

## RESPIRATORY DISEASE

17.

<b>ACTIVITY:</b>	3 group sorting, Blocking the Route
<b>CARD SET:</b>	17
<b>TIME:</b>	One hour
<b>OBJECTIVE:</b>	To provide understand of prevent ARI
<b>KEY MESSAGE:</b>	To touch or sneeze will spread Disease.'
<b>HOMEWORK:</b>	Sneeze into your shoulder from now onwards

### METHOD:

1. Explain to participants the different types of respiratory diseases (cold, flu, bronchitis, pneumonia and Tuberculosis, showing the picture of clear and infected lungs).
3. Give out all the picture showing the way respiratory disease are spread and prevented.
4. Ask each person with a picture to come up to the front and describe what is shown in their picture and if it is a good or bad practice.
6. Ask all the bad practices to stand in a line holding up their pictures.
7. Ask the participants who have a good picture to come and block the bad picture.
8. Explain how shoulder sneezing is important, and how washing hands with soap helps to reduce ARI by half.
9. Make a role play to show how to prevent ARI.

### RECOMMENDED PRACTICES:

1. Wash hands regularly with soap.
2. Do not shake hands or have close contact with someone who is infected.
3. When sneezing or coughing use your shoulder or elbows, not your hand.
4. Use a tissue to sneeze and dispose of tissue safely in closed bin.
5. Keep warmly dressed with shoes in winter.
6. Do not smoke inside and expose others to passive smoking.
7. Have a well ventilated kitchen with a smokeless stove or chimney.
8. Take children early to get medical assistance if symptoms are serious.
9. Have a balanced diet to build the immunity of the body
10. If infected do not sleep in the same room with others