

Stay Clean and Prevent Blindness From Trachoma Part - 1



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Lets Prevent Blindness

Bansi was a little boy who never liked to wash his face.



No! I wouldn't like to be blind. But Grandma, how can I become blind just by not washing my face? How did you become blind Grandma?

When I was a child, I never liked to wash my face and hands. I never liked to wash my clothes. I was always dirty.

Then I had the disease rachoma in my eyes. Due to this I had eye infections many times, which later on made me blind.



What happens when you have an eye infection Grandma?

When you have an eye infection, the eyes are red, itchy and painful.

You feel as if there is sand in your eyes. Discharge can be seen on the eyes and nose.





After many repeated eye infections, slowly the eyelashes start to turn inwards and, a person becomes blind later on.

Bansi, I also became blind in this way.



So, Bansi from now on, I want you to wash your hands and face with clean water at least two times a day.

Keeping your face clean will also keep away dirty flies.

Then you will not have the risk of getting eye infections which can make a person go blind like me.

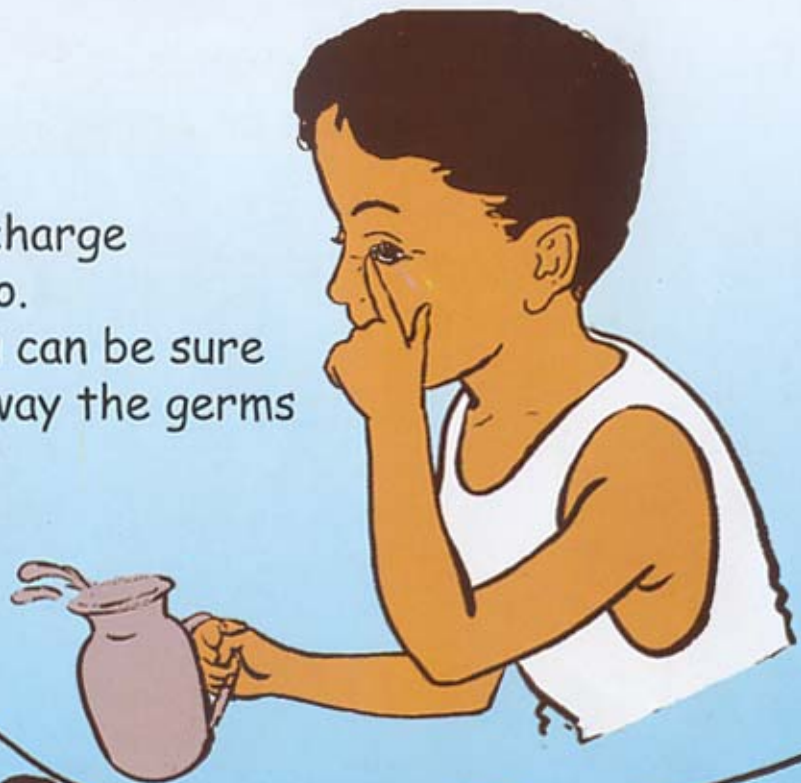




Be careful to remove the discharge from your nose when you wash your face.



And clean the discharge
from your eyes too.
If you do that you can be sure
you are washing away the germs
that cause eye
infections.



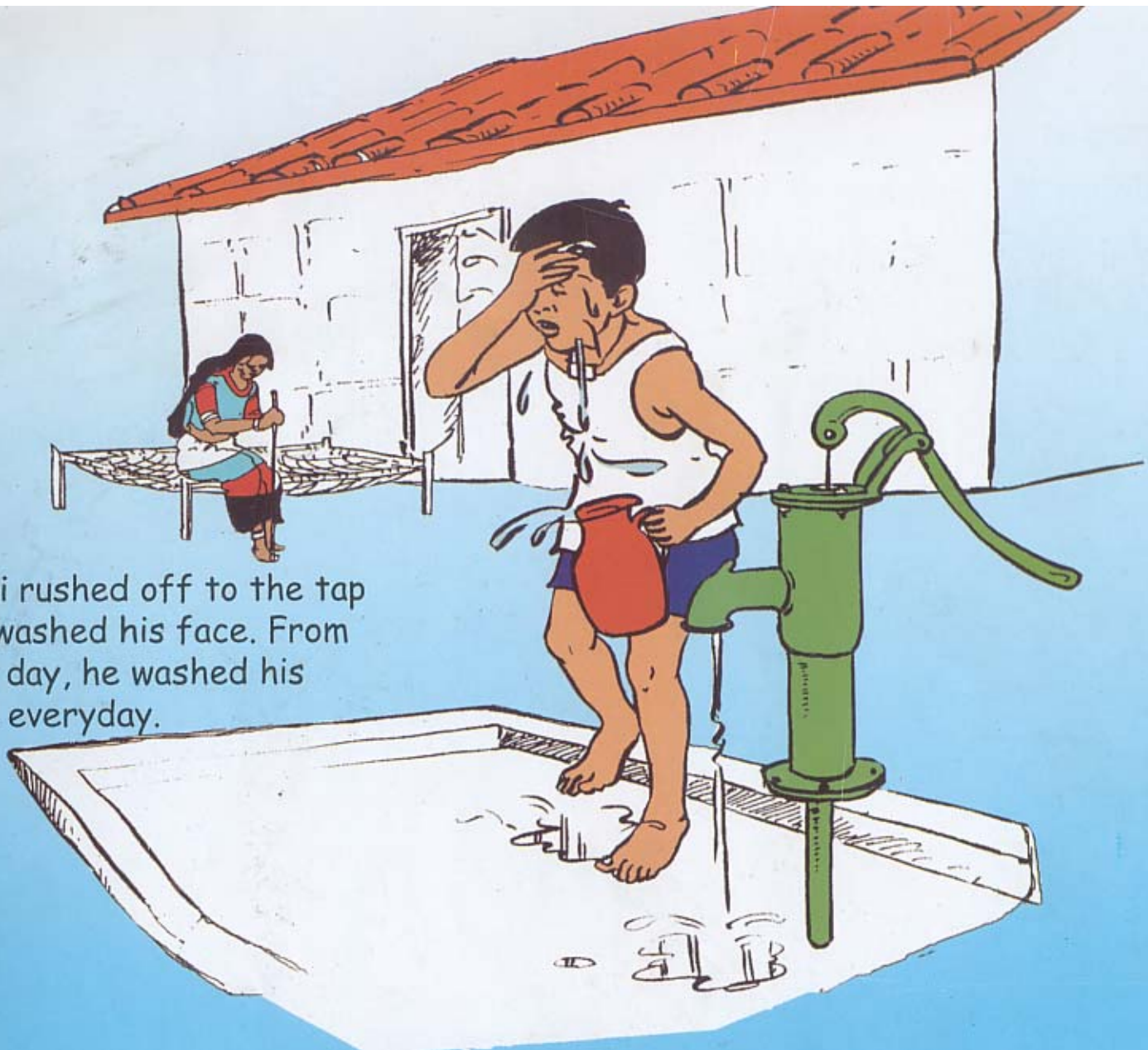
I did not know this grandma.

I will wash my hands and
face from now on.

Mom, you have to
wash my sister's
face too!

I do not want
her to have
trachoma.





Bansi rushed off to the tap and washed his face. From that day, he washed his face everyday.

Exercise:

1. Count the number of times you washed your face this week.

Sunday: Monday: Tuesday: Wednesday:

Thursday: Friday: Saturday:

Total no. of times you washed your face:

2. Go home and help your younger siblings to wash their face 2 times a day. Tell everyone in your family and your neighbours that we should wash our face at least 2 times a day, taking care to remove the discharge from the eyes and nose.

Activities:

Do the following activity with the children:

Ask how many children washed their hands and face that morning. Ask a few children to demonstrate how they washed their face and hands. Review the correct procedure, and have all the children do it. Ask them to pick a partner so that the partner can observe if his/her friend has washed his/her face correctly.

Sita's Clean House

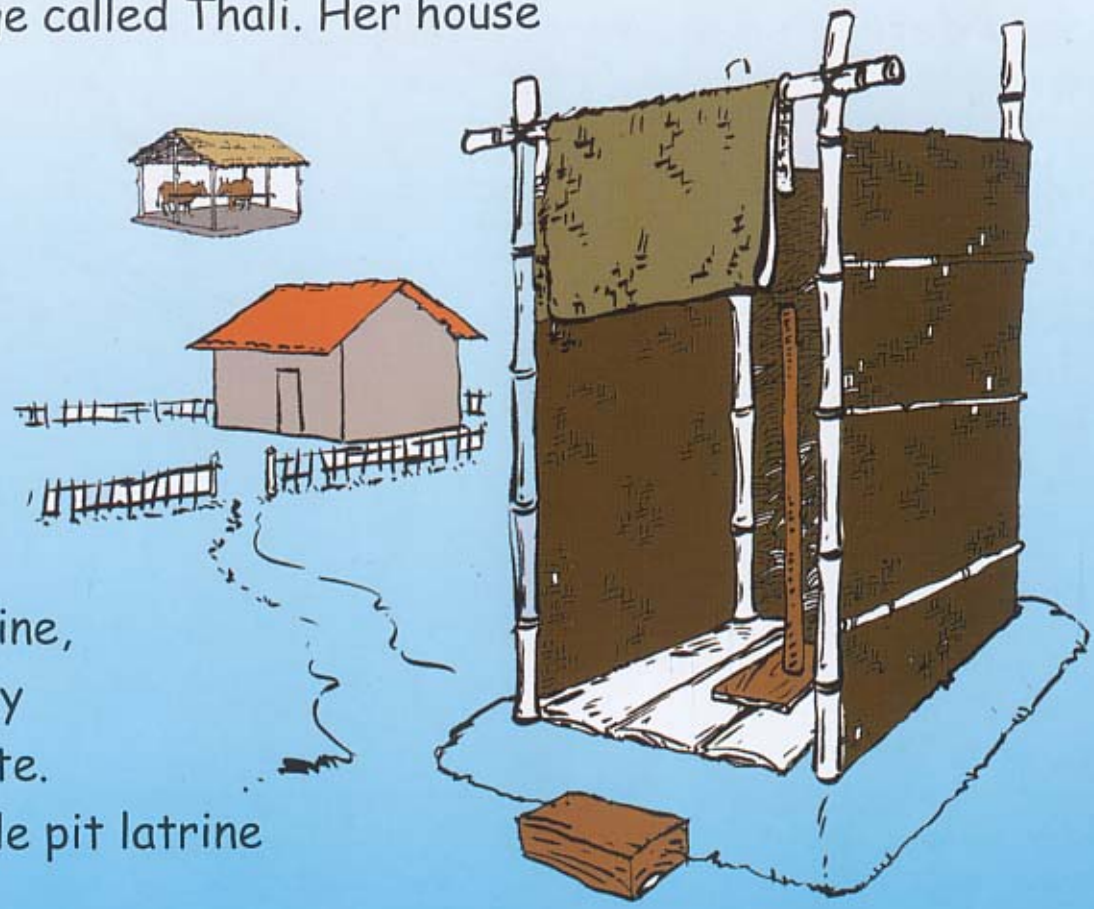
Sita's house is in a village called Thali. Her house is very clean.

The cow shed is away from the house.

The animal excreta are collected in a big pit.

Before they built a latrine, they used to go far away to the jungle to defecate. But now there is a simple pit latrine near the house.

It did not cost the family a lot of money to build the latrine.



The waste-water from washing the dishes is used for the kitchen garden.



Her mother throws the waste food and other waste products in a pit.

Sita's mother sweeps the floor of the house everyday.
Sita helps her mother to keep her home clean.



Her house is always clean.

So, the flies
do not come
to her house.

Flies can
spread a lot
of diseases.

But they cannot spread disease
in her house!

Sita's family is healthy.

Sita and her friends also help to keep her classroom clean.



Exercise:

Look at the following picture. Color the dirty things/activities in red and clean things/activities in blue.



Exercise:

Do the following activities with the children:

- Make the children pick up pieces of waste paper scattered on the floor of the classroom.*
- Make them throw the waste paper in the dustbin.*
- Make them sweep the floor.*
- Take the children to the tap and make the children wash their hands properly.*
- Make the children develop habits of pouring a bucket of water in the latrine after using it.*

After this the teacher should talk about the importance of keeping the classroom, school and the environment clean.