

# DISEASE PREVENTION





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# MAJOR DISEASES



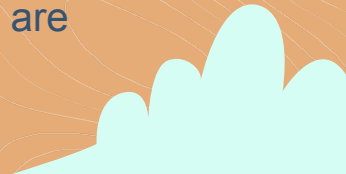


# WHAT DISEASES ARE FOUND IN AFRICA?

There are diseases found all over the world, but it's important to know the ones that could potentially affect you

- **Malaria** and **Tuberculosis** are two of the more deadly diseases found in African countries

Although you may know some of these diseases can be very scary, there are ways to identify them and reduce the risk of being exposed



# MALARIA

- Many of you may already know about malaria and how to identify it, but if not please stay around!

Malaria is usually transmitted to people through mosquitos that have been infected by a parasite. When the mosquito bites a person that isn't already infected with Malaria, the disease will be transmitted into the bloodstream of the person bitten

Mosquitos that have been infected with the disease are mainly found in the South West, North Central, and North West regions of Nigeria, where the diseases has almost a 50% prevalence in children ages 6 months - 5 years old (US Embassy in Nigeria)





# HOW TO IDENTIFY MALARIA

**01**

## FEVER

One of the easier symptoms to catch, anything above 37°C is cause for concern

**02**

## ACHES AND PAINS

Can be acute pain or whole body aches with no explainable reason

**03**

## SHIVERS/COLD SPELLS

Whenever you find yourself chattering your teeth or shivering a little too much!

**05**

## TIREDNESS

You could describe the topic of the section here

**04**

## NAUSEA/VOMITING

You could describe the topic of the section here

**06**

## DIARRHEA

You could describe the topic of the section here

If you have any of these symptoms following being bitten by a mosquito get evaluated by a doctor!





# MALARIA PREVENTION METHODS



The best way to avoid Malaria is to avoid the mosquitoes that carry the disease

The best way to do this is to:

- Use bed nets at the areas that you sleep every night
- Look for areas of standing water and sterilize it to kill any mosquito larvae in the water
- If medication is available, Malarone and Doxycycline are able to keep you from getting the disease



# BEST WAY TO SET UP A BED NET

Make sure  
the top of  
the bed net  
isn't  
touching  
you when  
you sleep!



The corners of  
the bed nets  
don't lay over  
where you sleep

Major Objective:  
Mosquitos won't  
be able to touch  
you when you  
sleep !





# TUBERCULOSIS



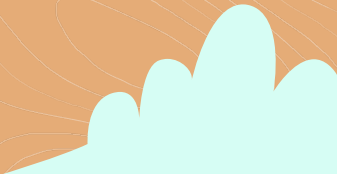
# TUBERCULOSIS (TB)



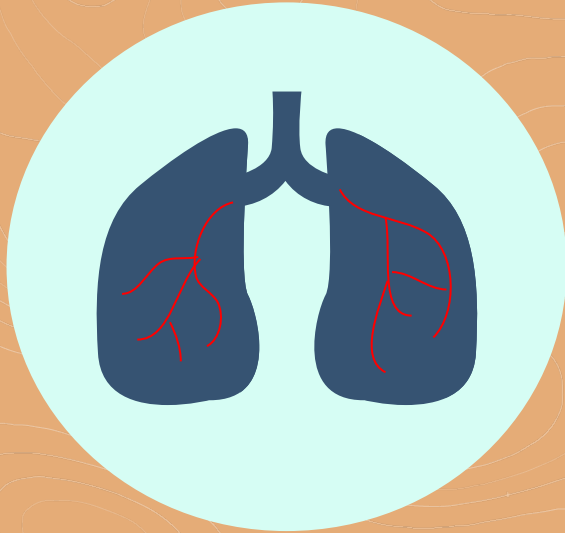
I hope that none of you have gotten or seen anyone who has had this illness. **Tuberculosis (TB)**. It affects people of all ages and can be very severe depending on the case.

It is spread from person to person from **coughing and sneezing**, much like a virus that we all know very well by now!

If you are infected, if you find yourself coughing and sneezing on another person there is a high likelihood that the disease particulates have been transmitted to them



# SYMPTOMS



Symptoms of Tuberculosis can vary, but has the potential to be a very serious disease

- Coughing for periods of 3-4 weeks or longer
- Coughing up blood
- Chest pain and trouble breathing
- Unexplained weight loss
- Fatigue and fever
- Chills

If you notice yourself or loved ones having any of these symptoms, especially coughing blood, make sure to go to a doctor as soon as possible

# HOW CAN I PREVENT MYSELF FROM GETTING TB?

## If you aren't infected:


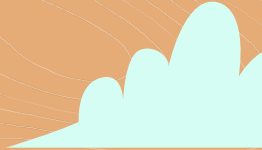
- Try to distance yourself from people that have a noticeable, aggressive cough
- Wash your hands if you ever come into contact with someone coughing, especially if you find them coughing on you



# HOW CAN I HELP OTHER PEOPLE NOT GET TB?



## If you are infected:

- Take all of the medicine prescribed by doctor and make sure to always show up to your appointments
  - Cover your mouth with tissue or elbow when you cough or sneeze
  - ALWAYS WASH YOUR HANDS
  - Don't visit other people and don't have people visit you
- 
- 





# QUIZ!



What is the best way to avoid getting Malaria?

- a. Go swimming in pools of stagnant water
- b. Sleep with bed nets and be mindful of mosquitos
- c. Try to catch mosquitoes with your bare hands

What is the best way to set up a bed net

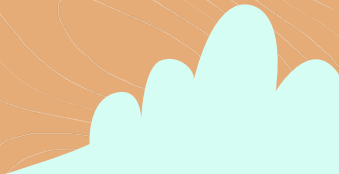
- a. The net should not be touch any part of your body when you sleep
- b. It's ok for your toes to be touching the net
- c. Net? What net? I like to sleep with the bugs

What are the symptoms of Tuberculosis?

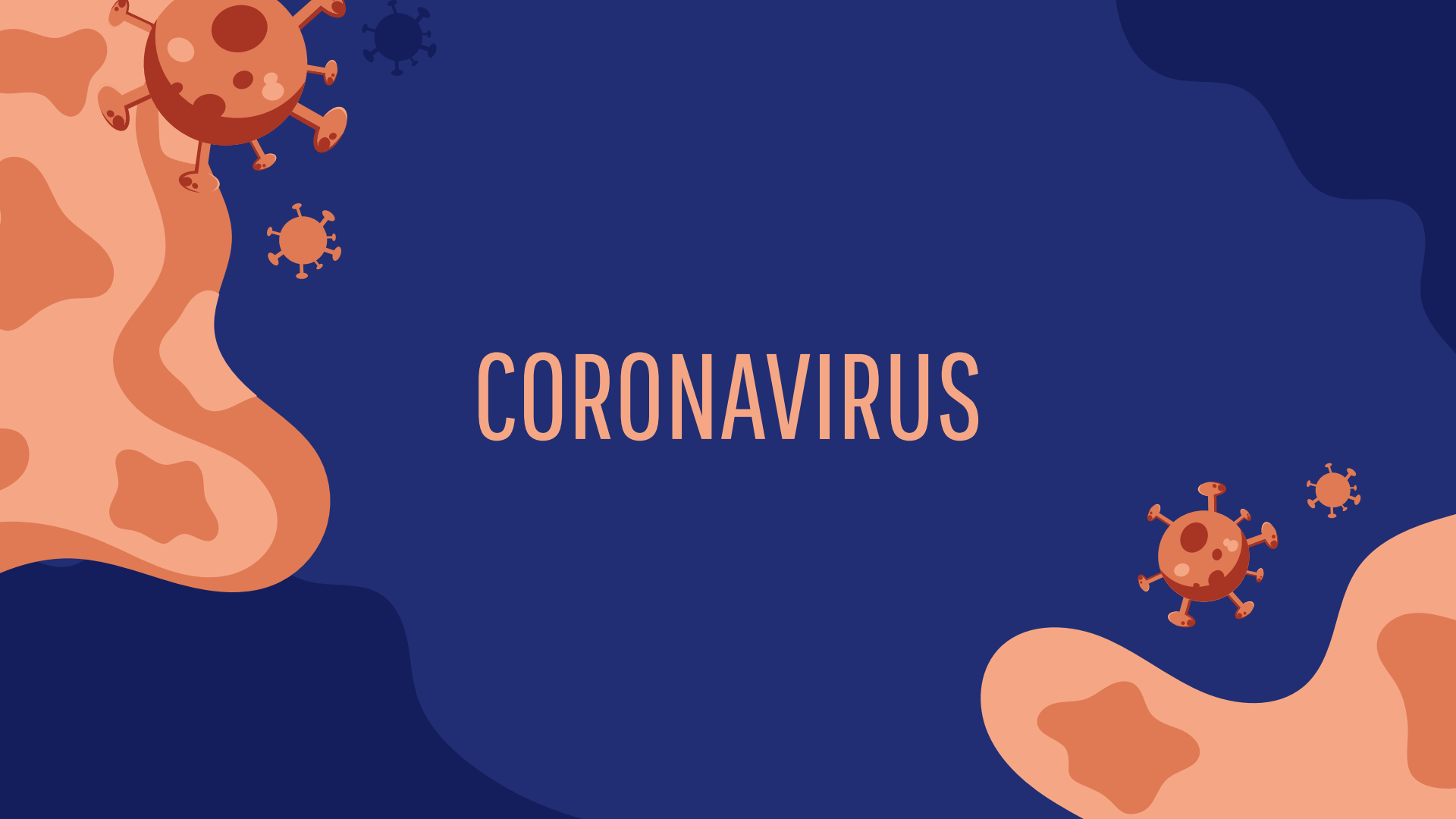
- a. Coughing and sneezing
- b. Chest pains, shivers, weight loss
- c. Fatigue, fever, lethargy
- d. All of the above

What should I do to protect other people from TB?

- a.



# CORONAVIRUS



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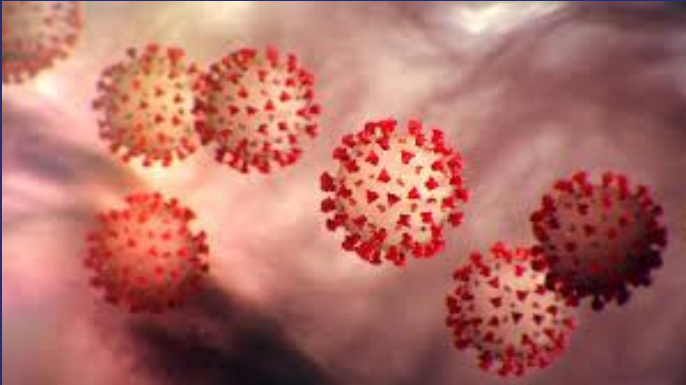


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# WHAT IS CORONAVIRUS?

- Coronaviruses have been around for a very long time
  - There are multiple types that are usually found in animals like bats, camels, cats, and humans
- The strain that is currently affecting everyone is SARS-CoV-2
  - SARS = Severe Acute Respiratory Syndrome
  - The disease caused by SARS-CoV-2 is commonly referred to as COVID-19
  - Currently has infected 109 million people across the world
  - 2.42 Million deaths worldwide



Johns Hopkins University and Medicine, COVID-19 Dashboard





# Symptoms

01

## Cough and sneeze

Dry cough or excessive sneezing

02

## Loss of taste and smell

Loss in the sense of taste or smell

03

## Acute chest pain and trouble breathing

Sharp or dull pain in the chest area; shortness of breath and troubling breathing should be monitored

04

## Fever

Typically any fever over 100°F or 37.7°C should be monitored

05

## Muscle and body aches

Harder to identify, but monitor if any abnormal aches or pains occur

06

## Vomiting and diarrhea

This is some of the easier symptoms of COVID-19 to diagnose, and possibly go see a doctor if you constantly show these symptoms

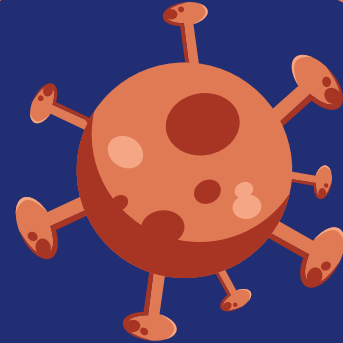






# Who is it affecting?

- COVID-19 has been affecting people of all ages and communities, but those who are elderly and have pre-existing medical conditions are at higher risk
  - This can be people with hereditary heart disease, immunodeficiencies, anemia, and many more
- The aggressive nature of the virus makes it hard for their body to create antibodies
- In extreme cases, these people need to be placed on ventilator systems to help them breathe



# How is COVID-19 affecting Cameroon and Nigeria?

- According to the World Health Organization (WHO), there are 152,616 confirmed cases in Nigeria and 33,749 in Cameroon
- 1,862 have died of the virus in Nigeria and 523 in Cameroon
  - Vast majority of deaths occurred in patients who were elderly or had preexisting conditions
- These numbers don't account for those who got the virus and do not have a registered test, therefore we can figure that the numbers are actually higher

# What if I start feeling sick?

If you start showing symptoms, try to stay as far away from others as possible

\*Try to stay in a room without other people, but if that isn't possible just stay as far away as you can from the people close to you



## Get tested

If regular testing is not available, try to get tested as soon as you start showing symptoms

## Isolate yourself for 10 days

For 10 days stay as far away as possible from other people to limit the spread of COVID-19

# We must all help each other



## Wear masks

Whenever you are outside wear masks to protect those around you. This helps not spread germs in the air.



## If you feel sick, stay home!



## Constantly wash your hands

Make sure to wash your hands with proper technique under water for at least 20 sec, also use hand sanitizer if you aren't able to wash your hands



## Get tested as often as possible

In order to keep cases under control it is important to know who is actually infected



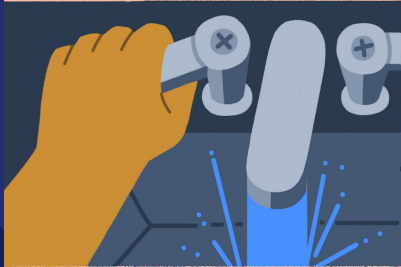
## Practice social distancing in public

Try to stay 6ft/ 1.8m away from others while in public. This is the distance in which a person can be infected by the germs you exhale

# Best Way to Wash Your Hands

## How to Properly Wash Your Hands

1. Turn on clean, running water



2. Lather up with soap



3. Scrub for at least 20 seconds



4. Remember to scrub between fingers, under nails, & up wrists



5. Rinse the soap completely off in clean, running water



6. Dry your hands completely





# Always Wear A Mask!

- Wearing masks in public protects both you and the people around you
- Try to wear a well fitted and cloth fabric mask to protect from spreading possible aerosols
  - Aerosols are the particles we breathe and sneeze/cough out of our lungs
  - These little guys have the ability to carry COVID-19 to other people if you are infected
    - Every sneeze and cough has the chance to infect someone even if you have already been tested!



# What Happens When You Wear the Wrong Mask or No Mask

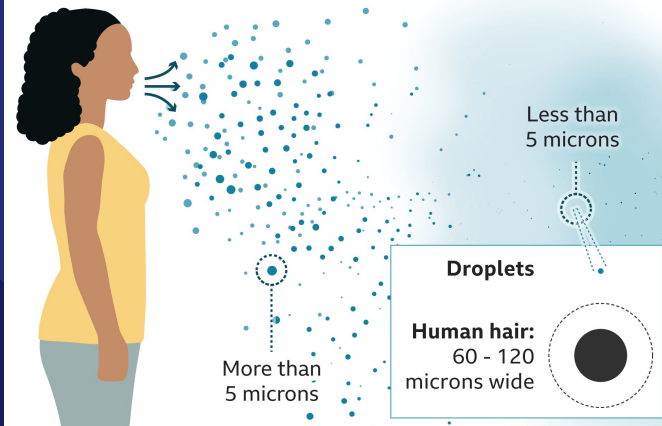
## The difference between droplet and airborne transmission

### Droplet transmission

Coughs and sneezes can spread droplets of saliva and mucus

### Airborne transmission

Tiny particles, possibly produced by talking, are suspended in the air for longer and travel further



Source: WHO

BBC

- If you don't wear a mask you can spread all of the bad stuff from your lungs to other people
- We all breathe the same air, and if you are contaminating it with your coughs and sneezes you could be putting other people close to you at risk
  - The particles you can physically see are less than half of what is actually released into the air
  - See how the graphic shows that some of these droplets are much smaller than the width of one of the hairs on your head

# Staying Safe and Having Fun!

- Remember to be mindful of those around you!
  - Practice social distancing
  - Wear a mask
  - Wash your hands
  - Stay away from others if you aren't feeling well and wait until you get tested before playing with them again
- You are still allowed to go outside and have fun
  - But you must be safe and practice the proper prevention methods
- IMPORTANT: These prevention methods are not a 100% fix to not get COVID, it is still a possibility to get it even if you do everything to avoid it
  - This is a problem we must all tackle together and we won't be able to beat it without your help!
  - We are all in this together and it takes every individual to do their part to help us beat COVID-19 worldwide

# Let's test your knowledge!

Q1: What do you do if you test positive for COVID-19?

- A. Go to each of your friends houses in person and tell them that you have COVID
- B. Walk around town with no mask as if nothing is wrong
- C. Stay far away from others and limit all contact that you have others for the next 10 days

Q2: Which choice below are noticeable symptoms?

- A. Cough and Sneeze
- B. Fever
- C. Aches and Pains
- D. Vomiting, Diarrhea
- E. All of the above

Q3: How long should you wash your hands with soap and water for?

- A. 20 sec.
- B. 30 sec.
- C. 10 sec.