

1

LEARN ABOUT THE NEW FLU

DISCUSSION QUESTIONS

- What do you see in these pictures?
- Have you seen symptoms like this in your family or community?

MAIN POINTS

- These people have new flu. The New Flu is similar to the common flu but it is Different.
- The New Flu:
 - ❖ Has similar symptoms to the common flu such as coughing, sneezing, runny nose, headache, fever, fatigue and aches, but the new flu symptoms are more severe.
 - ❖ Is more dangerous than the common flu as it can lead to serious illness and even death.
 - ❖ Is more dangerous for elderly people, pregnant women and children under 5 because they have lower levels of immunity.
 - ❖ Can be transmitted anytime you are physically close to sick people with the new flu especially when they talk, cough, sneeze or spit.
 - ❖ Can also be transmitted by touching surfaces sick people have touched it and touching eyes, nose or mouth.
- Health officials will notify the community when the new flu is here.

SUMMARY QUESTIONS

- Why is the new flu more dangerous than the common flu?

The New Flu can cause serious illnesses and can lead death!



2

WASH YOUR HANDS

DISCUSSION QUESTIONS

- What do you see in these pictures?
- When do you wash your hands?
- How do you wash your hands?

MAIN POINTS

- Washing hands with water and soap or ash removes and kills germs that cause the common and new flu.
- Hands should be cleaned by washing with water and soap or ash. **If soap is not available, use ash.**
- If you don't use soap or ash, the germs will not be killed.
- Wash your hands with water and soap or ash at key times:
 - ❖ Before and after preparing food
 - ❖ Before and after eating
 - ❖ Before and after caring for a sick person who has the new flu
 - ❖ After sneezing, coughing and blowing your nose.

SUMMARY QUESTIONS

- What are the advantages of washing your hands with water and soap or ash?
- What could be the difficulties in washing hands with water and soap at key times?
- What are some solutions?

Wash your hands with water, soap or ash at key times!



3

COVER YOUR COUGHS AND SNEEZES

DISCUSSION QUESTIONS

- What do you see in these pictures?
- Is it common in your community to cover your mouth and nose when you cough and sneeze?
- When you cough and sneeze, do you cover your mouth? Your nose?

MAIN POINTS

- When people cough and sneezes germs are sprayed into the air.
- Avoid spitting in public as that also spread the germs.
- Cover the mouth and nose with a tissue, or a handkerchief to prevent the spread of the new flu.
- If you don't have a tissue or handkerchief use the crook of your elbow to cover your cough and sneeze.
- To avoid spreading the flu:
 - ❖ Dispose tissues in a trash bin
 - ❖ Wash your handkerchief with water and soap each day
 - ❖ Wash your hands with water and soap or ash after coughing or sneezing

SUMMARY QUESTIONS

- What are the advantages of covering your mouth and nose when coughing and sneezing?
- What could be the difficulties of covering your mouth and nose when coughing and sneezing?
- What are some solutions?

If you don't have a tissue or handkerchief, use the crook of your elbow!



4

STAY HOME ONCE THE NEW FLU IS HERE

DISCUSSION QUESTIONS

- What do you see in these pictures?
- What do you do in your community when there is an epidemic disease?

MAIN POINTS

- The new flu is spread by close contact with a person who has the flu
- The new flu can spread easily in places where there are many people in close contact such as markets, schools and social gatherings.
- Health Officials will notify the community when to:
 - ❖ Stay home from work and work
 - ❖ Avoid public gatherings
 - ❖ Store foods and emergency foods
 - ❖ Go out in public again
- Assign only one person to go to the market, if necessary
- Elderly, pregnant women, children under five and those with chronic illness (such as TB and HIV/AIDS) may get sick more easily.
- Keep a distance of 2 meters from people especially when they are sick

SUMMARY QUESTIONS

- What are the advantages of staying home during a pandemic outbreak?
- What could be the difficulties of staying home during a pandemic outbreak?
- What are some solutions?

During the new flu outbreak, avoid public gatherings!



5

ASSIGN ONLY ONE FAMILY MEMBER AS A CARETAKER

DISCUSSION QUESTIONS

- What do you see in these pictures?
- Is this common in your community to assign one care taker for the sick person?

MAIN POINTS

- Care for the sick at home because health services will be unable to cope with demand
- Assign only one family member as caretaker for the sick family member
- Wear a mask when caring for or close to the sick person to prevent contracting the new flu.
- Minimize the number of caretakers to prevent other family members from being exposed to the new flu.
- Keep the room ventilate.
- Limit the number of visitors to the sick person to avoid spreading the new flu.
- Separate eating and drinking utensils, towels, sheets and blankets from those of other family members.

SUMMARY QUESTIONS

- What are the advantages of having only one family member as caretaker for the sick family member?
- What could be the difficulties of only one person having the job of caring for the sick person?
- What are some solutions?

Limit the number of visitors to the sick person!



6

RECOVER IN A SEPARATE SPACE

DISCUSSION QUESTIONS

- What do you see in these pictures?
- Is this common in your community to take care of a sick person in a separate space?

MAIN POINTS

- Keep sick family members at home as soon as symptoms develop and until they fully recover
- Avoid close contact with other if you are sick with the new flu.
- Create a separate space to take care of the sick person.
- Keep the sick person in that separate space until fully recovered.
- Cover your mouth and nose when you are sick with the new flu in the presence of other people.

SUMMARY QUESTIONS

- Why is it important to create a separate space for taking care of the sick person?
- What could be the difficulties of creating a separate space for the sick?
- What are some solutions?

Create a separate space to a sick person!

