

TABLE OF CONTENTS
FEBRUARY 2009

- 1. INTRODUCTION (COVER)**
- 2. THE MOST IMPORTANT KNOWLEDGE (A&B)**
- 3. PREVENTION OF DEATHS AND SUFFERING**
- 4. HIV/AIDS**
- 5. PREVENTION OF HIV/AIDS**
- 6. SAFE DRINKING WATER**
- 7. HANDWASHING**
- 8. WHEN IS HANDWASHING NECESSARY?**
- 9. IMPROPER DISPOSAL OF EXCREMENT**
- 10. PROPER DISPOSAL OF EXCREMENT**
- 11. FLIES AS DISEASE CARRIERS**
- 12. INSECT AND RODENT CONTROL**
- 13. MOSQUITO CONTROL**
- 14. WORM INFECTIONS**
- 15. PREVENTION OF WORM INFECTIONS**
- 16. SCHISTOSOMIASIS**
- 17. SAFE FOOD PREPARATION (A&B)**
- 18. BREAST-FEEDING**
- 19. BOTTLE-FEEDING**
- 20. IMPORTANT FACTS ABOUT BREAST-FEEDING**
- 21. DIARRHEA**
- 22. HOW TO MIX ORS (ORAL REHYDRATION SOLUTION)**
- 23. HOW TO TREAT DIARRHEA AT HOME-INCREASED FLUIDS & FOODS**
- 24. WHEN TO TAKE THE PERSON WITH DIARRHEA TO THE HEALTH CARE PROVIDER**
- 25. SIGNS OF DEHYDRATION**
- 26. ORS FOR PREVENTION OF DEHYDRATION**
- 27. ORS FOR TREATMENT OF DEHYDRATION**
- 28. TAKING MEDICATION**
- 29. PREVENTION OF RESPIRATORY INFECTIONS**
- 30. CARING FOR RESPIRATORY INFECTIONS (A&B)**
- 31. TREATMENT OF PAIN AND HIGH FEVER**
- 32. WHEN TO TAKE THE PERSON WHO IS ILL TO THE HEALTH CARE PROVIDER**
- 33. TUBERCULOSIS**
- 34. SCABIES**
- 35. HYGIENE**
- 36. ORAL HEALTH FOR ADULTS**
- 37. ORAL HEALTH FOR CHILDREN**
- 38. NUTRITION & PHYSICAL ACTIVITY (A, B &C)**
- 39. OSTEOPOROSIS**
- 40. ACID REFLUX DISEASE**
- 41. HEART DISEASE AND STROKE (A&B)**
- 42. TREATMENT OF BACK PAIN (A&B)**
- 43. HOW TO PREVENT BACK PAIN**
- 44. ACCIDENT PREVENTION FOR INFANTS AND TODDLERS**
- 45. DROWNING/ FALLS/ TRAFFIC ACCIDENTS**
- 46. RABIES/ INDOOR SMOKE**
- 47. FIRST AID**
- 48. CHOKING HELP: ABDOMINAL THRUSTS (HEIMLICH MANEUVER)**
- 49. RECOVERING FROM DISASTERS AND OTHER TRAUMATIC EVENTS**
- 50. CONCLUSION--THE MOST IMPORTANT KNOWLEDGE**