

## FACILITATOR GUIDE FOR PARTICIPATORY ACTIVITIES FOR TOPIC 5

### DIARRHOEA & CHOLERA

By the end of this session participants will know that diarrhoea and cholera have multiple transmission routes (summed up in the 5 'F's) namely flies, fingers, fields, fluid and fruit. Diarrhoea can be prevented by safe hygiene which includes the following:

- Preventing **flies** breeding by using a covered latrine or VIP
- Handwashing with soap before touching eating or preparing food with **fingers**
- Ensuring all water (**fluid**) is properly covered and taken with clean utensil and all unsafe water is treated, or filtered & boiled.
- Keep all **food** protected from fly access
- Washing and peeling all **fruit** before eating

#### Blocking the Route Activity:

Ask two people to come forward and hold up the 2 cards: Faeces (1) and Mouth (7).

Explain that diarrhoea is caused by the transport of faecal matter into the mouth via 5 standard routes.

Give out the cards 2-6 showing the 5 'Fs'

Arrange them between the Faeces and the Mouth.

Now give out the Transmission Cards 1-14.

Ask each person to come forward and stand in front of one of the 5 F's and explain how the card shows transmission.

Now give out the prevention cards (1-14) and ask each person to come and stand in front of the appropriate card to 'block the transmission' with a safe practice.

They should explain what is on their card and how it will stop the spread of disease.