



# Diarrhoea 10 messages for children to learn & share

1. Diarrhoea is watery poo that happens three or more times a day. It can lead to dangerous dehydration.



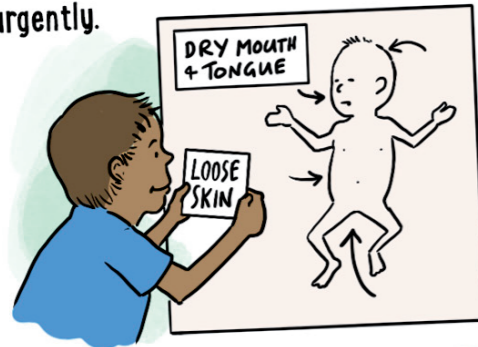
2. Diarrhoea is caused by tiny germs that are too small to see. Germs live all around us! Germs travel easily from our fingers, food, drinks, cups and spoons into our mouths and bodies.



3. Diarrhoea causes us to lose vital fluids from our bodies. We need to replace fluids and salts to keep the body strong and prevent serious illness or even death from dehydration.



4. A child with dehydration can have a dry mouth and tongue, sunken eyes, no tears, loose skin, cool hands and feet. Babies can have a sunken soft spot on the head. Spot these signs? Take them to a clinic urgently.



5. ORS stands for Oral Rehydration Solution, the best drink to prevent and treat dehydration. Find packets, to make ORS, at clinics and shops..



6. Prevent dehydration by using ORS as soon as diarrhoea begins. Mix ORS correctly with clean, safe water following the instructions on the packet. Breast milk is best for babies.



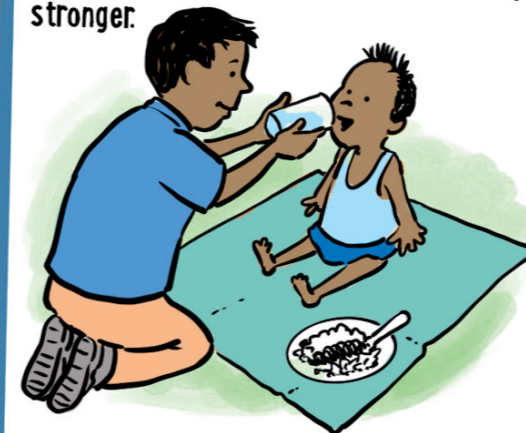
7. Children doing more than three watery poos a day or bloody poo or who start to vomit too **MUST** be seen by a health worker. Give ORS or other fluids while waiting to be seen.



8. Zinc tablets can reduce the amount of poo and can help children recover more quickly from diarrhoea. Health workers instruct us how to take Zinc with ORS. Give fluids too, to prevent dehydration.



9. Young children with diarrhoea need every day tasty, mashed food and soups as often as possible to make their body stronger.



10. Prevent germs spreading! Develop everyday habits like proper handwashing with soap, good hygiene after toilet, before eating and preparing food. Breastfeed babies and immunise against measles and rotavirus.





## Frequently Asked Questions About Our Posters

- **Where can I get the printed poster?** You cannot! You need to print it yourself. Print it in full colour & an A3 size & Print the back in B&W for reference or display.
- **Who is the poster for?** Educators of many kinds, parents & children aged 10-14.
- **Where might it be used?** Schools, at home, health clinics, children's clubs, religious groups etc.
- **Why are the faces of the people on the poster multi-ethnic?** Children for Health has a global audience, so we use multi-ethnic faces on our posters.
- **Is it enough for children to just learn the messages?** The messages are designed as 'doorways' to discussion & action. They are to understand & use, not just to memorise.
- **How do I use the messages?** Be creative! Focus on one topic for a week, month or term!
- **What is the Rainbow Stick?** When a child learns & shares a message & returns with a story about how they shared that message, a teacher or other adult rewards the child with a strip of coloured fabric to tie to their stick. Children for Health has 100 messages & every child can leave primary school holding their Rainbow Stick with 100 coloured 'ribbons' tied on it showing everyone that they know 100 health messages.
- **Why is one picture bigger than the others?** It's the Children for Health 'key' message.
- **Can I add to, change, adapt, translate or simplify the messages?** YES! BUT check with experts that your new or revised messages are accurate.
- **Are there other important messages you have not mentioned?** Our messages are short & simple. You may want to add other short & simple messages & that's fine.
- **Are some of the nutrition words and concepts too hard for children?** Children love to learn new words & ideas. Take time to ensure they understand words & ideas of lifelong importance like dehydration, rehydration, ORS, rotavirus, germs.



## Working with Children for Health

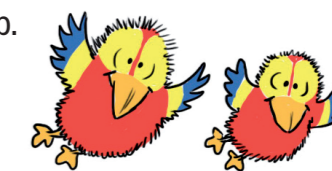
- Go to our website to view the FREE resources which you can use and adapt as you like.
- Send us your questions which we will answer on our website and blog.
- Translate or adapt our materials - please acknowledge us and send us a copy of your version.
- We can be your mentor. This needs funding.
- We can help develop your health education programme with training, writing materials, help to create stories and pictures to remember messages, programme design, research design or help with monitoring & evaluation. This needs funding.
- Set up a joint venture with us. Our partners lead this process and manage the overall programme. We can apply for funding together.

For more information visit [childrenforhealth.org](http://childrenforhealth.org)  
or contact [admin@childrenforhealth.org](mailto:admin@childrenforhealth.org)



## What Can Children Do? Our Basket of Ideas

- MAKE our own DIARRHOEA messages using our own words in our own language!
- MEMORISE the messages, so we never forget them!
- SHARE the messages with other children and our families!
- MAKE a simple Fly Trap to keep flies that carry germs away from our food.
- MAKE a poster to show others the diarrhoea danger signs.
- DO the experiment shown on the front for Message 3. Punch a small hole at the bottom of a water bottle. This bottle represents a body. The aim is to keep the water/fluid level the same while letting out some water. The message is that with diarrhoea, fluids and salts come out of the body, and we need to put fluids and salts back in.
- CREATE a short play about when we need to call the health worker to help.
- MAKE a snakes and ladders game with messages that help us learn how what to do and what NOT to do, to stop diarrhoea.
- MAKE First Aid Kits for home and school that has ORS.
- MAKE a tippy tap for the home and set up systems to ensure that there is an ongoing supply of water and soap.
- ROLE PLAY two mothers talking about how to help their babies with diarrhoea get better by using ORS and Zinc.
- PLAY a game to label a picture of a baby with diarrhoea to test what we know about the signs of dehydration.
- LOOK at how plants need water to grow – observe what happens when plants don't have water.
- HELP prevent diarrhoea by keeping ourselves and the places we live, clean.
- ASK family members: *How do we treat diarrhoea at home with ORS and Zinc? Do we have packets of ORS in our house in case we need them? Where can we get ORS in our community? What are the danger signs of dehydration that mean we need to get help from a health worker?*



This poster was produced with support from Save the Children and the James Tudor Foundation.  
Thank you!

