SAFE STRONG & SMILING

MESSAGES & ACTIVITIES

1. Hand washing
2. Good food
3. Preventing malaria
4. We're all special
5. Speaking out
6. Feeling safe
7. Talking about life
8. Calming our thoughts
9. Feeling better
10. Being kind
1. Ebola enters the body through the mouth, nose and eyes, or a break in the skin.

2. You cannot get Ebola by talking to people, walking in the street or shopping in the market. It does not travel through the air we breathe or the water we drink and wash with.

3. A person cannot spread Ebola until s/he is sick with a sudden high fever or extreme tiredness.

4. When someone dies from Ebola, the body has lots of Ebola in and on it, so it should be burned or buried by caring people with special clothes.

5. Help keep young children away from people showing signs of sickness who may have Ebola.

6. When someone shows signs of Ebola – high fever, very tired – they need to go for help and testing as soon as possible.

7. Health workers looking after people with Ebola wear special suits, masks and gloves so they don’t catch it.

8. Health workers are brave, kind people who care for people who are sick, and stop Ebola spreading to others.

9. Someone who has got better from Ebola is safe to touch and needs love and friendship.

10. Diarrhoea, malaria, HIV and AIDS make more people sick and cause more deaths that Ebola.

1. To wash hands properly: use water, a little soap. Rub for 10 seconds, rinse & air-dry or with a clean cloth/paper, not dirty clothes.

2. Eating natural foods of different colours each week is the best way to have a healthy, balanced diet.

3. Prevent malaria by sleeping under insecticide treated bed nets that kill mosquitoes & stop them biting.

4. Each child is special. Our bodies and thoughts belong to us. No one is allowed to hurt us in any way.

5. If any child dislikes the way someone touches him/her Speak out! Make it Stop! Tell others!

6. Children should be able to live, play and learn in a place that feels safe.

7. Mind will not be still? Sing, play games, dance, tell stories with friends and be active.

8. Talk to same age or adult friends about what troubles us when we are afraid or confused about life.

9. Want to feel better? Eat well, drink safe water, play games, share sadness and joy.

10. Being kind & showing love to children whose lives have been changed helps us all. We all need to be close and listening.