

# Preventative Health Talk

**Water:** 3 drops of Chlorine/liter water and let sit for 30 minutes or boil for 15 minutes. After purifying your water cover it so flies do not land on it. The flies land on feces outside and carry the worm eggs and diseases on their feet. When they land on your food or water they infect it.

**Food:** Wash fruits and vegetables in soapy water. Then let stand in chlorinated water for 30 minutes.

**Latrines:** Using latrines helps prevent many sicknesses. If you don't have a latrine share one with a neighbor or use the school's. Keeping human waste in latrines prevents insects from landing on the waste then flying into your homes and landing on your food. Latrines should be built at least 20 meters from homes or water sources.

**Trash:** Burn all garbage that can be burned. Bury the rest.

**Personal hygiene:**

Wash your hands before eating or preparing food, and after using the bathroom.

Bathe daily and change and wash your clothes daily. This helps prevent sores and skin infections.

**Children's health:**

**Diarrhea** - to rehydrate the child put 8 tsp. of sugar, ½ tsp. salt in a liter of clean water that has been boiled or chlorinated. Give frequent sips of this solution while the child is having diarrhea.

**Respiratory disease:** Take children to the nearest centro salud or hospital if the child has difficulty breathing or has rapid shallow breathing. A very sick child who takes more than 50 breaths per minute might have pneumonia.

**Vaccines:** Children need to be vaccinated for the following diseases:

Dipteria;

Pertusis:

Tetanus:

Measles:

Mumps:

Rubella:

Polio:

**Pregnancy:** During pregnancy one needs to eat well. Especially foods rich in iron such as liver, meat, green vegetables or beans. Remember you are eating for 2 instead of one. Do not smoke, drink, or use drugs during pregnancy. Take your prenatal vitamins which help protect against birth defects and anemia. Go to all your prenatal health visits and take your prenatal vitamins.

Between the ages of 20 and 35 are best times for mothers to have their children. Before 20 mothers bodies are not sufficiently developed and sometimes have problems with delivery. After 35 mothers have more children with birth defects.

**Nursing:** Breast milk is the best food for babies. Breast milk is always clean, the correct temperature has antibodies that fight infection, and the best balance of nutrients. It usually takes a few days for the mothers milk to come. During this time she should continue to nurse the baby often. The baby's sucking will help her produce more milk. Infants should suck 15 minutes on each side. The child should receive only breast milk for the first 4-6 months. Nursing mothers should drink 8 glasses of water daily.

**Diseases:**

**Dengue:** is a disease spread by mosquitoes. Symptoms include high fever with chills, body aches, headaches, sore throat, and sometimes a rash that starts on the hands and feet spreading to the entire body. Occasionally it can cause severe bleeding.

Malaria: is a disease spread by mosquitoes also. It causes high fevers, chills that come and go every other day.

To protect against dengue and malaria control mosquitoes by emptying and scrubbing your pila every 3-5 days. And sleep under mosquito netting.

Tuberculosis: is a chronic disease causing cough. If you have a cough for more than a month or are coughing up blood go to the centro salud for testing. People with tuberculosis should cover their mouths when coughing and not spit on the floor.

Aids: This disease is spread through sexual contact, drug users sharing needles or syringes, or blood transfusions. There is no cure for the disease. Using condoms helps prevent contracting the disease but the best method of prevention is to marry and abstain from sexual relations with anyone other than your spouse.