

**HEALTH EDUCATION PROGRAM
FOR DEVELOPING COMMUNITIES**
(The Most Important Knowledge)
TABLE OF CONTENTS



PREFACE

HOW TO USE THE PROGRAM (HANDBOOK & ILLUSTRATIONS)

- 1. INTRODUCTION**
 - 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-EATING THE RIGHT FOODS (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**
- REFERENCES**

