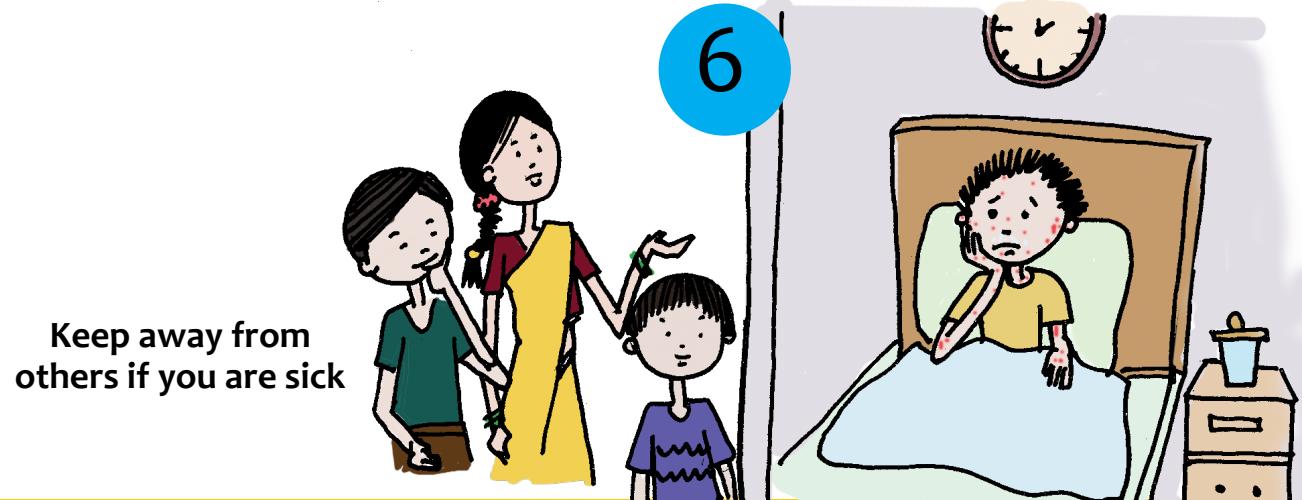
3  
Keep yourself clean



4  
Keep surroundings clean



5  
Protect cooked food from flies



6  
Keep away from others if you are sick

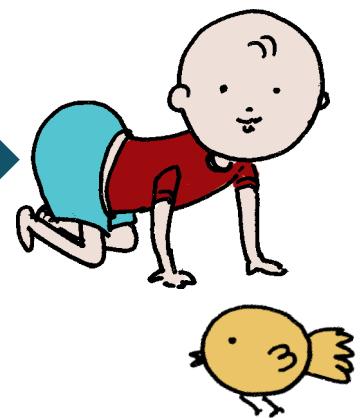
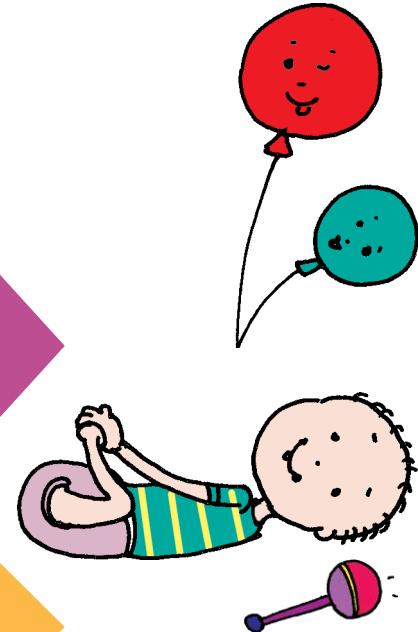


7  
Do go to a doctor if sick!

# India's Vaccination Programme



Vaccine	Vaccination method	When should it be given?
DPT: for diphtheria, whooping cough (pertussis) and tetanus toxoid (lockjaw)	Series of 4 to 5 injections	First 3 doses at 6 weeks, 10 weeks and 14 weeks. The 4th dose between 16 and 24 months of age and the final dose between 4 and 6 years of age.
Polio	Series of mouthdrops	First 4 doses at birth, 6 weeks, 10 weeks and 14 weeks and the final dose between 16 and 24 weeks of age.
BCG: (tuberculosis)	1 injection	At birth or any time afterwards.
Measles	1 injection	Between 9 and 12 months of age.



Vaccine	Vaccination method	When should it be given?
Tetanus Toxoid booster: (A booster injection is a follow up vaccination)	2 injections	One at 10 years and one at 16 years old. Women who are pregnant should make sure they have had the tetanus vaccine.
HeB: Hepatitis B	Series of 3 injections	Doses at 6 weeks, 10 weeks and 14 weeks of age.
Hib: Haemophilus influenza type b (a type of flu)	Series of 4 injections	One injection at 2 months, one at 4 months, one at 6 months and the last between 12 and 15 months old.
Rotavirus: (a type of diarrhea that is very common in young children)	Series of 2 to 3 injections depending on manufacturer	One injection at 2 months, one at 4 months and (if needed) one at 6 months old.
Meningitis	1 injection	Age 2 years or older.

# Notes

# Notes



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