HEALTH FOR ALL
Health promotion tool for community health workers
The promotion of good health, healthy behaviours, prevention and early detection of disease is a key component to improving the overall health status of the population of South Africa.

“Health for All -health promotion tool for community health workers” has been specifically designed to support the community health workers (CHWs) in carrying out their critical tasks within communities. The messages and design are similar to and synchronise with the “Health for All -health promotion tool for health professionals” to ensure consistent messaging by all in the health system from the health professional at a health facility to the CHW. The expected result is seamless service delivery with reinforcement of the same messaging at facility and community levels.

This tool provides an approach to engaging with communities to achieve the overall outcomes and has been designed to serve as a job-aid that should be carried by the CHWs to homes and community based programmes to assist in identifying and mitigating the health risks to individuals either from lifestyle and/or existing disease conditions. It can be used to provide primary and secondary health information on a variety of issues such as environmental threats to health, child health, sexual health, risks to health such as substance abuse, chronic diseases (including TB, HIV and NCDs), adherence to chronic medication, and mental health.

This tool and its content are evidence based. The material was developed after much interaction with intended users and beneficiaries through focus group discussions and household interviews. The tool has been constructed for effective communication of health messages by the CHW by being a visual aid with pictorial depictions of everyday scenarios and the use of simple language to prevent misinterpretation and wrong messaging.

The content has been aligned to the scope of practice of the CHW and the current training package for CHWs (phases 1 and 2). It is supported by a fully developed training toolkit for ease of knowledge transfer.

This tool was developed under the leadership of Ms. Jeanette Hunter and the guidance of Ms. Lynn Moeng-Mahlangu (Health Promotion Cluster) of the National Department of Health, with significant engagement and participation by all the relevant clinical programmes.

The conceptual and evidence-based development of this important aid was undertaken by Drs Shaidah Asmall, Beverly Draper, George Draper, Kate Sherry and Claire Draper and their invaluable support is sincerely appreciated. The support by Keth’Impilo in providing access to marginalized communities facilitated further development and refinement of this material.

This work was supported and funded by Centres for Disease Control through Broadreach Health Care.

Director -General

MP Matsoso
20 June 2018
This blue section will give you background information required to help you communicate with and support individuals, households and other groups.
INTRODUCTION

WHAT IS THIS TOOL?
This is a health promotion tool which can be used by Community Health Workers (CHWs) who are working in their designated areas of practice. This is aimed to assist the CHW to communicate basic health messages effectively with individuals, families and other groups of people in the community.

WHY THIS TOOL?
‘Health for All’, a health promotion tool for use in Primary Health Care facilities, was developed in 2015/2016. This tool was designed for use by health professionals including (nurses and doctors) during consultation with patients to promote primary and secondary health risk identification and mitigation. This is a similar tool for CHWs/WBPHCOTs which will ensure that the population is exposed to consistent health messaging as in the tool for health professionals.

WHO WILL BENEFIT?
The information in this tool is crafted for the benefit of people in the community. It is framed in a way that this information can be easily understood. The messages should be used by the CHW to encourage patients towards self-management of their health or existing conditions.

HOW DOES IT WORK?
This tool takes a life cycle approach from pregnancy and infancy through to old age and helps to identify eight main risk factors that threaten good health or worsen existing conditions, while it also addresses 13 existing chronic conditions. In addition, it contains specific sections on the environment and sexual health and addresses four main aspects of care. The tool contains basic facts (TO KNOW) that the CHW can share with people, and action messages (TO DO) which give direction to people to make informed choices that will improve their health.

The content and messages are aligned with the National Department of Health policies and the training curriculum for CHWs. These messages have been designed to target the general population. They encourage behaviour change and a shift towards people taking responsibility for their own health and self-care. At the individual level, the tool can be used to tailor the messages appropriate for each individual or group according their particular health needs.

WHAT ARE WE AIMING FOR?
The purpose is to provide health promotion material, to CHWs for use in their daily work and thereby contribute to changing the health of the South African population.
## CONTENTS

<table>
<thead>
<tr>
<th>A</th>
<th>General</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>Environment</td>
</tr>
<tr>
<td>C</td>
<td>Risks</td>
</tr>
<tr>
<td>D</td>
<td>Infants and young children</td>
</tr>
<tr>
<td>E</td>
<td>Adolescents</td>
</tr>
<tr>
<td>F</td>
<td>Sexual health</td>
</tr>
<tr>
<td>G</td>
<td>Conditions</td>
</tr>
<tr>
<td>H</td>
<td>Care</td>
</tr>
</tbody>
</table>

- Definitions
- Good health, risks and conditions
- The Health System and the CHW
- Approach
- Good health
- Take control
- Environment: community
- Environment: household and individual
- Unhealthy eating
- Overweight and obesity
- Lack of physical activity
- Smoking/tobacco use
- Alcohol use
- Harmful drug use
- Unsafe sex
- Neglect and abuse
- Growth of infants and young children
- Children’s health
- Responsible caregiving
- Safety and security of children
- Adolescents: physical health
- Adolescents: emotional health
- Adolescents: social activities
- Adolescents: education
- Women’s sexual health
- Maternal health: antenatal
- Maternal health: postnatal
- Men’s sexual health
- Sexually transmitted infections
- HIV and AIDS
- Tuberculosis
- High blood pressure
- Diabetes
- Heart disease and stroke
- Depression
- Anxiety
- Psychosis
- Lung disease
- Epilepsy
- Chronic bone and joint disease
- Oral health
- Cancer
- Adherence
- Care of the elderly
- Disability
- Palliative care
WHAT DO THESE ICONS MEAN?

- Adolescents
- Care
- Caution
- Conditions
- Emergency numbers
- Environment
- Key message
- Infants and children
- Risks
- Sexual health
- To know
- To do
WHAT TERMS DO I NEED TO KNOW?

GOOD HEALTH
A state of physical, mental and social well-being, not just being free from illness or injury.

HEALTHY LIFESTYLE
A way of life which helps to keep and improve people’s health and well-being.

HEALTH RISKS
Habits or behaviours that are a danger to health.

HEALTH CONDITIONS
Diseases or other medical problems.

HEALTHY AND SAFE HOME
The place where a person lives that is free from the danger of disease or injury.

HEALTHY AND SAFE ENVIRONMENT
The situation or surroundings where a person lives and works that are free from the danger of disease or injury.

CARE AND SUPPORT
The help that a person needs for health, welfare, and protection in order to live as well as possible.

HEALTH PROMOTION
The process of enabling people to take control over their health, and the factors that determine their health, so that their health stabilises and improves.
A GENERAL

PHC FACILITY

EARLY CHILDHOOD CENTRES

INTEGRATED SCHOOL HEALTH SERVICES

NGOS

WARD BASED PHC OUTREACH TEAM

INDIVIDUAL

FAMILY

HOUSEHOLD

COMMUNITY FORUMS AND EVENTS

ADHERENCE CLUBS AND SUPPORT GROUPS

COMMUNITY AND ENVIRONMENT
HOW DO I FIT INTO THE HEALTH SYSTEM?

The primary health care (PHC) system consists of a PHC facility or a clinic, and includes:

- Ward based PHC outreach teams (WBPHCOTs)
- Non governmental organisations (NGOs)
- Early childhood development (ECD) centres
- Integrated school health services

WBPHCOTs consist of an outreach team leader plus community health workers (CHWs).

CHWs visit, support and engage with:

- Individuals
- Families
- Households
- Adherence clubs and support groups
- Community forums and events
WHO DO I APPROACH?

COMMUNITY
- What do you know?
- What are the main threats to health?
- What is the environment?

HOUSEHOLD
- Who is in the household?
- Who is the main caregiver?
- What are the main threats to health or health conditions that place them at risk?

INDIVIDUAL
- Children
  - <5 years
  - >5 Years
- Adolescents
- Women
  - Pregnant/perinatal
  - Not pregnant
- People with chronic conditions
- Persons with disability
- Elderly

Who is the main caregiver?

What are the main threats to health or health conditions that place them at risk?
WHAT DO I ASK?

WHAT DO I SEE?
- Environment
- Home conditions

WHAT DO I KNOW?
- Prior knowledge
- Initial household registration OR Referral

WHAT DO I ASK?
- What more information is needed?
- I need to form a profile of the household and individual members
- Identify risks
- Identify conditions

WHO DO I SPEAK TO?
- Introduction
- Purpose of visit
- Identify key informant

WHAT DO I DO?
- What actions do I take?
- Health education
  - What does the person need to know?
  - What can the person do?
- Referral into or back to facility
WHAT DOES THE HEALTH SYSTEM DO?

- General Good Health
- Protect
- Conditions
- Treat
- Minimise
- Risks
HOW IS THE CLIENT’S HEALTH?

WHAT IS GOOD HEALTH?
When someone is said to be healthy, it means that they are feeling well in body, mind and spirit.

ARE YOU LEADING A HEALTHY LIFESTYLE?
A healthy lifestyle is an active, lifelong process of knowing what choices to make and making the right decisions that result in a balanced and fulfilling life.

This means minimising the risks to health which vary from person to person.

DO YOU HAVE A KNOWN CONDITION?
What do you KNOW about your condition or risk?

IS YOUR CONDITION STABLE?
Are you preventing your condition from getting worse?

If you know what your risks are, then doing things to change them will lead to a more healthy lifestyle

ARE YOU AT RISK?
What to DO about risk
- Are you eating more healthy food than unhealthy food?
- Are you getting enough physical activity?
- Are you keeping a healthy weight?
- Are you smoking?
- Are you drinking alcohol or using harmful drugs?
- Are you having unprotected sex?
- Do you know your HIV status?
- Are you staying on your medication and taking it exactly as prescribed by healthcare workers?
- Are you seeking help if you are being abused or neglected?

This health promotion tool will help you:
Each section has a To Know page and a To Do page

TO KNOW
- To have information on conditions
- To understand what puts you at risks for these conditions

TO DO
- Understand what you can do to manage these conditions
- Avoid the risk factors and be more healthy
INDIVIDUAL

BE PHYSICALLY ACTIVE
- Choose a physical activity
- Exercise 150 minutes a week
- Sit less, move around more

EAT HEALTHY
- Cut down on sugar and sweet drinks
- Limit salt
- Use fats sparingly
- Drink water
- Eat fresh fruit and vegetables

STOP SMOKING AND TOBACCO
- Smoking and tobacco are harmful!
- Don’t start
- Decide to stop
- Get support to stop

STOP ALCOHOL AND DRUG USE
- Drinking too much alcohol is a problem!
- Set a goal to stop
- Get support
- Get physically active

PRACTICE SAFE SEX
- Use a condom
- Avoid multiple partners
- Use contraception
- Get tested for HIV
- Treat sexually transmitted infections

HOUSEHOLD

COMMUNITY

CLEAN AND SAFE
GENERAL

A

INDIVIDUAL HOUSEHOLD COMMUNITY

KNOW YOUR RISKS

Protect yourself
Know about your condition: e.g. blood pressure/blood sugar/viral load
Get tested – HIV, pap smear, blood sugar, blood pressure

TAKE ACTION

STOP

Stop harmful behaviours:

× unhealthy eating
× smoking
× alcohol
× drugs
× unsafe sex

✓ Start taking action

TAKE YOUR MEDS RIGHT

✓ Use a pill box and take the right medicines
✓ Take your medicines every day
✓ Don’t run out – collect in time
✓ Use a reminder or alarm on your phone or on paper
✓ Ask your nurse/doctor if you don’t understand your medication

GET SUPPORT

✓ Tell someone who cares about you
✓ Join a support group
✓ Get a treatment buddy

GET HEALTHY!

STAY HEALTHY!

STOP

SAY NO!

PROTECT OTHERS

✓ Protect them from infection
✓ Protect them from your risky behaviour
✓ Don’t smoke near others
✓ Don’t drink and drive
Water is precious
Don’t waste water
Turn off taps properly

Always cover human waste
TO KNOW

A HEALTHY ENVIRONMENT HAS:

✅ **CLEAN WATER**
Use water that is safe to drink, and to cook with. Water may carry disease that will make you sick. Clean water is water from a tap or water that has been boiled before use.

✅ **CLEAN AIR**
Air is polluted by cigarettes, factories, exhaust fumes from cars, trucks and taxis, open fires.

✅ **CLEAN TOILETS**
Cover all toilets. Separate human waste from human contact. This stops people from getting ill.

✅ **NO RUBBISH OR LYING AROUND**
Rubbish must be thrown away in a safe place.

✅ **NO OPEN OR, DANGEROUS ELECTRIC WIRES**
Contact with an open electric wire can shock and kill you. Open wires can also cause fires.

✅ **NO DANGEROUS CHEMICALS LYING AROUND**
Common dangerous chemicals are petrol, paint, cleaning materials, washing liquids, poisons, bleach, paraffin and insecticides.

✅ **SAFE ROADS**
People walking on the roads, especially children, are at risk from cars and taxis that drive dangerously. Speed kills.

BE CAREFUL OF...

- **Dirty water**: puddles of water, water standing too long in buckets, dirty rivers
- **Open fires** inside and outside
- **Piles of rubbish** in the street around your house
- **Electric wires** that stand open or are illegal
- **Poisons**: Rat poison, ant poison, paint and paint cleaners, paraffin, petrol, cleaning materials
- **Cars, taxis and buses** when you walk in the road

At risk
- Children
- Elderly

Related conditions
- TB
- Lung disease
- Diarrhoeal disease
ENVIRO**NMENT: COMMUNI**TY

KEY MESSAGE

Protect yourself and those around you

**TO DO**

Make sure your water is clean and safe

- Use water from a municipal tap
- Water from other sources (for example a tank or river) must be boiled or sterilised
- Cover open water containers such as buckets and tanks
- Do not let your children play in dirty water or dirty rivers

Do not litter

- Place your rubbish in a bin or bag
- Do not throw things away in the street

**To sterilise water**

Add 1 tsp bleach to 20 litre water
Keep toilets clean

- Make sure the toilet you use is clean
- Pour 1 cup of vinegar into the toilet and let it stand for 30 minutes to kill all germs
- Make sure the toilet is covered
- Leave the toilet the way you would like to find it

Be safe with electricity

- Don’t run extensions to other buildings, or through doors or windows
- Don’t connect electricity illegally, it is dangerous
- Never touch a low hanging power cable

Arrive alive

- Look both ways before you cross the road
- Don’t walk in the middle of the road
- Do not drink and drive
- Do not drink and walk in the road
TO KNOW

A SAFE AND CLEAN HOME IS:

- free from dirt and germs
- where children are not at risk of accidents from paraffin and other poisons, electricity, burns
- well ventilated
- where elderly and people with disabilities are protected from harm
- where food is kept covered and stored properly at all times

A UNSAFE HOME HAS:

- dirty water, puddles of water or water standing too long in buckets
- open fires inside and outside
- piles of rubbish in the street and in and around your house
- electric wires that are open and illegal connections
- poisons and chemicals: rat and ant poison, paint and paint cleaners, paraffin, petrol, cleaning materials
- food left uncovered; flies and pests cause disease
- disused appliances and cars: these can harm children if they are trapped or injured

BE CAREFUL OF...

- Pests such as flies, cockroaches, rats and mice which carry disease (as well as mosquitoes in malaria areas)
- Poisons, chemicals, and medicines left open and unattended
- Illegal and unsafe electricity connections
- Untended fires and candles
- Unsafe water

THESE ARE THE RISKS!

- Dirty hands carry disease
- Accidents and disease in the home can be prevented

At risk
- Children
- Elderly
- People with disabilities

Related conditions
- TB
- Lung disease
- Diarrhoeal disease
KEY MESSAGE
Keep your home clean and safe

TO DO

Use Clean and safe food and water
- Use safe water to drink and cook
- Separate raw and cooked food
- Cook thoroughly
- Keep food at safe temperatures
- Cover food

Don’t leave water open
- Cover water to keep it clean
- Protect children from accidents with buckets or water tanks
### Use fire and electricity safely
- Use a safe stove
- Be careful with candles
- Do not have an open fire inside your home
- Don’t overload a plug point

### Keep a clean home and yard
- Sweep regularly
- Dust with a damp cloth
- Wash dishes after a meal
- Keep the toilet clean
- Throw away rubbish in a bin or bag

### Put poisons in a safe place
- Keep poisons and chemicals out of the reach of children
- Put medicines out of the reach of children
- Lock away poisons if you can

### Wash hands
- Wash your hands with soap and water
- Wash your hands before preparing food
- Wash your hands after using the toilet
- Wash your hands before touching babies and children
Unhealthy eating
Overweight and obesity
Lack of physical activity
Smoking/tobacco use
Alcohol use
Harmful drug use
Unsafe sex
Neglect and abuse
Not booking for antenatal care
Not immunising your baby
RISKS C
NOT BOOKING FOR ANTENATAL CARE

- Book your first antenatal visit by 12 weeks
- Attend at least 8 visits

See page 108 for Antenatal information
NOT IMMUNISING YOUR BABY

If your child is not immunised, you increase the danger of the child getting diseases.
Start immunisation at 6 weeks.

Follow your child’s Road to Health Booklet and immunisation as per schedule.

Immunise your baby from 6 weeks.

See page 74 for Immunisation information.
Do not use a lot of salt, use it sparingly.

Use vegetable fats rather than animal fats.

Reused oil is not good for your health.
TO KNOW

THESE ARE HEALTHY FOODS:

- Chicken, fish, meat or eggs
- Dry beans, peas, lentils and soy
- Whole grains instead of refined starch
- Vegetable and fruit

HOW CAN UNHEALTHY EATING HARM YOU?

- Worsening your illness (HIV, TB)
- Heart disease
- Stroke
- Diabetes
- Joint pains

- Cancer
- Obesity
- High blood pressure

THESE ARE THE RISKS!

- You will have more energy
- You will not get overweight
- You will avoid getting sick

EAT HEALTHY FOOD BECAUSE...

- Worsening your illness (HIV, TB)
- Heart disease
- Stroke
- Diabetes
- Joint pains
- Cancer
- TB

At risk

- Everyone but particularly children and adolescents

Related conditions

- Hypertension
- HIV
- Heart disease
- Stroke
- Diabetes
- Joint pain
- Cancer
- TB
UNHEALTHY EATING

KEY MESSAGE

More good food, less junk food

TO DO

Follow a healthy eating plan

- Eat the right amounts of meat, legumes, fat and vegetables
- Eat regularly
- Cut back on fats
- Have healthy snacks like fruit, vegetables or a sandwich
Avoid large quantities of starch

- Less samp or mielie meal or rice, more whole grains
- Less chips and white bread
- Less vetkoek, cake, biscuits

Use less sugar and salt

- Use less salt in your cooking and food
- Cut out sugary drinks: fruit juice and cooldrink
- Eat less sweets and chocolate
- Avoid cake and biscuits
- Have little or no sugar in tea or coffee

Use fats sparingly

- Use small amounts of vegetable oil

Drink clean and safe water

- Try to drink 8 glasses of water a day
- Carry a bottle of water with you
- Drink water instead of cooldrink or juice
OVERWEIGHT AND OBESITY

WHAT IS YOUR BODY MASS INDEX?

BMI measures your weight for your height

BMI tells you if you are under- or overweight
**TO KNOW**

**OVERWEIGHT**

- If your BMI is over 30, then you are obese
- If you are obese, you should lose weight slowly
- It is better to eat small healthy meals than starve yourself
- Eat 3 - 4 small healthy meals a day
- Healthy eating is an important part of a healthy lifestyle
- Physical activity is very important to get to a normal weight

---

**HOW CAN OBESITY AND BEING OVERWEIGHT HARM YOU?**

- High blood pressure
- Heart disease
- Stroke
- Diabetes
- Joint pains
- Mental illness

---

**What increases risk?**

- Unhealthy eating

**Related conditions**

- High blood pressure
- Diabetes
- Heart disease
- Stroke
- Joint pain
- Depression

---

**IF YOU EAT HEALTHY FOOD AND YOU EXERCISE...**

- You will have more energy
- You will avoid chronic disease, especially high blood pressure, heart disease and Diabetes
- You will like yourself more

---

**THESE ARE THE RISKS!**
OVERWEIGHT AND OBESITY

KEY MESSAGE
Avoid fried food, sugar and sugary drinks

TO DO

Get started
- Decide that you want to lose weight
- Decide what healthy food you are going to eat
- Decide to get more physically active

Eat less
- Eat smaller amounts
- Eat less starch like samp, mielie meal or rice
- Use a smaller plate
- Don’t have second helpings
Eat healthy snacks

- Don’t have sweets, biscuits and cakes
- Stop eating fast foods like chips and fried chicken
- Stop eating potato crisps, etc
- Eat fresh fruit and veg

Limit sugar

- Use very little sugar

Get physically active

- Get started with physical activity
- Exercise for 150 minutes per week
- Burn off your excess fat with exercise

Stop sugar sweetened drinks

- This means fizzy drinks and cool drinks
- Don’t drink sweetened or 100% concentrated fruit juices
LACK OF PHYSICAL ACTIVITY
**TO KNOW**

- Everyone needs to get physically active
- You need 150 minutes per week
- Regular physical activity makes you healthy
- Physical activity makes your heart strong
- Physical activity makes your muscles and bones strong
- Physical activity strengthens your body to fight disease
- Physical activity makes you feel better

**WHAT STOPS YOU FROM GETTING ACTIVE?**

- You don’t want to, or you just don’t feel like it?
- You work long hours and there isn’t enough time?
- You have nowhere to go where you can do physical activity?
- You aren’t good at sport or don’t play sport?

**HOW CAN LACK OF PHYSICAL ACTIVITY HARM YOU?**

- Heart disease
- Stroke
- Overweight and obesity
- Stiff and sore joints

**At risk**

- Everyone is at risk

**What increases risk?**

- Overweight and obesity

**Related conditions**

- High blood pressure
- Diabetes
- Heart disease
- Stroke
- Joint pain
- Lung disease
- Anxiety
- Depression
LACK OF PHYSICAL ACTIVITY

KEY MESSAGE
Get started and get physically active

TO DO
Identify the physical activity you enjoy
Get more active
- Make a decision to be more physically active than you are now
- Choose the kind of physical activity that you enjoy
- Plan what you are going to do

Get 150 minutes of physical activity a week
- You can split this up, spread it out over 7 days or as many days as you like
- You can have some long sessions and some short sessions

Sit less and break up your sitting time
- Get up and move around at regular intervals during your day.
LACK OF PHYSICAL ACTIVITY

Choose your physical activity option

- Walk instead of taking transport OR Get off the bus/taxi/train one stop earlier and walk the rest of the way
- Choose the stairs instead of lifts
- Play soccer with the children instead of watching TV
- Work in the garden, do housework or go for a walk instead of watching TV
- Instead of just visiting/having tea with a friend take a water bottle and go for a walk together
- Walk to visit a friend instead of phoning them
- Walk with your child to school
- Take a short walk around the block, or up and down the road
- Walk with the neighbourhood watch to feel safer
- Choose a longer route to the place where you are going
- Walk to the shop with your child, instead of sending them on their own
- Walk somewhere during lunch time at work
- Whenever you walk anywhere, walk as fast as you can
- Carry your shopping bags, instead of using a trolley
- Take fewer rest breaks and walk fast enough so that you are out of breath, your heart beats faster, and you are sweating
- Start a walking group with other parents and grandparents in the area
- Start an exercise group at your place of work or worship or in your community: start with 2 or 3 people
- Find/make some steps and step up and down for 1 minute at a time at your own pace. Rest for one minute; then slowly increase the time you spend stepping and decrease the rest periods in between
- Dance to your favourite song in your home
**TO KNOW**

- Smoking is a bad habit
- Smoking is very bad for your health
- Smoking any amount (even a small amount) puts you at risk
- If you stop smoking, you may feel sick at first, but you will feel better again if you persevere
- Smoking around children makes them sick as well, and puts them at risk
- If you try to stop smoking and then relapse, you can try again to stop!

**HOW CAN SMOKING HARM YOU?**

- Lung disease
- Cancer
- High blood pressure
- Heart disease
- Stroke
- Harm to your unborn child
- Harm to your children if they inhale the smoke
- Tooth decay
- Early death
- You will have more energy
- You will prevent lung disease
- You will prevent heart disease
- You will prevent your teeth going rotten
- You will save money

**STOP SMOKING BECAUSE...**

- Lung disease
- Cancer
- High blood pressure
- Heart disease
- Stroke
- Harm to your unborn child
- Harm to your children if they inhale the smoke
- Tooth decay
- Early death

**At risk**

- Pregnant women
- Adolescents
- Children

**Related conditions**

- All conditions
KEY MESSAGE

Tobacco smoke harms you and the people around you.

TO DO

Understand that smoking/tobacco use is harmful:
- It harms your body
- It harms those around you
- Your health will improve if you stop smoking

Decide to stop smoking:
- Set a date to stop
- Prepare yourself to stop
Move away from temptation

- Throw away all cigarettes, tobacco, lighters and ash trays
- Tell others not to smoke in front of you or offer you cigarettes or tobacco
- Don’t go to places where you might want to smoke or use tobacco
- When you crave a cigarette/tobacco, go and find something else to do

Get physically active

- Get busy so that you do not think about cigarettes/tobacco
- Get outside, take a walk

Get support

- It is easier to stop smoking when people support you
- Tell people whom you trust that you are going to stop and ask for their support
ALCOHOL USE

DO NOT DRINK AND DRIVE!
TO KNOW

✓ It is very easy to become dependent on alcohol
✓ Alcohol puts you at risk. The risk is for your health and your way of life
✓ The way you use alcohol affects those around you
✓ Binge drinking is 3 – 4 drinks or more at one single session
✓ Alcohol will damage your unborn child
✓ After you stop drinking you may experience ‘cravings’ and feel sick for a while
✓ If you try to stop and then relapse, you can try again to stop!

HOW WILL ALCOHOL HARM YOU?

✓ Alcohol makes you depend on it to make you feel good
✓ Alcohol affects how you function at home, at school or at work
✓ Alcohol puts your health at risk
✓ Alcohol damages your body
✓ Alcohol damages your brain
✓ Alcohol use will put you at risk for STIs and HIV
✓ Alcohol will damage your unborn child
✓ Alcohol puts you more at risk for crime and violence

YOU HAVE A PROBLEM WITH ALCOHOL IF...

✓ You drink ‘too much’
✓ You need to drink to feel good
✓ You cannot say no to alcohol
✓ You cannot manage without alcohol
✓ You cannot go for 1 – 2 days without alcohol
✓ You go on drinking binges

At risk

• Adolescents
• Pregnant women

What increases risk?

• Abuse and neglect
• Poor adherence

Related conditions

• High blood pressure
• Diabetes
• Heart disease
• Stroke
• HIV
• STIs
• TB
• Depression
ALCOHOL USE

KEY MESSAGE

Drinking alcohol can harm you

TO DO

Understand that your drinking is a problem
- How much do you drink?
- How does your drinking affect you and those around you?

Set a goal
- Decide to stop

Take control
- Don’t go to places where people drink
- Get help for your stress
- Get busy with other activities or sport
- Don’t expose children to alcohol
Remove and avoid temptation
- Get rid of alcohol in your house
- Tell others not to offer you alcohol
- Distract yourself when you get cravings

Get physically active
- Get busy with other activities and sport
- Get outside, take a walk

Get support
- Tell your family, friends, someone you trust
- Speak to someone who has successfully stopped drinking
- Get counselling
- Find a support group for those who are struggling with alcohol
HARMFUL DRUG USE
TO KNOW

- Even a small amount of drugs will harm you
- All drugs are harmful
- Drugs will damage your unborn child
- If you stop using drugs you will experience ‘cravings’ and feel very sick for a short time

HOW WILL DRUGS HARM YOU?

- Drugs will damage your body
- Drugs will damage your brain
- Drugs will damage your unborn child
- Drugs will put you at risk for crime and violence
- Drugs will put you at risk for STIs and HIV

- Drugs will damage your relationships with family and friends
- Use of drugs will affect your school work and studies
- Use of drugs will affect your performance at work

YOU HAVE A PROBLEM WITH DRUGS IF...

- You are using any harmful substance or drug
- This means smoking a drug, swallowing a drug or injecting yourself with a drug or sniffing a drug
- You use medication more than advised by your clinic or doctor

At risk

- Adolescents
- Pregnant women

What increases risk?

- Abuse and neglect
- Unsafe sex
- Poor adherence

Related conditions

- High blood pressure
- Diabetes
- Heart disease
- Stroke
- HIV
- STIs
- Depression
- Anxiety and stress

THESE ARE THE RISKS!
HARMFUL DRUG USE

KEY MESSAGE

No drugs are safe

Understand that drugs are dangerous

- Drugs harm your body
- Drugs harm those around you
- Drugs put your life in danger
- Drugs can destroy your future

TO DO

Take control

- Don’t go to places where people use drugs
- When you are craving drugs, tell someone who will support and encourage you not to use drugs
- Get help for your stress
- Get busy with other activities or sport
Remove and avoid temptation
• Get rid of all harmful drugs, drug tools and equipment
• Tell others not to offer you drugs
• Distract yourself when you get cravings

Get support
• Ask your family, friends or anyone you trust to help you
• Speak to someone who has successfully stopped using drugs
• Get counselling
• Find a community support group for those who are struggling with harmful drugs

Get physically active
• Get busy with other activities and sports
• Get outside, take a walk
UNSAFE SEX

Contraception prevents unwanted and unplanned pregnancy

Dual (double) protection = contraceptive + condom

Condoms should be used every time you have sex
TO KNOW

- Unsafe sex is sex without protection against pregnancy or infection

WHO IS AT RISK FROM UNSAFE SEX?

- Any person who has unprotected sex, regardless of their age or gender
- People who have multiple partners

HOW CAN UNSAFE SEX HARM YOU?

- You will get HIV
- You will get other sexually transmitted infections
- You may have an unwanted pregnant
- This all causes stress

PEP is...

- is available when necessary
- it can be taken up to 5 days after unprotected sex, but the sooner the better
- required condoms slip or tear or when contraception was not used at all (drunk sex, unsafe sex, rape)

WHO IS AT RISK FROM UNSAFE SEX?

- Everyone

Related conditions

- STIs
- HIV

At risk

- Everyone

What increases risk?

- Alcohol
- Harmful drug use
- Abuse and neglect
- Gender based violence
UNSAFE SEX

KEY MESSAGE
Use protection

TO DO

Use a condom
- Always use a condom
- Use a condom in the right way
- Keep condoms on you – in your handbag, wallet, car or bedroom
- Talk about condom use with your sexual partner

Use reliable contraception
- Talk about contraception with your health carer
- If you do not want more children, get sterilised
- Know about emergency contraception
Avoid multiple partners
- Aim for one long term partner
- Have one sexual relationship at a time
- Be faithful to your partner

Get yourself and your partner tested and treated for STI’s
- Get treated for STI at your nearest clinic
- Make sure you are clear of infection before you have sex again

Get tested for HIV
- Get tested for HIV at least once a year
- Get tested for HIV every time you start a new sexual relationship
- Ask your partner to get tested

No alcohol or drugs
- Alcohol and drugs put you at high risk for unsafe sex

HIV?

Wait until you are older before you become sexually active
WHAT KINDS OF ABUSE ARE THERE?

Verbal
swearing, shouting, name calling

Emotional
insulting, humiliating, threatening

Physical
grabbing, pushing, pinching, shoving, hitting, kicking

Sexual
forcing you to do sexual acts, touching in a sexual way

Neglect
not giving enough care, help or attention
TO KNOW

NEGLECT IS:

- not giving the kind of care and attention needed such as feeding, cleaning, clothing or protection
- not making sure that a person is safe and protected from danger
- not giving a person the attention they need
- not taking proper care of an elderly person or a person with a disability

ABUSE IS BEHAVIOUR THAT:

- controls another person and holds the wrong kind of power over them
- causes physical harm, hurt or fear
- makes someone do things they do not want to do
- stops someone from doing things they do want to do

HOW CAN ABUSE HARM YOU?

- You may feel guilty, ashamed, and confused
- You may be afraid to tell anyone
- You may feel like there is nothing you can do about the person or situation
- You can develop a mental illness

HOW TO KNOW IF SOMEONE IS BEING ABUSED

- They have injuries, such as bruises, for no reason
- A person becomes quiet and withdrawn
- There are changes in a person’s behaviour or school work

At risk

- Adolescents
- Children
- Elderly
- People with disability

What increases risk?

- Alcohol
- Harmful drug use

Related conditions

- Depression
- Anxiety and stress
NEGLECT AND ABUSE

KEY MESSAGE

Use your voice and speak out

TO DO

Speak out about your abuse

- Do not hide the abuse
- Tell someone that you trust
- Speak to people who can help you
- Get counselling

Take control

- If you are being abused, it is not your fault
- No-one deserves to be abused
- You have a right to say NO
- Get to a safe place
- Choose to survive

Know your rights

- To be treated with fairness and with respect for your dignity and privacy
- To get and give information
- To protection
- To assistance
- To legal advice
Get treated

- If you were raped, get emergency contraception
- Get an HIV test
- Get treatment for STIs
- Get treatment if you are injured
- Get treatment for a child that is neglected

Be aware of abuse

- Someone near you may be a victim of abuse
- A child or elderly person you know may be a victim of neglect
- Do not be afraid to speak up about abuse or neglect

Do not use alcohol or drugs

- Alcohol puts you at risk.
- Drugs are dangerous
- The way you use alcohol and drugs affects you and those around you

Take care of the elderly and disabled

- Abuse of the elderly and disabled is more common than you know
- An elderly or disabled person near you may be a victim of abuse
- Do not be afraid to speak up about abuse or neglect

EMERGENCY NUMBERS

Lifeline 0861 - 322 322
Childline - 0800 055 555
Police - 10111
Nationwide Emergency Response - 10111
Cell phone emergency - 112
Ambulance response - 10177
Fire - 10177
INFANTS AND YOUNG CHILDREN
A HAPPY, HEALTHY AND SAFE CHILD

**Health**
- Good nutrition
- Lots of love, playing and talking
- Protection from disease and injury
- Health care when they are sick or injured
- A safe environment

**Nutrition**

**Safety**

**Responsive caregiving**

**HEALTHY WOMAN**

WHAT DOES YOUR CHILD NEED TO DEVELOP WELL?
### MEASURING GROWTH
- Height
- Arm circumference
- Weight

<table>
<thead>
<tr>
<th>NORMAL GROWTH</th>
<th>UNDER WEIGHT</th>
<th>OVER WEIGHT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Within the lines of the RTH Chart</td>
<td>Short age gap between him and his siblings</td>
<td>Low birthweight or premature</td>
</tr>
<tr>
<td>Grow well</td>
<td>Not enough care in pregnancy</td>
<td>High birth weight</td>
</tr>
<tr>
<td>Develop normally</td>
<td>Little or no breastfeeding</td>
<td>Too much food</td>
</tr>
<tr>
<td>Do well at school</td>
<td>Too little food</td>
<td>Wrong kind of food (sugar or sugary food)</td>
</tr>
<tr>
<td>Have a good career</td>
<td>Wrong kinds of food</td>
<td>Food used to reward her</td>
</tr>
<tr>
<td></td>
<td>Illness or neglect</td>
<td>Too much TV watching</td>
</tr>
<tr>
<td></td>
<td>Stress and trauma</td>
<td>Not enough active play</td>
</tr>
<tr>
<td>THIS CHILD MAY</td>
<td>THIS CHILD MAY</td>
<td>THIS CHILD MAY</td>
</tr>
<tr>
<td>Grow well</td>
<td>Get sick often</td>
<td>Be overweight all his life</td>
</tr>
<tr>
<td>Develop normally</td>
<td>Die young</td>
<td>Have health problems such as:</td>
</tr>
<tr>
<td>Do well at school</td>
<td>Think slowly, be slow at school</td>
<td>Diabetes, High blood pressure,</td>
</tr>
<tr>
<td>Have a good career</td>
<td>Never reach her full potential</td>
<td>Heart disease, stroke, joint disease</td>
</tr>
<tr>
<td></td>
<td>Have difficulty finding a job</td>
<td>Do poorly at school</td>
</tr>
</tbody>
</table>
**TO KNOW**

**WHAT IS GOOD NUTRITION?**

- Good nutrition means a child is within normal height and weight for age, as seen on their *Road to Health* booklet

**WHAT IS MALNUTRITION?**

- Malnutrition means a child is not getting the right food to grow and develop normally. Malnutrition can be underweight or overweight

**The first 100 days of a child’s life are the most important**

- Mixed feeding young babies is dangerous

**WHY SHOULD YOU BREASTFEED YOUR BABY?**

- Breast milk gives your baby all the good food he or she needs
- It helps you to bond with your baby
- It prevents malnutrition
- It builds his or her immune system and protects the baby against diseases, like diarrhoea and chest infection
- It helps the baby’s brain to grow
- It will help your child to grow to his or her full potential

- Your baby needs only breastmilk for the **first 6 months**
- Breastfeed as often as the child wants in the day or night
- Feed at least 8 – 12 times every day within 24 hours
- Breastfeed until your baby is at least 12 months but preferably for 2 years
- Stop breastfeeding slowly over 1 month
- When you are away from your baby, leave your expressed breast milk for the baby
- Don’t use any bottles or dummies

**What increases risk?**

- Unhealthy eating
- Overweight and obesity
- Abuse and neglect
- Unsafe environment
- Poor adherence
GROWTH OF INFANTS AND YOUNG CHILDREN

Breastfeed your baby as long as you can
See the feeding chart

The first 100 days of a child's life are the most important

KEY MESSAGE TO DO

Feed your child different kinds of food
See the feeding chart

Give your child clean and safe water to drink

Let your child drink lots of clean and fresh water

Replace all cold drink and fruit juice with water

Take your child to be weighed regularly at your local clinic

Understand your child's Road to Health booklet

Limit sugar

No sugary drinks

No sweets or chocolates

No cake or biscuits

0 - 6 MONTHS 6 - 12 MONTHS 1 - 3 YEARS 3 - 5 YEARS AND > 5 YEARS

Give only breast milk Keep on breastfeeding Keep on breastfeeding... other foods or liquids Give small amounts of other foods every day:

meat, chicken, fish
egg
dark green leafy vegetables
orange coloured vegetables
soft fruit Clean and safe water from a cup

Foods to give every day:

meat, chicken, fish
egg
dark green leafy vegetables
orange coloured vegetables
fruit
milk, maize or yoghurt
Clean and safe water from a cup

Eat dry beans, split peas, lentils, peanuts and soya regularly.

Clean and safe water from a cup
Breastfeed your baby as long as you can

See the feeding chart

The first 100 days of a child's life are the most important

Key Message To Do

Feed your child different kinds of food

Give your child clean and safe water to drink

Let your child drink lots of clean and fresh water

Replace all cold drinks and fruit juice with water

Take your child to be weighed regularly at your local clinic

Understand your child's Road to Health

Limit sugar

No sugary drinks

No sweets or chocolates

No cake or biscuits

0-6 Months

Give only breast milk

Keep on breastfeeding

If your child needs other foods or liquids, give small amounts every day:

- meat, chicken, fish
- egg
- dark green leafy vegetables
- orange colour vegetables
- soft fruit

Clean and safe water from a cup

Foods to give every day:

- meat, chicken, fish
- egg
- dark green leafy vegetables
- orange colour vegetables
- fruit
- milk, maize or yoghurt

Clean and safe water from a cup

Foods to eat every day:

- meat, chicken, fish
- egg
- lots of vegetables
- fruit
- milk, maize or yoghurt

Eat dry beans, split peas, lentils, peanuts and soya regularly.

Clean and safe water from a cup
TO KNOW

HEALTHY CHILD, HAPPY CHILD

- There are simple and cheap ways to keep children safe from disease
- Breastfeeding and healthy food help to keep a child strong
- Infections spread through air, water and direct contact with sick people
- Diarrhoeal disease and chest infections are the two most common causes of severe illness and death in children

WHAT KEEPS BABIES AND CHILDREN HEALTHY?

- Early booking for antenatal care
- Healthy pregnancy and safe childbirth
- Regular weighing and milestone monitoring
- Immunisation as per schedule
- Breastfeeding
- Healthy and safe food and water
- Clean and safe environment
- Regular deworming
- Vitamin A
- Taking care of mouth and teeth

What increases risk?

- Unhealthy feeding
- Malnutrition
- Abuse and neglect
- Exposure to smoking, alcohol and harmful drug use
- Unsafe environment

SEE PAGE 73 FOR MORE INFORMATION ON CHILDHOOD ILLNESSES

SEE PAGE 73 FOR INSTRUCTIONS ON HOW TO MAKE AN ORAL REHYDRATION SOLUTION
CHILD HEALTH

KEY MESSAGE

Keep your child healthy

TO DO

Book early at antenatal clinic
- Get Momconnect
- Stay healthy during your pregnancy

Breastfeed for as long as possible
- Breastfed babies are healthy babies
- See the feeding chart on page 69
Have a clean safe home

- Keep your home clean
- Use clean water and clean eating utensils
- Wash your hands
- Don’t smoke near your children
- No indoor fires

Give healthy food

- Lentils, dried beans, meat, chicken, fish, eggs, mopani worms
- Vegetables and fruit
- Milk, maas, yoghurt

Act fast when your child ill

- Give extra liquids for diarrhoea or vomiting
- Take the child to the clinic

Go for regular clinic visits

- Make sure your child gets immunised
- Make sure your child gets regular deworming and Vitamin A

Diarrhoeal disease and chest infections are the two most common causes of severe illness and death in children.
# IMMUNISATION SCHEDULE

<table>
<thead>
<tr>
<th>AGE</th>
<th>BIRTH</th>
<th>6 WEEKS</th>
<th>10 WEEKS</th>
<th>14 WEEKS</th>
<th>6 MONTHS</th>
<th>9 MONTHS</th>
<th>12 MONTHS</th>
<th>18 MONTHS</th>
<th>6 YEARS</th>
<th>12 YEARS</th>
</tr>
</thead>
<tbody>
<tr>
<td>VACCINE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BCG (TB)</td>
<td>BCG</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>OPV (Polio)</td>
<td>OPV0</td>
<td>OPV1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rotavirus (diarrhoea)</td>
<td>Rotavirus1</td>
<td>Rotavirus2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PCV (Pneumococcus pneumonia)</td>
<td>PCV1</td>
<td>PCV2</td>
<td>PCV3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hexavalent (Diptheria, Tetanus, Polio, Haemophilus, Hepatitis B)</td>
<td>Hexavalent</td>
<td>Hexavalent</td>
<td>Hexavalent</td>
<td></td>
<td></td>
<td></td>
<td>Hexavalent</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Measles</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Measles1</td>
<td>Measles2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Td (Tetanus, Diptheria)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Td</td>
<td>Td</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Every 6 months</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Deworming</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Every 6 months</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
PNEUMONIA

- Pneumonia is a lung infection and is the main cause of death in children.
- Pneumonia can be prevented by immunisation.
- Clean air also helps to prevent chest infections.
- This means no smoke from indoor fires and don’t smoke tobacco near your children.

DIARRHOEAL DISEASE

- Diarrhoeal disease is a second leading cause of death in children under five years old.
- It can be prevented and treated.
- Exclusive breastfeeding for the first 6 months helps to prevent diarrhoea.
- Clean water and clean hands make a big difference to prevent diarrhoea.
- Diarrhoea should be treated with oral rehydration solution.

DANGER SIGNS

- Child is coughing and breathing fast.
- Child is under 2 months and has a fever.
- Child is vomiting everything.
- Child has diarrhoea, sunken eyes and sunken fontanelle.
- Child is shaking/having a fit.
- Child has malnutrition (swollen hands and feet).
- Child is not moving/not waking up.
- You are unable to breastfeed.

HOW TO MAKE AN ORAL REHYDRATION SOLUTION

1 LITRE OF COOL BOILED WATER 8 LEVEL TEASPOONS OF SUGAR HALF A TEASPOON OF SALT LEVEL

YOU WILL NEED

- 1 litre of cool boiled water
- 8 level teaspoons of sugar
- Half a level teaspoon of salt level
RESponsible caregiving

The first thousand days of a child’s life are the most important time of development from pregnancy to when they start school. ECD allows a child to reach their full potential. ECD gives a child a better chance of finishing school and getting a good job.
TO KNOW

A RESPONSIBLE PARENT OR CAREGIVER:

- provides healthy food
- protects a child from harm
- tries to provide a clean and safe environment
- does everything they can to ensure that the child is educated
- makes opportunities for a child to play and be happy
- spends time with the child
- supports the child

WHAT CAN HARM A CHILD’S DEVELOPMENT?

- Stress in the home
- Abuse and neglect
- Lack of opportunity security and education

IT IS VERY IMPORTANT THAT CHILDREN PLAY

- In a safe place
- Inside and outside the house
- With different materials and objects

CAN YOUR CHILD ANSWER THESE QUESTIONS?

- Who am I?
- Where do I belong?
- Am I loved by my family?
- Am I strong and healthy?
- Can I learn new things

What increases risk?

- Unhealthy feeding
- Lack of physical activity
- Exposure to smoking
- Exposure to alcohol and harmful drug use
- Abuse and neglect
- Unsafe environment
KEY MESSAGE
Help your child to grow up happy and strong!

TO DO

Comfort your child when they are sad
• Do not let your child be frightened or afraid
• Make sure your child is safe

Praise your child whenever you can
• Make your child feel happy
## AGE RELATED INTERVENTIONS

<table>
<thead>
<tr>
<th>PREGNANCY</th>
<th>0-2 YEARS</th>
<th>2-5 YEARS</th>
<th>5 YEARS AND OLDER</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Book early for antenatal clinic</td>
<td>- Breastfeed your baby</td>
<td>- Feed your child healthy food, no junk</td>
<td>- Feed your child healthy food, no junk</td>
</tr>
<tr>
<td>- Eat healthy food</td>
<td>- Take your child for regular clinic checks</td>
<td>- Talk to your child, sing songs, tell stories</td>
<td>- Enrol your child in a registered ECD centre</td>
</tr>
<tr>
<td>- No alcohol</td>
<td>- Look at your child and talk to them</td>
<td>- Play with your child</td>
<td>- Make sure your child is registered for school</td>
</tr>
<tr>
<td>- No smoking</td>
<td>- Make sure your child has a good caregiver</td>
<td>- Read to your child</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Make simple toys for your child</td>
<td></td>
</tr>
</tbody>
</table>
SAFETY AND SECURITY

ACCIDENTS
- Weapons
- Burns
- Drowning
- Choking
- Electricity
- Poisons
- Stairs doors and furniture

DISEASE
- Breastfeed
- Clean water
- Immunisation
- HIV
- Immunisation

SAFE IN THE HOME
- Home
- Safe from disease

SAFE FROM CRIME
- Crime
- Safe from abuse

SAFE IN THE ENVIRONMENT
- Environment
- Child safety
What increases risk?

- Abuse and neglect
- Unsafe environment
SAFETY AND SECURITY

KEY MESSAGE

Keep your child safe from harm

TO DO

Be aware of child abuse

**Physical**
- Grabbing • pushing • pinching
  - shoving • hitting

**Sexual**
- Forcing you to perform sexual acts

**Emotional**
- Insulting • humiliating • threatening

**Verbal**
- Swearing • shouting • name calling

Be aware of child neglect

- Neglect means not taking proper care of a child
Protect your child from burns
- Be careful of paraffin stoves
- Be careful of boiling water

Protect your child from fires
- Be careful of candles and open flames

Teach road safety
- Look before crossing the road
- Don’t walk in the road
- Children must sit in the back seat
- Children must be in a car seat or wear a seatbelt.

Protect your child from poisons and chemicals

Keep your child safe from drowning
- Never leave a child unattended near water
- Never leave a bucket uncovered
Healthy adolescents become healthy adults!

ADOLESCENTS

Physical

- fitness, nutrition, health care

Emotional

- care for emotional issues, stress

Social

- friends, family, community

Education

- education, career development
E

ADOLESCENTS
### Risks to Adolescent Health

#### Pregnancy
- Disruption of your education
- Future unemployment
- Pregnancy complications
- Anxiety and depression

#### Sexually Transmitted Infections
- Unprotected sex can cause sexually transmitted infection
- Multiple sexual partners

#### HIV and AIDS
- Unprotected sex
- Anyone can get HIV
- People with HIV can get TB
- Multiple sexual partners
WHAT IS A HEALTHY LIFESTYLE FOR AN ADOLESCENT?

- Eating healthy food
- Getting physical activity
- No smoking or tobacco
- No alcohol or harmful drug use
- Delay sexual debut
- No unprotected sex
- Be faithful to your partner if you are having sex

OTHER CHRONIC CONDITIONS

- Diabetes
- Asthma
- Epilepsy

HEALTHY LIFESTYLE

- Pregnancy in adolescence robs you of your future
- Unprotected sex leads to pregnancy
- If you get pregnant while still at school, you will struggle and may not finish your education

What increases risk?

- Unsafe sex
- Unhealthy eating
- Overweight and obesity
- Lack of physical activity
- Smoking
- Alcohol
- Harmful drug use
- Poor adherence

Related conditions

- HIV
- TB
- STIs
- Diabetes
- Asthma
- Epilepsy
Your future is in your hands

TO DO

Eat healthy food
- No junk food – chips, sweets, cooldrinks
- Cut down on sugar
- Cut down on starch and fatty food

Get physically active
- 60 minutes a day: play sport, walk, run
- Less sitting around
Use dual protection
- Use a condom
- Use contraception

Talk to someone you trust about your sexual health
- Go to your local clinic
- Talk to a trusted family member
- Talk to a trusted friend

Take your meds
- If you have a chronic condition

Get tested for HIV
- Know your HIV status

HIV?
ADOLESCENT EMOTIONAL HEALTH

ALWAYS TAKE SUICIDE THREATS SERIOUSLY
TO KNOW

WHAT CAUSES YOUR EMOTIONAL HEALTH TO SUFFER?

☑ There may be no real reason
☑ You may have experienced trauma
☑ Stressful events in your life
☑ Difficult circumstances

THINGS IN YOUR LIFE THAT MAY CAUSE YOU STRESS OR ANXIETY INCLUDE:

☑ Trouble with friends
☑ Trouble at home
☑ Trouble at school
☑ Crime and violence

EVERYONE FEELS STRESSED OR SAD AT TIMES. HOWEVER YOU SHOULD WORRY AND TAKE ACTION WHEN:

• Worry or fear is much more than usual
• You experience emotional strain after trauma or because of difficult circumstances
• You lose interest in everything
• You feel sad for most of the day, nearly every day for more than two weeks
• You eat so little that you starve yourself
• You force yourself to vomit after eating
• You have thoughts about killing yourself

SUICIDE WARNING SIGNS

• The person becomes quiet or withdrawn
• There are significant changes in behaviour
• The person threatens to commit suicide

What increases risk?

• Unhealthy eating
• Lack of physical activity
• Smoking
• Alcohol
• Harmful drug use
• Unsafe sex
• Abuse and neglect

Related conditions

• HIV
• Anxiety and stress
• Depression
**KEY MESSAGE**

Don’t be afraid to talk about your problem

---

**TO DO**

**PARENTS**

- **Do not judge**
  - Adolescents see things differently
  - Be prepared to listen

- **Do not ignore warning signs**
  - Take your child seriously
  - Be aware of teen suicide

- **Talk to your child**
  - Listen rather than talk
  - Show interest in your child’s life
## Look for help
- If you have a problem

## Talk to someone you can trust
- Go to your local clinic
- Talk to a trusted family member
- Talk to a trusted friend
- Talk to a trusted teacher

## Get physically active
- 60 minutes a day: play sport, walk, run
- Less sitting around

---

### EMERGENCY NUMBERS

- **Lifeline** 0861 - 322 322
- **Childline** - 0800 055 555
- **Police** - 10111
- **Nationwide Emergency Response** - 10111
- **Cell phone emergency** - 112
- **Ambulance response** - 10177
- **Fire** - 10177
# ADOLESCENT SOCIAL HEALTH

## TO KNOW

### VIOLENCE AND INJURY
- Being a member of a gang,
- Using alcohol,
- Using harmful drugs

EXPOSES YOU TO RISKS SUCH AS:
- Vehicle or pedestrian accidents
- Rape
- Physical injury

### FRIENDS
- Good friends are an important part of your life
- Bad friends may deceive you
- Peer pressure is doing what your friends do or say. It is not always good for you

### SUBSTANCE ABUSE
- Alcohol reduces self-control and increases risky behaviour
- Harmful drugs are dangerous: marijuana, cocaine, tik, mandrax
- Legal doesn’t mean safe

### SEXUAL ACTIVITY
- Forced sex is when you are made to have sex when you don’t want to
- Sexual abuse is when you are forced to perform sexual acts
**BULLYING**

- Bullying is repeated aggressive behaviour where a person(s) in a position of power scares, abuses or forces someone in order to hurt that person(s)
- This hurt may be physical or emotional

**SOCIAL MEDIA**

Social media can be dangerous because of:
- Cyber bullying
- Sexting and sharing of sexual images by phone or computer
- Internet addiction
- Invasion of privacy
- People on line having suspicious motives

**WHAT GOES ON LINE STAYS ON LINE!**

**What increases risk?**
- Smoking
- Alcohol
- Harmful drug use
- Unsafe sex
- Abuse and neglect
- Unsafe environment

**Related conditions**
- HIV
- Anxiety and stress
- Depression
**KEY MESSAGE**

Be careful about who you hang out with

**TO DO**

**Do not abuse alcohol or drugs**
- Alcohol or drugs cause you to take risks
- You may do things you would not normally do

**Be empowered to say NO**
- Say no because you can
- It’s ok to say no to sex
- If you are not comfortable about doing something, then say no!
Report bullying

- Bullying is wrong
- Speak to someone in authority
- Choose your friends wisely

Report unwanted sexual advances

- Whoever this is (including family)
- Speak to someone you trust

Be careful of social media

- Be careful what you post
- Be careful of what messages you send
- People who contact you may be a threat to your safety and have criminal intentions

REMEMBER: WHAT GOES ON LINE STAYS ON LINE!
If you get pregnant while still at school, you will struggle and may not finish your education.
TO KNOW

IF YOU FINISH HIGH SCHOOL:
☑ you are more likely to get a better job
☑ you will earn more
☑ you will have a better quality of life
☑ you will have more choices about your future

IF YOU DO NOT FINISH SCHOOL, YOU ARE MORE LIKELY TO:
☑ be unemployed
☑ be in poor health
☑ live in poverty
☑ be a single parent
☑ commit crime and go to prison

GOING TO SCHOOL IS YOUR OPPORTUNITY TO LEARN:
☑ New information
☑ How to use that information
☑ Lifeskills
☑ What you are good at
☑ Skills that will prepare you for a future career

What increases risk?
• Alcohol
• Harmful drug use
• Abuse and neglect
• Lack of physical activity

Related conditions
• Depression
• Anxiety and stress
KEY MESSAGE
Education opens the door to your future

TO DO

Finish your schooling
- Choose your future
- Choose a better life
- Get a better job

Attend school regularly
- Go to school every day
- Pay attention in class
- get involved in your school
**Participate in games and sport**
- Healthy body, healthy mind
- Make friends through sport
- Belong to a team

**Use contraception**
- Delay pregnancy for a better future
- Use a condom
- Choose education rather than pregnancy
SEXUAL HEALTH
WOMEN’S SEXUAL HEALTH

MOBILE CLINIC

PREVENT HIV
KNOW YOUR STATUS

CONDOM DISPENSER

F | SEXUAL HEALTH 104
TO KNOW
WOMEN’S SEXUAL HEALTH:

✅ Is about the sexual health needs of a female
✅ It is about a woman being well in every way; body, mind and spirit
✅ It concerns women of any age

What is SEXUAL HEALTH?
Healthy sexual functioning
Safety from discrimination and violence
Different forms of sexual expression (including homosexuality and bisexuality)

WHAT PUTS WOMAN’S SEXUAL REPRODUCTIVE HEALTH AT RISK?

✅ A social environment where you are not safe
✅ Alcohol and harmful drugs
✅ Smoking/tobacco use
✅ Multiple partners
✅ Unwanted or unplanned pregnancy

✅ Sexually transmitted infections
✅ HIV
✅ Breast cancer
✅ Cancer of the womb
✅ Mental illness, such as depression, anxiety or stress

What increases risk?
- Unsafe sex
- Alcohol
- Harmful drug use
- Abuse and neglect

What protects WOMEN’S HEALTH?

- Dual protection every time you have sex:
  - Using a condom
  - Using the right contraception
  - Taking control of your body, your sexual activity and your security

At risk
- Adolescents

Related conditions
- HIV
- STIs
- Cancer
- Maternal health
WOMEN’S SEXUAL HEALTH

KEY MESSAGE
Make the right choices about your sexual health

TO DO

Use dual protection
- This means double protection = a condom and another form of contraception
- Make sure you have safe sex every time you have sex
- Plan your family, don’t just get pregnant by accident
- If you don’t want any more children, then get sterilised

Do not have multiple partners
- Be faithful to one partner
Get tested for cancer
- Get a pap smear at your local clinic
- Check your own breasts once a month

Protect yourself from sexual and domestic violence
- Speak to someone you trust
- Get counselling and advice
- Get help from an organisation or the police

Prevent unwanted pregnancies
- Use contraception
- Go for counselling

Get help for sexual problems
- Talk to your partner if you are having problems such as low sexual desire or pain during sex
- Talk to your health carer for advice and help

Know your HIV status
- Get tested for HIV
- Get tested when you get a new sexual partner
MATERNAL HEALTH: ANTENATAL

DANGER SIGNS IN PREGNANCY

- Bleeding from the vagina
- Convulsions or fits
- Severe headaches with blurred vision
- Fever and too weak to get out of bed
- Severe stomach pain
- Fast or difficult breathing
TO KNOW

WHY SHOULD YOU GET ANTENATAL CARE?

- For a healthy pregnancy and birth
- For information about a healthy pregnancy and birth
- To pick up problems early
- To protect the mother and unborn baby from infection

WHAT PUTS YOUR ANTENATAL HEALTH AT RISK?

- Late booking (after 20 weeks)
- Diabetes
- Smoking or tobacco use
- High blood pressure
- Alcohol
- Stress
- Unsafe sex
- Violence at home or in your community
- HIV

DO YOU KNOW ABOUT MOM CONNECT?

- Momconnect is free
- The day you register at the clinic, you will get an SMS from MomConnect
- Dial the number back, it is free
- Momconnect will remind you of appointments
- Momconnect will send you health messages

At risk

- Adolescents
- HIV
- STIs
- Cancer
- Maternal health
- Hypertension
- Diabetes

What increases risk?

- Unhealthy eating
- Smoking and tobacco use
- Unsafe sex
- Alcohol
- Harmful drug use
- Abuse and neglect
KEY MESSAGE

Book early for antenatal care

TO DO

Book early for antenatal care
- Go to your nearest antenatal care centre as soon as you know that you are pregnant
- Attend all antenatal follow-up appointments
- Carry your antenatal card with you to every visit (antenatal or other) and when you go into labour
- Get your link to Momconnect

Eat healthy food
- You are feeding yourself and your baby
Practice safe sex
- Prevent HIV and STIs.
- STI's can be passed from you to your unborn baby
- STI’s can cause problems in labour

Stop smoking and tobacco use
- Smoking can cause miscarriage, premature or small babies, and cot death

No alcohol
- Alcohol causes permanent damage to your baby (this is called Fetal Alcohol Syndrome)
- Even a small amount is not safe during pregnancy

No harmful drugs
- Drugs will definitely harm you and your baby

Take all your meds correctly
- Take your meds correctly and at the right time
- Take the vitamins prescribed for you
- Do not self-medicate
MATERNAL HEALTH: POSTNATAL
# TO KNOW

## WHY DO YOU NEED POSTNATAL CARE?

- To check you and your baby for the first 24 hours after birth
- To support you with breastfeeding your baby
- To give you information for a healthy baby
- To provide you with the right contraception
- To check your emotional well-being after the birth of your baby

## WHAT IS POSTNATAL HEALTH?

**What is POSTNATAL HEALTH?**

It is ensuring your health in the six weeks after the birth of your baby.

It is there to help you with any health problems you may have.

## WHY DO YOU NEED POSTNATAL CARE?

- To check you and your baby for the first 24 hours after birth
- To support you with breastfeeding your baby
- To give you information for a healthy baby
- To provide you with the right contraception
- To check your emotional well-being after the birth of your baby

## WHAT MAY PLACE YOUR HEALTH AT RISK AFTER THE BIRTH OF YOUR BABY?

- Depression
- Living in a place that is not safe
- Not eating healthy food or drinking enough clean and safe water
- Smoking or tobacco use
- Alcohol
- Harmful drug use
- Unsafe sex
- HIV
- Another pregnancy too soon after the birth of your baby

## WHAT PROTECTS YOUR HEALTH AFTER THE BIRTH OF YOUR BABY?

- Support from family and friends
- Eating healthy food
- Exercise
- Not smoking or using tobacco
- Not drinking alcohol
- Not using any drugs
- Having safe sex
- Protecting your baby from HIV infection (PMTCT)
- Using the right contraception

---

### What increases risk?

- Unhealthy eating
- Smoking and tobacco use
- Unsafe sex
- Alcohol
- Harmful drug use
- Abuse and neglect
- Unsafe environment

### Related conditions

- HIV
- STIs
- Depression
- Anxiety and stress
**KEY MESSAGE**

Protect yourself and your baby.

**TO DO**

**Breast feed only**
- Feed your baby only breast milk for the first 6 months

**Eat healthy food**
- Eat a balanced diet
- Drink enough clean and safe water
**Get support**
- Look out for low mood, tearfulness, difficulty in connecting with your baby
- Look for help if you are not coping

**No smoking, alcohol or harmful drugs**
- Keep your baby safe away from smoke or tobacco
- Alcohol and drugs can be passed on to your baby in breast milk

**Start contraception**
- Contraception can be started immediately after birth
- Breastfeeding does not always prevent pregnancy

**Practice safe sex**
- Use a condom every time you have sex
- Use the right contraception

**Take all your meds correctly**
- Take your ART correctly
- Get your baby tested at 6 weeks for HIV
TO KNOW

WHAT PROTECTS A MAN’S SEXUAL REPRODUCTIVE HEALTH?

- Use of a condom every time you have sex
- Safe circumcision
- Regular health check-ups including for prostate cancer
- Taking control of your body, your sexual activity and your security

WHAT PUTS A MAN’S SEXUAL REPRODUCTIVE HEALTH AT RISK?

- Not using a condom
- A social environment where you are not safe
- The use of alcohol and harmful drugs
- Smoking or tobacco use
- Having multiple partners
- Sexually transmitted infections
- High blood pressure
- Diabetes
- HIV
- Prostate cancer

What is MEN’S SEXUAL HEALTH?
The sexual health needs of a male
It is about a man being well in every way; in his body, mind and spirit
It is relevant to men of any age

WHAT DOES SEXUAL HEALTH MEAN?

- A man’s healthy sexual functioning
- Safety from discrimination and violence.
- There are different forms of sexual expression (homosexuality, bisexuality, etc)

At risk

- Adolescents

What increases risk?

- Unhealthy eating
- Unsafe sex
- Alcohol
- Harmful drug use
- Abuse and neglect

Related conditions

- HIV
- STIs
- Hypertension
- Diabetes
- Cancer
MEN’S SEXUAL HEALTH

KEY MESSAGE

Take control of your sexual health

TO DO

Use a condom

- Use a condom every time you have sex

Plan your family

- Discuss family planning/contraception with your partner
- Prevent unplanned pregnancies
- Think about having male sterilisation if your family is complete
Avoid multiple partners
- Be faithful to one partner

Know your HIV status
- Get tested for HIV
- Get tested when you get a new sexual partner

Get circumcised
- Circumcision helps to protect you from infections
- If you have had a partial circumcision get FULLY circumcised

Avoid smoking, alcohol and drugs
- Alcohol and drugs increase your risk of unprotected sex
- Look after your sexual function

Get help for sexual problems
- Talk to your partner if you are experiencing problems such as premature ejaculation, impotence, etc
- Talk to your health carer for advice and help
SEXUALLY TRANSMITTED INFECTIONS
**TO KNOW**

**WHAT IS HIV?**
A virus that destroys your immune system. It causes you to become weaker, and get infections easily. AIDS is the advanced stage of HIV.

**SEXUALLY TRANSMITTED DISEASE?**
A sexually transmitted infection (STI) is an infection of your genital area, or other part of the body from sex with someone who already has an infection. Examples are HIV, Syphilis, Herpes and infections causing genital sores, discharge or warts.

**HOW DO YOU GET AN STI?**
- You get a sexually transmitted infection (STI) through unprotected sexual intercourse (oral, vaginal or anal)
- This infection is passed on from person to person in blood, semen, vaginal or other bodily fluids

**WHO CAN GET AN STI?**
- All people are at risk
- If you have unprotected sex
- People who have multiple sexual partners

**WHAT CAN HAPPEN IF YOU DO NOT GET TREATMENT FOR AN STI?**
- You will pass the infection to your partner
- If you are pregnant, you will pass the infection to your unborn or new-born child
- You can become infertile
- You will get sexual problems such as impotence or painful intercourse
- You are at a higher risk of HIV infection

**AT RISK**
- Discharge
- Sores
- Ulcers
- Swollen glands
- For HIV, there may be no symptoms at first

**RELATED CONDITIONS**
- HIV
- STIs
- Women’s sexual health
- Men’s sexual health
- Maternal health
SEXUALLY TRANSMITTED INFECTIONS

**KEY MESSAGE**
Get yourself and your partner treated

**TO DO**

**Use a condom**
- Use a condom every time you have sex

**Get yourself and your partner treated**
- Take the meds
- Bring your partner to the clinic for treatment
- Ask your nurse or doctor for a notification slip
**Use contraception**
- Start immediately
- If you are on contraception, make sure it is the right one for you

**Know your HIV status**
- Get tested for HIV
- Get tested when you get a new sexual partner

**No alcohol or drugs**
- Alcohol and drugs increase your risk of unprotected sex
• HIV and AIDS
• Tuberculosis
• High blood pressure
• Diabetes
• Heart disease and stroke
• Depression

• Anxiety
• Psychosis
• Lung disease
• Epilepsy
• Chronic bone and joint disease
• Oral health
• Cancer
HIV infection can take 6 weeks after infection to show up in your blood – a negative test may mean you are in this “window period.”

Take your treatment for life
Don’t ever stop!!
TO KNOW

HOW DO YOU BECOME HIV POSITIVE?

✓ From a mother to her baby during pregnancy, childbirth and breastfeeding
✓ From transfusion of contaminated blood, sharing of contaminated needles
✓ From unprotected sexual intercourse (anal or vaginal)
✓ Contact with blood or other body fluids through a sore on the skin

WHAT CAN HAPPEN IF YOU ARE HIV POSITIVE?

✓ Your system will get weaker
✓ Loss of weight
✓ Sores in the mouth, painful swallowing
✓ Frequent infections
✓ TB
✓ Infection of your brain
✓ Cancer
✓ Death

WHO IS AT RISK FOR HIV?

Anyone can get HIV if you:
✓ have unprotected sex
✓ have multiple sexual partners
✓ share needles
✓ touch blood or fluids of an infected person when you have an open sore

Babies can get HIV when it is passed from mother to unborn child, or through breast feeding.

WHAT IS HIV?

A virus that destroys your immune system. It causes you to become weaker, and get infections easily. AIDS is the advanced stage of HIV.

HOW DO YOU KNOW YOU HAVE HIV?

✓ You may have no symptoms
✓ Symptoms like flu in the early weeks
✓ Loss of weight
✓ Fever
✓ Diarrhoea
✓ Cough

Swollen glands
Other infections

At risk
- Everyone
What increases risk?
- TB
- STIs
- Poor sexual health
- Bad maternal health
- Mental illness
- Poor adherence

Related conditions
- Unhealthy eating
- Unsafe sex
- Alcohol
- Harmful drug use
HIV AND AIDS

KEY MESSAGE
Use a condom

TO DO

Use a condom
• Keep condoms in your wallet, handbag or bedroom
• Practice safe sex and protect others

Be faithful - have one partner
• A new partner may give you HIV infection

Take your treatment for life; DON’T EVER STOP
Take your meds correctly
- Take your treatment on time every day
- Do not miss a day,
- Use a diary or pill box
- Know the names of your medication

Know your condition
- Know what your viral load is
- Know what your viral load means
- Come every 6 months for a viral load test
- If you are stable, choose the right option for you

Get support
- Tell someone who cares about you
- Get a treatment buddy
- Join a support group

Use contraception
- Make sure you are on the right contraception

No alcohol or drugs
- Alcohol and drugs increase your risk of unprotected sex

Wear gloves when handling blood and body fluids
TO KNOW

How do you get TB?

- Through the spread of TB germs in the air from infected people coughing or sneezing
- Through close contact with anyone who has TB

What is Tuberculosis (TB)?

TB is a bacterial infection
It is usually in the lungs.
It can also infect other organs of the body such as the brain, spine, abdomen, bones
TB is a communicable disease – you can pass it on to others.

How do you know you have TB?

- Cough of 2 weeks or more
- Coughing blood
- Fever that has been present more than 2 weeks
- Night sweats
- Loss of weight
- Tiredness

Who is at risk for TB?

- Those in close contact with a person with untreated TB
- Children less than five years old
- People who are HIV positive
- Alcohol or substance abusers
- Smokers

- People with malnutrition
- People with Diabetes
- People with Silicosis
- People with other chronic lung disease

At risk

- Children

What increases risk?

- Unhealthy eating
- Smoking and tobacco use
- Alcohol
- Harmful drug use
- Unsafe environment

Related conditions

- HIV and AIDS
- Lung disease
- Diabetes
- Heart disease
**TUBERCULOSIS**

**KEY MESSAGE**

Finish your TB treatment

**TO DO**

**Take your meds correctly**
- Take your treatment on time every day: do not miss a day
- Use a pill box
- Set a reminder on your phone
- Finish your treatment

**Know your condition**
- Keep your clinic appointments
- Ask those you live with to come to the clinic for screening
- Cough into the inside of the elbow (demonstrate), or cover your mouth when coughing
Know your HIV status
- Get tested for HIV

Stop smoking and tobacco use
- Smoking will make your TB worse

No alcohol or drugs
- If you use alcohol or drugs, you will not take your treatment correctly

Let in the fresh air
- Open windows and doors at home or at work

Get support
- Confide in your family or friends
TO KNOW

WHY DO YOU GET HIGH BLOOD PRESSURE?

- Family history
- Lifestyle risk factors: smoking, lack of physical activity, unhealthy eating, use of alcohol

WHAT ARE THE RISKS?

- Stroke
- Heart attack
- Heart failure
- Kidney damage

WHO IS AT RISK FOR HIGH BLOOD PRESSURE?

- Men over 55 years
- Menpausal women
- People who are overweight
- Those with a family history of high blood pressure or obesity
- People who have an unhealthy diet and who eat too much salt
- People who smoke or use tobacco
- People with high cholesterol
- People with Diabetes
- Those who have stress
- Adults over 40 years with other risk factors

What is HIGH BLOOD PRESSURE?
A condition where the pressure in the blood vessels is higher than it should be.

HOW DO YOU KNOW YOU HAVE HIGH BLOOD PRESSURE?

- You may have no symptoms, you only find out when your blood pressure is taken at the clinic or hospital
- You may have headaches

ARE YOU AT RISK?

At risk
- Pregnant women
- The elderly

What increases risk?
- Unhealthy eating
- Overweight and obesity
- Lack of physical activity
- Unhealthy eating
- Overweight and obesity
- Smoking
- Alcohol

Related conditions
- Diabetes
- Heart disease
- Stroke
- Anxiety and stress
- HIV
HIGH BLOOD PRESSURE

KEY MESSAGE
Get active and lower your blood pressure

TO DO
Use less salt
- Do not eat food with high salt content
- Don’t add extra salt to food

Eat healthy food
- Eat a balanced diet
Get active

- Start to get regular physical activity
- Exercise for 150 minutes per week

Take your meds correctly

- Take your treatment on time every day: do not miss a day
- Use a diary or pill box
- Know the names of your medication, and the side effects

Stop smoking/tobacco use

- Make a decision to stop.
**WHAT TYPES OF DIABETES ARE THERE?**

**Type 1:** The body stops making insulin

**Type 2:** The body doesn’t make enough insulin or is unable to use insulin properly

---

**YOUR BLOOD SUGAR CAN DROP IF:**

- You do not take your medication correctly
- You do not eat regularly
- You use alcohol
- You get sick

**THIS CAN BE DANGEROUS!**

You may experience palpitations, sweating, headaches and tremors, and even go into a coma

---

**BE CAREFUL**

- Your blood sugar can drop if:
- You do not take your medication correctly
- You do not eat regularly
- You use alcohol
- You get sick

**THIS CAN BE DANGEROUS!**

You may experience palpitations, sweating, headaches and tremors, and even go into a coma
TO KNOW

HOW DO YOU GET DIABETES?

- Because it runs in your family
- Lifestyle causes, such as unhealthy eating or alcohol use

WHAT IS DIABETES?

Diabetes is a condition where there is an increased level of glucose in the blood.

HOW DO YOU KNOW YOU HAVE DIABETES?

- You may have no symptoms
- Tiredness
- Feeling thirsty all the time
- Passing a lot of urine
- Lots of infections
- Wounds that do not heal
- Weight loss

WHO IS AT RISK FOR DIABETES?

- People older than 45 years (for Type 2 Diabetes)
- People with a family history of Diabetes
- Certain ethnic groups are high risk for Diabetes
- Women who had Diabetes in pregnancy or a very large baby
- People who are overweight
- People who eat unhealthy food
- People who have HIV
- People who have TB

WHAT CAN HAPPEN IF YOU HAVE DIABETES

You can:
- go blind
- get sores that don’t heal
- have a stroke
- have a heart attack
- get kidney damage

Damage to your legs and feet may lead to amputation.

At risk
- Elderly
- People with disabilities

What increases risk?
- Unhealthy eating
- Overweight and obesity
- Lack of physical activity
- Smoking
- Alcohol

Related conditions
- High blood pressure
- Heart disease
- Stroke
- HIV
- TB
DIABETES

KEY MESSAGE
Sugar is bad for you

TO DO

Cut out sugar
- Do not add sugar to your food and drinks
- Do not have food and drinks that contain sugar

Know your condition
- If you take insulin, understand how it works: ask your health carer
- Come to the clinic for regular check-ups:
  - Have your eyes checked every year
  - Have your kidneys checked every year
  - Have your feet checked at every visit
**Stop smoking or using tobacco**
- Smoking will further damage your eyes and feet

**Take your meds correctly**
- Take your treatment on time every day: do not miss a day
- Use a diary or pill box
- Know the names of your medication, and the side effects

**Get active**
- Start some physical activity
- Exercise 150 minutes every week

**Follow a balanced diet**
- Eat the right amounts of protein, starch, fat, and vegetables.
- Eat less fats
- Eat regular small meals

**No alcohol**
- Alcohol will make your Diabetes worse
DIABETES FOOT CARE

**Look**
- Inspect your feet (especially between your toes)
- Every day for cracks, cuts, blisters sores or redness
- Tell your health worker if you have any of these

**Keep your feet clean and dry**
- Wash your feet every day in warm water
- Dry well between your toes
- Clip nails straight across or file downwards
- Don’t try to cut off, scrape or remove any calluses or corns with sharp items or plasters and creams – speak to your health care worker
Ask someone for help if:

- you cannot see well
- you are too weak
- you cannot reach your feet

Protect your feet

- Apply cream to your feet but not between your toes
- Don’t walk barefoot
- Wear the right shoes that fit
- Check your shoes for stones or anything which can scratch or injure your feet
- Use loose soft socks or stockings to add protection
- Keep very hot water, hot water bottles and heaters away from your feet
HEART DISEASE AND STROKE

HOW DO YOU KNOW YOU HAVE HEART DISEASE?

- Pain or tightness of the chest
- Shortness of breath
- Palpitations

HOW DO YOU KNOW THAT YOU OR SOMEONE ELSE IS HAVING A STROKE?

- Sudden severe headache
- Fainting
- Recent difficulty with vision or speech
- Paralysis of one side of the body
- Numbness of the face
TO KNOW

What is HEART DISEASE?
Diseases of the heart blood vessels or muscle.

What is STROKE?
Damage to the brain because the blood to the brain gets cut off.

HOW DO YOU GET HEART DISEASE OR STROKE?

- Because it runs in your family
- Lifestyle causes such as smoking, lack of physical activity, unhealthy eating and alcohol
- Other conditions such as Diabetes

WHAT CAN HAPPEN IF YOU HAVE HEART DISEASE OR STROKE?

- Disability
- Death

WHO IS AT RISK FOR HEART DISEASE OR STROKE?

- All adults
- People with a family history of heart disease or stroke
- People who are overweight
- People who eat unhealthy food or eat too much salt
- Lack of physical activity

ARE YOU AT RISK?

- High cholesterol or blood fats
- Smoking or tobacco use
- Alcohol use
- People with high blood pressure
- People with Diabetes
- People who have stress

HOW DO YOU KNOW YOU HAVE HEART DISEASE?

- Pain or tightness of the chest
- Shortness of breath
- Palpitations
- Sudden severe headache
- Fainting
- Recent difficulty with vision or speech
- Paralysis of one side of the body
- Numbness of the face

At risk
- Elderly

Related conditions
- High blood pressure
- Diabetes

What increases risk?
- Unhealthy eating
- Overweight and obesity
- Lack of physical activity
- Smoking
- Alcohol
HEART DISEASE AND STROKE

KEY MESSAGE

Protect your health

TO DO

No alcohol
- Alcohol will make your condition worse

Stop smoking/using tobacco
- Decide to stop
- Prevent your condition from getting worse
**Eat healthy food**
- Reduce fatty foods
- No salt
- No sugar

**Deal with stress**
- Try and understand why you are stressed
- Do a relaxing breathing exercise each day.
- Find fun things to do.
- Spend time with friends and family who support you

**Get physically active**
- Decide to start exercise
- Increase physical activity if you are not doing enough
- Try to get 150 minutes brisk exercise every week.

ACT FAST*

- F - Face drooping
- A - Arm weakness
- S - Speech difficulty
- T - Time to call emergency service

*http://www.heartfoundation.co.za/recognise-a-stroke/
Depression is a very common disorder. People living with HIV are more likely to get depression.

ARE YOU COPING AS WELL AS YOU USED TO?
TO KNOW

WHAT IS DEPRESSION?

A feeling of sadness for most of the day, nearly every day for more than two weeks.

HOW DO YOU GET DEPRESSION?

Often there is no real reason for depression, or it may start after:

- stress or trauma
- the loss of a loved one
- the loss of a job

WHO IS AT RISK FOR DEPRESSION?

Men and women of all ages can experience depression.

Women after childbirth

People who have experienced:

- a previous traumatic experience
- stressful circumstances
- recent grief or loss
- chronic illnesses including HIV, Diabetes, COPD

WHAT INCREASES RISK?

- Feel sadness or low moods
- Feel a loss of interest or enjoyment
- Always be tired
- Suffer from disturbed sleep
- Feel guilty or unworthy
- Have trouble concentrating
- Be emotional, tearful
- Have poor appetite
- Have a high state of anxiety

ARE YOU AT RISK?

IF YOU ARE DEPRESSED YOU MAY...

- Feel sadness or low moods
- Feel a loss of interest or enjoyment
- Always be tired
- Suffer from disturbed sleep
- Feel guilty or unworthy
- Have trouble concentrating
- Be emotional, tearful
- Have poor appetite
- Have a high state of anxiety

- Separate yourself from other people
- Lose of interest in sex
- Think of death or suicide

At risk

- Adolescents
- Pregnant women
- Elderly
- People with disabilities

Related conditions

- Anxiety and stress
- Psychosis
- HIV
- Other chronic conditions

What increases risk?

- Overweight and obesity
- Alcohol
- Harmful drug use
- Abuse and neglect
- Unsafe environment
DEPRESSION

KEY MESSAGE

Get support

TO DO

Understand your condition

- Talk to your health carer about your depression
- Take your meds correctly

Get support

- Get help early
- Go for counselling
- Call Lifeline
- Join a support group

Lifeline 0861 - 322 322
Get physically active
- Start some physical activity that you enjoy

No alcohol
- Using alcohol can make your depression worse

Socialise
- Don’t separate yourself from other people
- Find healthy things you can do in your community

No harmful drugs
- Using harmful drugs will make your depression worse in the long run
ANXIETY AND STRESS

HOW DOES YOUR BODY TELL YOU THAT YOU ARE ANXIOUS OR STRESSED?

- Increased heart rate
- Breathing rapidly (hyperventilation)
- Sweating
- Trembling
- Feeling weak
- Dry mouth
- A ‘knot’ in the stomach
- Thumping heart
TO KNOW

**What is ANXIETY?**
Anxiety is more than worry and fear about everyday situations.

**HOW DO YOU GET ANXIETY?**
- There may be no real reason
- Because it runs in your family
- You may have experienced trauma
- You may have experienced a major illness or disability

**IF YOU HAVE ANXIETY YOU MAY:**
- feel extremely nervous and powerless
- have a heightened sense of danger
- find it hard to concentrate

**WHAT CAUSES STRESS OR ANXIETY**
- Crime and violence
- Trouble at home
- Problems at work or too much work
- Problems in the community
- Financial troubles
- Major illness or disability

**WHO IS MOST LIKELY TO HAVE ANXIETY OR STRESS?**
- Anyone can have stress and anxiety
- Certain types of personality
- People with a family history of anxiety
- People who have had a previous traumatic experience
- Those using too much alcohol or harmful drugs

**WHO IS AT RISK?**
- Children
- Adolescents
- Elderly
- People with disabilities

**WHAT INCREASES RISK?**
- Smoking
- Alcohol
- Harmful drug use
- Abuse and neglect
- Unsafe environment

**STRESS CAN CAUSE YOU TO**
- Sleep poorly
- Worry all the time
- Be impatient and irritable
- Be unable to concentrate
- Be unable to relax
- Smoke more than usual
- Drink alcohol more than usual
- Lose your appetite
- Lose interest in sex

**Related conditions**
- Depression
- HIV
- Other chronic conditions

**At risk**
- Children
- Adolescents
- Elderly
- People with disabilities
ANXIETY AND STRESS

KEY MESSAGE
Get support

TO DO

Understand reasons for your anxiety or stress
- Try to deal with and reduce stress factors where possible

Get support
- Talk through your problems with someone you trust
- Don’t wait, get help early
- Go for counselling
- Find out about support groups in your community
- Call Lifeline
Listen to music
- Listen to your favourite music
- Listen with friends
- Dance to music to relax

Get a good sleeping habit
- Good sleep may relieve stress.
- Go to bed at the same time every night
- Relax for a while before you go to sleep
- Do not abuse sleeping pills

No harmful drugs
- Using drugs will make it worse

Try to relax
- Take time to focus and unwind
- Listen to music

No alcohol
- Using alcohol can make it worse

Socialise
- Don’t separate yourself from others
- Find a healthy social activity
Psychosis affects the individual as well as the people who care for them.
TO KNOW

WHAT IS PSYCHOSIS?
Psychosis is a mental condition where a person has strange thoughts and emotions.

HOW DO YOU GET PSYCHOSIS?
- There may be no real reason
- You may have it because it runs in your family
- Harmful drug use can cause psychosis

WHO IS AT RISK FOR PSYCHOSIS?
- People of all ages
- Both men and women
- People with a family history of psychosis
- People who use alcohol
- People who use harmful drugs at present or have in the past

THOSE WHO HAVE PSYCHOSIS MAY
- Talk in a way that makes no sense
- Have up and down moods
- Experience strange motions
- Be suspicion of people and things for no reason
- Not know what is actually happening
- Have hallucinations
- Be unable to properly care for themselves

WHAT INCREASES RISK?
- Alcohol
- Harmful drug use

RELATED CONDITIONS
- Depression
- HIV

AT RISK
- Elderly
- People with disabilities
PSYCHOSIS

KEY MESSAGE

Take your medication every day

TO DO

Take your meds regularly
- Regular medication keeps a person with psychosis stable
- Do not skip clinic appointments

No alcohol
- Using alcohol can make psychosis worse
No harmful drugs

- Using harmful drugs will make psychosis worse

Get support

- If you are caring for someone with psychosis, ask for assistance
- Attend a support group or counselling
- Ask about employment and activities for people with psychosis
THERE ARE TWO TYPES OF INHALERS/PUMPS

(1) A rescue pump that relieves symptoms
(2) A daily pump that prevents symptoms, but does not give instant relief

WHAT CAN HAPPEN IF YOU HAVE ASTHMA
- You will struggle with breathing
- You may get frequent chest infections
- Death

WHAT CAN HAPPEN IF YOU HAVE COPD
- You will struggle with breathing
- You may get frequent chest infections
- Heart failure
- Death
**TO KNOW**

**What is COPD?**
Damage to your lungs, that blocks the flow of air in and out of the lungs.

**How do you get COPD?**
- Usually smoking or tobacco use
- Adults over 40 years
- If you smoke or use tobacco
- If you have been exposed over a long time to chemical fumes, vapours and dust
- If you have had chest infections over many years
- If you have had TB and not completed treatment

**Who is at risk for COPD?**
- Usually because of an allergy
- A result of a lung infection
- After a lot of exercise
- Cold air can bring on Asthma
- Some medications can bring on Asthma
- Some chemicals can bring on Asthma
- Strong emotion or stress can bring on Asthma

**What is Asthma?**
A chronic lung disease with frequent attacks of not being able to breathe, wheezing and coughing

**Who is at risk for Asthma?**
- Anyone can get Asthma
- You may have a family history of Asthma
- If you get allergies
- If you are exposed to chemicals/other substances

**How do you get Asthma?**
- Usually because of an allergy
- A result of a lung infection
- After a lot of exercise
- Cold air can bring on Asthma
- Some medications can bring on Asthma
- Some chemicals can bring on Asthma
- Strong emotion or stress can bring on Asthma

**How do you know you have COPD?**
- Shortness of breath
- Coughing
- Wheezing

**How do you know you have Asthma?**
- Shortness of breath
- Coughing
- Wheezing
- Frequent chest infections

**At risk**
- Elderly
- Children

**Related conditions**
- Heart disease
- TB

**What increases risk?**
- Overweight and obesity
- Lack of physical activity
- Smoking
- Some workplace exposure
LUNG DISEASE

KEY MESSAGE
Use your inhaler correctly
Stop smoking

TO DO

Take your meds
- Prevent an Asthma attack rather than treat one
- Prevent your COPD from getting worse

Use your inhaler correctly
- Practice the right way to use inhaler
- Rinse your mouth after using inhaler
- Use your rescue inhaler before exercise or when your chest gets tight
- Always keep a rescue inhaler on you
- Use your inhaler as advised by your health carer

Stop smoking
No smoking / tobacco use
- Do not smoke
- Protect yourself from others’ smoke where you work or live.

Get physically active
- Get physical activity that you can manage without getting short of breath

Use oxygen long term at home if necessary
- If you have COPD, you may need to use oxygen when it is supplied to you
Epilepsy can injure themselves when having a fit.

People with Epilepsy can lead full lives and should not be treated differently.
TO KNOW

HOW DO YOU GET EPILEPSY?

- Epilepsy is caused by unusual electrical activity in the brain

WHAT CAN TRIGGER AN EPILEPTIC FIT?

- Poor sleep or no sleep
- Dehydration
- Flashing lights
- Video games
- Alcohol use
- Drug use

WHO IS AT RISK FOR EPILEPSY?

- Men and women of all ages can get Epilepsy
- In most people, the cause is unknown
- People who have had a brain injury
- People who have had a brain infection

WHAT IS EPILEPSY?

Epilepsy is a condition where you experience seizures (fits) that happen more than twice.

HOW DO YOU KNOW YOU HAVE EPILEPSY?

- Usually you don’t know that you have Epilepsy until you have a seizure or fit
- People with mental disability may get Epilepsy

At risk

- Children
- Adolescents
- People with disabilities

Related conditions

- Psychosis
- Womens sexual health
EPILEPSY

KEY MESSAGE
Take your meds every day

TO DO
Take your meds correctly
- Take your Epilepsy medication every day
- Take your Epilepsy medication correctly

Avoid triggers
- Dehydration
- Flashing lights
- Video games
- Alcohol
- Harmful drugs
Get enough sleep
- Lack of sleep can trigger a fit
- Get enough sleep every night

No harmful drugs
- Harmful drugs can trigger a fit
- Harmful drugs are bad for you

No alcohol
- Alcohol can trigger a fit
- If you are drinking, you can forget to take your meds

Use the right contraception
- Talk to your health care provider about your family planning (some medication can clash with your epileptic meds)

Be careful about driving or operating heavy machinery
CHRONIC BONE AND JOINT DISEASE

Which joints are most affected?

- knees
- hips
- hands
- spine
- feet
TO KNOW

- There are many joint conditions that cause pain, stiffness and swelling
- The 3 most common diseases are:
  - Osteoarthritis
  - Rheumatoid arthritis
  - Gout

What is BONE and JOINT DISEASE?
Bone and joint disease is about inflammation of the bones and joints with pain and stiffness.

Who is at risk for bone and joint disease?
- Mostly men and women over 40
- Men are more likely to get gout
- Women are more likely to get arthritis in hands, feet and knees
- People with a family history of bone and joint disease
- People who have had an injury to a bone or joint
- Strain on a joint over a long time in the workplace
- People who are overweight

How do you know you have bone and joint disease?
- Pain
- Stiffness
- Swelling
- Redness
- Less movement is possible

At risk
- Elderly

What increases risk?
- Unhealthy eating
- Overweight and obesity
- Lack of physical activity
CHRONIC BONE AND JOINT DISEASE

KEY MESSAGE
Lose weight

TO DO

Lose weight
- Extra weight puts strain on your joints
- Decrease weight if you are over the limit
Get physically active

- Get as much physical activity as possible
- Keep your joints moving so that you do not become stiff
What is ORAL HEALTH?
Is about your mouth and teeth being healthy
Good oral health means you do not have pain in your mouth and face, rotten teeth or tooth loss.

HOW DO YOU DEVELOP MOUTH AND TEETH PROBLEMS?

- Although anyone can have mouth and tooth problems, they do become worse with age
- Pregnant women are more likely to get teeth problems

Other problems result from:
- not keeping your mouth clean
- smoking or using tobacco
- consuming too much sugary food and drinks
- alcohol
- harmful drugs
- false teeth that do not fit properly
- HIV
- Diabetes

WHAT ARE THE MOST COMMON DISEASES OF THE MOUTH AND TEETH

- Rotten teeth or holes in your teeth
- Sores in your mouth and gums
- Fungus infection in your mouth
- Blisters in your mouth

At risk
- Children
- Elderly

Related conditions
- HIV
- Diabetes

What increases risk?
- Unhealthy eating
- Smoking
- Alcohol
- Harmful drug use
- Neglect
ORAL HEALTH

KEY MESSAGE
Eat less sugar

TO DO

Brush your teeth
- Twice a day if possible
- Use a soft toothbrush
- Brush along the gum line, and in between the teeth

Use toothpaste with fluoride
- If you can afford it
- Or use bicarbonate of soda
- Do not rinse after brushing, just spit out
Limit sugar
- No sweets
- No drinks that contain sugar
- Eat healthy snacks of fruit and veg

Eat healthy food
- Eat a lot of different kinds of healthy food
- Eat fruit and vegetables if you can

Stop smoking
- Smoke rots your teeth

No alcohol or harmful drugs

If you get a mouth infection, report to your local clinic for treatment
- Do not wait to go for treatment for a mouth infection
- Take your ART
- Drink plenty of safe clean water
Anyone can develop cancer
TO KNOW

WHAT INCREASES YOUR RISK OF DEVELOPING CANCER?

- A family history of cancer
- Smoking or tobacco use
- Other infections such as HPV (of the womb), Hepatitis B (of the liver)
- Too much exposure to sunlight
- Not eating healthy food
- Too much alcohol use
- HIV

WHAT IS CANCER?
Cancer is the fast growth of bad cells in the body and which can spread to other organs.

HOW DO YOU KNOW THAT YOU MAY HAVE CANCER?

- You get a lump somewhere on your body
- You bleed and do not know the reason
- You have an unusual sore on your skin
- You have a spot on your skin that is an unusual colour
- There is an infection that does not heal
- You lose weight for no reason

WHAT ARE THE MOST COMMON CANCERS IN SOUTH AFRICA?

- Cervical
- Breast
- Prostate
- Bowel
- Lung
- Kaposi’s sarcoma
- Oesophagus

What increases risk?

- Unhealthy eating
- Lack of physical activity
- Unsafe sex
- Smoking and tobacco use
- Alcohol

Related conditions

- HIV
- Women’s sexual health
- Men’s sexual health
CANCER

KEY MESSAGE

Know about cancer

TO DO

No smoking

- Smoking and tobacco cause cancer

Eat healthy food

- A healthy diet will help to avoid cancer
Go for regular check ups
- Women should go for a pap smear
- Men should go for prostate check

Check your breasts regularly
- Examine your own breasts once a month

Know your HIV status
- If you have HIV, you are more at risk for cancer
Keep taking your medication
Feeling better is not a reason to stop taking your medication, it means that the medication is working!
TO KNOW

WHY IS ADHERENCE DIFFICULT?
- Complicated medication
- Financial problems
- Not being able to collect medication
- Attitude of healthcare worker
- Not disclosing your condition
- Not having food to eat

WHAT MAKES ADHERENCE EASIER?
- Understanding your condition
- A positive attitude towards your chronic condition
- Support of friends and family
- Adherence clubs
- Trusting your healthcare provider
- Talking to your adherence counsellor or treatment buddy

What is ADHERENCE?
- Taking medication daily (right dose, right frequency, right time)
- Making changes to your lifestyle including healthy eating
- Keeping to your clinic appointments
- Understand your condition

Adherence clubs:
- are run by a health worker
- meet regularly
- provide support to and from others
- are a place to make new friends
- supply pre-packed medication
- mean you can avoid long queues

At risk
- Everyone

What increases risk?
- Unhealthy eating
- Lack of physical activity
- Smoking/tobacco use
- Harmful drugs
- Alcohol
- Abuse and neglect

Chronic conditions
- HIV
- TB
- High blood pressure
- Diabetes
- Heart disease
- Stroke
- Depression
- Anxiety and stress
- Psychosis
- Lung disease
- Epilepsy
- Bone and joint disease
ADHERENCE

KEY MESSAGE

Understand your condition

TO DO

Take your medication every day and on time
- Don’t miss a day
- Keep your clinic appointments
- Collect your medication

Understand your condition
- Ask questions!
- Share decisions about your condition with your healthcare provider
Get support

- Get a treatment buddy
- Join an adherence club
- Take your meds regularly so that you can qualify for an adherence club

Use adherence tools

- A pill counter
- A calendar
- A cell phone
- A clock

No alcohol or harmful drugs

- If you use alcohol or drugs, you may not take your medication on time and correctly
- The alcohol could affect how your medication works
Persons with disabilities have the same human rights as everyone else!

You have a right to support:
This should begin as early as possible and be made available as close as possible to where you live.

CHILD DEVELOPMENT
Slow development or a disability is when a child does not develop the way they should and may be left with a permanent disability.
TO KNOW

WHICH CHILDREN ARE AT HIGH RISK FOR SLOW DEVELOPMENT AND DISABILITY?

- Premature babies
- Babies where there was a problem at birth
- Babies with HIV
- Children who are malnourished or have growth stunting
- Those who don’t get enough iron
- Children who get ill often
- Inherited or unknown conditions

A DISABILITY may be:

Psychosocial – it affects thinking, learning, moods, behaviour, social behaviour
Physical – affecting walking, moving, using one’s hands and arms etc
Sensory – affecting sight, hearing
Or a combination of any of these. Every person with a disability is different

What is REHABILITATION?

Rehabilitation helps to reduce disability and helps disabled people to do the things they want to do, and to be part of society even though they have a disability

Community based rehabilitation helps people in the following ways:

<table>
<thead>
<tr>
<th>Health</th>
<th>Education</th>
<th>Livelihood</th>
<th>Social</th>
<th>Empowerment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Access to nutrition and health care services</td>
<td>Access to education and training to improve their skills</td>
<td>Opportunity to earn enough for their needs</td>
<td>Be part of the community</td>
<td>Know their rights Equal opportunity</td>
</tr>
<tr>
<td>Access to the correct assistive devices</td>
<td>Covered by social protection services</td>
<td>Have access to facilities</td>
<td>Take part in activities</td>
<td></td>
</tr>
</tbody>
</table>

Other Causes of Disability

- Road, sports and other accidents
- Violence and abuse
- Genetic factors
- Infections
- Burns

At risk

- Children
- Elderly

What increases risk?

- Unhealthy eating
- Smoking and tobacco use
- Alcohol
- Abuse and neglect
- Unsafe environment

Related conditions

- High blood pressure
- HIV
- TB
- Heart disease
- Stroke
- Diabetes
- Depression
- Anxiety and stress
- Lung disease
- Bone and joint disease
# DISABILITY AND REHABILITATION

## KEY MESSAGE

People with disabilities belong in community

---

## TO DO

### IF YOU HAVE A DISABILITY

<table>
<thead>
<tr>
<th>Care for yourself</th>
<th>Know your rights</th>
<th>Live a healthy lifestyle</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Know your symptoms and challenges</td>
<td>• You have a right to appropriate services</td>
<td>• Be physically active and exercise</td>
</tr>
<tr>
<td>• Have a routine of how to care for yourself and how your helper must support you.</td>
<td>• Your have a right to lead a normal life</td>
<td>• Eat healthy</td>
</tr>
<tr>
<td>• Go for regular checkups and testing for health risks</td>
<td>• You have a right to make decisions about your life</td>
<td>• Take your medication correctly</td>
</tr>
<tr>
<td>• Ask for help when needed</td>
<td>• You have a right education and to be employed</td>
<td>• No smoking or tobacco use, alcohol or harmful drugs</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Practice safe sex</td>
</tr>
</tbody>
</table>
PARENTS AND CAREGIVERS

Understand and monitor the disability of the person you care for

- Educate yourself about the disability
- Use the *Road to Health* booklet to monitor development
- Speak to your local clinic or health carer about anything unusual
- Look after your skin and treat pressure sores quickly

Find out about support services for people with disabilities

- Speak to your local clinic about suitable health and rehabilitation services
- Access disability grants
- Joint self-help, support and sports groups
- Identify educational and work opportunities
- Connect with local disability organisations

Respect the rights of persons with disabilities

- Educate yourself on how to address people with disabilities
- Know the correct manner or way in which to speak to persons with different disabilities
- Treat people with dignity and respect their independence
- Ask people with disabilities what they need before helping

Involve people with disabilities in all aspects of community life

- Health, economic, educational and social planning
- Religious and cultural events
- Political and decision-making
- Workplace decision-making
- Sporting activities
As people age:

- they are more likely to develop losses in hearing, seeing and moving
- they are more likely to develop conditions such as depression, dementia, heart disease, stroke, lung disease, back pain and bone and joint disease
### Challenges that older persons face:

- **Loss**: of a loved one, of home and security, of meaningful employment, (physical and/or financial)

- **Elder abuse**: Older persons are at risk for abuse and neglect.  
  - Elder abuse may happen because:  
    - the person is weak and helpless  
    - there is no one who cares for the older person  
    - there is lack of funds  
    - there is nowhere for the older person to live  
    - staff in homes for the elderly don’t care about them

- **Dementia**: is a group of symptoms affecting memory, thinking and social abilities severely enough to interfere with daily functioning  
  - You know if someone has dementia if they experience or show:  
    - hallucinations, and delusions  
    - changes in personality  
    - memory loss  
    - loss of emotional control  
    - changes in social behaviour  
    - depression  
    - agitation  
    - inability to function on their own

### Health

- It’s never too late to start leading a healthy lifestyle  
  
  This is possible through:  
  - Healthy eating  
  - Physical activity – keep moving  
  - Going for regular health check ups

### Participation

- Still being part of the family  
- Socialising with other people in the community  
- Making a contribution to society

### Security

- Older people cannot always respond as quickly as they used to  
  
  This puts them at risk for:  
  - **Accidents**, resulting, for e.g. from falls or traffic  
  - **Crime**, because they are vulnerable

### Lifelong learning

- You are never too old to learn new things  
- You can still make decisions

### What increases risk?

- Unhealthy eating  
- Smoking/tobacco use  
- Alcohol  
- Abuse and neglect  
- Poor adherence

### Chronic conditions

- TB  
- Diabetes  
- Heart disease  
- Stroke  
- Depression  
- Anxiety and stress  
- HIV  
- Psychosis  
- Lung disease  
- Bone and joint disease  
- Oral health  
- Cancer
Active aging means healthy aging

**TO DO**

**CARER**

**Understand dementia**
- Dementia is a disorder of the brain
- There is no cure
- Behaviour can still be managed in many ways

**Get support**
- As a carer for an elderly person, plan the care
- Get the right support for yourself and your client

**Ensure adherence to medication**
- Ensure the person you care for takes the right medication all the time
**ELDERLY PERSON**

**Stay physically active**
- Get moderate exercise
- Walk as much as you can

**Take your meds**
- Take your meds every day
- Get help to remember
- Try not to miss an appointment

**Be as independent as possible**
- Be careful of falling
- Be careful when driving and walking in the street
- Be aware of your surroundings and crime

**Talk to someone you trust**
- If you are being abused
- If you have lost a loved one
Palliative care is providing support for people with a life limiting or life threatening condition.
TO KNOW

What is PALLIATIVE CARE?
Palliative care is the care of a person and their family affected by a life limiting or life threatening illness.

WHO NEEDS PALLIATIVE CARE?

Palliative care is intended for:
• patients who have been diagnosed with a life threatening illness for which cure is not possible and who have significant symptoms – physical, psychosocial or spiritual.

WHAT IS LIFE LIMITING

✓ Condition that limits activities of daily living, for which there is no cure and most likely will result in a shortened lifespan

WHAT IS LIFE THREATENING

✓ A condition where there is a more immediate likelihood of death, for which curative treatment is feasible but which may fail

PALLIATIVE CARE IS NECESSARY TO:

✓ provide relief from pain and any other symptoms
✓ help a person be comfortable
✓ improve the quality of life of an affected person and their family
✓ help person live as actively as possible
✓ support an affected person’s family and friends during the illness and bereavement period

At risk
• Elderly
• Infants and children
• Adults
• Persons with disability

Conditions include
• Cancer
• HIV
• Lung disease
• Depression
• Anxiety and stress
PALLIATIVE CARE

KEY MESSAGE
Living with dignity

TO DO

**Take your medication**
- Understand when to take your medication
- Use your medication as it has been prescribed - everyday, on time
- Collect your medication on time

**Talk with your health care provider about your illness**
- You have a right to ask questions, make sure you understand
- Discuss treatment, fears, anxieties
- Understand the treatment
- Agree about how your illness will be managed
Get support for yourself and your family

- Talk to your health care provider
- Find and call a support group or NGO, e.g. the Hospice or SA Cancer Association

Take good care of personal hygiene and open wounds

- Rinse out your mouth often
- Keep wounds clean

Design and Illustrations: www.itldesign.co.za