Health Education Program For Developing Communities
(The Most Important Knowledge)

Part II: Illustrations

Available in English, French, Hmong, Indonesian, Khmer, Mandarin, Russian and Spanish (with more languages coming)

These materials may be copied for non-profit educational purposes
DOWNLOAD FREE at www.hepfdc.info
1. INTRODUCTION (SEE COVER)
2. THE MOST IMPORTANT KNOWLEDGE (A&B)
3. PREVENTION OF DEATHS AND SUFFERING (A,B&C)
4. HIV/AIDS
5. PREVENTION OF HIV/AIDS
6. SAFE DRINKING WATER
7. SAFE COOK STOVES
8. HANDWASHING (A&B)
9. IMPROPER DISPOSAL OF EXCREMENT
10. PROPER DISPOSAL OF EXCREMENT
11. FLIES AS DISEASE CARRIERS
12. INSECT AND RODENT CONTROL
13. MOSQUITO CONTROL
14. GARDENS
15. WORM INFECTIONS (A&B)
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 (A&B)
39. PHYSICAL ACTIVITY
40. OSTEOPOROSIS
41. HEART DISEASE, STROKE, DIABETES, CANCER, DEMENTIA & OTHER NCDs (A&B)
42. ACID REFLUX DISEASE
43. BACK PAIN (A,B&C)
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
2A. THE MOST IMPORTANT KNOWLEDGE
THE 3 THINGS

The World Health Organization reports that at least

80% of Premature Heart Disease (#1 Cause of Death)
80% of Stroke (#3 Cause of Death)
80% of Diabetes (#6 Cause of Death)
40% of Cancer (#2 Cause of Death)

and NUMEROUS other conditions Can be Prevented by

YOU

Doing Just 3 Things
(Much more important than all of our hospitals & clinics, doctors & nurses, and drugs & surgeries combined.)

3A. PREVENTION OF DEATHS AND SUFFERING
1. Avoid high-fat foods like bacon and trans fats.
2. Avoid smoking.
3. Avoid sedentary activities like watching TV and eating meals alone.

3B. Prevention of deaths and suffering
1. 

2. 

3. 

5,000,000

3C. PREVENTION OF DEATHS AND SUFFERING
4. HIV/AIDS

- 34,000,000,000

- 17,000,000

- 37,000,000,000
5. PREVENTION OF HIV/AIDS
6. SAFE DRINKING WATER
7. SAFE COOK STOVES
8A. HANDWASHING
8B. 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
15A. WORM INFECTIONS
16. SCHISTOSOMIASIS
WHO FIVE KEYS TO SAFER FOOD

1. KEEP CLEAN

17A. SAFE FOOD PREPARATION
2. SEPARATE RAW AND COOKED

3. COOK THOROUGHLY

4. KEEP FOOD AT SAFE TEMPERATURES

5. USE SAFE WATER AND RAW MATERIALS

17B. SAFE FOOD PREPARATION
18. BREAST-FEEDING
20. IMPORTANT FACTS ABOUT BREAST-FEEDING
21. DIARRHEA
22. HOW TO MIX ORS

1. Add ORS crystals to a 1000mL (32 oz) container.
2. Pour drinking water into the container.
3. Mix the solution by swirling the container.
4. Pour the mixture into a 1000mL (32 oz) container.
5. Use the mixture as needed.
23. HOW TO TREAT DIARRHEA AT HOME
24. WHEN TO TAKE THE PERSON WITH DIARRHEA TO THE HEALTH CARE PROVIDER
26. ORS FOR PREVENTION OF DEHYDRATION
27. ORS FOR TREATMENT OF DEHYDRATION
28. TAKING MEDICATION
29. PREVENTION OF RESPIRATORY INFECTIONS
30A. CARING FOR RESPIRATORY INFECTIONS
30B. CARING FOR RESPIRATORY INFECTIONS
31. TREATMENT OF PAIN AND HIGH FEVER
32. WHEN TO TAKE THE PERSON WHO IS ILL TO THE HEALTH CARE PROVIDER
35. HYGIENE:
- Fluoride x2
- Floss x1
36. ORAL HEALTH FOR ADULTS
37. ORAL HEALTH FOR CHILDREN
1. Avoid salt.
2. Avoid processed foods like hot dogs and donuts.
3. Avoid sugary drinks like soda and sugar.
4. Include vitamins D and B-12 in your diet.

Foods to include:
- Tofu
- Oatmeal
- Flax seed meal
- Hummus
- Yogurt

38A. Nutrition
WHO 5 KEYS TO A HEALTHY DIET

1. Cross out baby bottle and cross out formula.
2. Oatmeal, flax seed meal, hummus, tofu, yogurt.
3. Cross out hot dog and donut.
5. Cross out soda and salt.
WHO 5 KEYS TO APPROPRIATE PHYSICAL ACTIVITY

- Sitting in a hammock:
  - No
  - Yes

- Sitting in a car:
  - No
  - Yes

- Watching TV:
  - No
  - Yes

- Physical activity:
  - Yes

World Health Organization

39. PHYSICAL ACTIVITY

move for health
50,000,000

41A. HEART DISEASE, STROKE, DIABETES, CANCER, DEMENTIA & OTHER NCDs
41B. HEART DISEASE, STROKE, DIABETES, CANCER, DEMENTIA & OTHER NCDs
43B. CARING FOR BACK PAIN
43C. HOW TO PREVENT BACK PAIN
44. ACCIDENT PREVENTION FOR INFANTS & TODDLERS
45. DROWNING/ FALLS/ TRAFFIC ACCIDENTS
46. RABIES/ INDOOR SMOKE
47. FIRST AID
48. CHOKING HELP: ABDOMINAL THRUSTS
(HEIMLICH MANEUVER)
49. RECOVERING FROM DISASTERS & OTHER TRAUMATIC EVENTS