



HEALTHFORALL

Health promotion tool for community health workers



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



ACKNOWLEDGEMENTS

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.

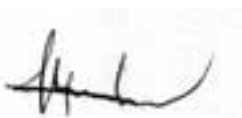
This tool and its content are evidence based. The material was developed after much interaction with intended users and beneficiaries through focus group discussions and household interviews. The tool has been constructed for effective communication of health messages by the CHW by being a visual aid 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



GENERAL

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 to 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



A General	B Environment	C Risks	D Infants and young children	E Adolescents	F Sexual health	G Conditions	H Care
<ul style="list-style-type: none"> - Definitions - Good health, risks and conditions - The Health System and the CHW - Approach - Good health - Take control <p style="text-align: center; font-size: 2em; color: #00AEEF;">2</p>	<ul style="list-style-type: none"> - Environment: community - Environment: household and individual <p style="text-align: center; font-size: 2em; color: #4CAF50;">14</p>	<ul style="list-style-type: none"> - Unhealthy eating - Overweight and obesity - Lack of physical activity - Smoking/tobacco use - Alcohol use - Harmful drug use - Unsafe sex - Neglect and abuse <p style="text-align: center; font-size: 2em; color: #FF9800;">24</p>	<ul style="list-style-type: none"> - Growth of infants and young children - Children's health - Responsible caregiving - Safety and security of children <p style="text-align: center; font-size: 2em; color: #FFB300;">62</p>	<ul style="list-style-type: none"> - Adolescents: physical health - Adolescents: emotional health - Adolescents: social activities - Adolescents: education <p style="text-align: center; font-size: 2em; color: #9C27B0;">84</p>	<ul style="list-style-type: none"> - Women's sexual health - Maternal health: antenatal - Maternal health: postnatal - Men's sexual health - Sexually transmitted infections <p style="text-align: center; font-size: 2em; color: #696969;">102</p>	<ul style="list-style-type: none"> - 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 <p style="text-align: center; font-size: 2em; color: #39397B;">124</p>	<ul style="list-style-type: none"> - Adherence - Care of the elderly - Disability - Palliative care <p style="text-align: center; font-size: 2em; color: #008080;">180</p>

WHAT DO THESE ICONS MEAN?



Adolescents



Emergency numbers



Risks



Care



Environment



Sexual health



Caution



Key message



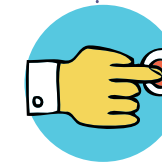
To know



Conditions



Infants and children



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

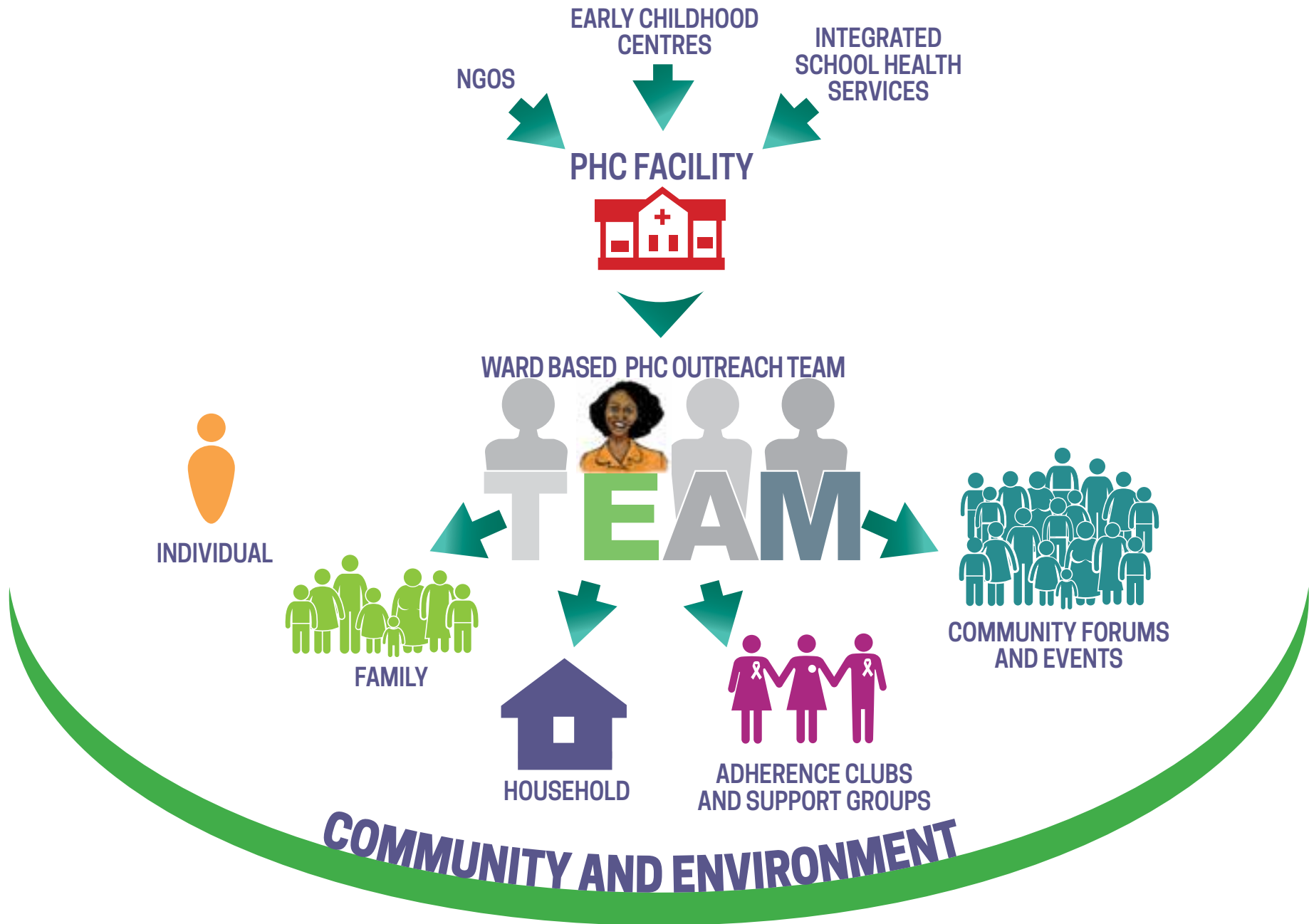
The situation or surroundings where a person lives and works that are free from the danger of disease or injury.

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.



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?



INDIVIDUAL

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



COMMUNITY



HOUSEHOLD



INDIVIDUAL



COMMUNITY

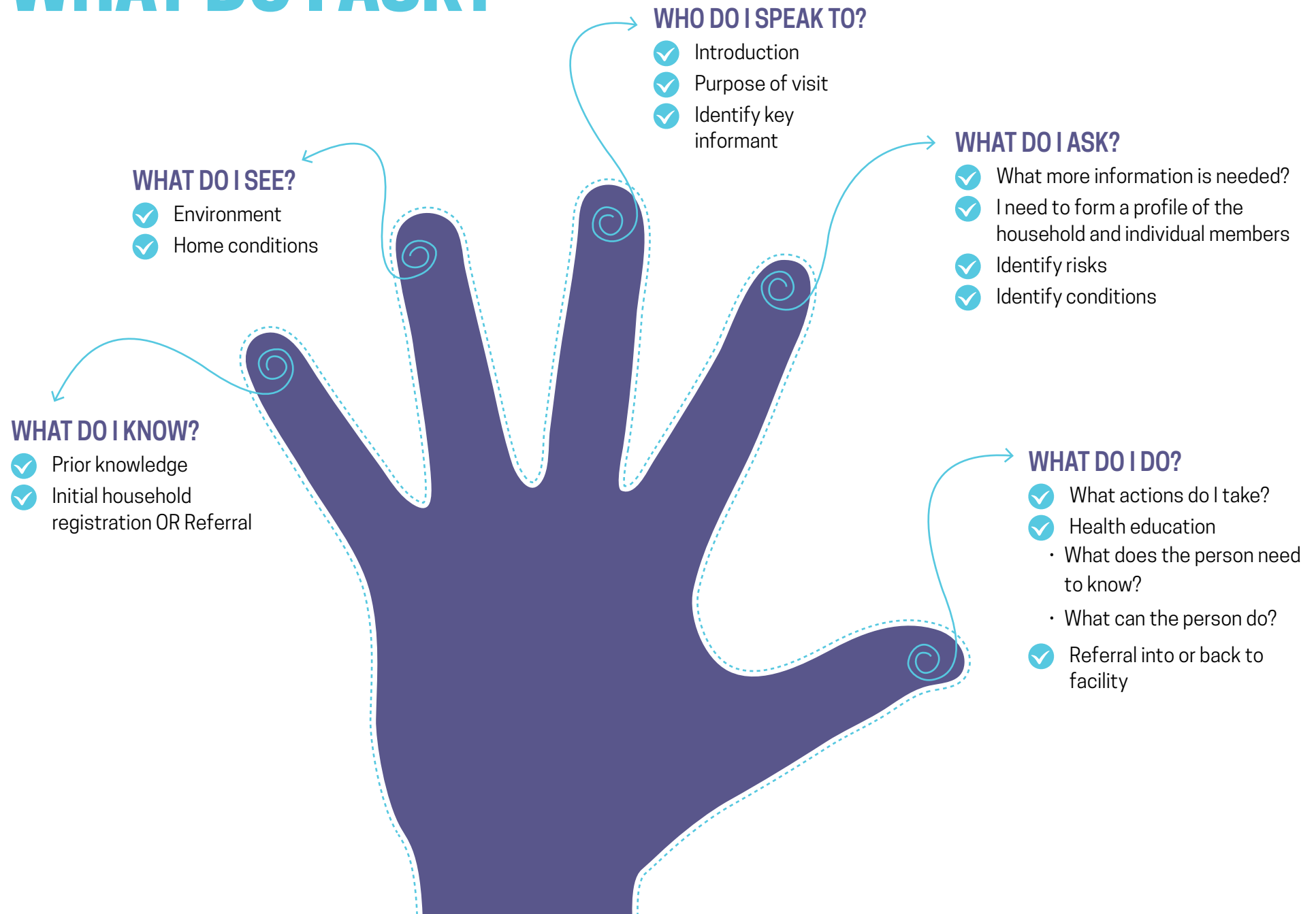
- What do you know?
 - What are the main threats to health?
 - What is the environment?



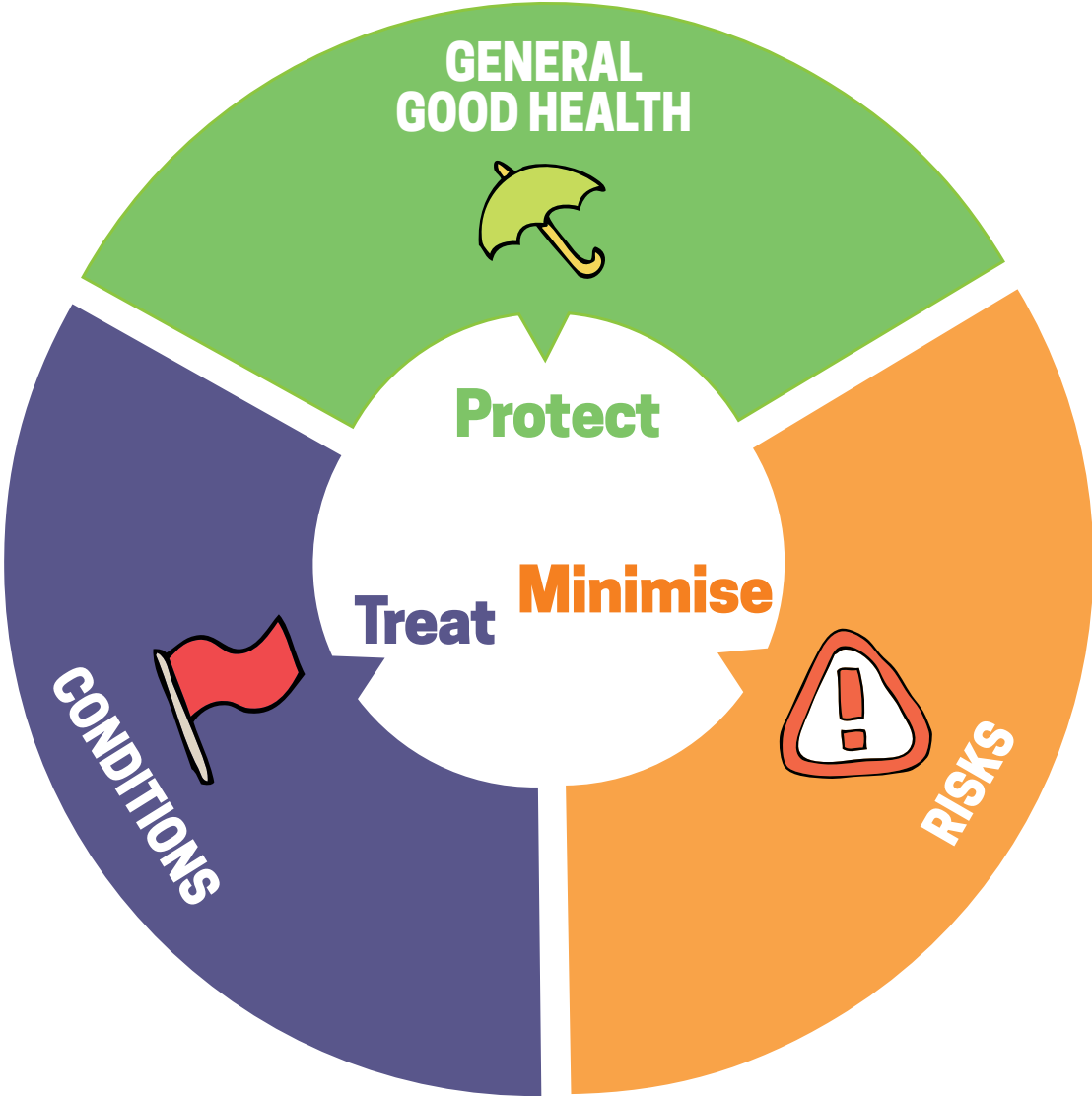
HOUSEHOLD

- 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?

WHAT DO I ASK?



WHAT DOES THE HEALTH SYSTEM DO?



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?



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?

How is **YOUR** health?



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

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

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

CLEAN AND SAFE

TAKE ACTION

STOP Stop harmful behaviours:

- ✗ unhealthy eating
- ✗ smoking
- ✗ alcohol
- ✗ drugs
- ✗ unsafe sex

✓ Start taking action

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 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

PROTECT OTHERS

- ✓ Protect them from infection
- ✓ Protect them from your risky behaviour
- ✓ Don't smoke near others
- ✓ Don't drink and drive



COMMUNITY



HOUSEHOLD



B



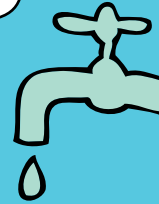
ENVIRONMENT



ENVIRONMENT: COMMUNITY



**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

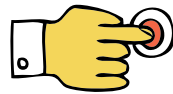


ENVIRONMENT: COMMUNITY



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



To sterilise water

Add 1 tsp bleach to
20 litre water



Do not litter

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



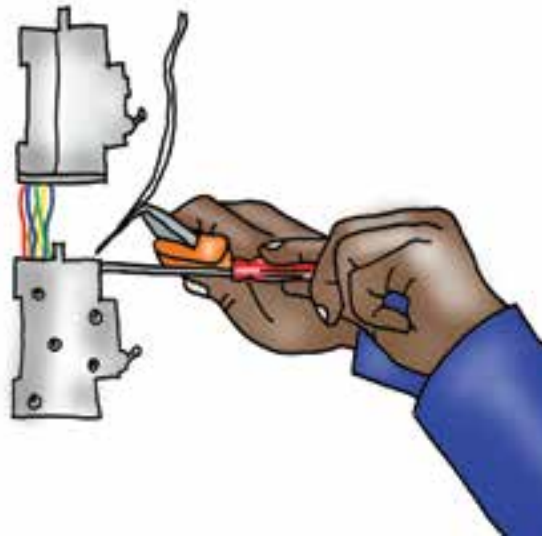
Keep toilets clean

- 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



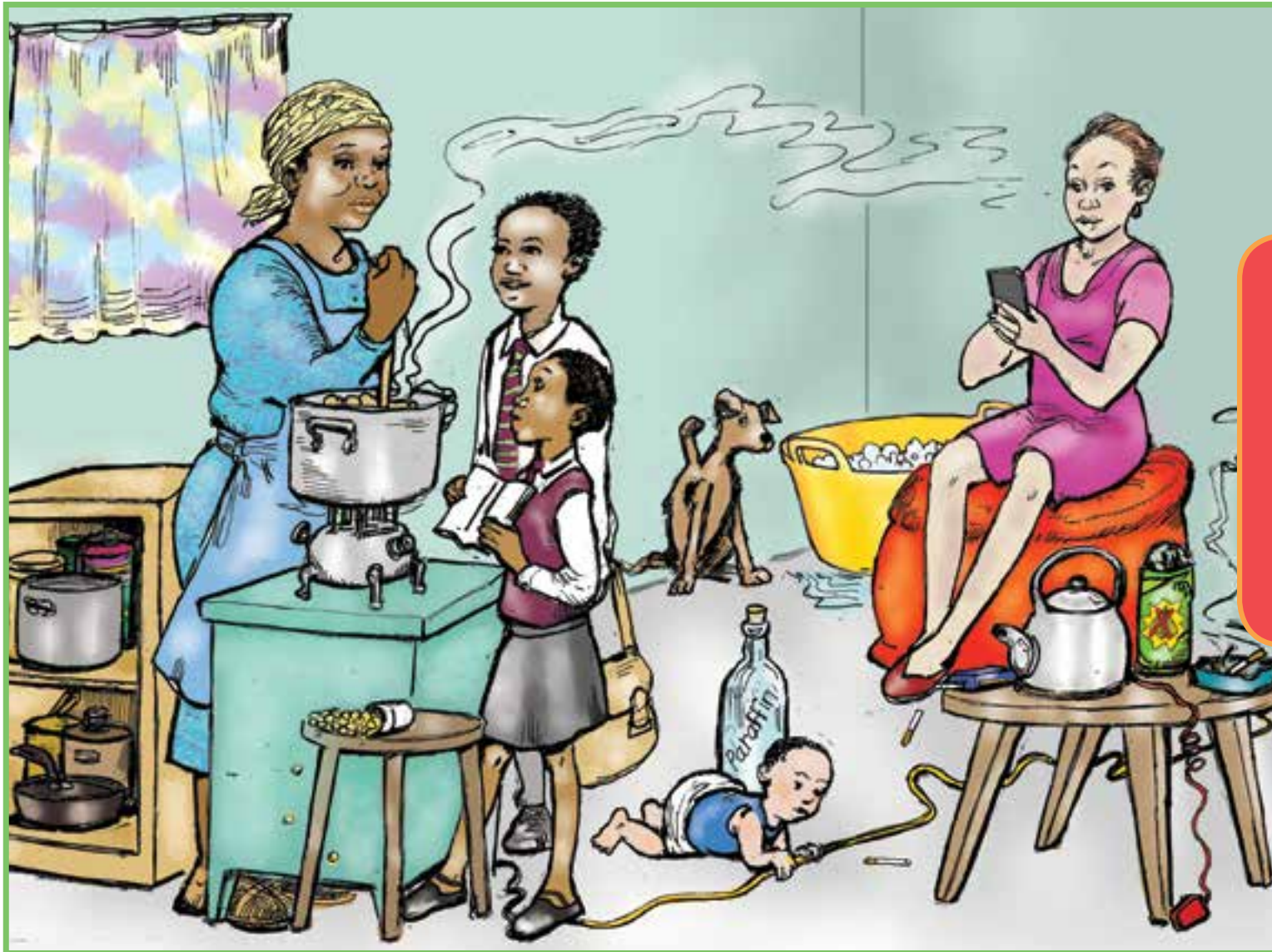
Arrive alive

- 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





ENVIRONMENT: HOUSEHOLD AND INDIVIDUAL



**EMERGENCY
NUMBERS**



Poison Centre
0861555777

**Ambulance
response**
10177

Fire
10177



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, electricution, burns
- ✓ well ventilated
- ✓ where elderly and people with disabilities are protected from harm
- ✓ where food is kept covered and stored properly at all times



Dirty hands carry disease



Accidents and disease in the home can be prevented

THESE ARE THE RISKS!

AN 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 mosquitos in malaria areas)
- Poisons, chemicals, and medicines left open and unattended
- Illegal and unsafe electricity connections
- Untended fires and candles
- Unsafe water



At risk

- Children
- Elderly
- People with disabilities



Related conditions

- TB
- Lung disease
- Diarrhoeal disease



ENVIRONMENT: HOUSEHOLD AND INDIVIDUAL



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



Wash hands

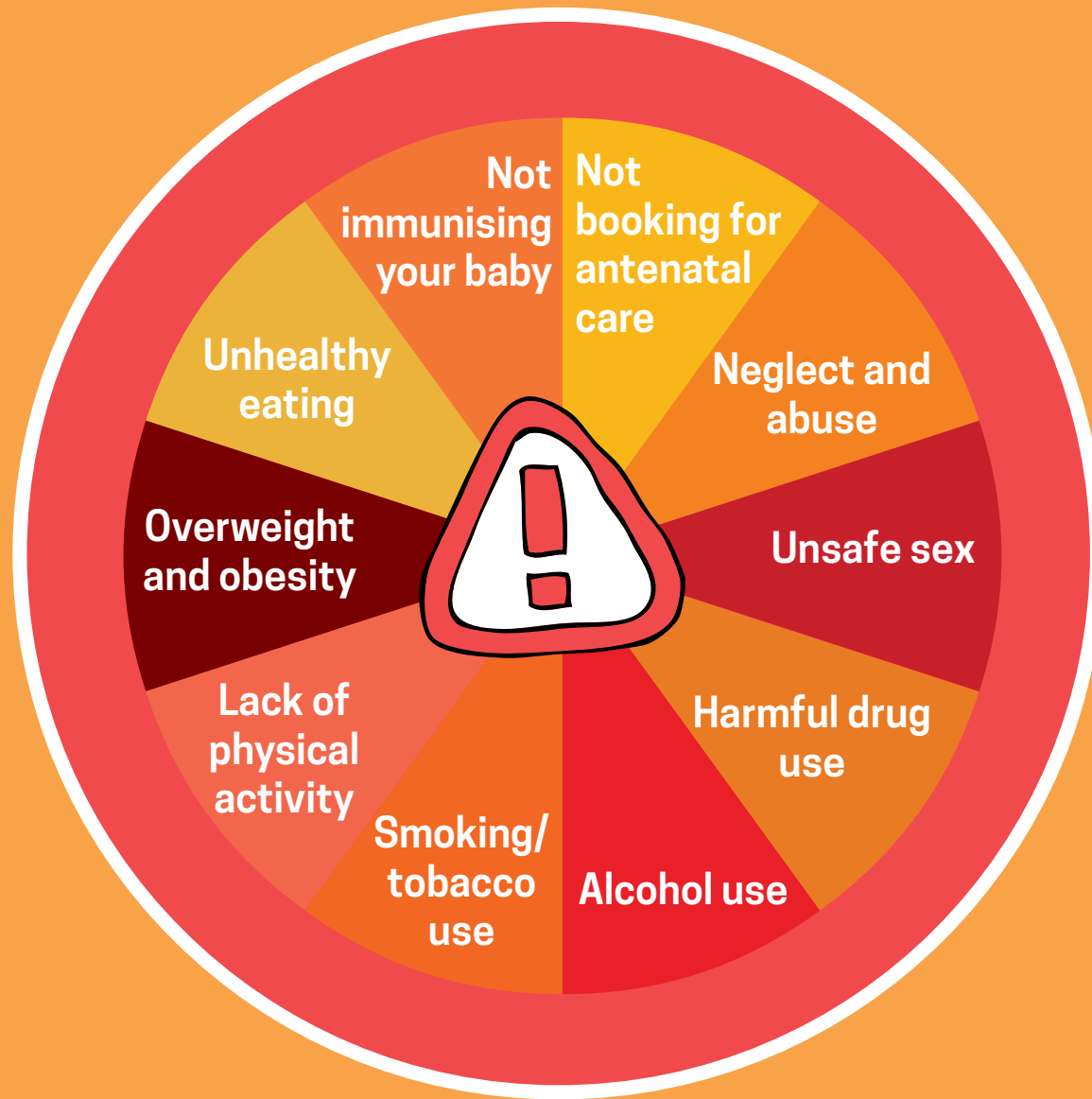
- Wash your hands with soap and water
- Wash your hands before preparing food
- Wash your hands after using the toilet
- Wash your hands before touching babies and children



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





C



RISKS



NOT BOOKING FOR ANTENATAL CARE



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



**NOT ATTENDING
ANTENATAL
CARE
can put your life
and the baby's
life in danger**



**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



See page 74 for Immunisation information



Immunise your baby from 6 weeks





UNHEALTHY EATING



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) | ✓ Cancer |
| ✓ Heart disease | ✓ Obesity |
| ✓ Stroke | ✓ High blood pressure |
| ✓ Diabetes | |
| ✓ Joint pains | |



THESE ARE THE RISKS!



**EAT HEALTHY FOOD
BECAUSE...**

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



At risk

- Everyone but particularly children and adolescents



Related conditions

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



UNHEALTHY EATING



KEY MESSAGE

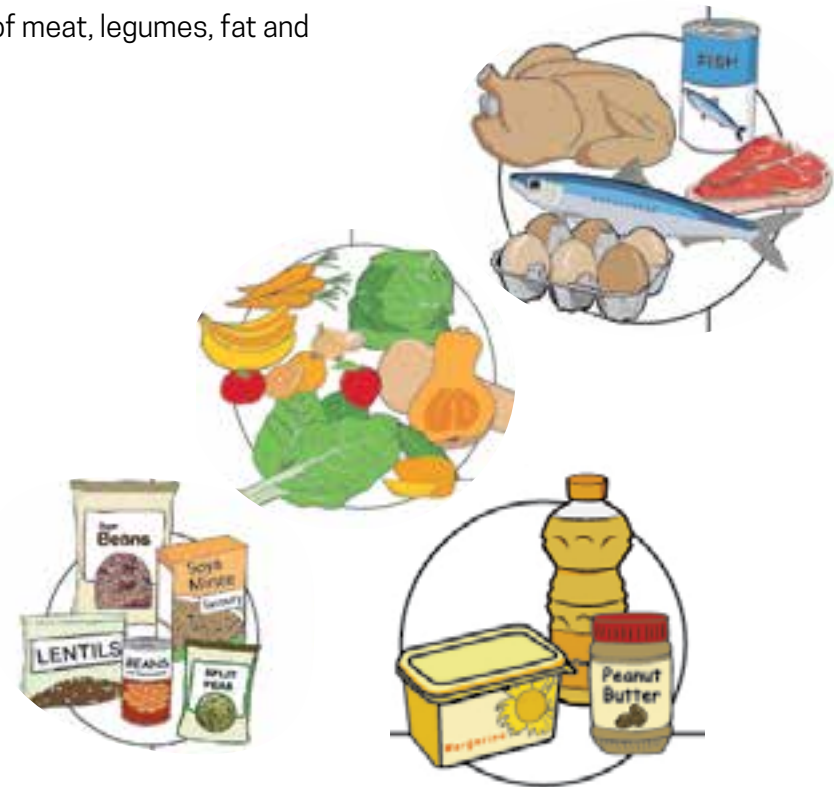
More good food,
less junk food



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



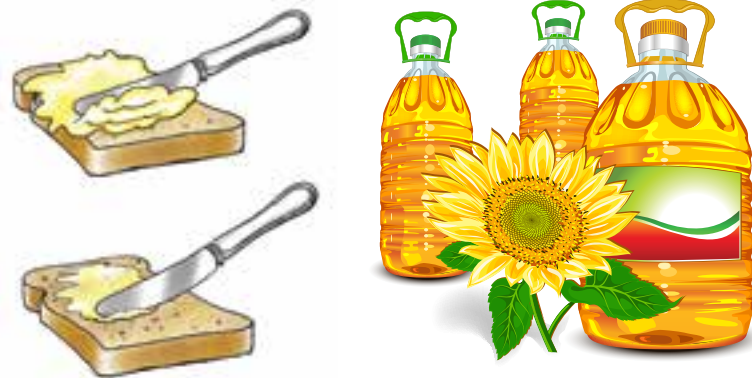
Use less sugar and salt

- 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 | ✓ Diabetes |
| ✓ Heart disease | ✓ Joint pains |
| ✓ Stroke | ✓ Mental illness |



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



What increases risk?

- Unhealthy eating



Related conditions

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



OVERWEIGHT AND OBESITY



KEY MESSAGE

Avoid fried food, sugar and sugary drinks



TO DO

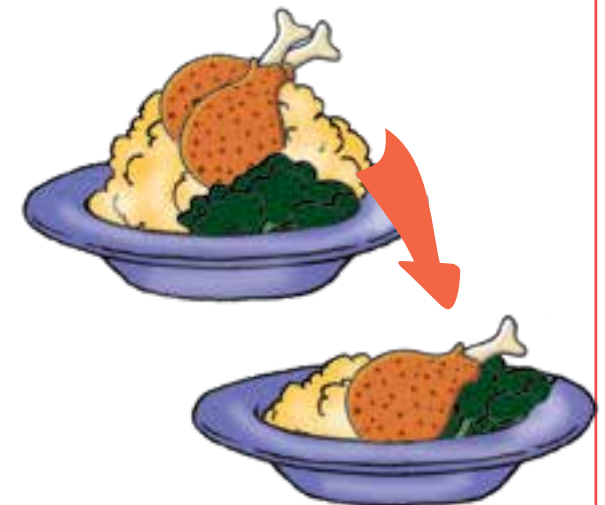
Get started

- 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



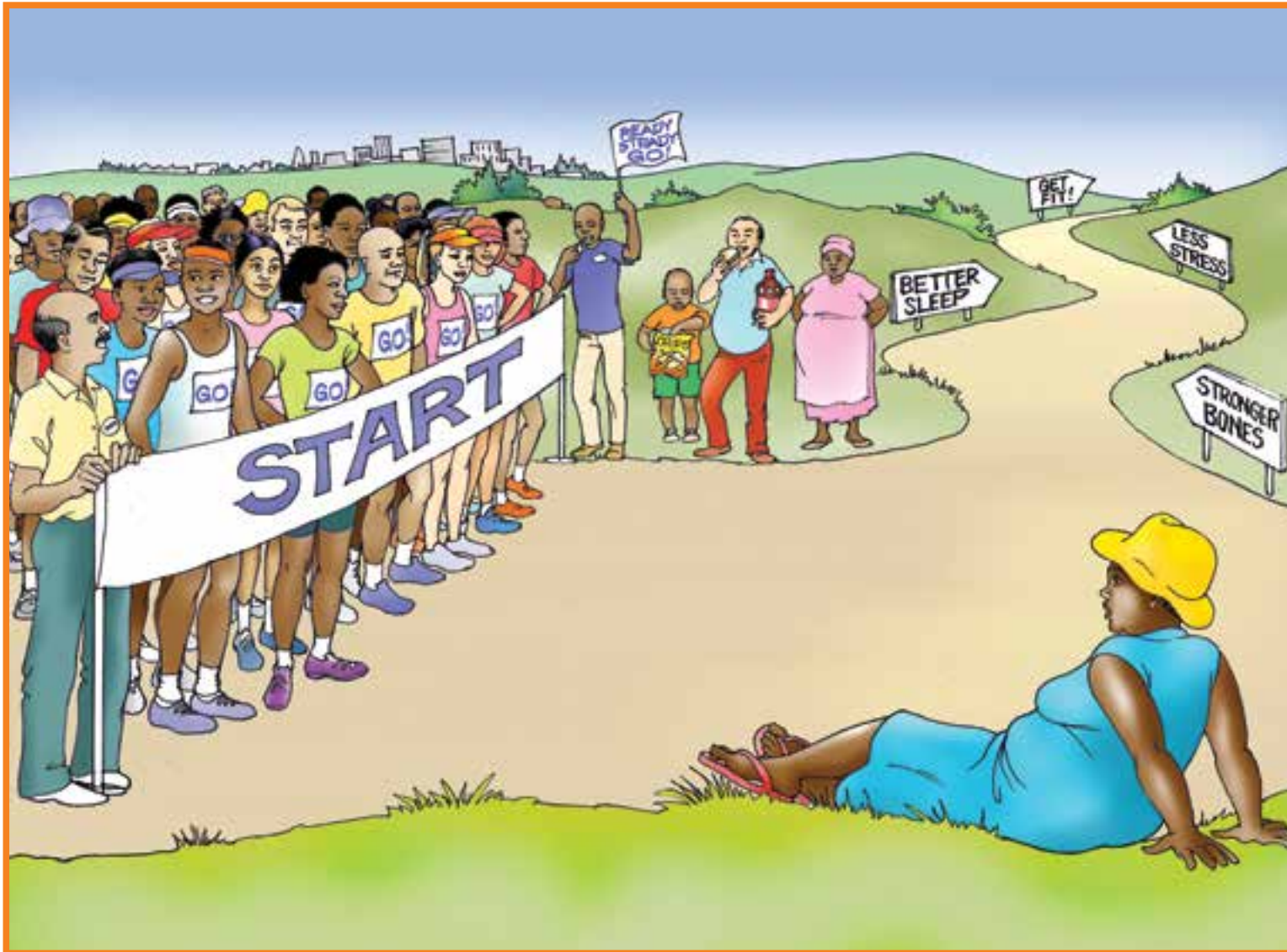
Stop sugar sweetened drinks

- This means fizzy drinks and cooldrink
- 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





HOW CAN LACK OF PHYSICAL ACTIVITY HARM YOU?

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





- 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?

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



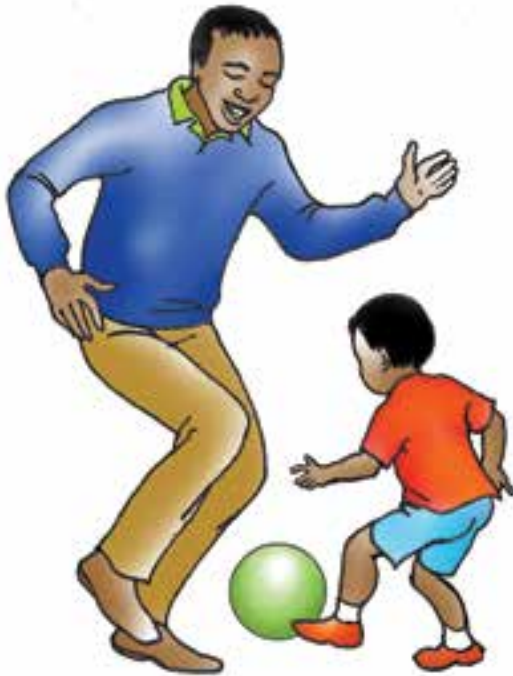
TO DO

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





SMOKING/TOBACCO USE



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!



THESE ARE THE RISKS!

HOW CAN SMOKING HARM YOU?

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

- 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...**



At risk

- Pregnant women
- Adolescents
- Children



Related conditions

- All conditions

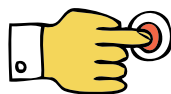


SMOKING/TOBACCO USE



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



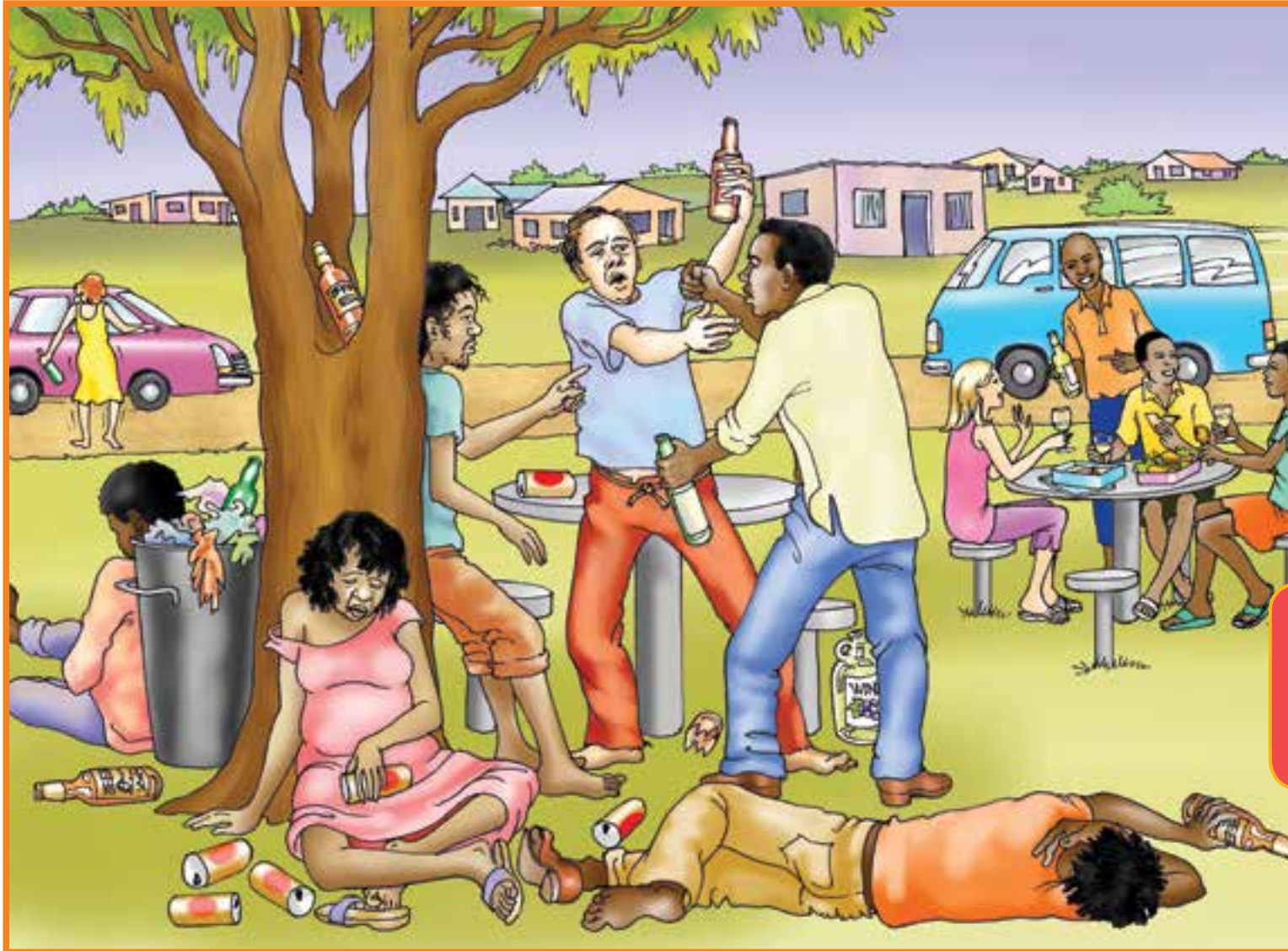
Get support

- 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!



THESE ARE THE RISKS!

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 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

YOU HAVE A
PROBLEM
WITH ALCOHOL
IF...



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

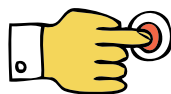


ALCOHOL USE



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



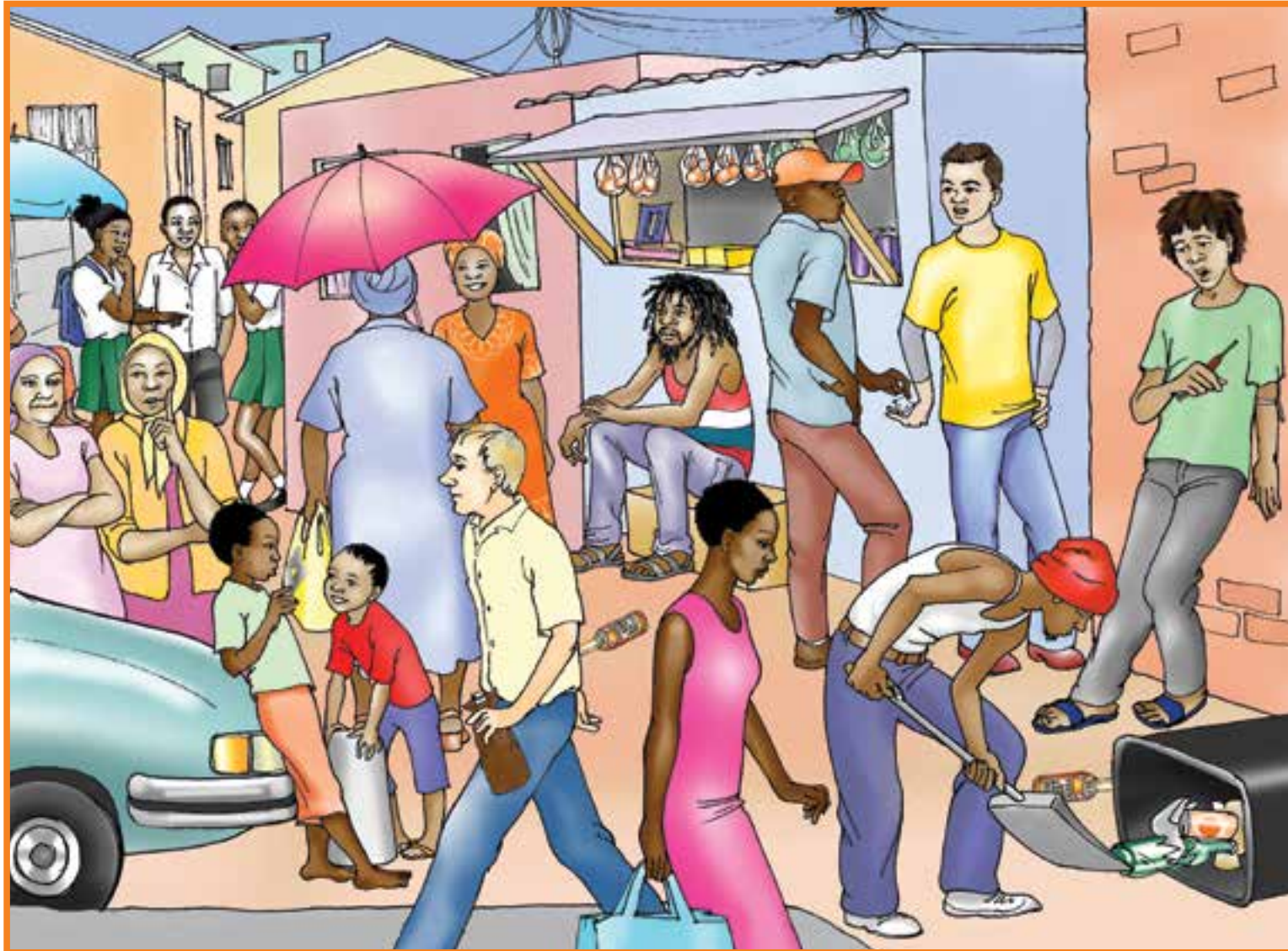
Get support

- 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 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

YOU HAVE A
PROBLEM
WITH DRUGS
IF...



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



HARMFUL DRUG USE



KEY MESSAGE

No drugs are safe



TO DO

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



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 pregnancy
- ✓ This all causes stress

THESE ARE THE RISKS!

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)

EMERGENCY CONTRACEPTION (PEP) ...



At risk

- Everyone

What increases risk?

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



Related conditions

- STIs
- HIV

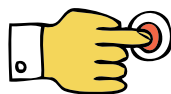


UNSAFE SEX



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



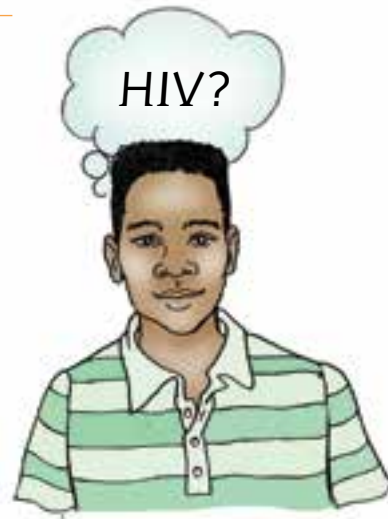
Get yourself and your partner tested and treated for STI's

- 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

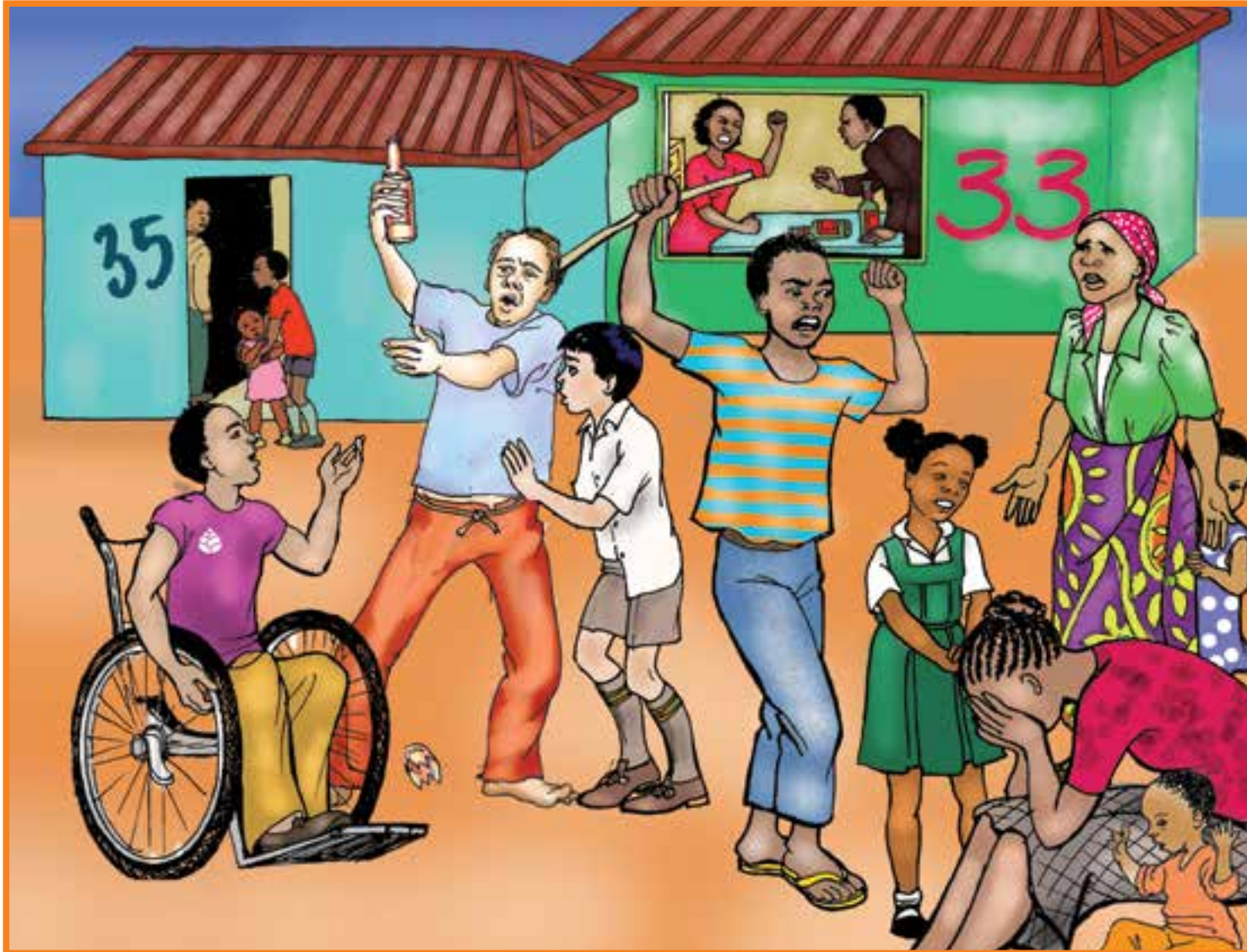
- Alcohol and drugs put you at high risk for unsafe sex



**Wait until you are older
before you become
sexually active**



NEGLECT AND ABUSE



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:

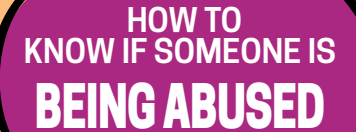
- ✓ controls another person and holds the wrong kind of power over them
- ✓ causes physical harm, hurt or fear
- ✓ makes someone do things they do not want to do
- ✓ stops someone from doing things they do want to do



THESE ARE THE RESULTS OF ABUSE

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

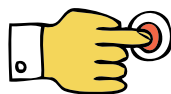


NEGLECT AND ABUSE



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



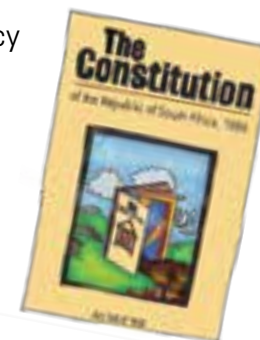
Take control

- 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 adviser



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



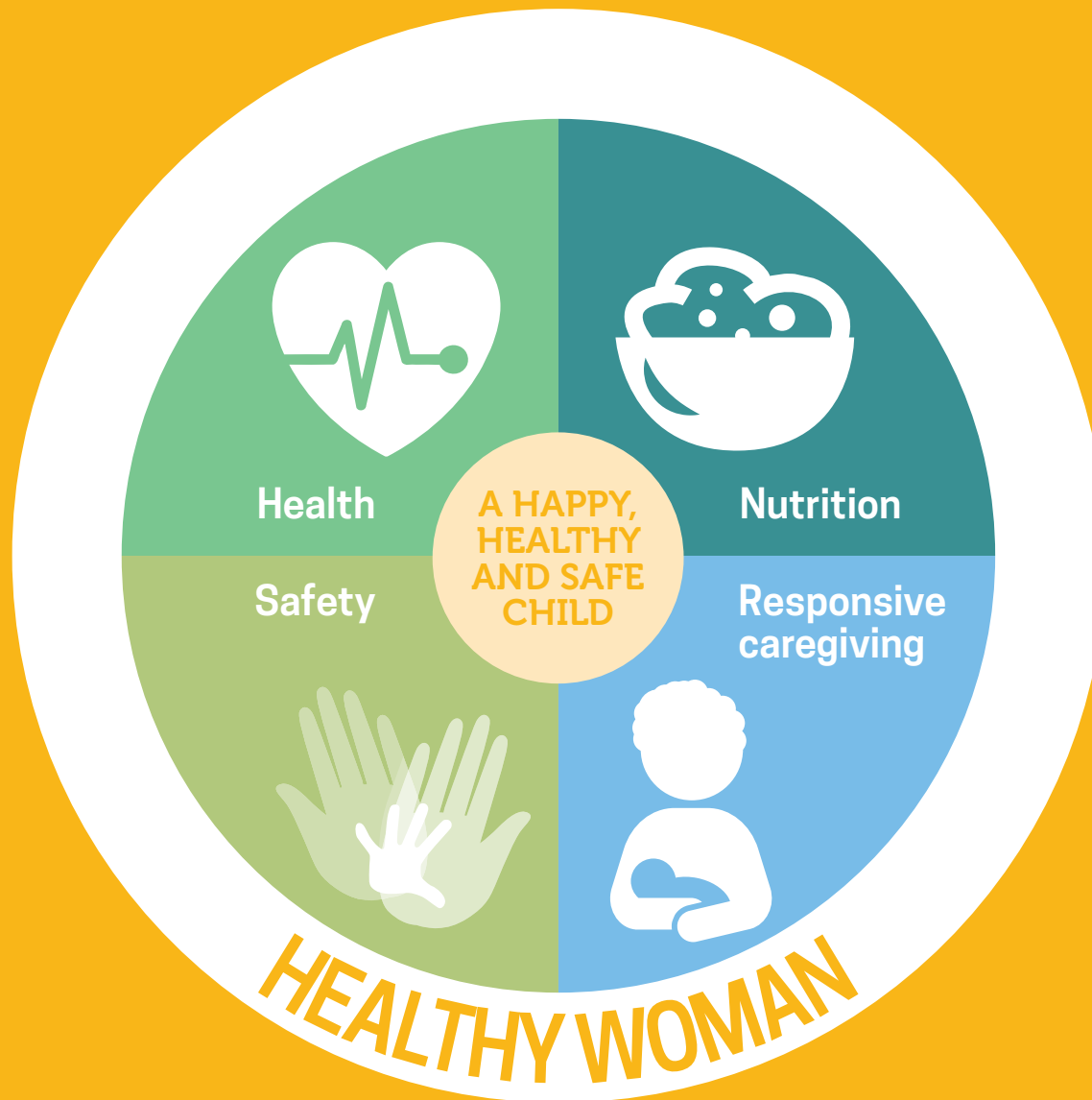
D

D

INFANTS AND YOUNG CHILDREN



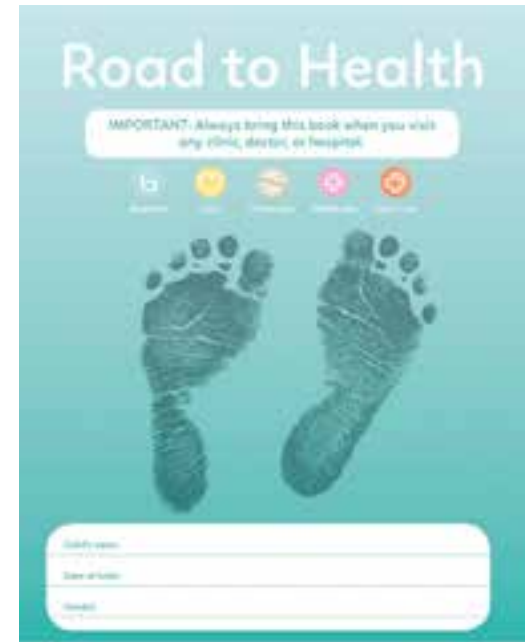
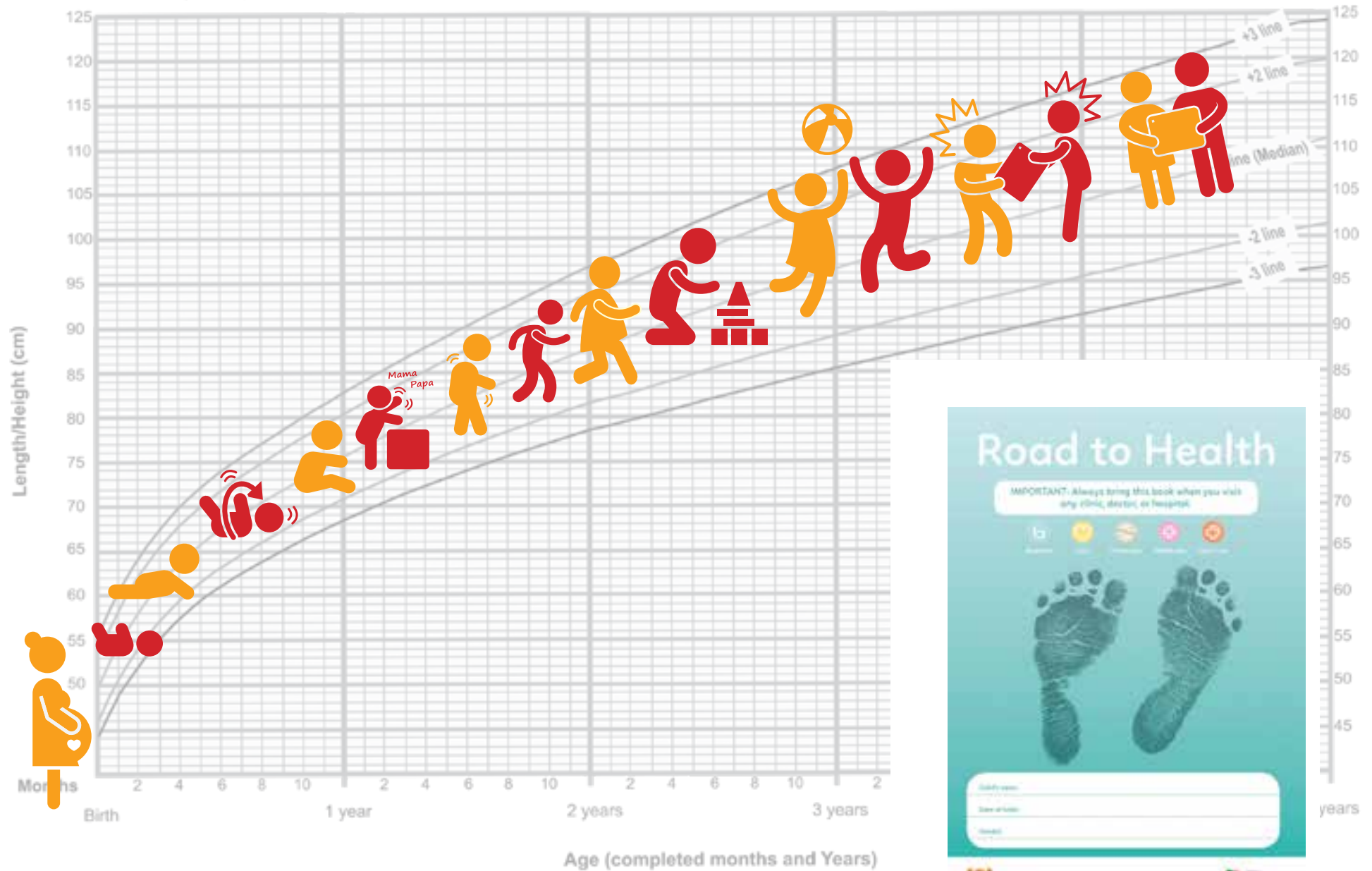
INFANTS AND YOUNG CHILDREN



WHAT DOES YOUR CHILD NEED TO DEVELOP WELL?

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

ROAD TO HEALTH BOOKLET





GROWTH OF INFANTS AND YOUNG CHILDREN

MEASURING GROWTH

- Height
- Arm circumference
- Weight



NORMAL GROWTH

Within the lines of the RTH Chart

THIS CHILD MAY

- Grow well
- Develop normally
- Do well at school
- Have a good career



UNDER WEIGHT

- Short age gap between him and his siblings
- Not enough care in pregnancy
- Little or no breastfeeding
- Too little food
- Wrong kinds of food
- Illness or neglect
- Stress and trauma

THIS CHILD MAY

- Get sick often
- Die young
- Think slowly, be slow at school
- Never reach her full potential
- Have difficulty finding a job



OVER WEIGHT

- Low birthweight or premature
- High birth weight
- Too much food
- Wrong kind of food (sugar or sugary food)
- Food used to reward her
- Too much TV watching
- Not enough active play

THIS CHILD MAY

- Be overweight all his life
- Have health problems such as: Diabetes, High blood pressure, Heart disease, stroke, joint disease
- Do poorly at school



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



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

Mixed feeding young babies is dangerous


WHAT IS MALNUTRITION?

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



If you are HIV positive, make sure you take your ARVs everyday

- ✓ 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

- 
- 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



What increases risk?

- Unhealthy eating
- Overweight and obesity
- Abuse and neglect
- Unsafe environment
- Poor adherence



CHILD HEALTH





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 and safe food and water |
| ✓ Healthy pregnancy and safe childbirth | ✓ Clean and safe environment |
| ✓ Regular weighing and milestone monitoring | ✓ Regular deworming |
| ✓ Immunisation as per schedule | ✓ Vitamin A |
| ✓ Breastfeeding | ✓ Taking care of mouth and teeth |

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

SEE PAGE 73 FOR MORE
INFORMATION ON
**CHILDHOOD
ILLNESSES**



What increases risk?

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



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



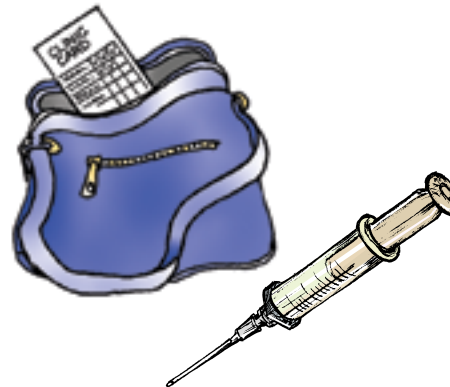
Act fast when your child ill

- 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



CHILD HEALTH

IMMUNISATION SCHEDULE

AGE	BIRTH	6 WEEKS	10 WEEKS	14 WEEKS	6 MONTHS	9 MONTHS	12 MONTHS	18 MONTHS	6 YEARS	12 YEARS
VACCINE										
BCG (TB)	BCG									
OPV (Polio)	OPV0	OPV1								
Rotavirus (diarrhoea)		Rotavirus1		Rotavirus2						
PCV (Pneumococcus pneumonia)		PCV1		PCV2		PCV3				
Hexavalent (Diphtheria, Tetanus, Polio, Haemophilus, Hepatitis B)		Hexavalent	Hexavalent	Hexavalent				Hexavalent		
Measles					Measles1		Measles2			
Td (Tetanus, Diphtheria)									Td	Td
Vitamin A		Every 6 months								
Deworming		Every 6 months								

EARLY CHILDHOOD DISEASES

PNEUMONIA	DIARRHOEAL DISEASE	DANGER SIGNS
<ul style="list-style-type: none"> • Pneumonia is a lung infection and is the main causes 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 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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

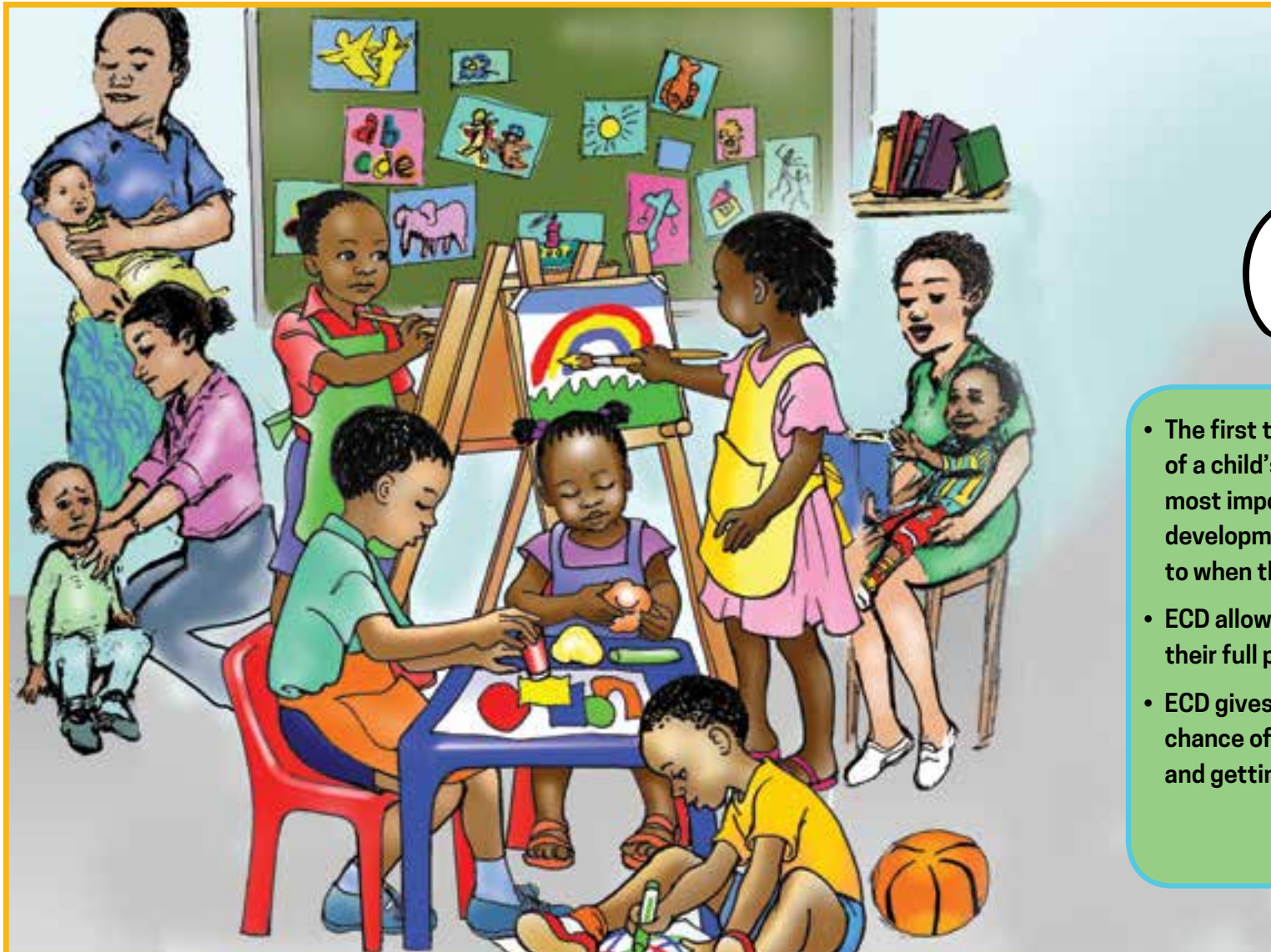


YOU WILL NEED

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



RESPONSIBLE CAREGIVING



EARLY
CHILDHOOD
DEVELOPMENT
MEANS

- 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 IMPORANT THAT
CHILDREN PLAY

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



THESE ARE THE
RISKS!

?

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



RESPONSIBLE CAREGIVING



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

PREGNANCY	0-2 YEARS	2-5 YEARS	5 YEARS AND OLDER
<ul style="list-style-type: none"> • Book early for antenatal clinic • Eat healthy food • No alcohol • No smoking 	<ul style="list-style-type: none"> • Breastfeed your baby • Take your child for regular clinic checks • Look at your child and talk to them • Make sure your child has a good caregiver 	<ul style="list-style-type: none"> • Feed your child healthy food, no junk • Talk to your child, sing songs, tell stories • Play with your child • Read to your child • Make simple toys for your child 	<ul style="list-style-type: none"> • Feed your child healthy food, no junk • Enrol your child in a registered ECD centre • Make sure your child is registered for school 



SAFETY AND SECURITY





TO KNOW

Weather
Drowning

ENVIRONMENT

Electricity

In the car

ROAD SAFETY

On the road

Trafficking

Exploitation

CRIME

Kidnapping

Gangs

Neglect

Hunger

Sexual

Physical abuse

ABUSE

Emotional

Bullying

Verbal



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

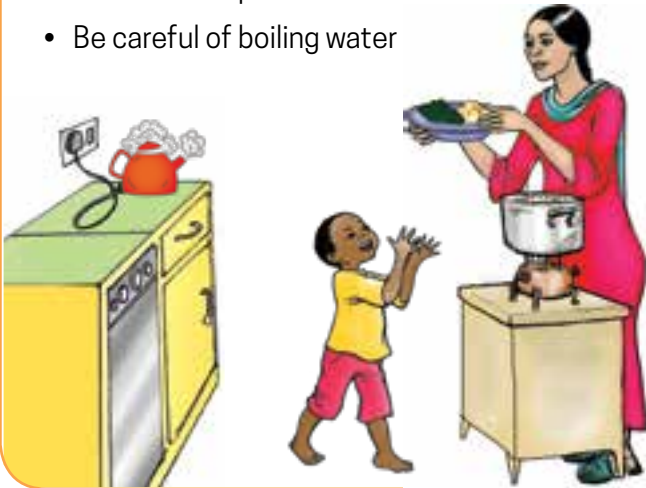
Be aware of child neglect

- 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





PHYSICAL
fitness, nutrition,
health care

EMOTIONAL
care for emotional
issues, stress

SOCIAL
friends, family,
community

INTELLECTUAL
education, career
development



ADOLESCENTS



ADOLESCENT PHYSICAL HEALTH

HEALTHY ADOLESCENTS
BECOME HEALTHY
ADULTS!

TO KNOW

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



OTHER CHRONIC CONDITIONS

- ✓ Diabetes
- ✓ Asthma
- ✓ Epilepsy

WHAT IS A HEALTHY LIFESTYLE FOR AN ADOLESCENT?



HEALTHY LIFESTYLE

- ✓ 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

?
WHY BE
CAREFUL

- **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? Related conditions

- | | |
|-----------------------------|------------|
| • Unsafe sex | • HIV |
| • Unhealthy eating | • TB |
| • Overweight and obesity | • STIs |
| • Lack of physical activity | • Diabetes |
| • Smoking | • Asthma |
| • Alcohol | • Epilepsy |
| • Harmful drug use | |
| • Poor adherence | |



ADOLESCENT PHYSICAL HEALTH



KEY MESSAGE

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





ADOLESCENT EMOTIONAL HEALTH



ALWAYS
TAKE SUICIDE
THREATS SERIOUSLY



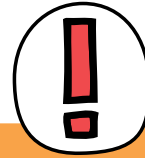
TO KNOW

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**



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



What increases risk? Related conditions

- | | |
|-----------------------------|----------------------|
| • Unhealthy eating | • HIV |
| • Lack of physical activity | • Anxiety and stress |
| • Smoking | • Depression |
| • Alcohol | |
| • Harmful drug use | |
| • Unsafe sex | |
| • Abuse and neglect | |



ADOLESCENT EMOTIONAL HEALTH



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

ADOLESCENTS

EMERGENCY NUMBERS

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



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? Related conditions

- | | |
|----------------------|----------------------|
| • Smoking | • HIV |
| • Alcohol | • Anxiety and stress |
| • Harmful drug use | • Depression |
| • Unsafe sex | |
| • Abuse and neglect | |
| • Unsafe environment | |



ADOLESCENT SOCIAL HEALTH



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

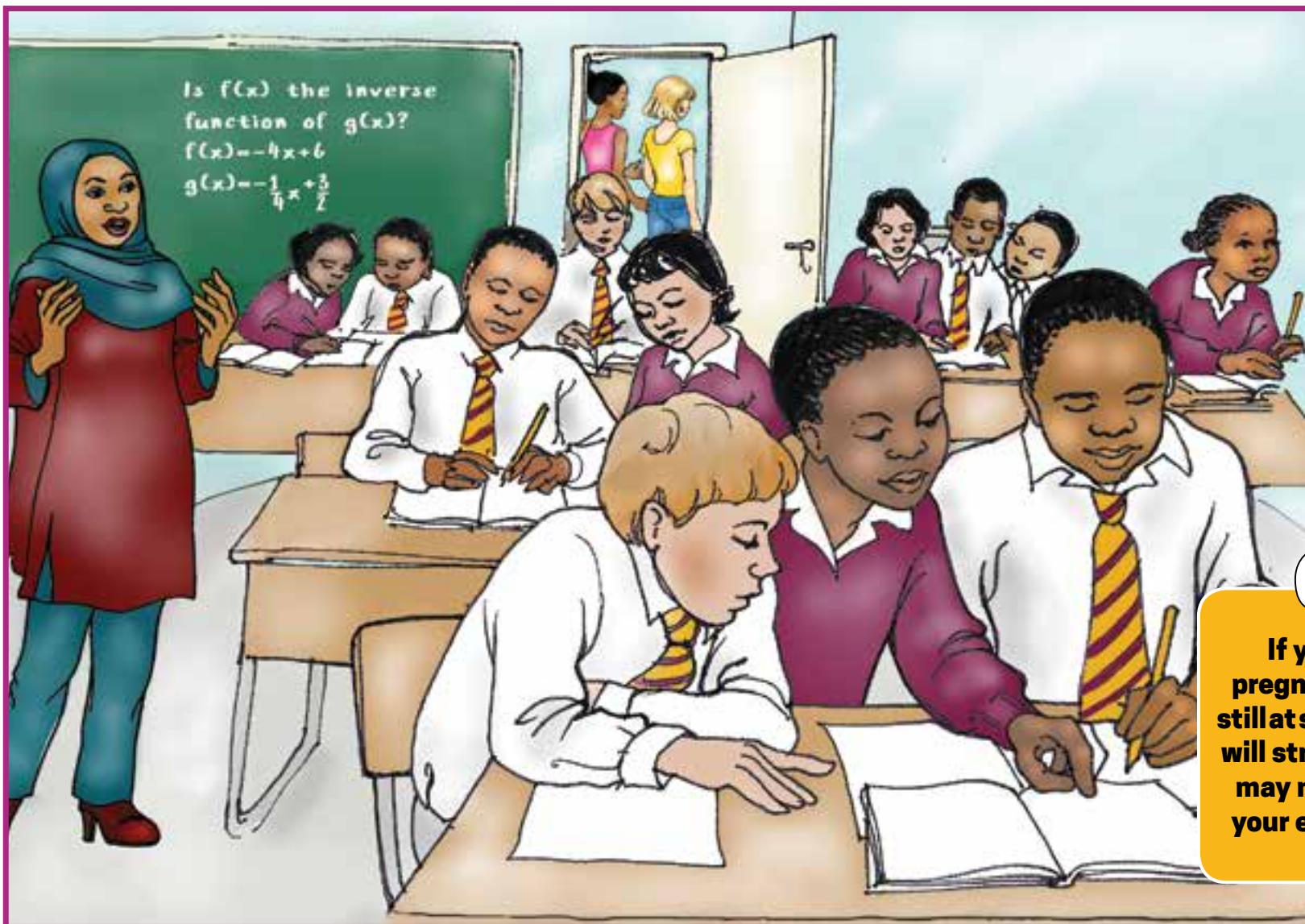
- Be careful what you post
- Be careful of what messages you send
- People who contact you may be a threat to your safety and have criminal intentions

REMEMBER: WHAT GOES ON LINE STAYS ON LINE!





ADOLESCENT EDUCATION



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

LIFE SKILLS
HELP YOU TO DEAL
 WITH EVERYDAY
 CHALLENGES

- **Problem solving**
- **Decision making**
- **Ways of thinking**
- **Managing yourself and your time**
- **Communication skills**



What increases risk? Related conditions

- | | |
|---|--|
| <ul style="list-style-type: none"> • Alcohol • Harmful drug use • Abuse and neglect • Lack of physical activity | <ul style="list-style-type: none"> • Depression • Anxiety and stress |
|---|--|



ADOLESCENT EDUCATION



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





F

—

SEXUAL HEALTH



WOMEN'S SEXUAL HEALTH





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 PUTS WOMAN'S SEXUAL REPRODUCTIVE HEALTH AT RISK?

- | | |
|---|---|
| ✓ A social environment where you are not safe | ✓ Sexually transmitted infections |
| ✓ Alcohol and harmful drugs | ✓ HIV |
| ✓ Smoking/tobacco use | ✓ Breast cancer |
| ✓ Multiple partners | ✓ Cancer of the womb |
| ✓ Unwanted or unplanned pregnancy | ✓ Mental illness, such as depression, anxiety or stress |

What is SEXUAL HEALTH?



Healthy sexual functioning

Safety from discrimination and violence

Different forms of sexual expression
(including homosexuality and bisexuality)

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

What increases risk?

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



Related conditions

- HIV
- STIs
- Cancer
- Maternal health

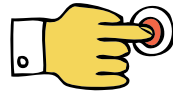


WOMEN'S SEXUAL HEALTH



KEY MESSAGE

Make the right choices about your sexual health



TO DO

Do not have multiple partners

- Be faithful to one partner



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



Get tested for cancer

- Get a pap smear at your local clinic
- Check your own breasts once a month



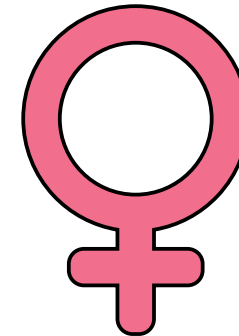
Protect yourself from sexual and domestic violence

- 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



- 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 | |

What is ANTENATAL HEALTH?

The care you get during your pregnancy



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

What increases risk?

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

Related conditions

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



MATERNAL HEALTH: ANTENATAL



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





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

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

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

Involve your family and friends in supporting you and 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? Related conditions

- | | |
|---------------------------|----------------------|
| • Unhealthy eating | • HIV |
| • Smoking and tobacco use | • STIs |
| • Unsafe sex | • Depression |
| • Alcohol | • Anxiety and stress |
| • Harmful drug use | |
| • Abuse and neglect | |
| • Unsafe environment | |

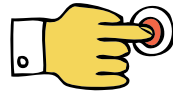


MATERNAL HEALTH: POSTNATAL



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



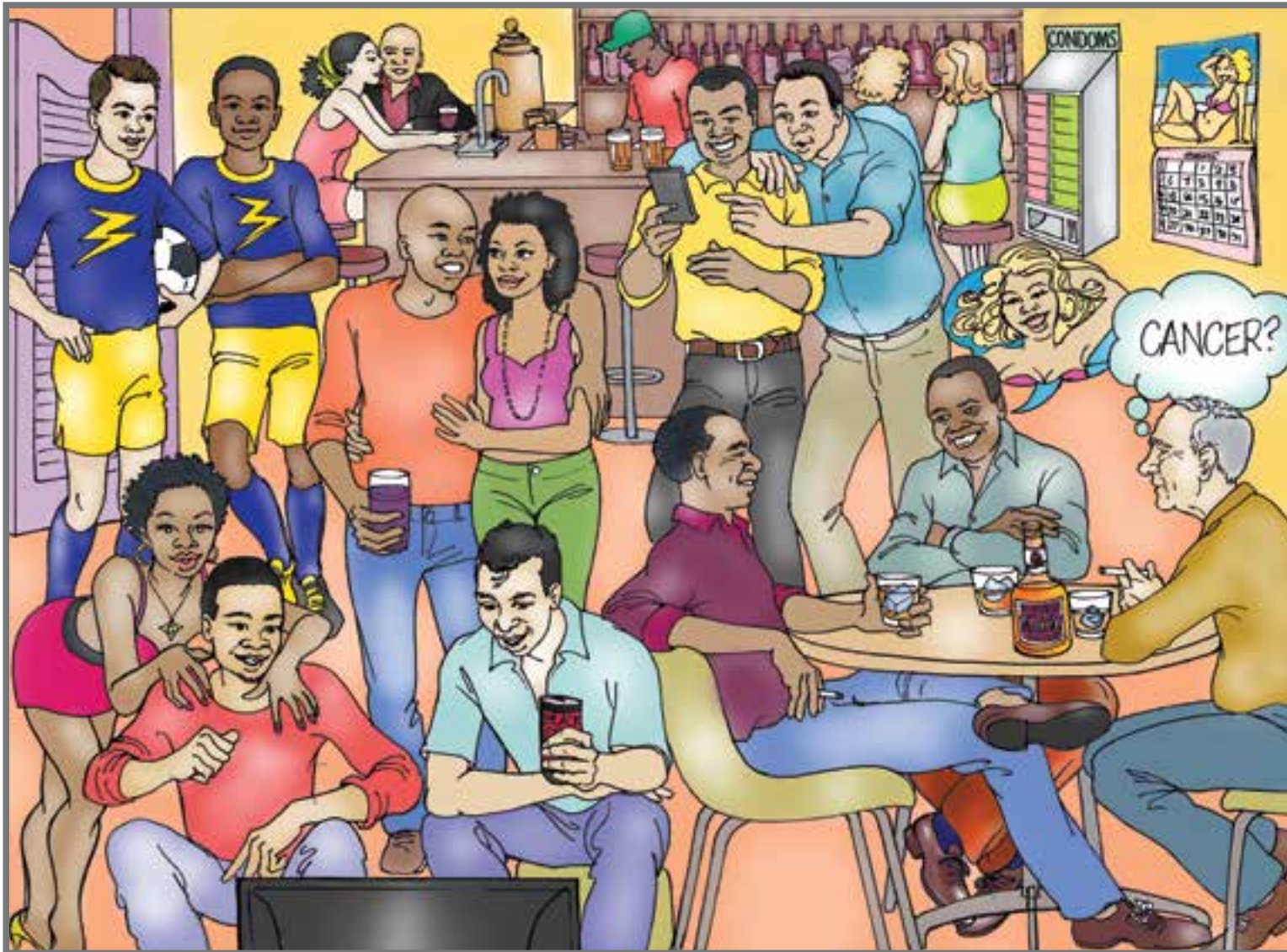
Take all your meds correctly

- Take your ART correctly
- Get your baby tested at 6 weeks for HIV





MEN'S SEXUAL HEALTH





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

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

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

What is 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 KNOW YOU HAVE AN STI



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



At risk

- Unsafe sex
- Alcohol
- Harmful drug use
- Abuse and neglect
- Adolescents



Related conditions

- HIV
- STIs
- Women's sexual health
- Men's sexual health
- Maternal health

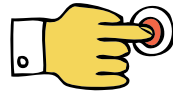


SEXUALLY TRANSMITTED INFECTIONS



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

G



CONDITIONS



HIV AND AIDS



!
**Take your treatment
for life
Don't ever stop!!**

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”



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

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.



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

ARE YOU AT RISK?



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

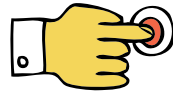


Take your treatment for life; DON'T EVER STOP



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



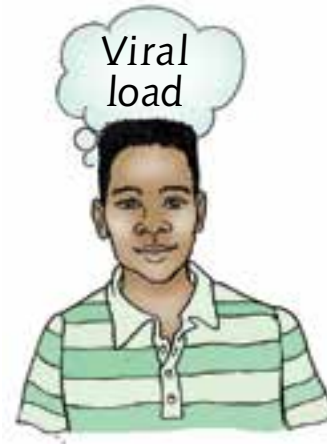
Take your meds correctly

- 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

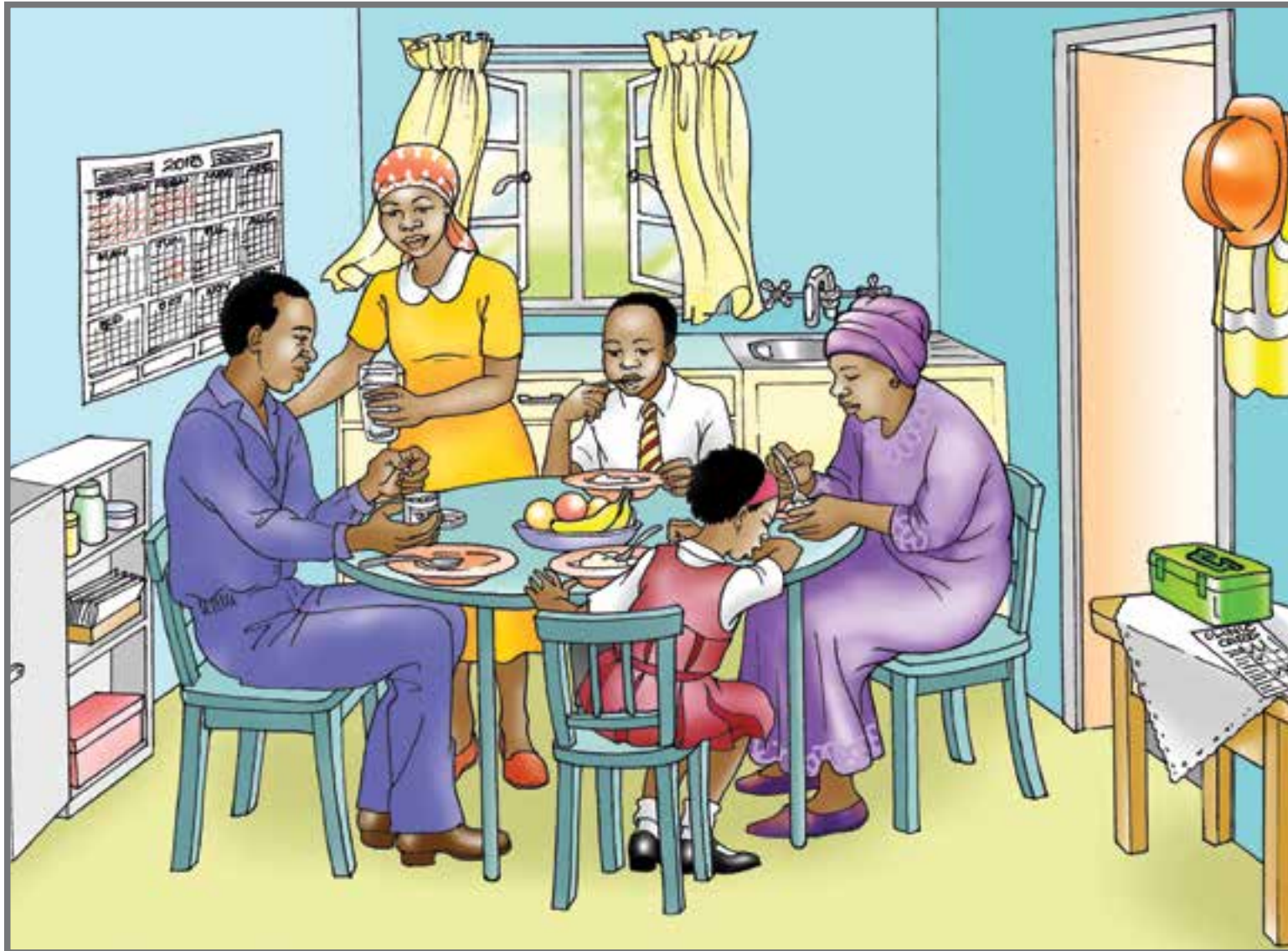


Wear gloves when handling blood and body fluids





TUBERCULOSIS



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

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

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.



ARE YOU AT RISK?

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


HOW DO YOU KNOW YOU HAVE TB?



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 c



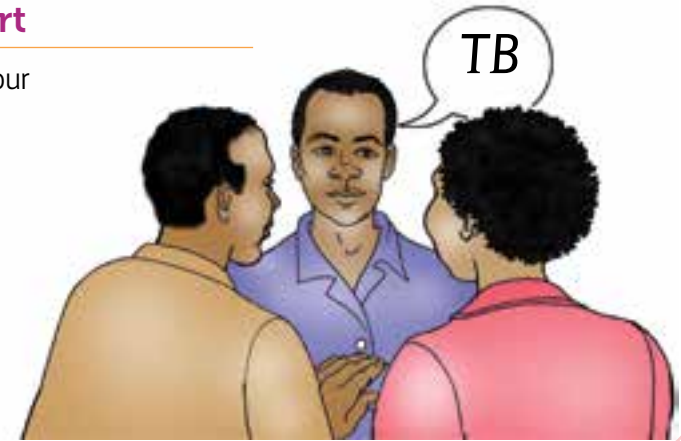
Let in the fresh air

- Open windows and doors at home or at work



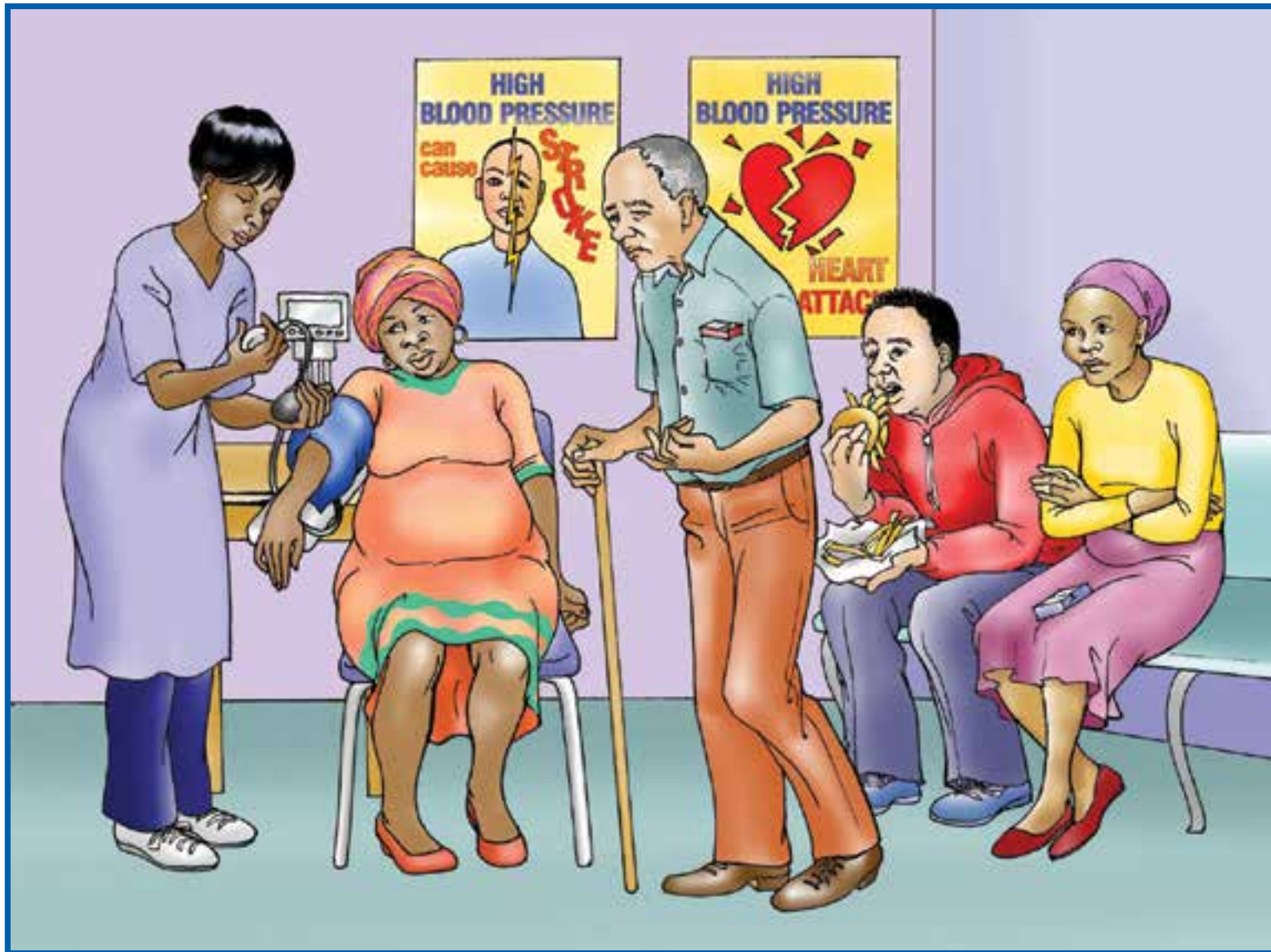
Get support

- Confide in your family or friends





HIGH BLOOD PRESSURE





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
- ✓ Menopausal 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.



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



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

Eat healthy food

- Eat a balanced diet



Use less salt

- Do not eat food with high salt content
- Don't add extra salt to food



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.





DIABETES



**?
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

! 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

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 is DIABETES?



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

You will find out if you have Diabetes when your blood is tested at the clinic or hospital

ARE YOU AT RISK?

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



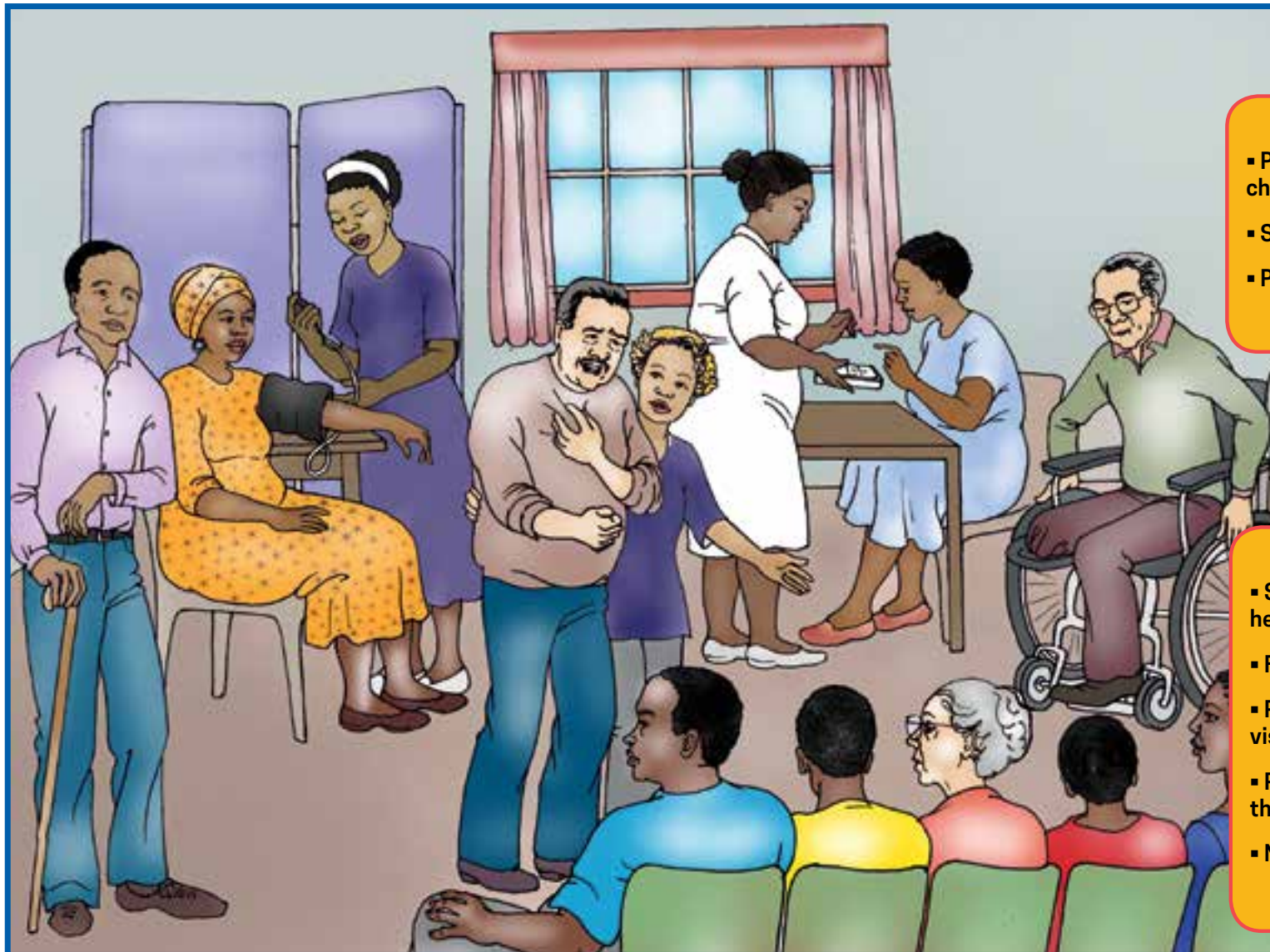
Protect your feet

- 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

ARE YOU AT RISK?

WHO IS AT RISK FOR HEART DISEASE OR STROKE?

- | | |
|---|--|
| <ul style="list-style-type: none"> ✓ 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 | <ul style="list-style-type: none"> ✓ 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

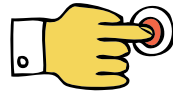


HEART DISEASE AND STROKE



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.



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

ACT FAST*

* <http://www.heartfoundation.co.za/recognise-a-stroke/>



DEPRESSION



ARE YOU COPING AS WELL AS YOU USED TO?

Depression is a very common disorder
People living with HIV are more likely to get depression



TO KNOW

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 is DEPRESSION?

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



ARE YOU AT 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

IF YOU ARE DEPRESSED YOU MAY...

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



At risk

- Adolescents
- Pregnant women
- Elderly
- People with disabilities

What increases risk?

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



Related conditions

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



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



EMERGENCY NUMBERS



Lifeline 0861 - 322 322

Get physically active

- Start some physical activity that you enjoy



No alcohol

- Using alcohol can make your depression worse



No harmful drugs

- Using harmful drugs will make your depression worse in the long run



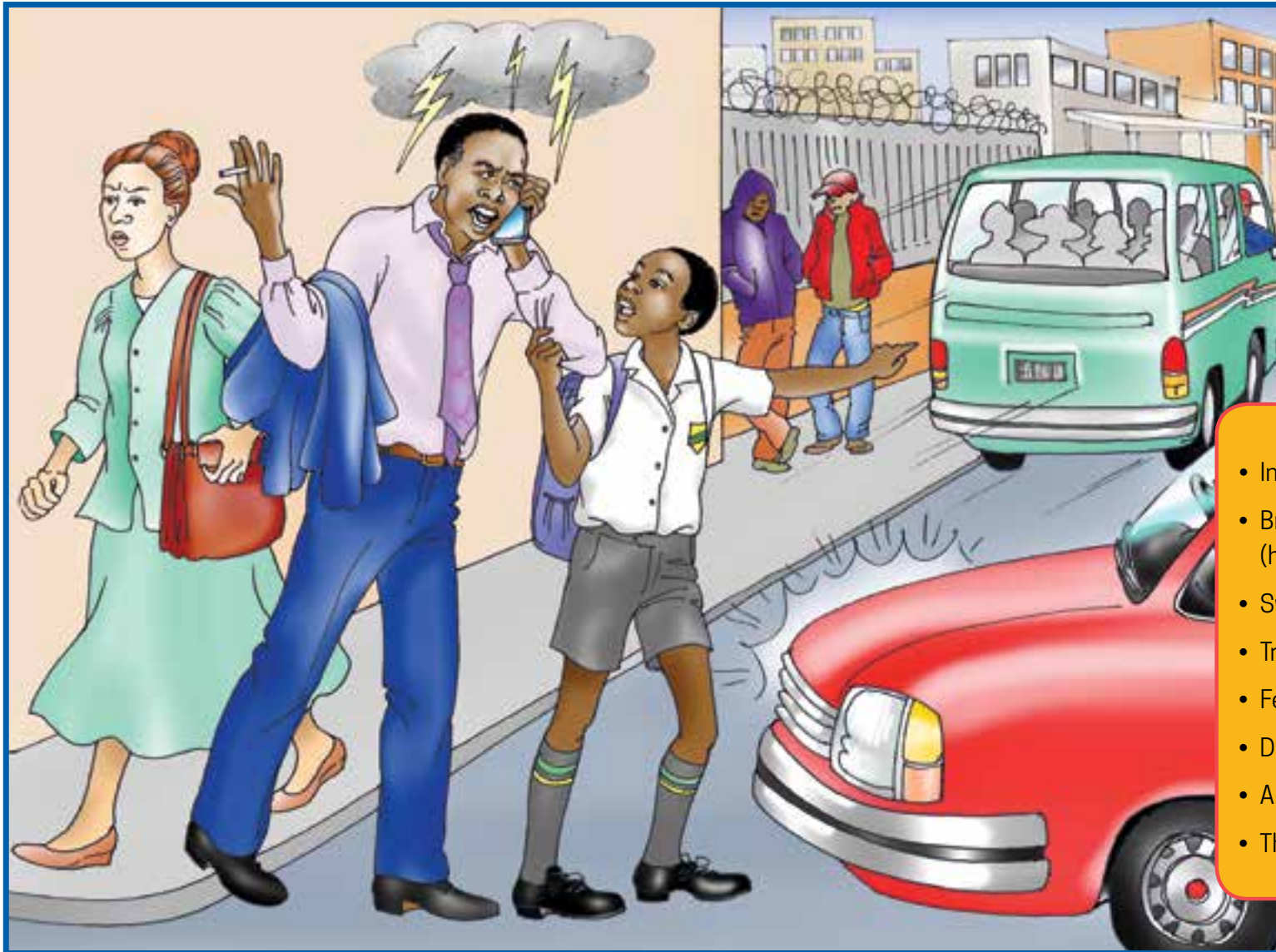
Socialise

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





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 a sense of danger
- ✓ find it hard to concentrate

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

What is STRESS?



Stress is emotional strain or tension after trauma or because of difficult circumstances.

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 AT RISK?

- 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

**STRESS
CAN CAUSE YOU TO**



At risk

- Children
- Adolescents
- Elderly
- People with disabilities

Related conditions

- Depression
- HIV
- Other chronic conditions

What increases risk?

- Smoking
- Alcohol
- Harmful drug use
- Abuse and neglect
- Unsafe environment



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



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

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

THOSE WHO HAVE
PSYCHOSIS
MAY



At risk

- Elderly
- People with disabilities

Related conditions

- Depression
- HIV

What increases risk?

- Alcohol
- Harmful drug use



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

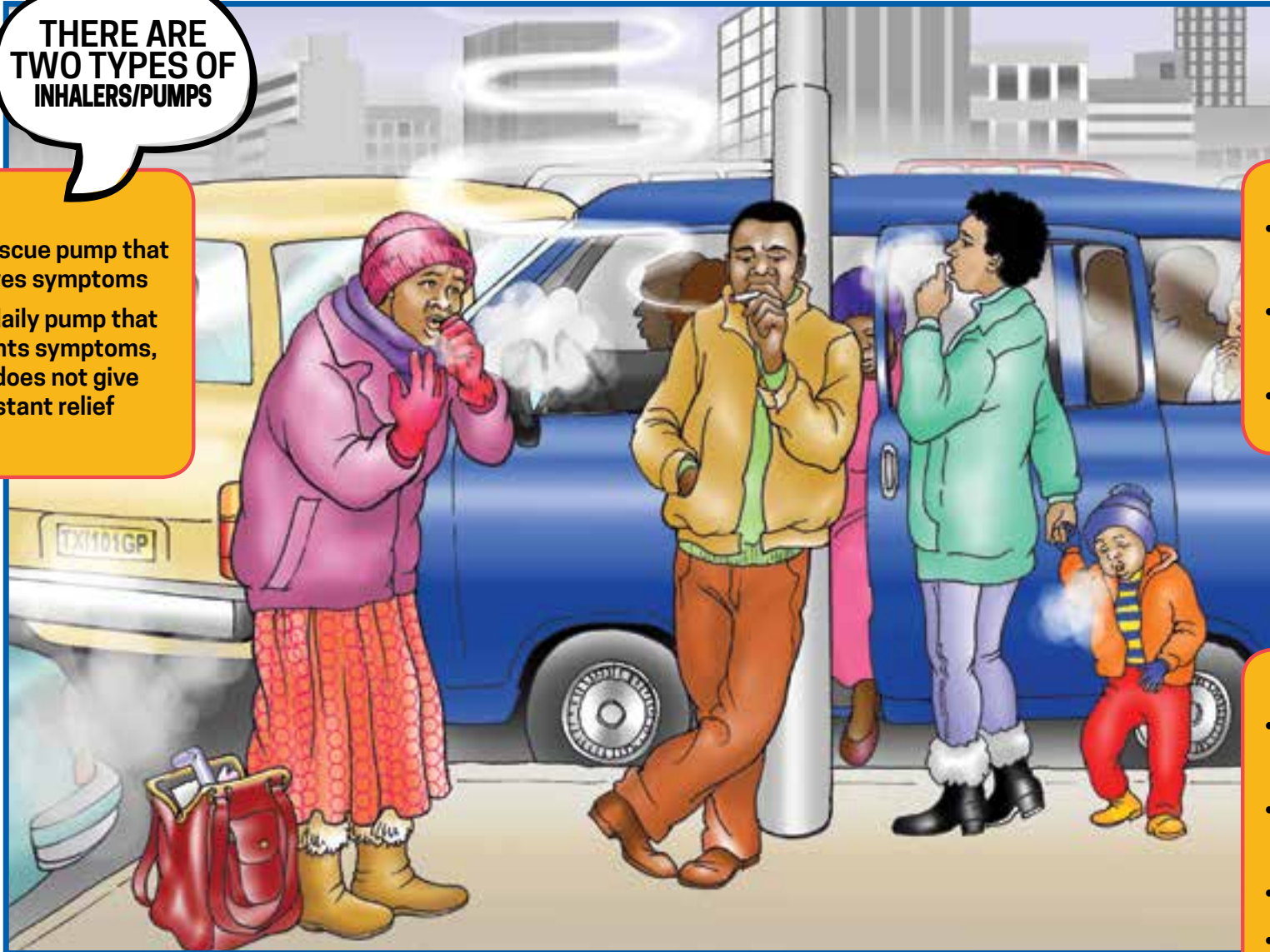




LUNG DISEASE

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

WHO IS AT RISK FOR COPD?

- ✓ 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

What is ASTHMA?



A chronic lung disease with frequent attacks of not being able to breathe, wheezing and coughing

Varies from mild to very bad attacks.

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

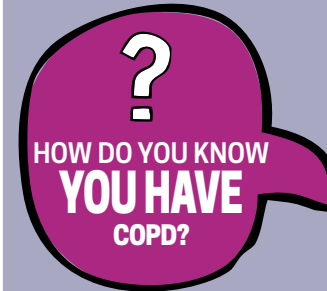
WHO IS AT RISK FOR ASTHMA?

- ✓ Anyone can get Asthma
- ✓ You may have a family history of Asthma
- ✓ If you get allergies
- ✓ If you are exposed to chemicals/other substances

- Shortness of breath
- Coughing
- Wheezing



HOW DO YOU KNOW YOU HAVE ASTHMA?



HOW DO YOU KNOW YOU HAVE COPD?

- 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

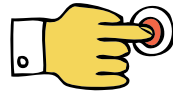


LUNG DISEASE



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



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



People with 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)

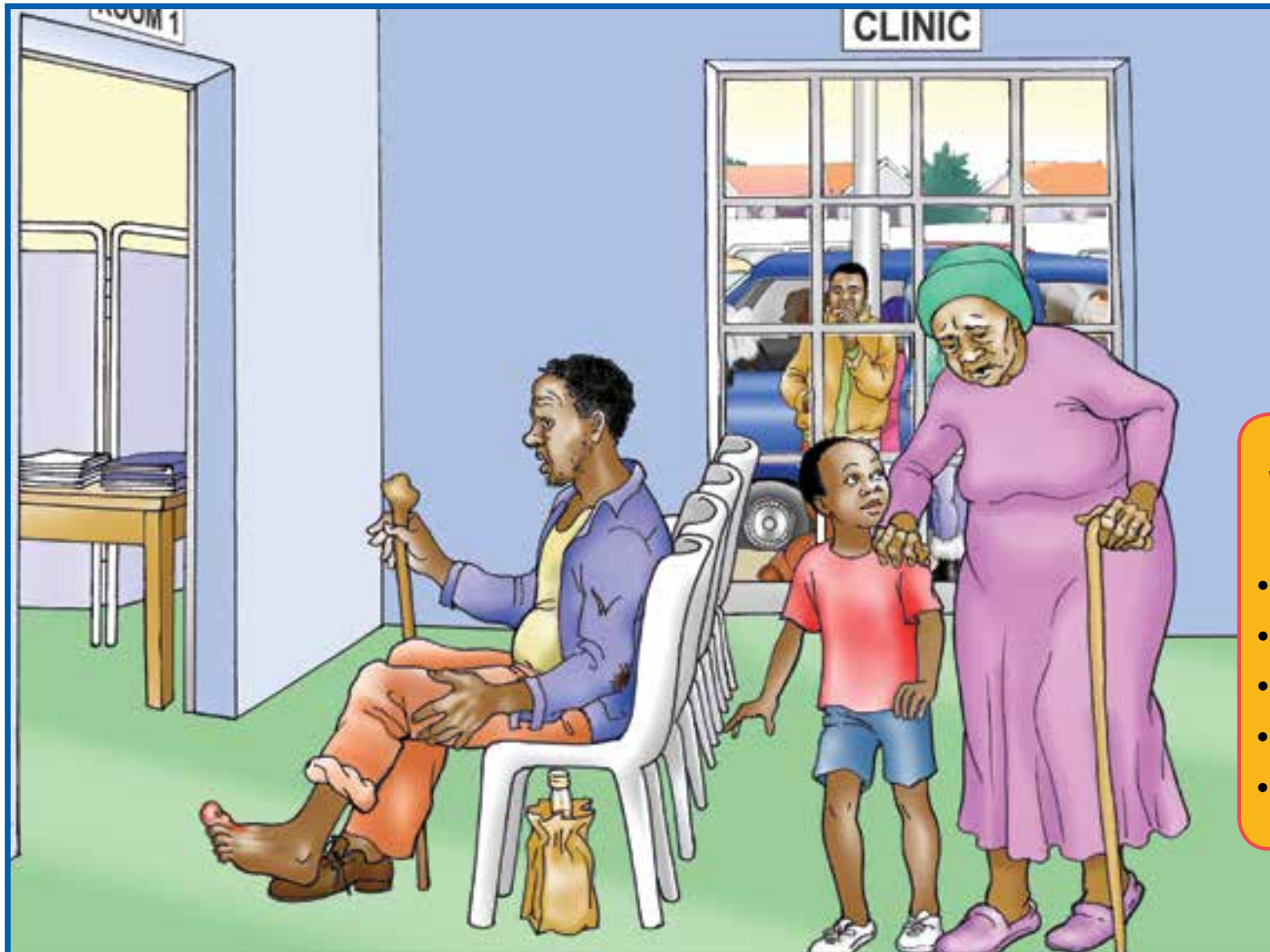


Be careful about driving or operating heavy machinery





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.

HOW DO YOU KNOW
YOU HAVE
BONE AND JOINT DISEASE?



- Pain
- Stiffness
- Swelling
- Redness
- Less movement is possible

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



At risk

- Elderly

What increases risk?

- Unhealthy eating
- Overweight and obesity
- Lack of physical activity

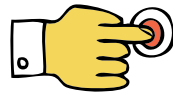


CHRONIC BONE AND JOINT DISEASE



KEY MESSAGE

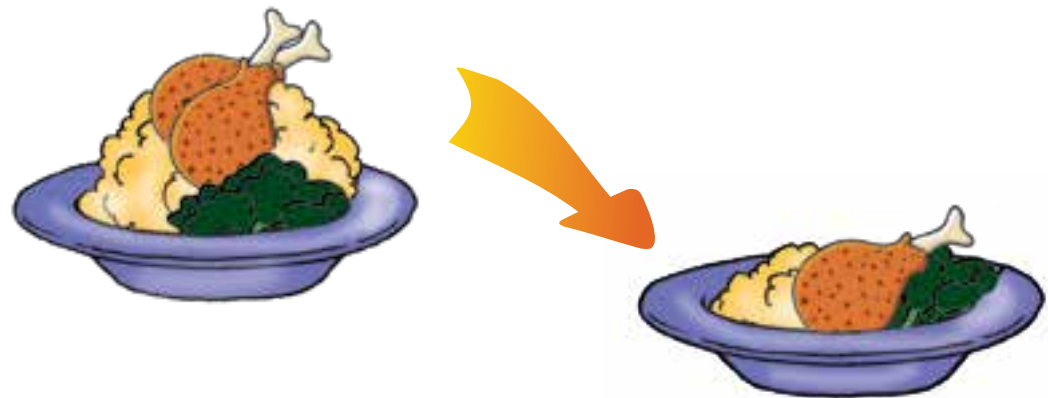
Lose
weight



TO DO

Lose weight

- Extra weight puts strain on your joints
- Decrease weight if you are over the limit



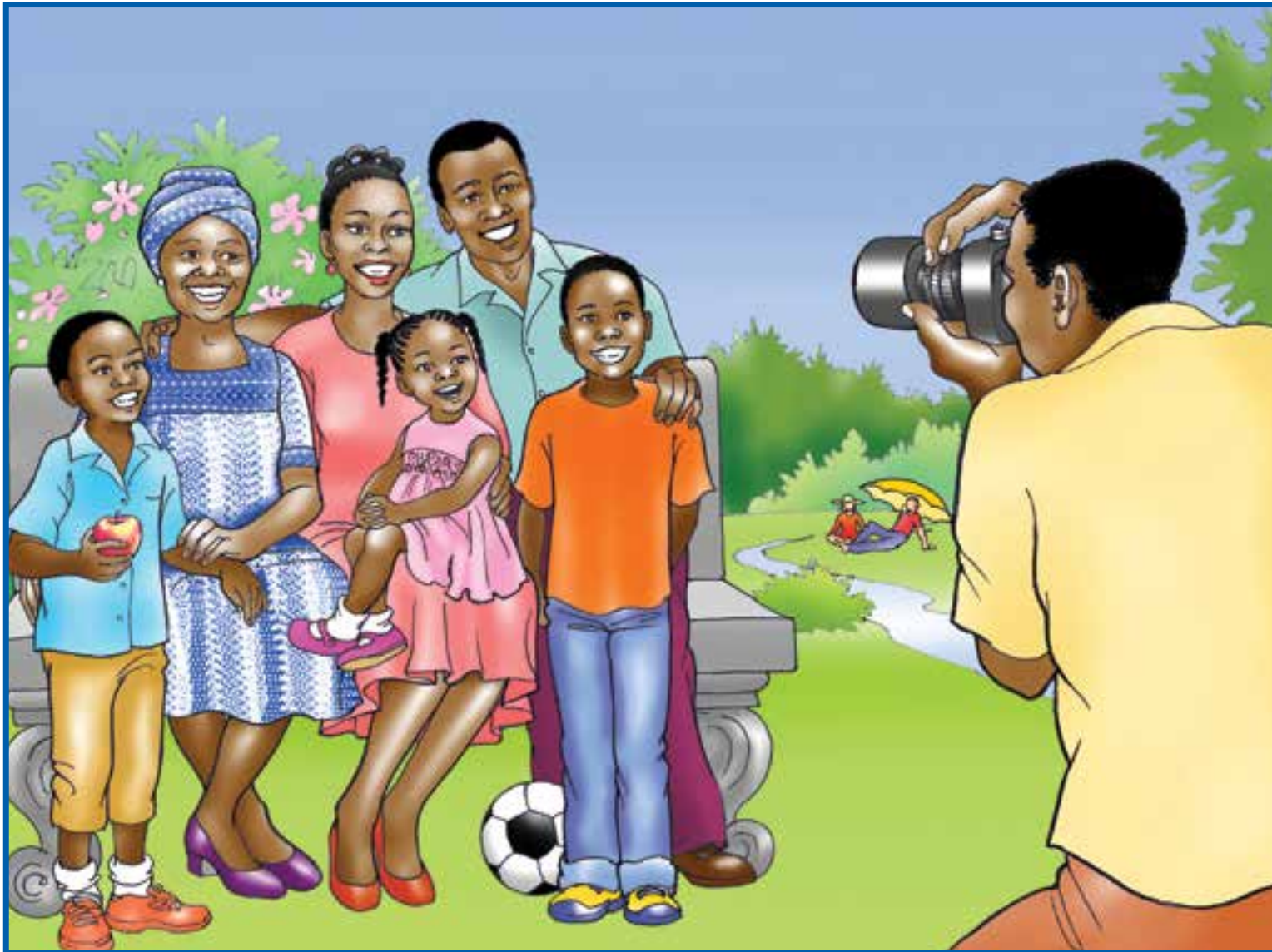
Get physically active

- Get as much physical activity as possible
- Keep your joints moving so that you do not become stiff





ORAL HEALTH





TO KNOW

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

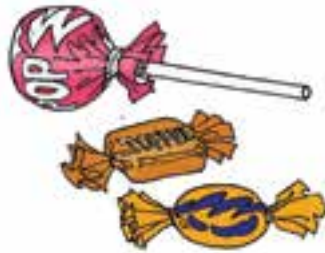
Use toothpaste with fluoride

- 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



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



Stop smoking

- Smoke rots your teeth



No alcohol or harmful drugs





CANCER



!
**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? Related conditions

- | | |
|---|---|
| <ul style="list-style-type: none"> • Unhealthy eating • Lack of physical activity • Unsafe sex • Smoking and tobacco use • Alcohol | <ul style="list-style-type: none"> • 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

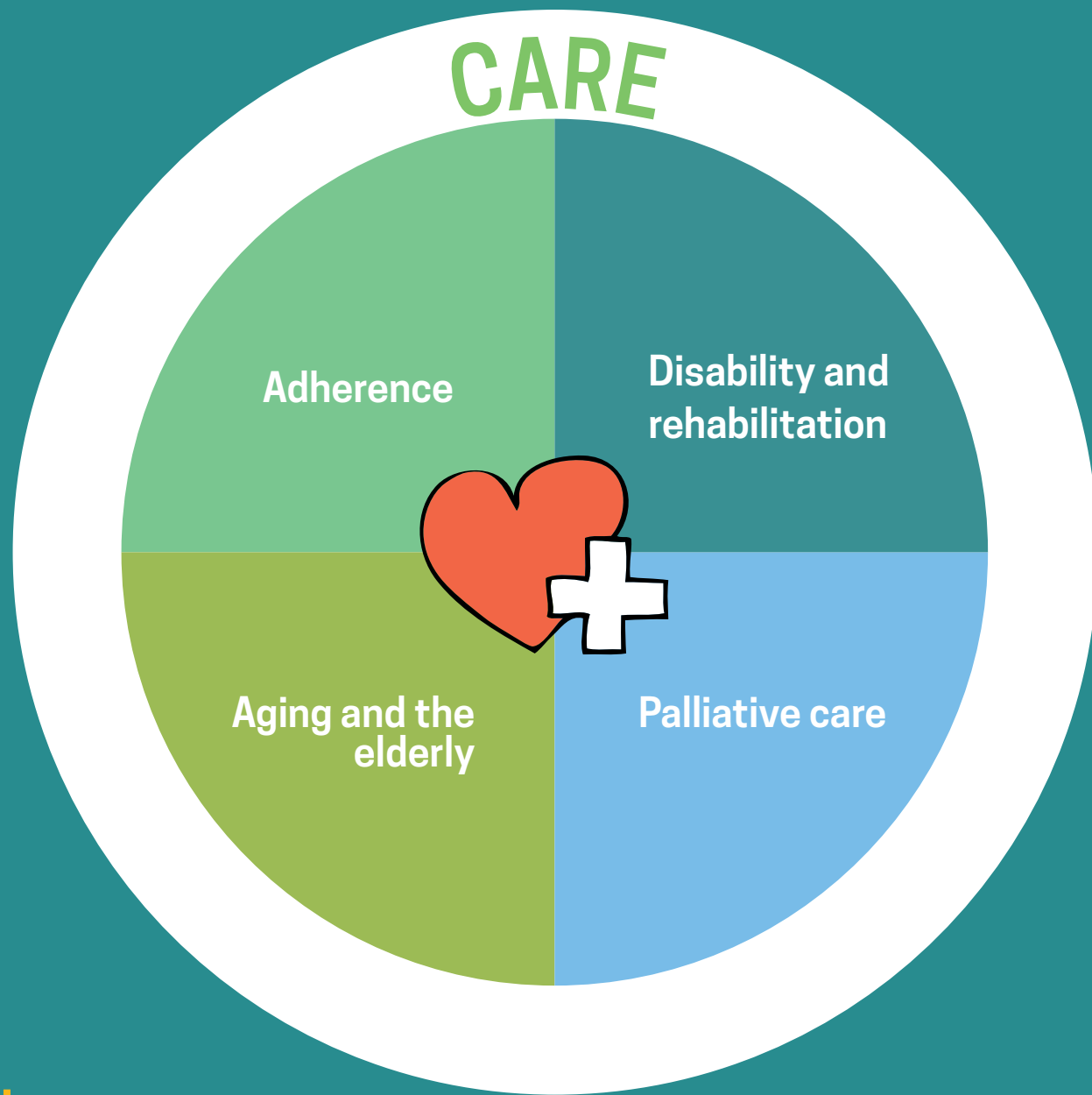
- Examine your own breasts once a month



Know your HIV status

- If you have HIV, you are more at risk for cancer







CARE



ADHERENCE



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

WHAT ARE ADHERENCE CLUBS



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 be affect how your medication works





DISABILITY AND REHABILITATION



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:

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

OTHER CAUSES OF DISABILITY



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



At risk

- Children
- Elderly

Related conditions

- High blood pressure
- HIV
- TB

What increases risk?

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

- 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

Care for yourself

- Know your symptoms and challenges
- Have a routine of how to care for yourself and how your helper must support you.
- Go for regular checkups and testing for health risks
- Ask for help when needed



Know your rights

- You have a right to appropriate services
- You have a right to lead a normal life
- You have a right to make decisions about your life
- You have a right education and to be employed

Live a healthy lifestyle

- Be physically active and exercise
- Eat healthy
- Take your medication correctly
- No smoking or tobacco use, alcohol or harmful drugs
- Practice safe sex

PARENTS AND CAREGIVERS

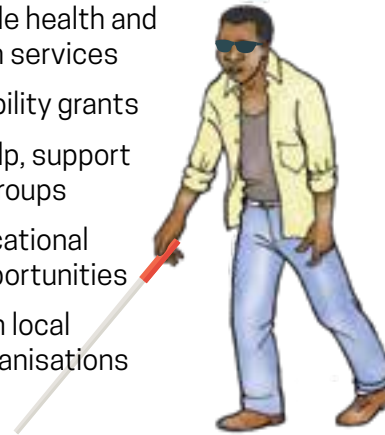
Understand and monitor the disability of the person you care for

- 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



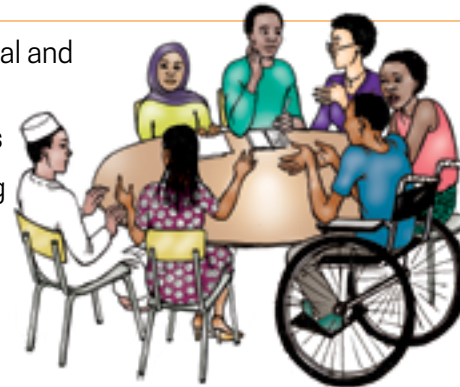
Respect the rights of persons with disabilities

- 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





AGING AND THE ELDERLY



**IDENTIFY
ABUSE AND
NEGLECT AND REFER
FOR ASSISTANCE**



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



TO KNOW

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:

<ul style="list-style-type: none"> • hallucinations, and delusions • changes in personality • memory loss • loss of emotional control 	<ul style="list-style-type: none"> • 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

THE 4 PILLARS OF
ACTIVE AGEING



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



AGING AND THE ELDERLY



KEY MESSAGE

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

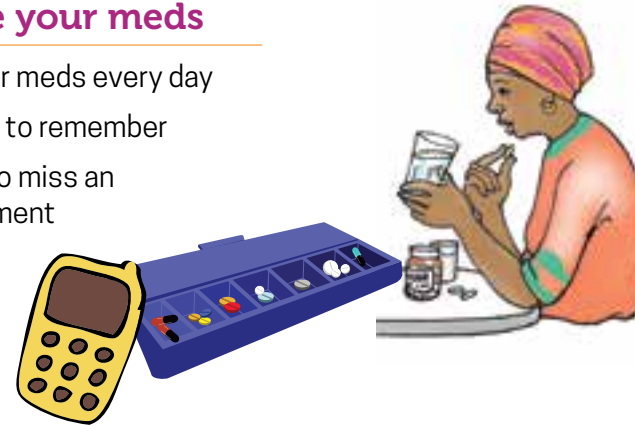
Stay physically active

- 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



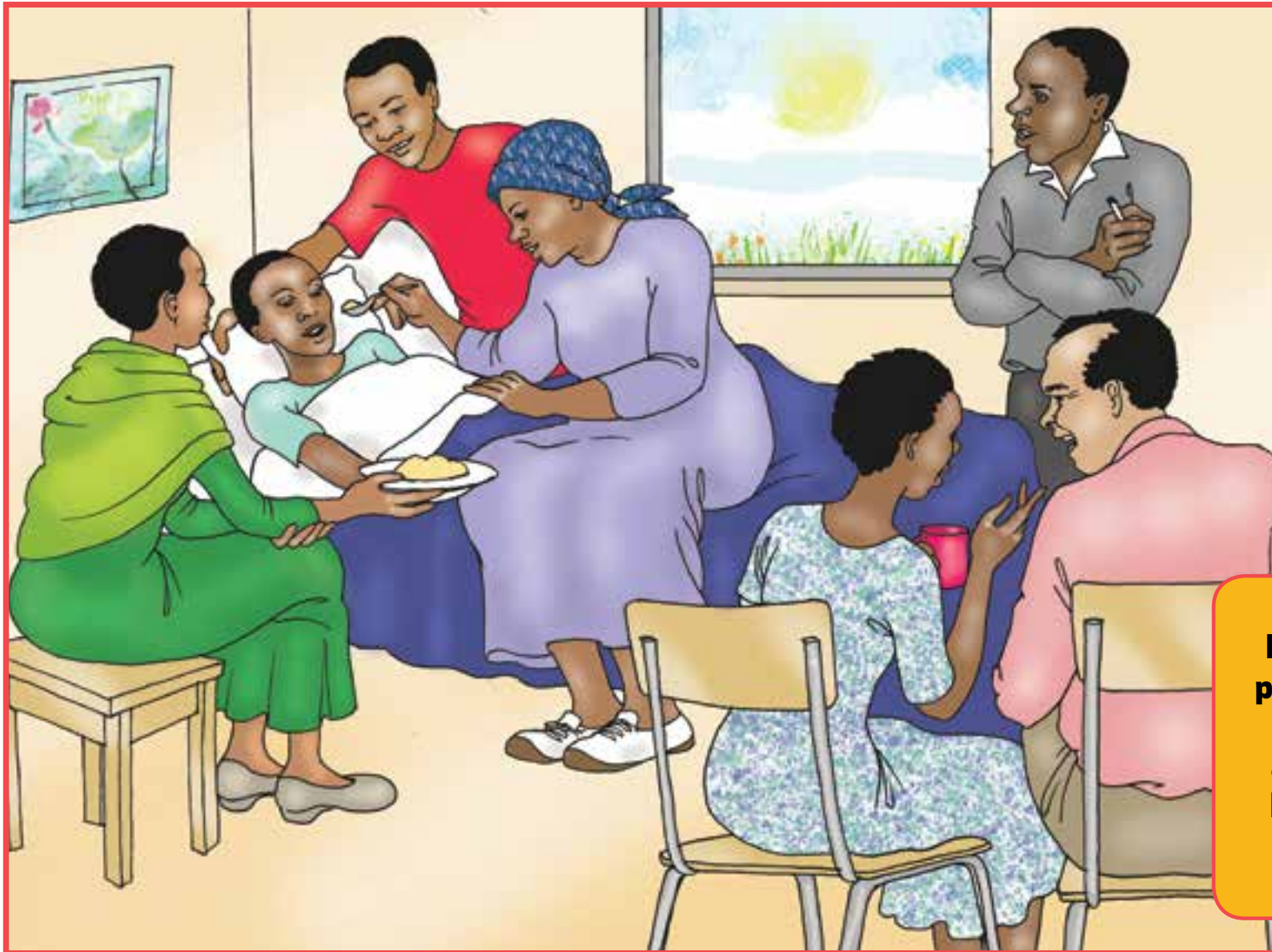
Talk to someone you trust

- If you are being abused
- If you have lost a loved one





PALLIATIVE CARE



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.

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

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.



At risk

- Elderly
- Infants and children
- Adults
- Persons with disability



Conditions include

- Cancer
- HIV
- Lung disease
- Depression
- Anxiety and stress

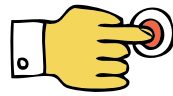


PALLIATIVE CARE



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





health

Department:
Health
REPUBLIC OF SOUTH AFRICA