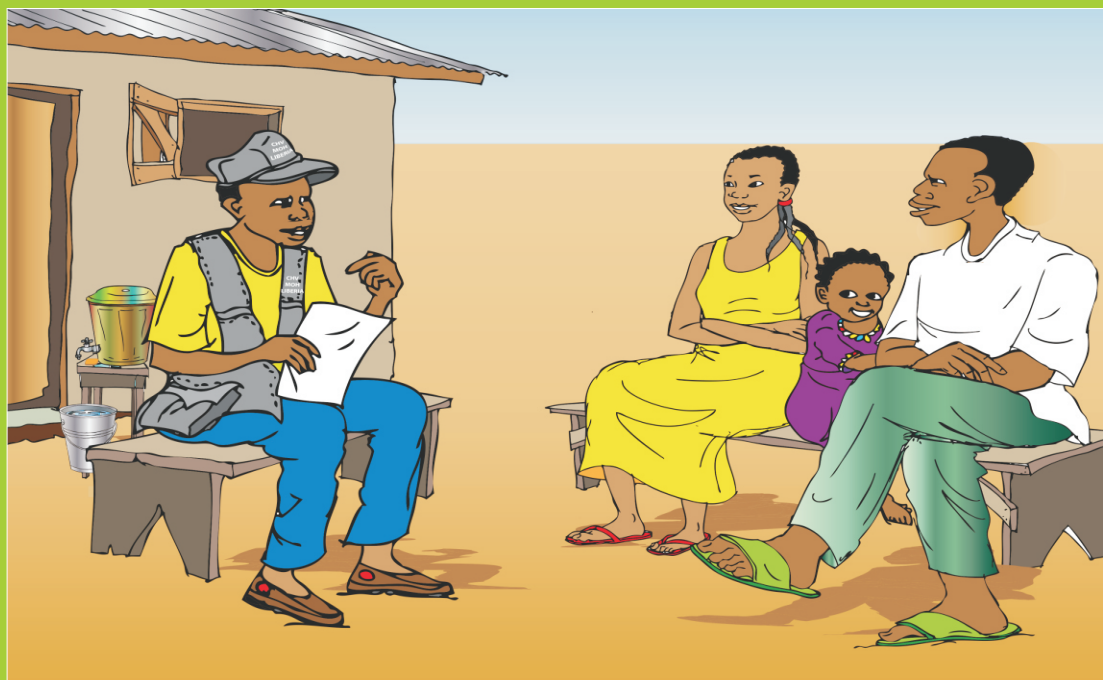


# COMMUNITY ACTION FOR A HEALTHY LIFE!

**A RADIO PROGRAM FOR  
GENERAL COMMUNITY HEALTH VOLUNTEERS (gCHVs)  
ABOUT BIG BELLY, CHILD AND FAMILY HEALTH AND SKILLS  
TO BE THE BEST gCHV!**

## Reminder Booklet



**USAID**  
FROM THE AMERICAN PEOPLE



**HEALTH  
COMMUNICATION  
CAPACITY  
COLLABORATIVE**



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# Introduction to *Community Action For a Healthy Life*

## What is it?

- *Community Action for a Healthy Life* is a radio program for you and other general Community Health Volunteers (gCHVs). The program talks about good health for big belly, baby ma, babies, and families. The program also helps you learn how to do your best gCHV work.
- At the end of each edition of the program, an assignment will be given. gCHVs who complete and report 15 or more of the assignments before the end of the radio program will receive a certificate.

## When and how long?

- Community Action for a Healthy Life will start in April.
- The program will be on the radio two times a week.
- The program will be on the radio for 26 weeks.

## What stations?

- ELBC, UNMIL and some community radio stations
- See the next page to find a radio station near you. The times *Community Action for a Healthy Life* will be on air are listed.

# List of Radio Stations and Air Times

	First airing time	Replay time
<b>Bomi</b>		
Radio Bomi	Sundays 6:30-7:00 pm	Tuesdays 6:30-7:00 pm
<b>Bong</b>		
Radio Bong Mines	Sundays 6:30-7:00 pm	Tuesdays 6:30-7:00 pm
Radio Gbarnga	Sundays 5:00-5:30 pm	Wednesdays 5:00-5:30 pm
<b>Grand Bassa</b>		
Radio LACSA	Sundays 5:00-5:30 pm	Fridays 7:30-8:00 pm
Radio Gbehzohn	Sundays 6:30-7:00 pm	Wednesdays 6:30-7:00 pm
<b>Grand Cape Mount</b>		
Radio Cape Mount	Sundays 4:30-5:00 pm	Tuesdays 8:00-8:30 pm
Radio Salem	Sundays 6:00-6:30 pm	Wednesdays 6:00-6:30 pm
<b>Grand Gedeh</b>		
Radio Peace	Sundays 6:30-7:00 pm	Mondays 7:30-8:00 pm
Smile FM	Sundays 5:00-5:30 pm	Wednesdays 6:30-7:00 pm
<b>Grand Kru</b>		
Voice of Grand Kru	Sundays 5:30-6:00 pm	Wednesdays 5:30-6:00 pm
<b>Lofa</b>		
Radio Life	Sundays 5:00-5:30 pm	Tuesdays 5:00-5:30 pm
Radio Tamba Taykor	Sundays 5:00-5:30 pm	Wednesdays 8:30-9:00 pm
Voice of Lofa	Sundays 5:30-6:00 pm	Wednesdays 10:00-10:30 pm
<b>Margibi</b>		
Radio Kakata	Sundays 5:00-5:30 pm	Fridays 8:00-8:30 pm
SAWU	Sundays 4:30-5:00 pm	Tuesdays 8:00-8:30 pm
Voice of Firestone	Saturdays 7:00-7:30 pm	Wednesdays 5:00-5:30 pm
<b>Maryland</b>		
Voice of Pleebo	Sundays 6:30-7:00 pm	Thursdays 9:30-10:00 pm
<b>Montserrado</b>		
Voice of Rural Montserrado	Sundays 5:30-6:00 pm	Mondays 5:30-6:00 pm
<b>Nimba</b>		
Radio Nimba	Sundays 4:30-5:00 pm	Thursdays 6:00-6:30 pm
Radio Saclepea	Sundays 5:30-6:00 pm	Wednesdays 9:30-10:00 pm
Voice of Tappita	Sundays 5:00-5:30 pm	Wednesdays 9:00-9:30 pm
<b>Rivercess</b>		
Rivercess Broadcasting Service	Sundays 4:00-4:30 pm	Mondays 6:15-6:45 pm
<b>River Gee</b>		
Radio Gee	Sundays 6:30-7:00 pm	Tuesdays 6:30-7:00 pm
<b>Sinoe</b>		
Voice of Sinoe	Sundays 6:00-6:30 pm	Thursdays 6:00-6:30 pm
<b>National</b>		
ELBC	Saturdays 4:30-5:00 pm	
UNMIL	Tuesdays 1:30-2:00 pm	Thursdays 1:30-2:00 pm

# Introduction to the Booklet

- This Reminder Booklet is for you. You can use it while you listen to the radio program. You can also use it to remember important information.
- The Reminder Booklet has space for you to write down the important points that the radio hosts list in each edition.
- The Reminder Booklet has space to take your own notes too. (See Page 38)
- Lastly, this Reminder Booklet has a list of all the assignments given on the radio program. You can use this list to mark the assignments you have finished and reported. You can use this list to remember which ones you have left to do. (See Page 36)

# Communicating by Text Messages

- Each week, *Community Action for a Healthy Life* will be sending you text messages to ask you some questions.
- All texts to and from the program are FREE.
- If you do not get a text message from short code 4636, please tell your supervisor. Your supervisor can send *Community Action for a Healthy Life* your phone number.
- Save 4636 as *Community Action for a Healthy Life* in your phone contacts. This will help you know the texts are from the program.
- You can text any of the codes below to 4636 at any time.
  - **TIME** - Text TIME to 4636 to find out what radio stations are playing *Community Action for a Healthy Life*. To find out when *Community Action for a Healthy Life* will be on the radio.
  - **GAP** – Text GAP to 4636 to let us know if you do not hear the radio program at its regular time.
  - **DONE** – Text DONE to 4636 to report an assignment you have finished.
  - **REF** – Text REF to 4636 to report that you have sent (referred) or carried someone to the clinic or hospital.
  - **BACK** – Text BACK to 4636 to report that someone that you sent (referred) or carried to the clinic or hospital has come back to you to tell you what the health workers said and did.
  - **ASK** – Text ASK to 4636 to ask a question about *Community Action for a Healthy Life*.
  - **TALK** – Text TALK to 4636 to tell us about being a gCHV. To share about your gCHV work.
  - **STOP** – Text STOP to 4636 to stop receiving text messages from *Community Action for a Healthy Life*.

# The Work of a gCHV

Your work as a general Community Health Volunteer (gCHV) is about HEALTH in your community. Each day may bring something new. But the work all comes back to the same goal – working with your community to help everyone live healthier lives.

## ***gCHVs - Showing the way towards a Healthy Life!***

What does it mean to work with your community? It means talking with families about health. It means working with community leaders, community groups, clinic or hospital people, TTMs. The list goes on! Together, you can work for the health of your community.

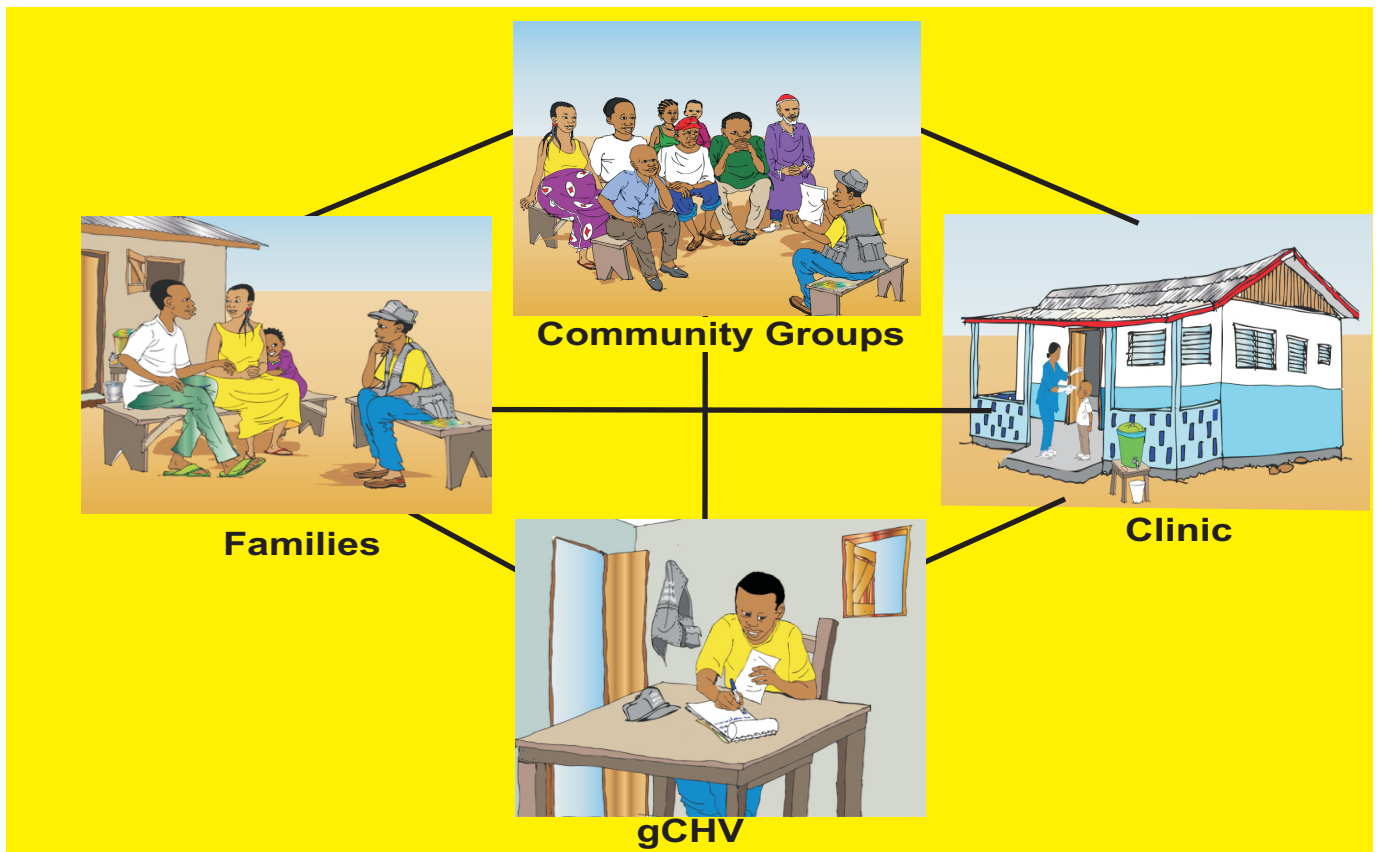
## ***Work harder and do your best!***

Your work as a gCHV helps connect all the parts of your community to one another – for **Community Action**.

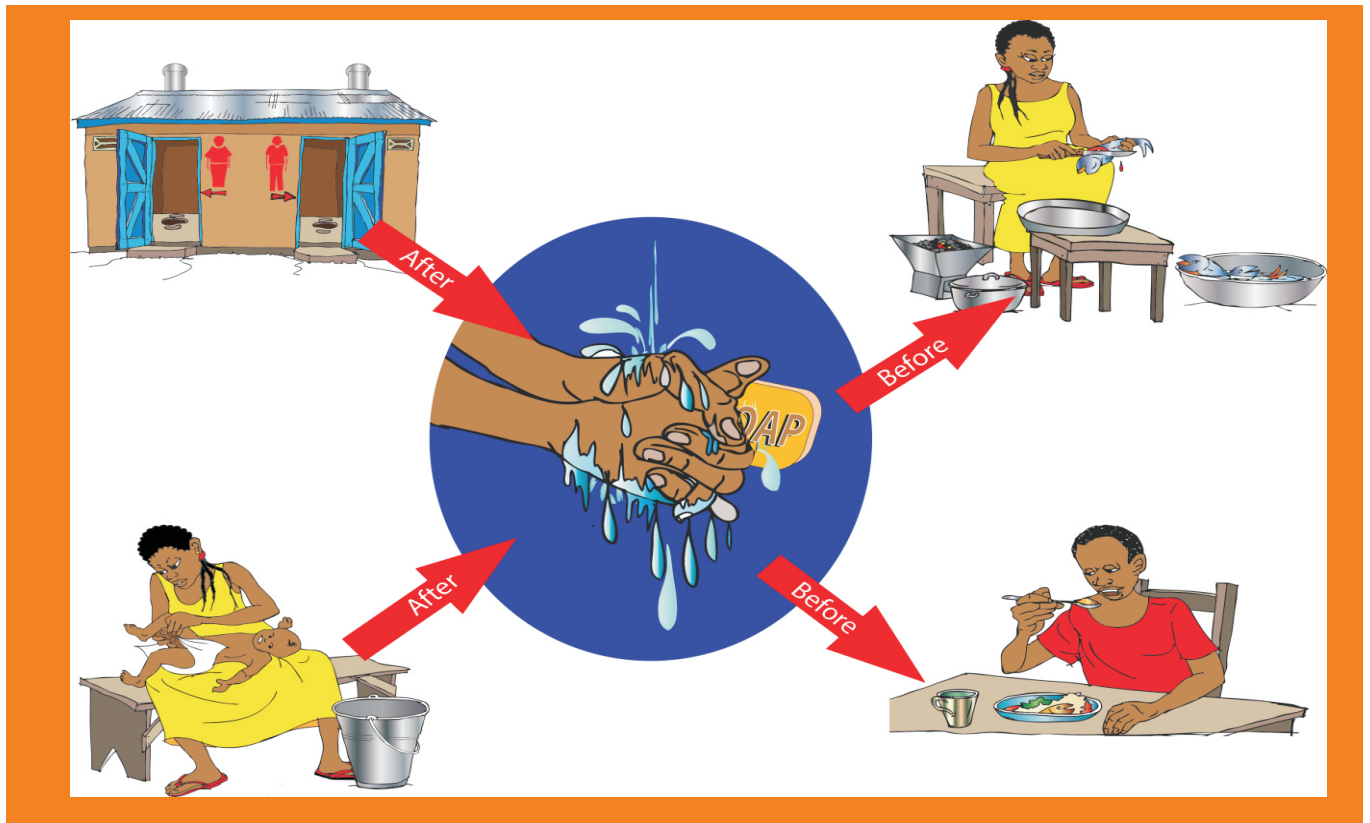
As a gCHV, you:

- Carry health messages to families by doing home visits.
- Talk with families about the good things they can do to help keep healthy.
- Talk with families about the good things that they can get at the clinic or hospital.
- Tell families when it is important to go to the clinic or hospital.
- Meet with committees, groups and TTMs. You learn what they are doing. You find ways to work together to do even more.
- Work with clinic people. You learn more about healthy things and how to help connect your community to health care

Working together and community action will help you and your community to live healthier lives.



# Hand Washing



- Wash your hands always with soap and clean water.
- Important times to wash your hands:
  - **After** the toilet.
  - **After** changing a baby's diaper.
  - **Before** preparing food.
  - **Before** eating.

## Write-Down Points

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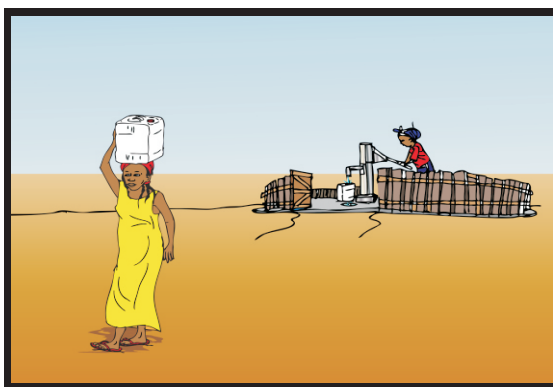
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# Safe and Clean Drinking Water

- Use WaterGuard or Clorox to make water that people drink safe.

- To use WaterGuard:



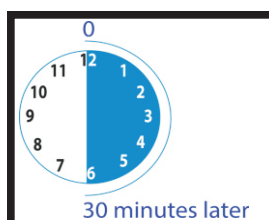
1. Fill a 5-gallon container with water.



2. Put one capful of WaterGuard into the water.



3. Shake the container to mix the WaterGuard with the water.



4. Wait 30 minutes.



5. After 30 minutes, it is safe to drink!

- To use Clorox:

- Talk to your Environmental Health Technician, gCHV Supervisor or Officer in Charge to find out how to use Clorox in drinking water.

## Write-Down Points

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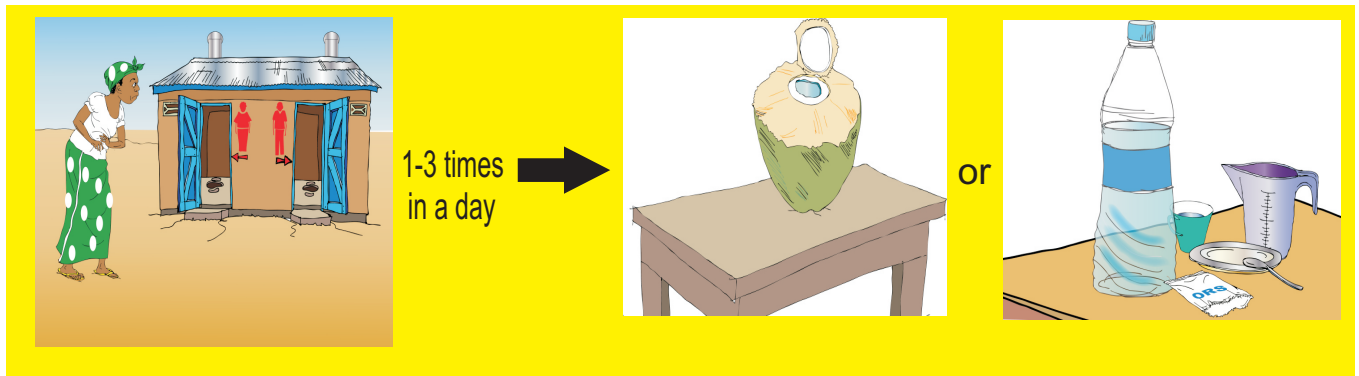
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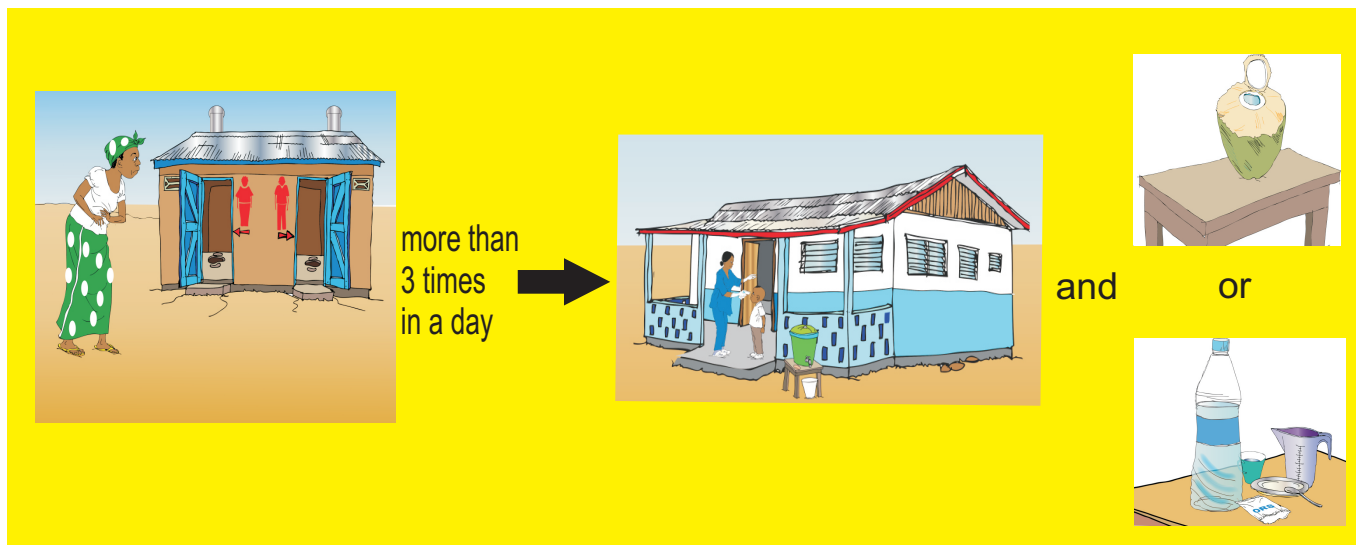
# Quick-quick Action for Running Stomach

- If someone has running stomach:



- Give coconut water or ORS (oral rehydration solution) made with clean water to drink often.

- If someone has running stomach more than 3 times in one day:



- Have a family member carry the sick person to the clinic or hospital.

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- ## Write-Down Points

[illegible]

# Big Belly Clinic Visits



- Big belly should visit the clinic or hospital at least 4 times before delivery.
- Big belly and their men should start big belly visits from the very time the belly is started.
- Big belly should always remember to carry their big belly cards.
- Big belly visits are free.
- Big belly visits include:
  - Big belly care and check-ups.
  - Vaccinations to stop tetanus (jerking sickness).
  - Medicine to stop big belly from getting malaria.
  - Treated mosquito nets.
  - Tablets to make blood correct.
  - If a big belly has HIV, medicine to stop the baby getting HIV.
  - Big belly get information on giving their baby taytay water from the time of delivery to the time when the baby gets different foods.
  - If a big belly has HIV, a health worker can talk with her and help her decide the best way to feed her baby.

## Write-Down Points

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## Malaria in Pregnancy



- A big belly may have malaria and not know. She may not always feel sick.
- Malaria can make a big belly and her unborn baby to die.
- Big belly should get a treated mosquito net at the first big belly visit and again at delivery.
- Big belly should sleep under a treated mosquito net every night.
- Big belly should get free medicine at the clinic or hospital to stop malaria.

## Write-Down Points

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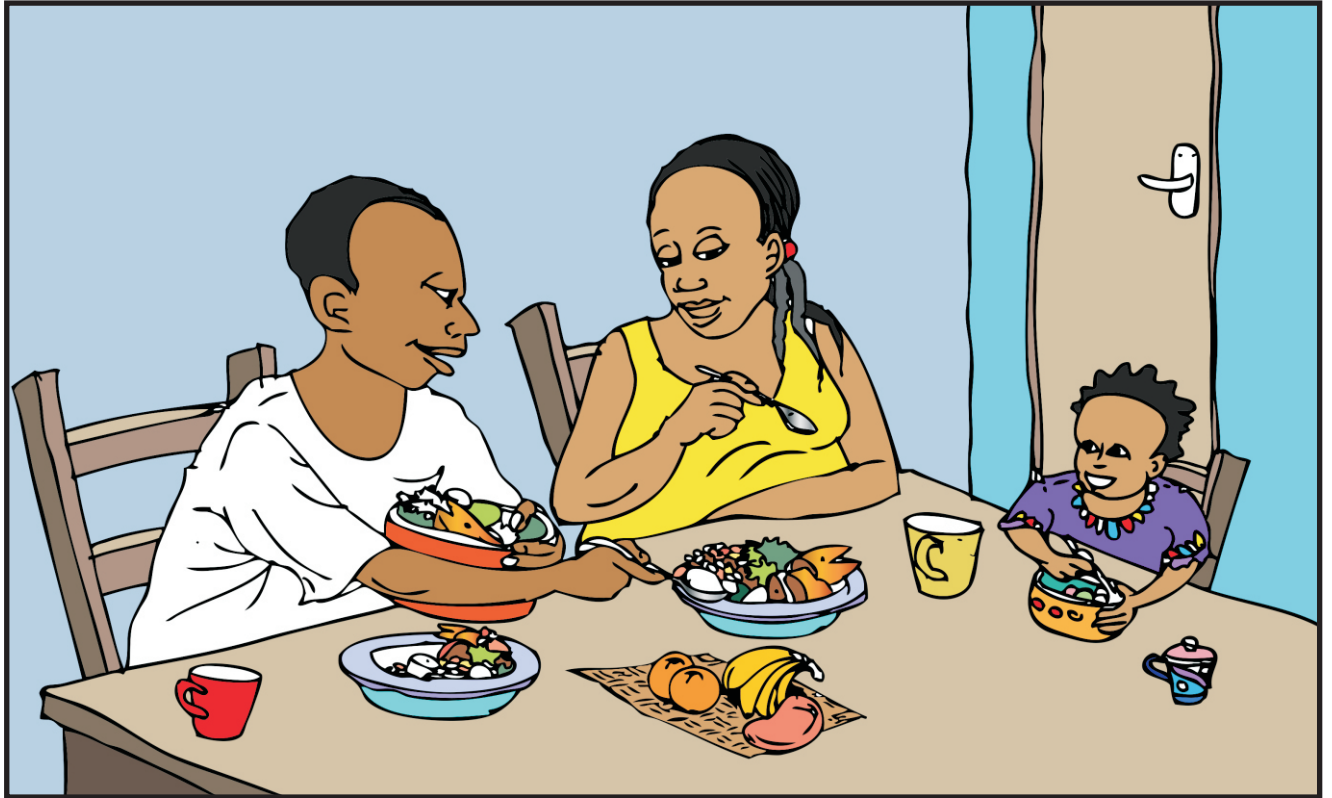
## Medicine to Stop a Baby from Getting HIV If the Big Belly Has HIV

- All big belly and their men should get an HIV test.
- All big belly should talk with a health worker about their options for feeding their baby.
- Just before the big belly delivers, she is given special medicine.
- Just after delivery, the baby is given special medicine.
- These medicines help stop the HIV from passing from the big belly to the baby.
- The baby ma or pa should carry the baby for an HIV test three times, at:
  - 1 ½ months old
  - 9 months old
  - 18 months old
- The first two HIV tests can be done at the same time that the baby ma or pa carries the baby to the clinic or hospital for vaccination.

## Write-Down Points

[illegible]

# Nutrition in Pregnancy



- Big belly should eat one extra bowl or dish of food each day.
- It is important that big belly eat some of these foods every day:
  - meat, fish, eggs, potato greens, cassava leaves, beans, rice, plantain, eddoes, cassava, palm oil, pepper, banana, pawpaw, orange, lemon.

## Write-Down Points

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## Jerking Sickness

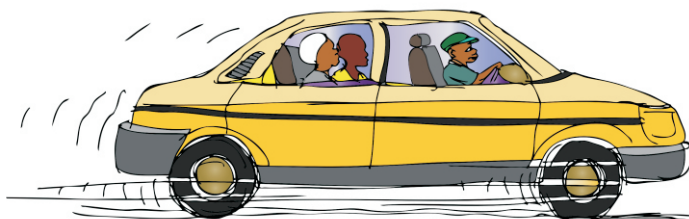
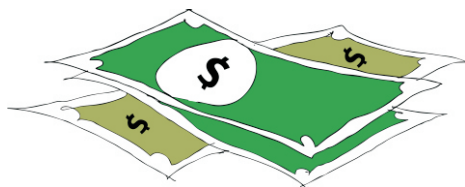
- Jerking sickness, or tetanus, is a serious sickness that can lead to death for the baby ma and baby if unclean tools are used during delivery, or if delivery is in unclean surroundings.
- Signs of jerking sickness are:
  - Stiffness of the neck, jaw, and other muscles.
  - Clenching of the teeth so that the mouth cannot open.
  - Difficulty swallowing.
  - Jerking.
  - Unable to suck (feed).
- Jerking sickness can be stopped if the baby ma has been vaccinated during big belly visits at the clinic or hospital.
- Vaccinations to stop jerking sickness are free of charge at the clinic or hospital for all women between the ages of 14 and 49 years – big belly or not – and their babies.
- The vaccination to stop jerking sickness is done twice: once at the first visit to the clinic or hospital, and again 1 month later.
- Big belly must have a skilled birth attendant, such as a midwife, nurse or doctor, to help her during delivery. The use of clean tools during delivery makes it harder for sicknesses like jerking sickness to spread.

## Write-Down Points

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# Preparing for Delivery

- Families should make a plan for delivery with the TTM. A plan for preparing for delivery helps families know what to do before and when a big belly starts labor.
- The plan should include:



- Arranging transport and having money to take the big belly to the clinic or hospital day or night.



- Having phone number and airtime to call TTM, who will go with the big belly and her man to the hospital.



- Packing clothes and supplies for the baby ma and baby.

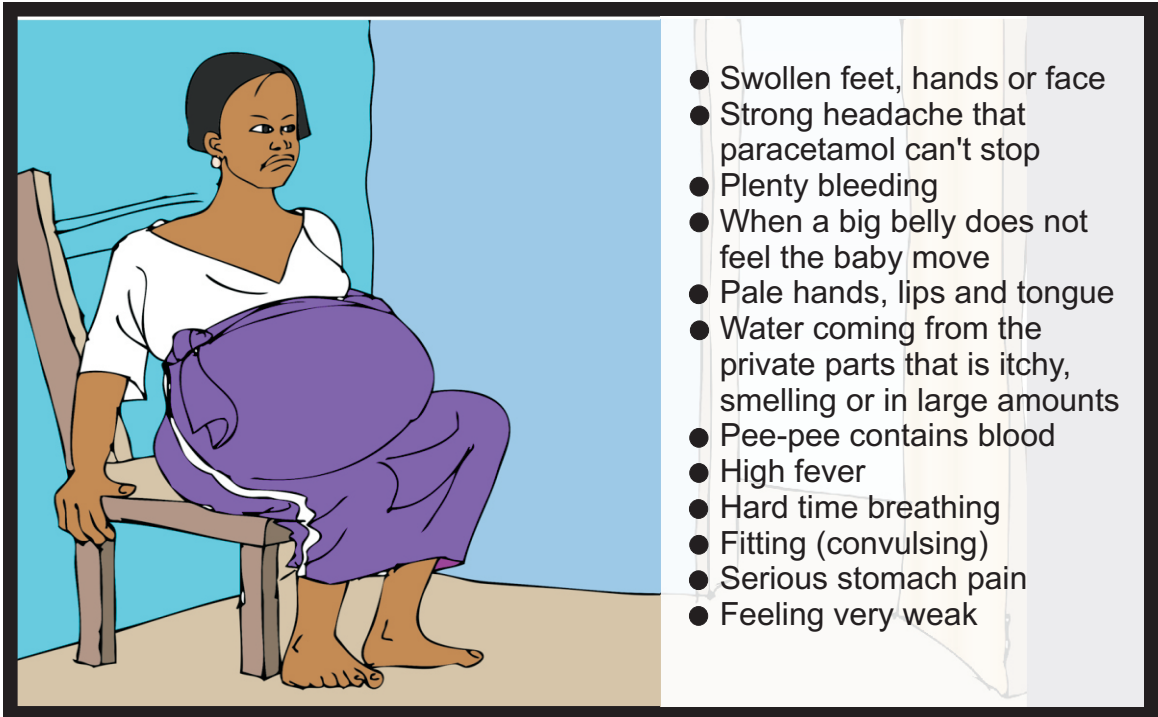


- Knowing who will go to the clinic or hospital with the big belly.



# Bad Signs in Pregnancy

- Bad signs in big belly can be serious. Bad signs may show that a big belly is suffering. She could even die.
- A big belly with any of these bad signs should go to a clinic or hospital quick-quick.
- Bad signs to know:



## Write-Down Points

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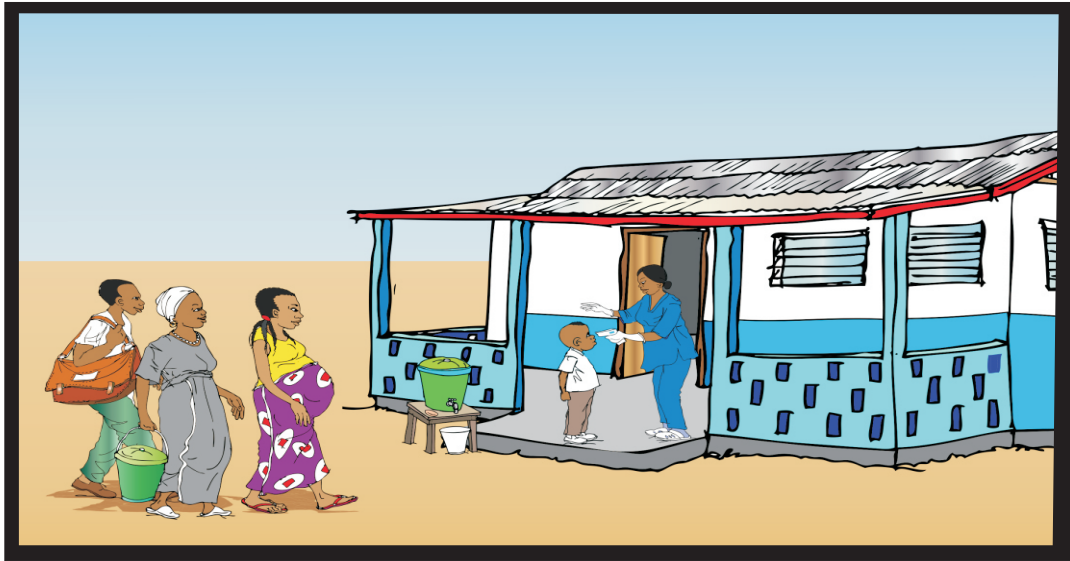
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# Delivery in a Clinic or Hospital



- Families should have a plan to help them prepare for delivery. You or the TTM can help them come up with a plan. A plan helps families know what to do when a big belly goes into labor.
- Plan for the TTM to go with the big belly and her man to the clinic or hospital.
- Reasons why big belly should deliver at a clinic or hospital:
  - Trained health workers are there to help big belly women.
  - Big belly suffering and problems during delivery can happen to any big belly. It is better to be right at the clinic or hospital. The clinic people can help stop some problems. Problems can be taken care of quick-quick at a clinic or hospital.
  - The clinic people can send a big belly to a hospital quick-quick if there are big problems.
  - Health workers can give a mother with HIV and her baby medicine at the right time. This medicine stops the baby from getting HIV from the mother.
  - The navel string is cut in a safe and clean surrounding.
- If a woman has had any operation in the stomach before, she may need to deliver her baby through an operation again. It is very important she delivers at a clinic or hospital. Trained health workers can help make sure she and her baby get the help they need.

## Write-Down Points

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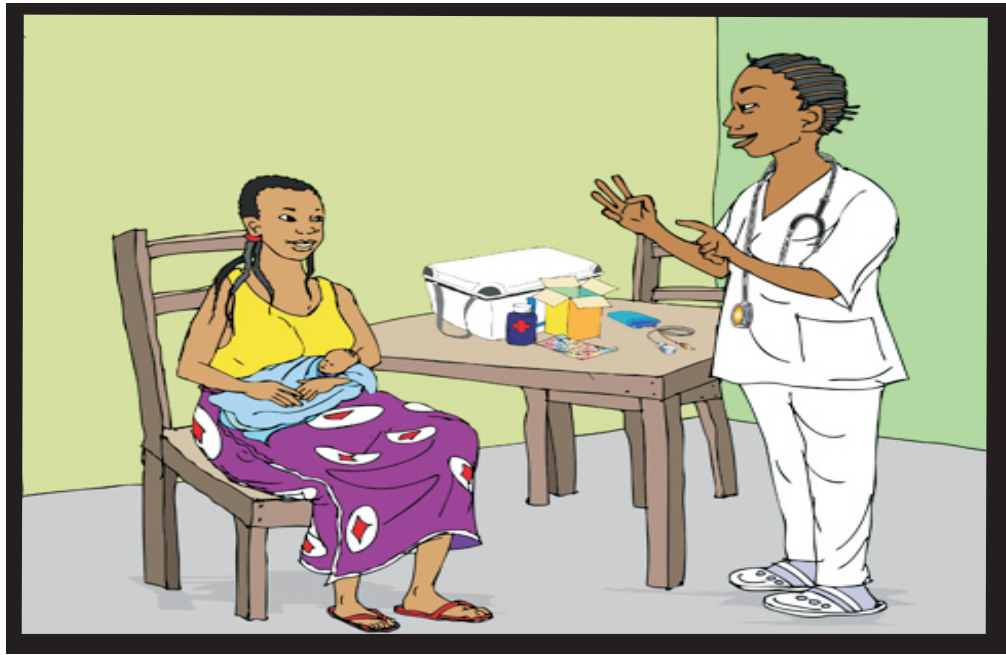
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## Baby Ma and Baby Check-ups

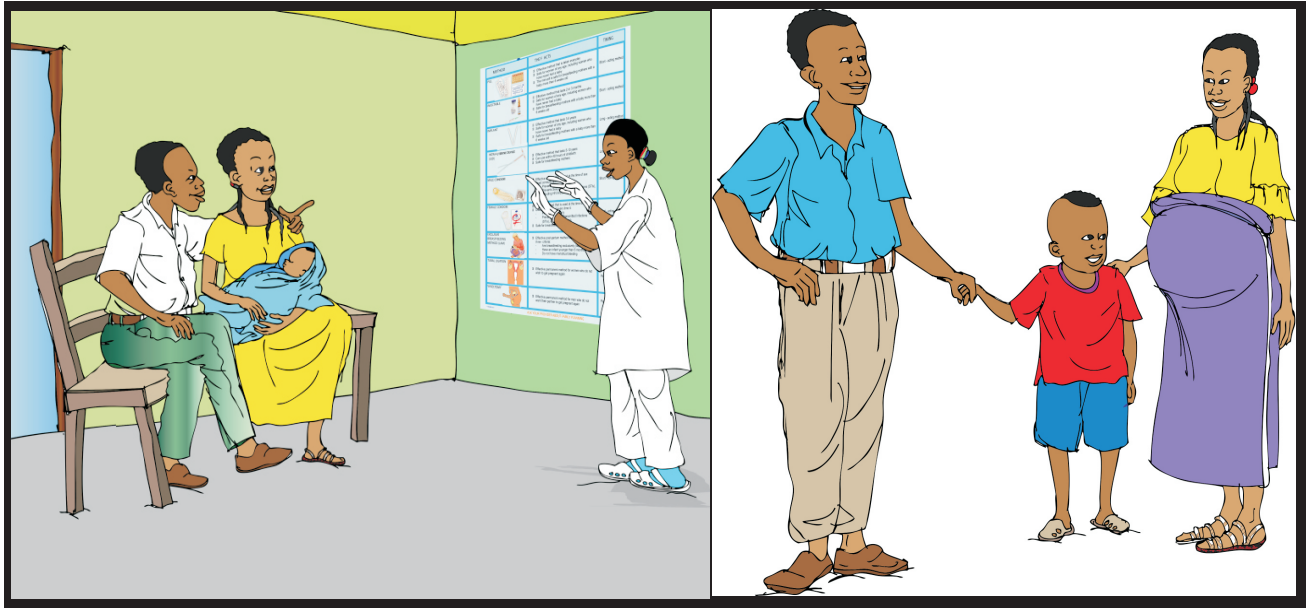


- The baby ma and baby should go for three check-ups after delivery:
  1. Right after the baby is born
  2. 1 week after the baby is born
  3. 1 ½ months after the baby is born
- At first check-up, the baby ma will get a treated mosquito net. The delivery of the baby will be registered.
- The baby will get the first vaccinations.
- The baby ma gets information on family planning so she can rest her body before becoming big belly again.

## Write-Down Points

[illegible]

# Family Planning and Healthy Spacing



- Family planning is a decision made by a man and woman. It is the decision on whether to have children and if so, how many and when.
- For a baby ma who has just had a baby, it is important that she does not become big belly again for at least two years. Waiting for another baby will help her recover her health and strength. Waiting will give her enough time to look after the new baby.
- For the family, waiting two years between babies and even having fewer children in all means the family will have more money for when it is needed.
- The baby ma and baby pa can find out about different family planning methods at the clinic or hospital. They can then decide which method is best for them.
- All family planning methods can stop pregnancy from happening. But only condoms stop man-woman sicknesses.

## Write-Down Points

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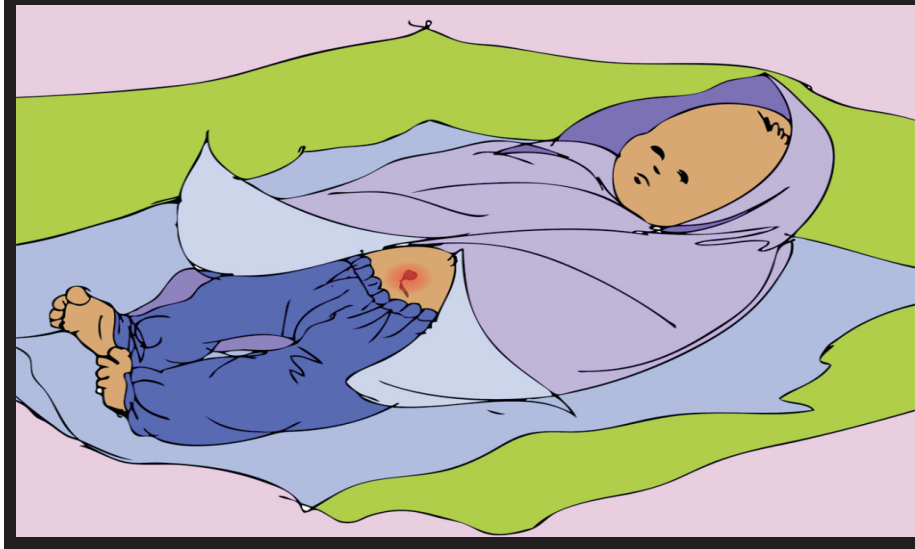
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# Bad Signs in Newborns



- Bad signs in newborns can happen from the time of delivery to when the baby is 1 ½ months old.
- Bad signs show the baby is not well. Bad signs can even lead to death.
- Bad signs in newborns include:
  - Fever
  - Yellowing of the skin or eyes
  - Infected navel string
  - Hard time breathing
  - Unable to suck
- If any of these bad signs happen, the baby must be carried to the clinic or hospital quick-quick.
- The family should have a plan for emergencies similar to the plan for delivery. The family should:
  - Have transport or money for transport to take the baby to the clinic or hospital day or night.
  - Know who will go to the clinic or hospital with the baby.
  - Know who will stay at home with any other children.

## Write-Down Points

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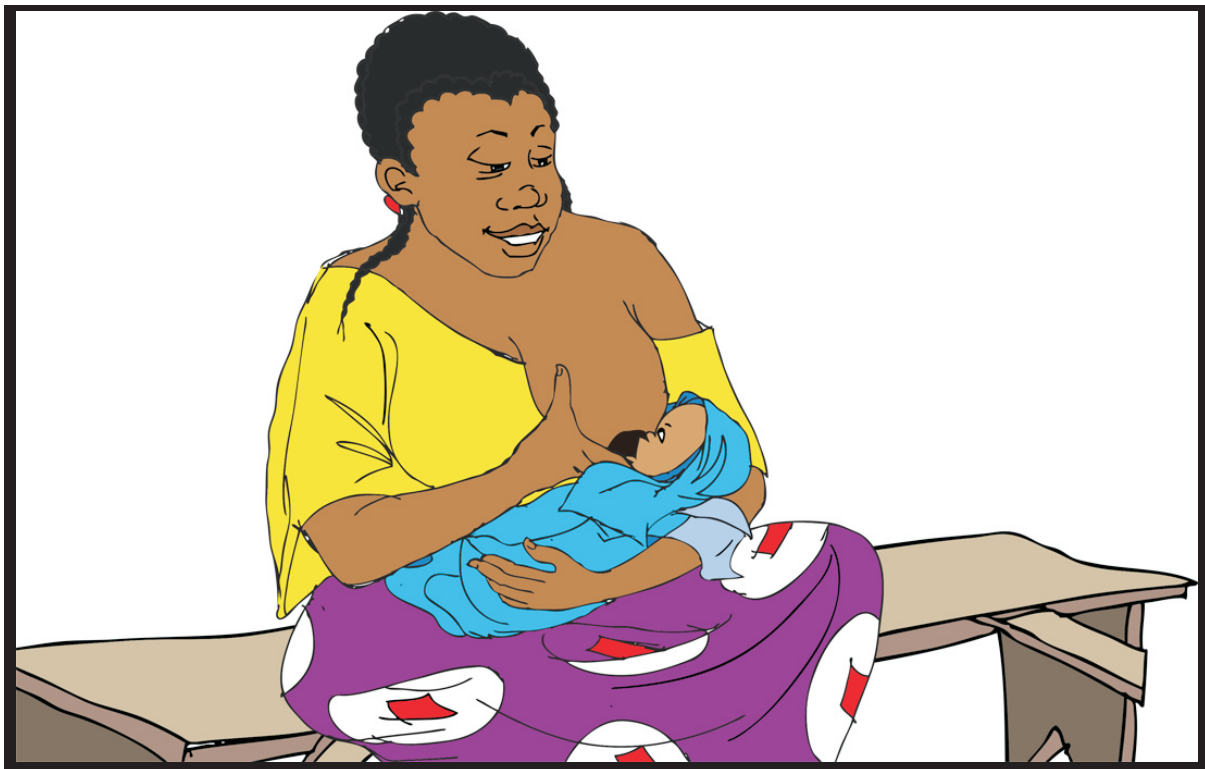
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## Giving Baby Only Taytay Water for First 6 Months



- From time of delivery until 6 months, babies should be given only taytay water. They do not need any other food, liquid or water.
- After delivery, the baby should be put to the taytay quick-quick. The first yellow taytay water has important medicines. The taytay medicine is made by the baby ma's body. The taytay medicine protects the baby from getting sick.
- Giving the baby taytay water quick-quick is also good for the mother. It helps stop plenty bleeding after delivery.
- Giving taytay water gives the baby ma and the baby time together.
- Giving taytay water for the first 6 months helps stop pregnancy. It is a natural family planning method. Giving taytay water is a family planning method only for the first 6 months.

### Write-Down Points

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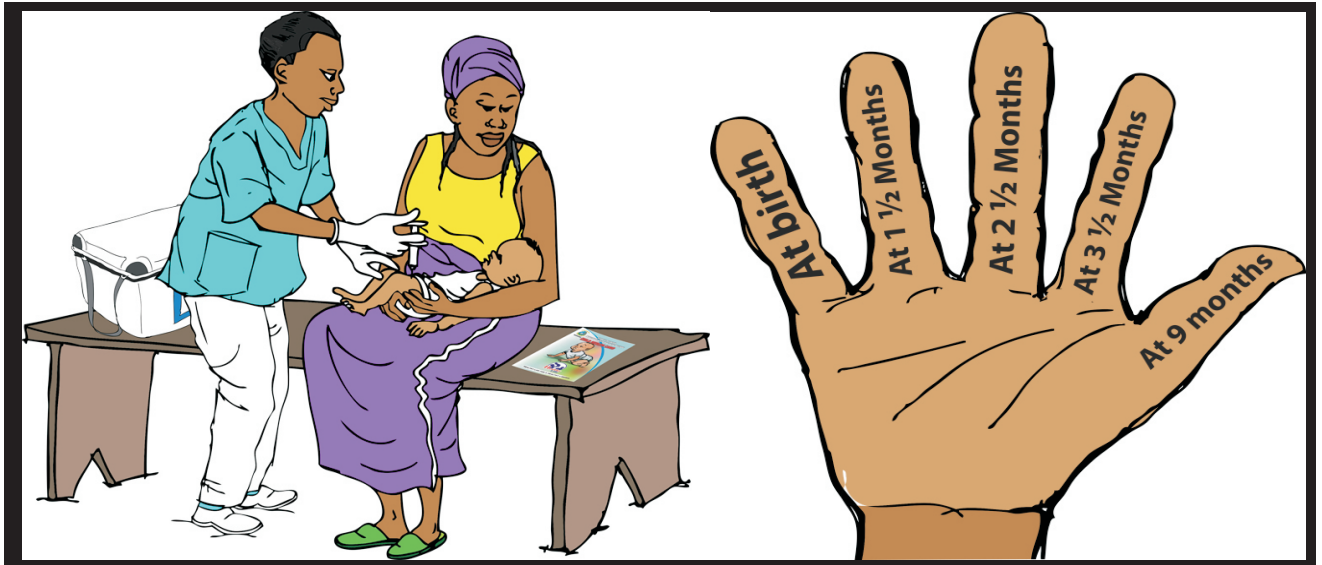
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# Vaccinations



- Every day, children die from sicknesses that can be stopped.
- Vaccinations can stop these sicknesses. These vaccinations are free at the clinic or hospital.
- Families should take their babies to the clinic or hospital 5 times in the first year:
  - The time the baby is born
  - 1 ½ months old
  - 2 ½ months old
  - 3 ½ months old
  - 9 months old
- These five visits will give a child protection for life against serious sicknesses.
- These five visits are printed in the Child Health Card, the baby paper that is given to the baby ma at the first clinic visit. The Child Health Card should be carried to the clinic or hospital each time.
- Sometimes vaccinations can give small problems. The vaccinations could make the child to have itchy skin. The child may develop small fever. These are normal, and medicine is not usually needed. If these small problems do not go away after two days, the child should be carried to the clinic or hospital for care.

## Write-Down Points

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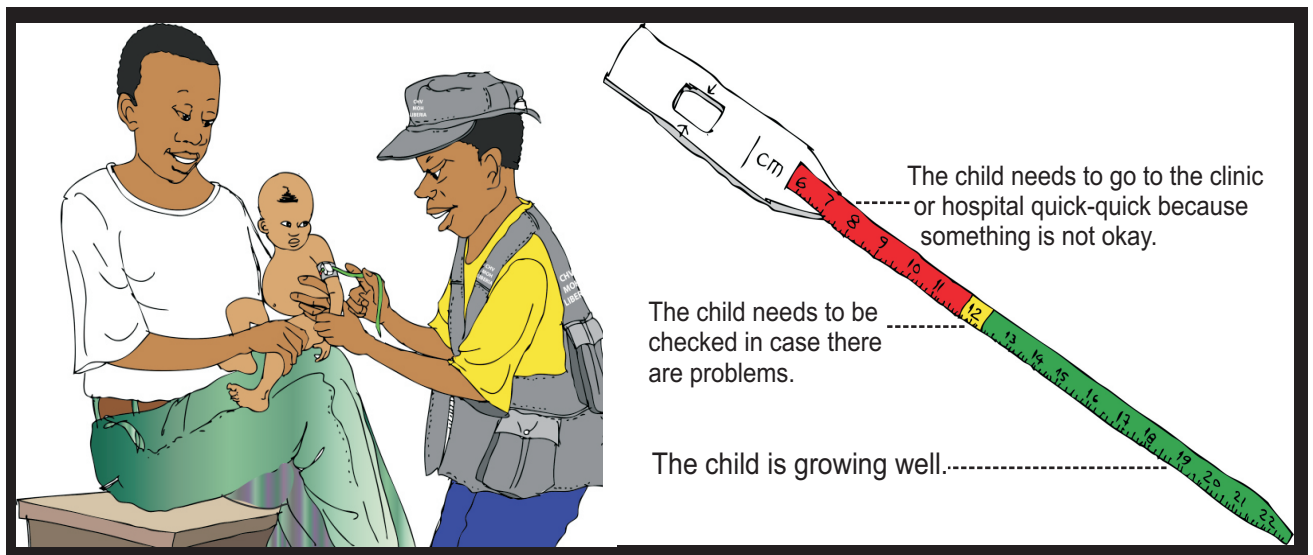
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# Keeping an Eye on Children's Growing



- Children need to grow well in order to be strong and healthy.
- A good way to know if they are growing well is to use a special tape. This tape is used to measure around the top part of the arm.
- The tape should go around the arm halfway between the shoulder and the elbow. It should not be too tight or too loose.
- The measurement is done every month from 6 months to 59 months (5 years) of age.
- The measuring tape has three sections: green, yellow, and red. Each color tells the gCHV something about the child's health.

## Write-Down Points

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# Vitamin A and Deworming



- Vitamin A stops night blindness, which makes it very hard to see things at night.
- Vitamin A is found in the first yellow taytay water and stays in the baby for the first 6 months.
- After the baby is 6 months old, Vitamin A has to be given to the baby to keep the baby healthy.
- Worms that make the baby or child not to grow well are all around in the soil. Small children like to put things in their mouths and can get worms that way.
- Worm medicine kills the worms and helps the baby to grow and stay healthy.
- Vitamin A and worm medicine are given for free at the clinic or hospital.
- Encourage families to take their children to the clinic or hospital for Vitamin A and worm medicine.

## Write-Down Points

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# Starting to Give Foods to Baby



- When babies are 6 months old, taytay water is no longer enough by itself. The baby is growing quick-quick and needs good food to grow and be healthy.
- Some foods are really good for babies from 6 months old. These foods are: bananas, rice, plantains, bene seeds.
- The food for babies at 6 months old need to be mashed until they are smooth and soft.
- Feed the baby using a small clean spoon 3 or 4 times a day.
- Do not stop giving a baby taytay water. Giving baby taytay water should continue until the baby is at least 2 years old.

## Write-Down Points

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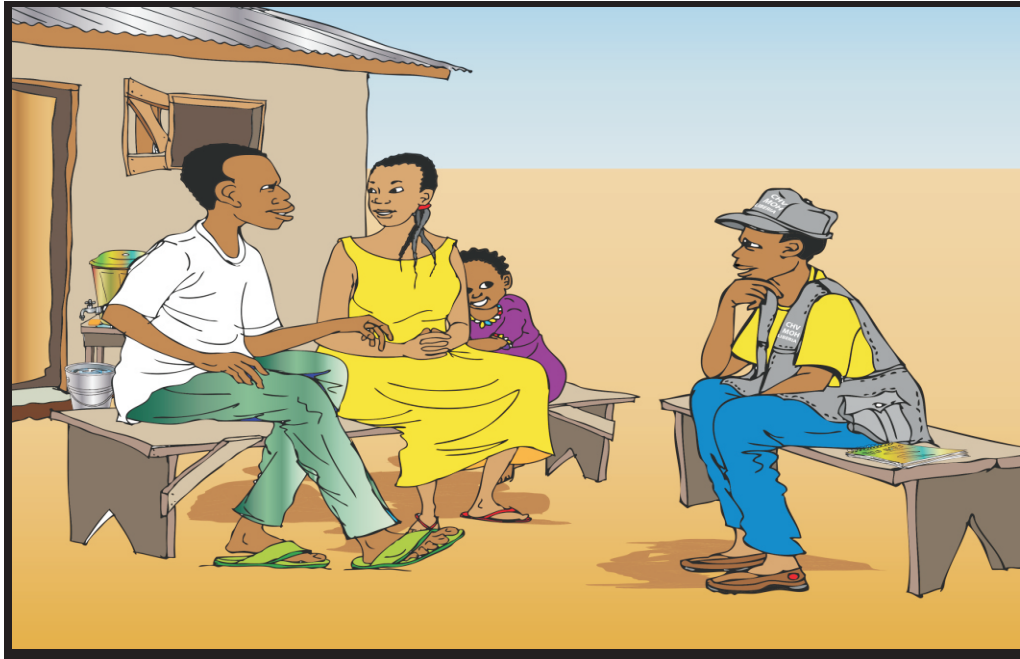
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## Good Ways of Talking and Communicating with Community Members



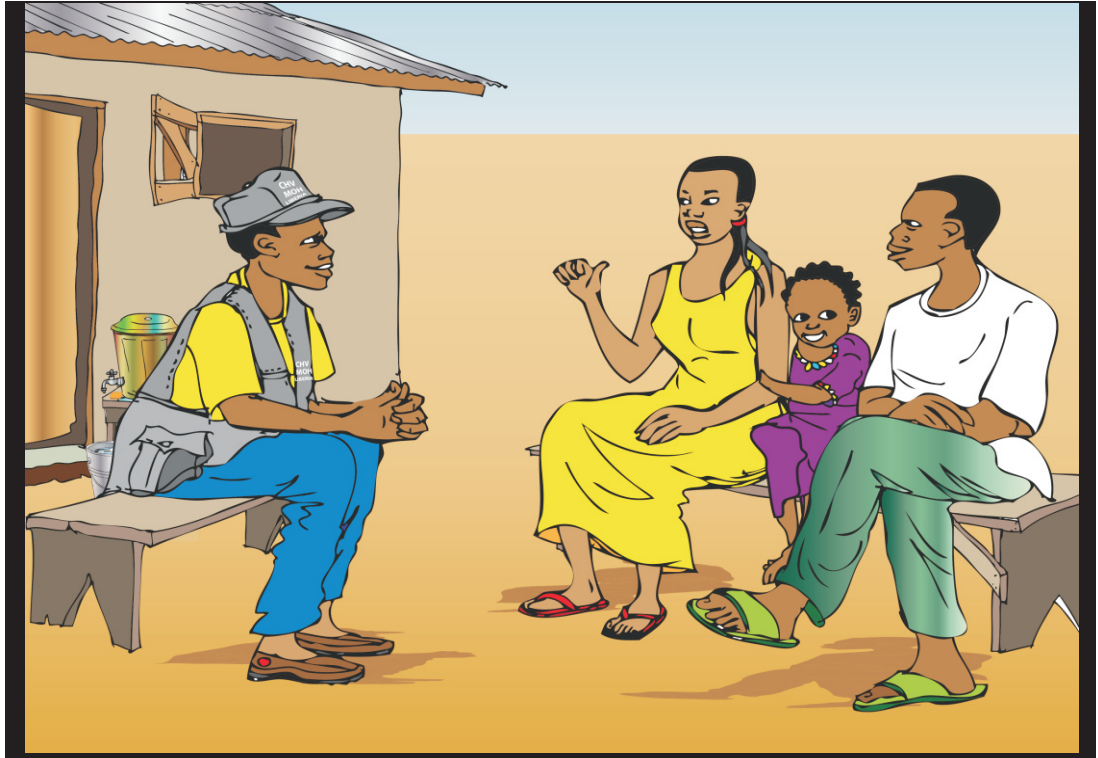
- Be friendly and kind.
- Eye contact shows you are focused on what a person is saying and that you care.
- Talk with people in a way they understand. Use words they know. Explain things in a way that they understand.
- Help families learn about health. Help them know how to do healthy things. Help them believe that they can do them.
- Keep personal information that people tell you to yourself. Do not share that information with others.
- Ask open-ended questions. An open-ended question looks for an answer that is more than one word. An open-ended question looks for an answer that is more than just 'yes' or 'no'.
  - Open-ended questions encourage people to say more. Open-ended questions help people talk about how they think or feel.
- Reflective listening shows interest in and respect for what a person is saying. Listening opens up a relationship. Listening creates trust.
- Summarizing means repeating what was said. It means highlighting the main points. This helps make sure you and the family understand one another clearly.
- Make positive statements that compliment a person. You can compliment them on the good things (big or small) they are doing to live a healthy life. Positive statements show support. They build people's confidence in their ability to change.

# Developing a Workplan



- Plan your gCHV work for each month.
- Think about what you learned in meetings with your community.
- Choose a health topic that is important in your community. Come up with actions and activities to deal with that topic.
- Be honest with yourself. If your plan is too difficult, or will take too much time, take away some of the activities. You want your plan to be possible for you to do.
- Make smaller plans for each day and week to help you stick to your plan.
- Save time to write your monthly report. Report on the things you did, the challenges you faced and your plan for dealing with those challenges.

# First Home Visit



- Be on time for the home visit.
- Ask general questions to start in order to build your relationship with the family members.
- Then ask a few questions that will give you some information about the health of the family. Ask about the good things they do to help keep the family healthy.
- Use the good ways to talk with families to learn about the lives and health of the family. Ask open-ended questions and listen very carefully to understand their situation.
- Repeat things you are hearing to make sure you understand the family correctly. Ask them to correct you if you understand them the wrong way.
- The first visit should be mostly to learn about the family. The first visit is not really about giving information.
- It is important to build a relationship with the family before giving too much advice.
- If the family asks for information, share the information with them in a friendly way.
- If someone in the family needs help quick-quick, send or carry the person to the clinic or hospital.
- Thank them for their time and sharing information with you. Ask if they have any questions for you.
- Finally, ask them if you may return in a few weeks to follow up and talk to them about some health topics.

## Noticing Good and Bad Health in the Home

- Notice the physical details of the home and its surroundings from the outside, and the inside if invited into the home.
  - Examples: Is there a water pump close by? Is the drinking water container covered? Are they using treated mosquito nets?
- Do not be very obvious in the things you notice. Families do not want to feel they are being judged.
- Notice the physical health of the family members. Do they look healthy and strong? Weak? Tired?

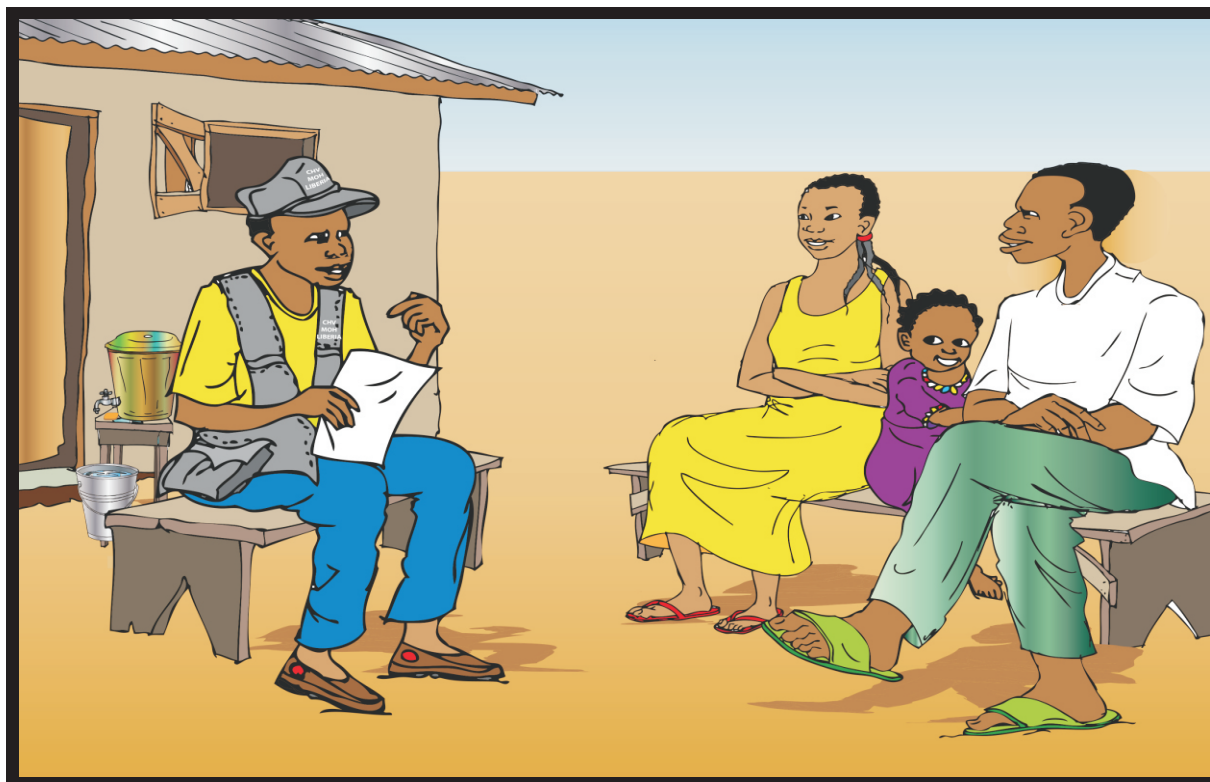
## Noticing Relationships and Power in the Home & Taking Notes

- Notice who makes decisions in the home and for the family's health.
- Notice the way the family acts with one another. Are they easy with each other? Who talks? Who is silent? Do the man and woman appear to have equal power in their relationship? In making decisions?
- Understanding the relationships among family members is important. This will help you know how to talk about topics with the family during your follow-up visits.
- It is good to take notes because the notes:
  - Help remind you what happened in earlier visits with a family
  - Help you use these reminders to make decisions about what needs to be talked about the next time with a family
  - Show how much you have done and what you have achieved – this is useful for writing reports and your workplan
- How to take notes after household visits
  - Include date of visit
  - Write down who was in the home during the visit and who you talked with
  - Write down information about the family that will be useful to remember
  - Write down what health topics you talked about and any recommendations you gave the family
  - Write down any challenges that the family talked about
  - Note any information that might be good to remember for next time so you can follow up

## Deciding What Health Topic to Focus On When There Are Many

- When visiting a home, you may notice that there are many good things that a family should do to help them live healthier lives. Do not talk with the family about all of these good things at one time.
- It is better to talk with families about these good things small small. That way it will be easier for the family to focus on one thing at a time. The family can feel good about each good thing they do. Then they will feel stronger about doing the next good thing.
- After you visit with a family, use your skills in listening and talking with families to repeat the main points of the health issues they have shared with you.
- Ask the family which of these issues is most important to them.
- Of the health issues that the family has told you about or that you have noticed in when visiting their home, think about which of those issues needs action quick-quick. What good thing **needs to happen right now** in order to be helpful?
- Once the family and gCHV decide which health topic to focus on, give the family information on the good thing that they can do.
- Ask the family if they think they can do this good thing. Ask them how they will do it. Help them improve their plan if needed.
- If they say they cannot do this good thing, help them find ways to do it.

# Follow-up Home Visit

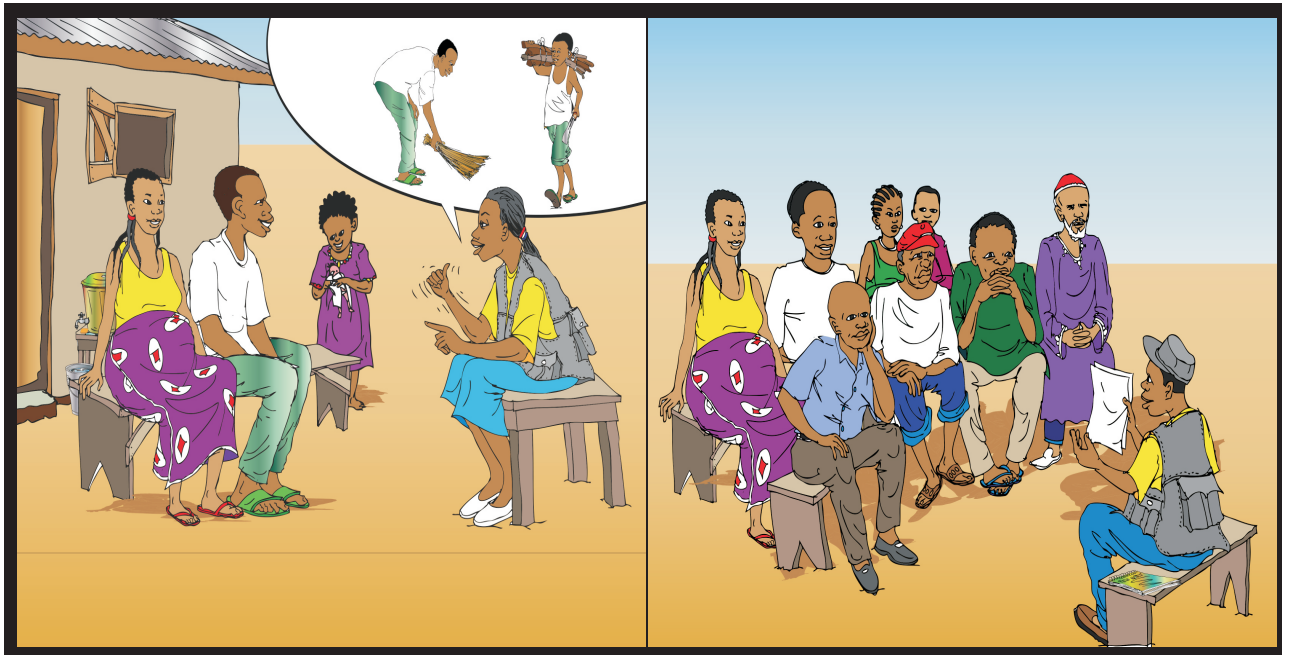


- A follow-up home visit is a lot like the first home visit, but you will share more information with the family and work with them to help them find ways they can do good things for their health.
- Before a visit:
  - Review notes from the last visit. This will help you remember what was talked about and will help you decide what to do during the follow up visit.
  - Review any health topics that you might talk about with a family. Know what actions you may need to take or suggest a family do if an issue has not gotten better.
- During the visit:
  - Ask about the family. Follow up on what was talked about during the last visit. Ask questions to find out what they've done since the last visit to help them be healthier.
  - Listen carefully. Learn more about any issues or challenges the family is having. Once the family can trust you, they may open up more about their health situation.
  - Based on what was talked about during the first visit and any issues the family has talked about since then, help the family find ways to be healthier and ways to stop sicknesses from happening in the home.
  - Explain to the family that there are times when it is good to go to the clinic or hospital for care. Send or carry members of the household to the clinic or hospital as needed.

## **Sending or Carrying People to the Clinic or Hospital (Making Referrals)**

- Many good things to help keep a family healthy happen in the home.
- The more these healthy things are done in the home, the less likely people will become sick and need to go to the clinic or hospital
- Others good things that keep people healthy are done by going to the clinic or hospital.
- When doing house visits and talking with community members about their health and concerns, take note of any care at the clinic or hospital that a person needs to get.
- Explain to the person the care that the clinic or hospital can give them to help keep them and their family healthy.
- Send or carry them to the closest clinic or hospital. If you have referral forms, fill one out for the person and give it to them. Offer to help by going with them to the clinic or hospital.
- If it is an emergency, the person should go to the clinic or hospital quick-quick.
- Tell the person that you can come back to see them after their visit to the clinic so that they can tell you of their experience.
- After visiting the clinic, the person should receive a slip to return to the gCHV.

# Male Involvement



- Encourage men to be involved in the health of their family. During house visits, praise men for the good things they are doing. Encourage them to do more. Encourage them to support their baby ma.
- Find men at places where they gather. Start conversations around ways that they can be more involved in their families' health.
- Encourage men and women to talk together and support one another in making decisions about their health and their children's health. Some examples are making decisions about going for vaccinations, starting family planning or washing hands with soap and water before eating.
- Men have a big part to play in their family's health. Their help can start right when the big belly starts. Their support can continue after the baby is born.

## Dealing with Challenges to Doing Good Things for Health

- There are different kinds of challenges. Some may come from what others think and how they feel. Others may come from not having things like money or transport.
- For challenges that come from what others think and how they feel:
  - Ask the person or household members to tell you more about what they think.
  - Be respectful and calm and listen. Do not insult people.
  - Politely give correct information that supports the good things that help keep people healthy.
  - If possible, give examples of other people or families who have changed their thoughts and feelings about health. Explain how they changed and did the good things for their health. Explain how it made their lives better.
  - Tell families that the community leaders support these good things that help keep people healthy.
  - If the family still does not support these good things, talk to your supervisor who can suggest another way to work with and help the family.
- For challenges that come from not having things like money or transport:
  - Ask what the person or family has done to deal with the issue in the past.
  - Ask if there are family or community members who might be willing to help them.
  - If your community has a hammock group or other groups offering support, make sure community members know about those groups and how to contact them.
  - Sometimes a person or family has some small money, but they are spending the money on things that are not as important as their family's health and wellbeing (e.g. drinking alcohol, smoking).
    - If this is the case, try to talk to the person or family about what they value most.
    - Talk with them about how it is important to give up some things so that they can keep themselves and their family members healthy and safe.
  - Talk to your community leaders about common challenges to see if anything can be done in the community.

## Community Action for a Healthy Life Assignments

Remember – when you have finished any of the assignments below, send a text message with the word **DONE** to short code **4636**. You will get a text message back asking you some questions to help you report the assignment that you have finished. After you have reported the assignment to 4636, check the box under Reported to *Community Action for a Healthy Life*. You can also report finished assignments to your Supervisor at the monthly meeting for gCHVs at your clinic or hospital.

If you finish and report 15 or more assignments before the end of the program, you will receive a certificate.

<b>Assignment</b>	<b>Done</b>	<b>Reported to <i>Community Action for a Healthy Life</i></b>
● Check with other gCHVs to make sure they know to listen to the radio program.	<input type="checkbox"/>	<input type="checkbox"/>
● Schedule a meeting with your community leaders to show yourself to them. Or if you already know one another, meet with them to update them on the things you are doing and how the work has been going.	<input type="checkbox"/>	<input type="checkbox"/>
● Attend your monthly meeting at the clinic or hospital when the time comes.	<input type="checkbox"/>	<input type="checkbox"/>
● Find someone who is doing good things to stay healthy. Ask if they would want to tell others about what to do and how they do it to live a healthy life.	<input type="checkbox"/>	<input type="checkbox"/>
● Go on a walkabout in your community and notice the good and bad things for health. Share what you find with your community leaders.	<input type="checkbox"/>	<input type="checkbox"/>
● Meet with groups in your community. Share and compare activities with these groups to find out how best you can support each other's work.	<input type="checkbox"/>	<input type="checkbox"/>
● Practice your body language when communicating with your own family and friends.	<input type="checkbox"/>	<input type="checkbox"/>
● Practice listening well and summarizing conversations with your own family and friends.	<input type="checkbox"/>	<input type="checkbox"/>
● Make your workplan. Share it with your supervisor for feedback.	<input type="checkbox"/>	<input type="checkbox"/>
● Talk with families to agree on a time to visit them soon to talk about their health.	<input type="checkbox"/>	<input type="checkbox"/>

<b>Assignment</b>	<b>Done</b>	<b>Reported to Community Action for a Healthy Life</b>
● Before the first house visit, come up with a list of questions you plan to ask. Plan questions that can help you learn about a family and get all the information you need to understand their health situation.	<input type="checkbox"/>	<input type="checkbox"/>
● When visiting a home, look around to notice things that may be good or bad for a family's health. Praise the family for good things they are doing. Notice things that the family can do to help keep healthy.	<input type="checkbox"/>	<input type="checkbox"/>
● After visiting a home, take notes about what you saw and heard. Write down any good things you want to talk about at the next visit so you do not forget.	<input type="checkbox"/>	<input type="checkbox"/>
● Talk to families about their important health issues. Ask your clinic supervisor about your community's health issues. Choose one health topic to work on and talk about this month.	<input type="checkbox"/>	<input type="checkbox"/>
● Before a follow-up house visit, review your notes from the last visit. Prepare a list of follow-up questions and any information you may need to help you talk about any issues noted from the last visit.	<input type="checkbox"/>	<input type="checkbox"/>
● During your home visits, encourage family members wanting or needing care to go to the clinic or hospital. Follow up with those you have sent or carried to the clinic or hospital.	<input type="checkbox"/>	<input type="checkbox"/>
● Talk to men about supporting their women and doing good things to help keep their families healthy. Talk about what that support can look like, how they can be more involved and how they can support one another as men.	<input type="checkbox"/>	<input type="checkbox"/>
● Practice with a TTM or another gCHV what to do when family members are feeling and saying different things that do not agree. Practicing will help you be better prepared to give good advice and encouragement when you are in that situation.	<input type="checkbox"/>	<input type="checkbox"/>
● Talk with families to understand some of the common challenges that keep them from doing good things for their health. Talk with your community leaders and groups about these challenges and what can be done to help the community.	<input type="checkbox"/>	<input type="checkbox"/>
● Talk to your community leaders about setting up a transportation plan for emergencies.	<input type="checkbox"/>	<input type="checkbox"/>

## Notes

You can use these pages to take any other notes that will help you to remember things you need to know or do as a gCHV.

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This image shows a single page of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

[illegible]

This image shows a full page of blank handwriting practice paper. It features approximately 28 evenly spaced, thin grey horizontal lines running across the width of the page. The background is white, providing a clear contrast for the lines. There are no margins, text, or other markings present.

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**gCHVs – Showing the way towards a Healthy Life!**

**Work harder and do your best!**



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