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# Trachoma resource pack

For primary & junior secondary schools



Designed by IDE Vietnam



SAFE VIETNAM



IDE



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## Trachoma prevention program in school

### Part 1: Introduction

- Trachoma is a common eye disease in the countryside and it is one of the main causes of preventable blindness in Vietnam. Schoolchildren (from 10 to 15 of age) run the highest risk of contracting the disease. So that, school is the ideal place to carry out the Trachoma prevention program. Moreover, education is the shortest and the most effective way to change people's behaviors, especially the pupils'. Thanks to the teachers, pupils will understand what Trachoma is and what should be done to prevent this disease.
- The second purpose of the program is that through educating pupils, teachers will help their parents understand this disease and change their hygiene behaviors when looking after their children and their houses. Therefore, if the program is successfully carried out in the school, it will help improve the health of the pupils, they will do well in schools and no longer miss the lessons because of Trachoma. It also helps the grandparents and the parents understand more about this disease and they will have necessary hygiene behaviors in order to prevent the disease in the community.

### Part 2

#### A. What should teachers know about the Trachoma prevention program?

- **What is Trachoma?** Trachoma is a common eye disease in the countryside of Vietnam, caused by a bacterium. It is highly contagious. Repeated infection causes the building up of scar tissue on the inside of the eyelid, the eyelashes turn inward and scap on the surface of the eyeball. This condition is called *Trachomatous Trichiasis* . The rubbing of the eyelashes on the cornea causes pain and leads to cloudiness on the cornea called "Corneal Opacity" (CO) that gradually leads to blindness.
- **What are the symptoms of Trachoma?** When people, in most cases children, have trachoma, they feel itchy like having sand

in the eyes. They may have swollen eyelids, discharge and tear production sometimes.

- **Why do people have trachoma?** It's because they allow favorable conditions for the trachoma bacteria to survive and spread. The conditions are: (1) Do not wash face and hands often enough, (2) Do not wash towels with soap and dry them in the sun, (3) Share towels and pillows with Trachoma sufferers, (4) Do not keep houses, latrines and animal pens clean, so that flies have condition to develop.
- **What parts of the eye are influenced by Trachoma?:** Cornea and conjunctiva.
- **How is the Trachoma spread from person to person?** It a highly infectious disease, especially among children:
  - Children with Trachoma often have red and sticky eyes and runny nose sometimes. The discharge contains the Trachoma germ that can be easily passed onto fingers and clothes of children because they often rub on the eyes and clean their noses with their hands
  - Flies often touch the eyes with discharge then pass Trachoma bacteria to the eyes of the others.
  - When children sleep or play close to each other, the Trachoma germ is easily spread from one child to another, from child to clothes and clothes to child.
  - Women are especially vulnerable to Trachoma because they spend so much time looking their children.
- If any children are found to have the signs or the symptoms of Trachoma, the teacher should be the first to know and advise them to get treatment. If any children has red eyes but not the symptoms of Trachoma, the teacher should advise them to have their eyes checked by specialists.

## **B. What should the pupils know after studying Trachoma?**

### **1. Grade 1,2,3:**

- Understand the bad consequences of Trachoma: It makes the eyes painful, itchy and uncomfortable.
- Understand the important role of personal hygiene: Wash faces three times a day with separate towels and clean water, do not share a towel, keep houses and environment clean.
- Disseminate the health messages concerning Trachoma to families and community in order to prevent this disease.

### **2. Grade 4,5:**

- Understand the bad consequence of Trachoma: It makes the eyes painful, itchy and uncomfortable. The patients may have swollen eyelids and the feeling of having sands in the eyes.
- Understand the important role of personal hygiene: Wash faces three times a day with separate towel and clean water, do not share a towel, keep houses and environment clean.
- Disseminate the health messages concerning Trachoma to families and community in order to prevent this disease.

### Part 3.

#### Lesson plan

##### 1. Lesson 1: 5 Senses (Grade 1,2,3)

Purpose: Pupils recognize five senses (The senses of sight, smell, taste, hearing and touch)

Preparation: A whistle, a balloon, a sweet, a fragrant flower and a wallet.

Procedure:

- Ask one pupil to come to the front of the class and close his eyes. Place the wallet in his hand and ask him to describe what is in his hand. After the pupil has described the wallet, the teacher can ask him a question: "How do you know that wallet is made of leather?"
- The next student comes to the front of the class and closes his eyes. Teacher blows the whistle then asks the pupil to describe what has just happened. After the pupil has answered the question, the teacher asks him again: "How did you know it was a whistle?"
- The teacher holds the balloon and asks another pupil to describe it. Then the teacher also asks him a question: "How do you know this is a balloon?"
- The next student closes her eyes and the teacher holds the flower under her nose and asks: "What is it and how do you know?"
- Finally, a student comes to the front of the class, close his eyes and opens his mouth, the teacher places the sweet in the student's mouth and asks above question again.

After using all of the objects, the teacher reviews the responses from each student placing special emphasis on the senses and body parts related to those senses: The sense of sight – eyes, the sense of smell - nose, the sense of taste - tongue, the sense of hearing – ears and the sense of touch - hands

**2. Lesson 2: 5 senses (grade 4,5)**

Repeat the steps in lesson one and add three more questions:

- a. Can you describe a thing only by it's smell and it's sound?
- b. What are the five senses?
- c. What parts of the body related to those senses?

**3. Lesson 3: 5 senses (grade 6,7,8,9)**

Repeat the lesson 2 and do three more questions:

- d. How can we observe the surrounding world? (Use one of the five senses)
- e. How can we describe a thing? (The size, the shape, the material, the color and the taste ...)
- f. How do you think you could name and describe an object if you were unable to see, touch, smell, taste and hear it?

**4. Lesson 4: Parts of the eye and the normal healthy eye? (Use for primary school: Grade 1,2,3,4,5)**

Purpose:

- Pupils are able to identify 6 visible parts of the eye (1- eyelashes, 2- eyebrows, 3-conjunctiva, 4- cornea, 5- pupil and 6- eyelids).
- The pupils can explain how to recognize good eye health for each of the six parts of eye.

Content:

- 6 visible parts of a normal, healthy eye
- Six functions of those parts: eyelashes and eyebrows – protect the eye, the conjunctiva protects the eye from inflammation, the light go through the cornea, the pupil regulates the amount of light and the eyelids cover and protect the eye.

Activities:

- Give lectures
- Do exercises in groups

Preparation:

- A large picture of an eye
- 6 small name cards of the six parts of the eye
- 6 other small function cards of a normal healthy eye

Time: 45 minutes

**5. Lesson 5: Eye injuries (Grade 1,2,3)**

Aim: Pupils know what eye injury is and the problems that cause injury to the eye.

Contents:

- The signs and the symptoms of eye injury: Red and swollen eyes
- The feelings of having eye injury: pain and discomfort
- Some kinds of eye injuries: caused by dust, insects, chemical substances or hard things.

Teaching aids:

A large picture of eye injury

Note: We should always protect our eyes

Time: 30 minutes.

**6. Lesson 6: Trachoma (Grade 1,2,3)**

Aim: Pupils understand what Trachoma is and have hygiene behavior to prevent this disease.

## Contents:

- **What is Trachoma?** Trachoma happens when small follicles (look like poppy seeds) formed inside the eyelids. The eyes of people with Trachoma have discharge and they often feel itchy and uncomfortable.
- **Why people have Trachoma?** Because they do not wash their face and hands often enough and because they share towels with other people.
- **Precautionary measures:** Wash faces twice or three times a day by clean water. Wash hands before the meals and after going to the toilets. Use separate towels

## Teaching aids:

A picture of a normal eye and another eye with Trachoma

Note: Use separate towels, wash face and hands often.

Time: 30 minutes

## 7. Lesson 7: Trachoma (grade 4,5)

### Contents:

- **What is Trachoma?** Trachoma is a common eye disease in the countryside of Vietnam, caused by a bacterium. The eye with Trachoma has many small follicles (look like poppy seeds) appear inside the eyelids.
- **What are the symptoms of the Trachoma?** People with Trachoma often have eye discharge and feel painful and uncomfortable. They may have swollen eyelids and increased tear production sometimes.



- **What are the consequences of Trachoma?** It makes the patients feel pain, itchiness and discomfort. The patients may have swollen eyelids and the feelings of having sand in the eyes. The repeated infection builds up scar tissue on the inside of the eyelids, eyelashes turn inward and scrap on the surface of the eyeball. It causes pain and is called Trichiasis. This leads to gradual loss of vision and eventually to blindness.
- **Why people have Trachoma?** Because they do not wash face and hands often enough. Houses and the living environment are not clean, this is a good condition for flies to develop and flies are also one of disease transmitted factors.
- **Precautionary measures:** Wash face twice or three times a day using the cleanest water available. Wash hands before meals and after going to the toilet. Use separate towels. Keep houses and the environment clean.

Teaching aids: A picture of a normal eye and another picture of an eye with Trachoma.

Note: Use separate towels. Wash faces and hands more often. Keep houses and the environment clean.

Time: 30 minutes

## 8. Lesson 8: Trachoma (grade 6,7,8,9)

### Contents:

- **What is Trachoma?** Trachoma is a common eye disease in the countryside of Vietnam and caused by a bacterium. The eye with Trachoma has many small follicles (look like poppy seeds) formed inside of the eyelids.
- **What are the symptoms of the Trachoma?** People with Trachoma often have eye discharge and feel pain and discomfort. They may have swollen eyelids and increased tear production sometimes.

- **What are the bad consequences of Trachoma?** Trachoma makes the patients feel pain, itchiness and discomfort. The patients may have swollen eyelids and the feelings of having sands in the eyes. The repeated infection builds up scar tissue on the inside of the eyelids, eyelashes turn inward and scrap on the surface of the eyeball. It causes pain and called Trichiasis. This leads to gradual loss of vision and eventually to blindness.
- **Why people have Trachoma?** Because people do not wash face and hand often enough. Houses and living environment are not clean, these are conditions for flies to develop and flies are also one of disease transmission factors.
- **Precautionary measures:** Wash face twice or three times a day using the cleanest water available. Wash hands before the meals and after going to the toilet. Use separate towels. Keep houses and the environment clean.

Teaching aids: A picture of a normal eye and another picture of an eye with trachoma.

Note: Use separate towels. Wash faces and hands more often. Keep houses and environment clean.

Time: 30 minutes

## 9. Lesson 9: Composition (Use for grade 1,2,3)

**I. Oral task:** Talk about the simple work you have done

**A. Topic:** Explain how you do morning face washing.

### **B. Suggestions**

1. Everyday in the early morning, I wash my face after getting up.
2. a) Before washing my face, I brush my teeth. Then I put water into the washbowl and clean the towel before washing face.  
b) First, I wash my eyes softly, then my nose, my whole face, neck and finally my ears.

c) After washing my face I wash my towel again and hang it on the clothes -line neatly.

d) After washing my face and brushing my hair, I feel comfortable and pleasant. And I know I look neat.

C. Demonstrate how to wash face in a right way

**D. Note:** Wash face at least three times a day using your private towel

## **II. Homework:**

**A. Topic:** Write how you do morning face washing

**B.** Based on the suggestions in oral task write a short composition

*(To study Vietnamese better – Book 2 – Page 57 – Education Publish House – 1998)*

### **10. Lesson 10: Composition (Use for grade 1,2,3,4,5)**

**I. Topic:** Talk about the simple work that you have done

**I. Oral task:** Explain the simple work that you have done

**A. Topic:** Explain how you wash hands before the meals and after going to the toilet.

#### **B. Suggestions**

1. Everyday before the meals and after going to the toilet, I wash my hands.

2. a) Before washing hands, I turn on the tap (or put water into the washbasin).

b) First of all, I make my hands wet, then I use soap to make a lather making sure to wash thoroughly from the wrist to the fingers, rinsing and repeating several times until I am sure my lovely little hands are clean.

c) After lathering, I clean my hands under the tap (or wash my hands in the basin) until the soap is thrown away.

d) After washing, I dry my hands by a towel.

C. Demonstrate how to wash hands

D. **Note:** Always wash the hands before the meals and after going to the toilet

## II. Homework

A. **Topic:** Write how you wash hands everyday

B. Base on the suggestion in oral task to write a short composition.

*(According to National Workshop on School Sanitation and Hygiene 5-9/6/2000)*

### 11. Lesson 11: Composition (Use for grade 3)

**Oral task:** Talk about the simple work that you have done.

A. **Topic:** Explain how you sweep your house.

B. **Questions:**

1. When and how often do you sweep your house everyday?
2. What kind of broom do you use to clean your house?
3. How do you clean your house?
4. How do you collect the rubbish? And where do you put it?
5. Why do you do that?
6. Do your parents have any comment on your work?

C. **Note:** Always help your mother sweep the house clean

## III. Homework: Always keep your house clean

A. **Topic:** Write how you sweep your house

C. **Base on the suggestions in the oral task to write a short composition.**

*(Vietnamese 3- Book 2– Page 88 – Education Publish House – 1999)*

12. **Lesson 12: Discussion** (Grade 1,2,3,4,5): Who looks after you when you are sick?

Contents: Doctors, nurses, grandmother and mother

- Mother is always worried.
- Mother takes me to the health station for a check.
- Doctors check for me.
- Doctors give me prescription.
- The nurses give me injection or other treatment and talk to me.

Aim: Help pupils become accustomed with doctors and health workers who will come to school and check their eyes.

Activities: Visit village health stations and interview health workers (Pupils determine the purposes of the visit themselves and prepare the questions for village health workers)

**13. Lesson 13: Do the survey of hygiene behaviors: Washing face and hands before the meals and after going to the toilet. (Use for grade 4,5)**

The targets of the survey: Pupils in the school and in the villages / communes.

Preparation: Pupils prepare the survey questionnaires: How often do you wash your face?, Do you use separate towel? Or do you wash hands before the meals and after going to the toilet?

Activities: Make a comparison table of washing times between the schoolgirls and schoolboys.

Discussion: The important role of washing face by separate towels and washing hands.

## **Part 4. Supporting activities**

### **A. Stories of Trachoma**

#### **Story number 1**

##### **Story of little boy An (Grade 1,2,3)**

Once upon a time, there was a little 10-year-old boy named An. Everyday, he came to school that was 2 kilometers away from home. Though his mother always reminded him of washing face before going to school, he was very afraid of cold water, especially in the winter. An often told lies to his mother and made her believe that he had washed his face.

His teacher found that An's eyes were red and An always rubbed his eyes. His teacher asked him whether he washed his face everyday. An said: "No, the water is too cold"...

#### **Discussion questions:**

- 1) In your opinion, what disease did An get?
- 2) Why did he have that disease?
- 3) So what should we do in the morning before going to school? And why?
- 4) And when should we wash our face?
- 5) Continue to write the story.

## Story number 2

### Story of Nam (grade 1,2,3)

Nam was born in a cold night in the winter. His hometown is near the seaside; there, wind blows all the time; it is very cool in summer but it is very cold in winter. Nam is the second child in the family. Thai, his older sister is 3 years older than him.

His parents are very busy all day. So Nam and his sister stay at home with their grandmother. She is not only old but also has poor eyesight so she only stays at home and looks after Nam and his sister. She often tells them that when she was young, everyone in the village was very poor. In the village, only the village mayor had deep well and cistern for storing rain water. In the summer, because of the lack of water, all the people in the village had to carry water with a shoulder pole from the water sources that were some kilometers away from their houses. However, they still did not have enough clean water to use. Sometimes they did not have clean water to wash their faces. Thus, many people got eyes diseases. Up to now, many old men and women have lost their vision, so they could not see anything clearly. And Nam also knows some old women who are blind and they can not see anything at all. So that if they want to go somewhere, they need other people to help.

Nowadays, in Nam's village, all households have deep wells or drilled wells. They already have enough water, they do not need to carry water on their shoulders. Though his mother is always busy she still pay attention to look after Nam and his sisters. Everyday, his mother reminds the grandmother of washing their faces three times with different towels. Thai has gone to school so she always set a good example, she never plays on the dirty ground. She always remembers the advice of her teachers; she often washes her hands before the meals and after going to the toilet. When the grandmother is tired, Thai also wash face and hands for Nam so that Nam always looks clean and never gets eye diseases. Everyday, she helps mother sweep the house, the yard and even the oxen pens. Thus, there are no flies in Nam's house.

When doctors came to the school to check the eyes of all pupils, both Nam and Thai did not have trachoma. When the grandmother and their parents

knew this, they were very happy. The father kissed his children twice and lifted Nam over his head. The day after that, his mother went to the market and bought them new towels and soap. Nam promised that he would have good health to study as well as his sister and make his parents happy.

Discussion questions:

1. Why did Nam's grandmother lose the vision?
2. Why didn't Nam and Thai have trachoma?
3. What should you do to avoid trachoma?



### Story number 3

**Write the continuation and name the following story (grade 4 or 5)**

When Hoa was three years old, her young brother was born. Her mother was so busy with the baby that she let Hoa's sister look after and play with her. Hoa slept with her sister. In the morning, Hoa's sister washed her own and Hoa's face with her own towel and then they together played with the other children in the village.

One day, .....

### Story number 4

**This is the end of a story. Write the beginning parts to form a complete story (grade 4 or 5)**

.....

Last week, all pupils in the school had eyes checked by doctors. Many pupils had trachoma. Hai was one of them. Hai was very sad but he understood the reason why. Now, he feels better because he has taken medicine. Hai has decided not to play in the dirty places as before, especially, not to share a towel with his brothers and sisters. And he also takes his teacher's advice that is to wash his face and hands more often. Hai no longer has trachoma and he will be healthy, study better and make his parent happy.

## Story number 5

**Tell the story according to the pictures (grade 1, 2 or 3)**

1. The picture of a small house. The sun is rising. A cock is crowing "o..o..o. ..". An eight-year-old boy is rubbing his hand on his eyes after waking up. (It is in the winter, the warm blanket).
2. The picture of the mother feeding the pigs, she says while doing: "Cuong, wash your face then have breakfast. Quickly or you will be late for school!"
3. The picture of Cuong is going to the water tank shivering with cold and talking to himself: " Oh! Water is very cold, I do not want to wash my face."
4. Cuong says good bye to his mother before going to school. His face is still dirty.
5. The picture of Cuong playing shoot marbles with his friends, their hands are very dirty.
6. The picture of Cuong rubbing his dirty hands on his eyes.
7. The picture of Cuong lying on the bed because of trachoma. His mother is dropping the medicine for him. In the calendar on the wall, the Tuesday is circled.
8. The picture of the teacher is giving awards for good students without Cuong. He is sitting sadly. A bubble over his head shows his thinking: "I also could have got award if I had not stayed at home because of trachoma.

## Story number 6

### The story of Lien

(Used for junior secondary school)

When Lien was born, the living conditions and the climate in Yen Thai were not different from those today. The latrine was very dirty, cattle were kept near her house, but only water was much more scarce. When Lien was a toddler, her parents were so busy with the housework that they let her play in dirty yards with other children. Like other children, Lien had a runny nose and sometimes sores on her skin. Her hands were dirty with mucus from her nose, which often contained trachoma bacteria. At that time, everyone in Lien's village didn't know how to keep hygiene. The latrines were very dirty, cattle manure and litter were everywhere so flies could easily spread. The parents were so busy, especially at harvest time that they didn't wash faces for their children and they never cleaned the towels with soap or dried them in the sun. Flies perched on faces of children that had trachoma then touched other children's faces. In epidemic period, everybody in the village had trachoma. The first time Lien had trachoma when she was two years old. Nobody in her family was worried about this and they thought that it's usual if children had trachoma and slightly discharging eyes were considered part of childhood.

At home, mother let Lien and other sisters share the bed with other sisters and in winter they shared a blanket. In the morning, the mother used only a towel to wash their faces so all Lien's brothers and sisters had trachoma because they infected each other.

By the time Lien was eight years old, she had had trachoma many times. And at that time she was old enough to look after her sisters. When her sisters cried, Lien wiped their faces with her own towel. Lien had trachoma again and all her sisters also got trachoma.

Lien grew up and became a girl, she started working in the fields. The wind blew dirt and sand into her eyes and made her feel more uncomfortable. Then she got married and had children. Like her parents, Lien was also so busy with the housework that she didn't wash faces for her children and when they cried she wiped their faces with her own towel... Thus, all her children got trachoma like their mother. And Lien had trachoma again because of being infected from her children.

Getting trachoma many times damaged Lien's eyes: the eyelid turned in and made her feel pain and discomfort, Lien rubbed her eyes more.

Then Lien became grandmother, she stayed at home and looked after her grandchildren. When the children cried, Lien used her towel to wash their faces. All Lien's grandchildren got trachoma so she got Trachoma one more time. Because of getting trachoma many times, the scars in her eyelids became Trachomatous Trichiasis and she lost her eyesight gradually. If she does not get Trichiasis surgery immediately, she can be blind completely.

Lien's younger brother also had trachoma when he was young but now his eyes are still very good. At school age, he studied in the city, then he stayed there to work, so he had no chance to visit his hometown and looked after his children. This helps us understand the reason why more women than men have Trichiasis and are blind with trachoma.

Discussion questions:

1. In your opinion, Why did Mrs. Lien get Trachoma many times?
2. What diseases will appear if the villages (or communes) have the same hygiene conditions like in Yen Thai?
3. What are the differences between Lien and her brother? What caused these differences?
4. What should have Ms. Lien done to avoid trachoma?

## B. Games

### Game number 1

#### Game: Musical chairs (for all ages)

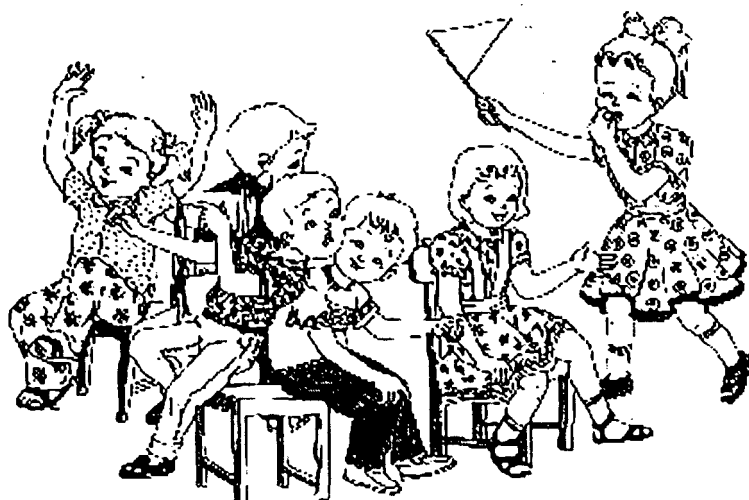
**Number of participants:** unlimited

**Time:** 5 – 10 minutes

**Aids:** The number of chairs is one less than the number of participants. Use the music of the song: “ To make the whole family happier”

**Preparation:** Arrange the chairs into a circle facing outward.

**How to play:** At the beginning, a volunteer stands out of the circle and he will be the leader. The others sit on their own chair and face outward. When the music starts playing, all players stand up and start moving to the same direction. The leader sets the pace based on the music and turns off the music, everybody sits down to the nearest chair immediately. If anyone can not get a chair, he is out. The leader turns on the music again, everybody moves on and when hearing “stop” they have to get the seat. If anyone can not sit down, he also has to go out ... The game continues until there are only two players and only one chair and then there is only one player... and he or she will be the winner.



## Game number 2 (For grade 4,5,6,7,8,9)

### The Ball Game

An activity to demonstrate the spread of disease and the importance of hand and face washing.

Even if we do not know who is infected we know how to protect ourselves – and as a consequence of protecting ourselves we slow or stop the infection spreading.

Preparation: a ball and two different colours of chalk powder or glitter

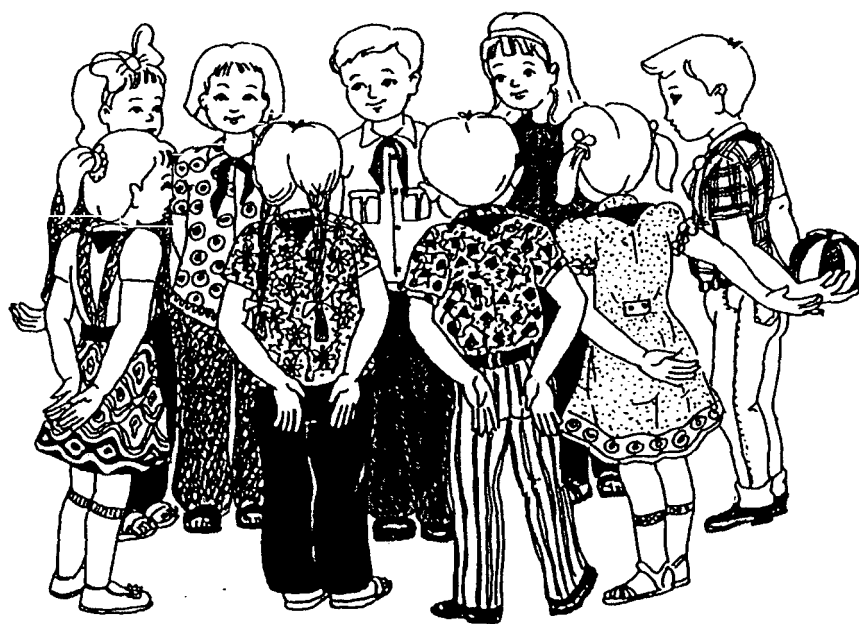
#### DAY 1:

1. Ask the children to stand in a circle facing inward
2. Walk around the outside of the circle touching each student's hands (which are behind the student) in turn
3. 'Infect' one student's hands with glitter or coloured chalk. Nobody (except perhaps the infected student) will know who is infected.
4. Ask the children to pass the ball completely around the outside of the circle 3 or 4 times behind their backs.
5. Ask the children to look at their hands. Most of the hands will have colour.
6. Explain to the children about the spread of disease (trachoma) and that the health of the group depends on the health of the individual and the health of the individual depends on the health of the group.
7. Continue with the day as normal but with instructions not to wash hands until the end of the school day. By the end of the day there will be glitter all over the school.

#### DAY 2

1. Repeat steps 1 – 5 of day one using a different colour and clean ball.
2. Discuss the amount of glitter that was around the school at the end of the first day.

3. Ask the students to immediately go and wash their hands carefully to remove all colour.
4. At the end of the day discuss how much glitter of the new colour is around the school. There should be very little if they washed their hands well.
5. Ask the pupils "Why?"
6. Use the fact there are still traces of the first colour around the school as a lead to a discussion of environment factors





### Game number 3

**Game: He says chicken, she says duck.**

(For all age)

**Number of participants:** Unlimited.

**Aids:** Pens and paper for the players.

**Time:** 10 minutes.

**How to play:** The person who sits on the right invents a catastrophe story and makes questions that start with the word “if” and write down on the paper. For example: “If you have trachoma, what will you do?”. After that, he folds the paper and gives it to another player who sits on the left. This person does not open the paper, but he should think of another catastrophe (of course, he does not know what is written down by the first player). The answer is written with the phrase: *I will ...*, for example. “I will go to the market and buy a bird”. The questions always do not correspond to the answers, and it is very funny. After the whole class has finished writing, teacher asks a pupil read aloud before the class all questions and answers.

**Win or lose** is only for fun.



### Game number four

#### Game: Blindfolded and draw pictures (Use for all ages)

**Aids:** Paper, pens and blindfolds for each player.

**Number of participants:** 10 people that are divided into two groups.

**Time:** 10 –15 minutes.

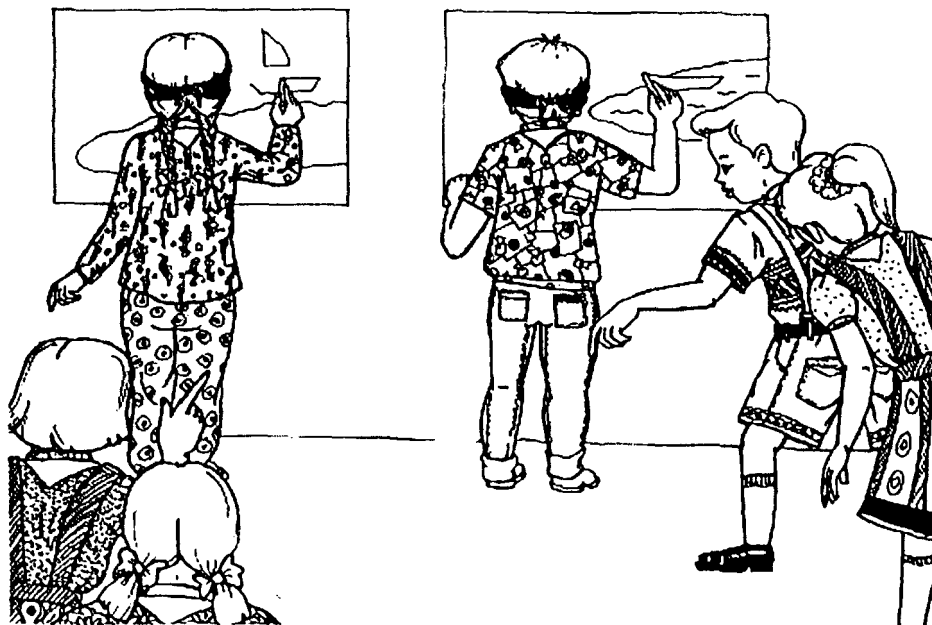
**Preparation:** Hang two big white pieces of paper on the board. The two groups of players stand in front of the class. Prepare two scarves for two players from two groups and pencils with different colors.

- Blindfold two players from two groups and ask them to draw on each paper a lake.
- Then, the players are required to draw boats on the lakes.
- After that, the two players return to their positions, each group send two other players and require these players to draw houses on the lake sides
- After drawing, these two players come back to their positions and two other players are required to draw trees near the houses and then people who are sitting in the boats, fishing and the white clouds on the sky...

**Win or lose:** The participants choose the most beautiful picture and the group that wins will get more awards.

**Discussion questions:**

- Is it easy to draw pictures when being blindfolded? Why?



## Game number five

### Game: Sing and get gifts (For grade 1,2,3)

**Song:** To make the whole family happier.

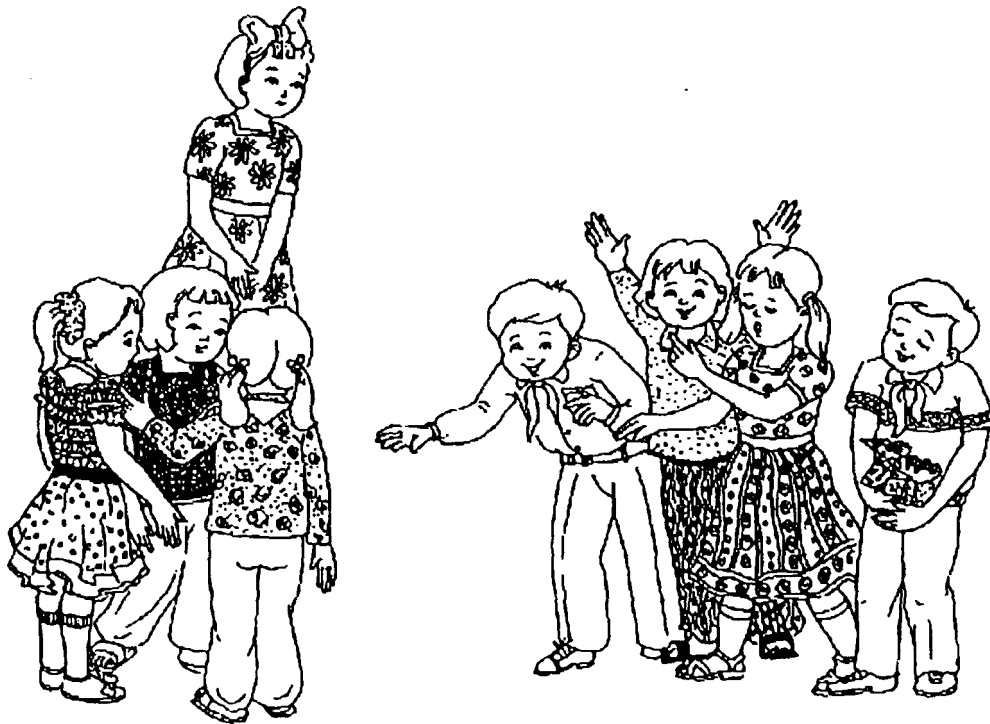
**Number of participants:** Two groups, 5 – 7 people in each group.

**Preparation:** Some small gifts on the table.

**How to play:** Two groups of pupils stand in front of the class. In turn, each person in the two groups will sing a sentence in the song “To make the whole family happier” in correct order. If the player sings well and immediately, he or she will step toward and get a gift. If anybody can not sing, he or she will be out of the group.

**Win or lose:** The group with the most players left will win.

**Note:** The players can sing the song again many times.



## Game number six

### Game: Blindfolded and find friends

(For all ages)

**Preparation:** Divide players into four groups and each group has five pupils

**Aids:** 20 scarves.

**How to play:** Each group in turn counts from one to five. After the four groups finish counting, teacher will use the name of animals for naming the number, for example the number 1 is goat, number two is duck, number 3 is dog, number 4 is cat, number 5 is cock. When the teacher starts telling: “begin” the animal will clang with the sound of their species and find the other three animals belonging to a same family in the other groups, then these animal gather in a place. When the group has enough animals (5), the whole group will shout loudly “full”.

**Win or lose:** The winner will be the group that finds each other most quickly.



## Game number 7.

### Game: Passing balloon in the room (For grade 1,2,3)

**Aids:** a balloon and colour glitter.

**Preparation:** Two rows of chairs facing each other.

**Number of participants:** 6, 8, 10 ...

**Time:** 5 – 10 minutes.

**How to play:** The teacher will apply some pupils' hand with colour glitter. Pupils in a group will try to beat the ball over the head of pupils in the other group and fall behind them. The members in second group will hold the ball and try to prevent it from falling down and they have to beat it to the first group immediately. If any group let the ball fall down, that group will be subtracted one mark. Each player can only use one hand and must stay seated. When beating the balloon, the player can not stand up. If any group break the rules, they will lose a mark

**Win or lose:** The winner will be the group with higher mark.

**Purpose:** To illustrate the transmission of the disease through dirty hands (after playing, the hands of all pupils have glitter).



### **Game number 8.**

**Game: Look at the pictures and say Right or Wrong (grade 1, 2, 3)**

1. Two children, a girl and a boy are washing their faces with their own towels.
2. A person is throwing rubbish onto the road.
3. A child has dirty face with sticky eyes and runny nose.
4. A child is playing on the dirty playground, his hands are very dirty.
5. Two people are swatting the flies.
6. A child is sweeping the house.
7. A child is cleaning his nose using his sleeve.
8. A person is defecating in the open.
9. A person is throwing rubbish into the bin.
10. A person is throwing dead rats onto the road.
11. A child is washing his hands himself.
12. A woman is washing the face of her baby.
13. A person is throwing rubbish into the pond.
14. A person is hanging towels on the line in the sun.
15. A person is washing a towel.

## **Game number 9**

### **Game: Snakes and ladders**

(For all ages)

**Preparation:** A large picture of snakes and ladders, dice and buttons or anything that can be used for markers. There are at least 10 squares which have the hygiene behaviors, 10 squares which have benefits gained from applying the hygiene behaviors, 10 squares with unhygienic behaviors and 10 squares with consequences of those behaviors. All statements should be within the squares in the pictures of snakes and ladders. A dice and a box used for throwing the dice. Gifts for winners or group of winners.

**Participants:** 3,5,6,... or the players are divided into two groups.

**Time:** An hour.

#### **How to play:**

- Place the picture of snakes and ladders on the table or on the ground where is easy to be looked and reached by everybody.
- The buttons used by different groups and players should have different colors.
- The game is carried out by throwing the dice
- The players start throwing the dice. The person with the highest marks will play first.
- The first player throws the dice. The dice comes to a square, the player will move his button up or down to that square. If the dice comes to a square on the head of the snake that means the player comes to the square containing unhygienic behavior and he has to go down. If the dice comes to the square that is in the foot of the ladder that means that player or group of players come to a good hygiene behavior and they can go up.
- If the player or group of players throw the dice and get the number 6, they can continue throwing the dice.
- The winner will be the player or group of players who get highest marks and come home first.

### **C. Role-play situations**

1. A has just had his eyes checked and doctor told him that he had trachoma. A is very sad and worried. Talk to A and give him some advice on what he should do to prevent and protect himself from the disease.
2. A mother often washes the face for the baby by her own towel. Talk and explain for the mother the reason why the baby should have his own towel.
3. You come to B's house and find that the younger brothers and sisters of B do not keep their face clean. Have a talk and give him some advice on the way to look after his brothers and sisters
4. You visit to Nam's house and find that his house, kitchen and toilet are not clean and have a lot of flies. Talk to Nam about some measures to prevent and protect his family from trachoma.
5. You visit to Hang's house and find that there are only two towels in the house whereas her family has four people: the parents, her brother and Hang. Talk and explain to Hang that each person should have his own towel.
6. Hai has trachoma and he often rubs his hand on his eyes. Talk to and tell him what he should do.
7. In your class, there are seven pupils who have their eyes checked and the doctor said that they have trachoma. They are very sad. You are the monitor and Hoa is the head of pioneers. Discuss with Hoa about what should be done to help those pupils and the whole class avoid this disease.



#### **D. Other activities**

1. Dance and sing the song “Make the whole family happier”.
2. Draw a clean school and surroundings.
3. Do the survey on face and hand washing times of pupils in the school. Then, make a comparison table of washing times between schoolgirls and schoolboys.
4. Draw a clean village (environment).
5. Visit the village and discuss what should be done to make the environment more clean (divide pupils into small groups, the pupils make the questions and determine the aims of the movement themselves).
6. Create leaflets and pictures used for propagandizing trachoma protection.
7. Launch a movement for killing flies (in the schools and villages)
8. Hold competitions of telling trachoma stories.
9. Role-plays or act in plays of trachoma.
10. Show the videotapes of trachoma.
11. Hang the banners of trachoma prevention.
12. Organize the competitions of writing stories of trachoma.
13. Competitions of Trachoma knowledge in the schools (with prizes – those who win the prize will be listed to the district competition).

## Part 5: How to use the materials?

### A. Pre - lessons: (If necessary)

Lesson	Grade	Purposes	Supporting activities	Page
Lesson 1: Senses	1,2,3	- To identify the senses	- Learn the song "To make the whole family happier"	4
Lesson 2: Senses	4,5	- To identify the senses	- Learn the song "To make the whole family happier"	5
Lesson 3: Senses	6,7,8,9	- To identify the senses	- The game: Musical chairs.	5,21
Lesson 4: Anatomy of the eye	1,2,3	- To know the parts of the eyes and its functions	- The game: Blindfolded and draw pictures	5,25
Lesson 5: Eye injury	1,2,3,4,5	- To understand all kind of eye injury.	- Tell story: "The story of little boy An"	6,13
Lesson 12: Who look after you when you are sick?	1,2,3,4,5	- To be familiar with health workers	- Invite health workers to come and talk or visit to the health stations.	11

### B. Trachoma lessons (necessary)

Lesson	Grade	Purpose	Supporting activities	Page
Lesson 6 Trachoma	1,2,3	-Understand what Trachoma is	- Song - Story of Nam - Game: Musical chairs	6,14, 21
Lesson 7: Trachoma	4,5	- Know what Trachoma is	- Story number 5 - The ball game	7,19, 22

Lesson 8: Trachoma	6,7,8,9	<ul style="list-style-type: none"> <li>- Know cause of the disease and change hygiene behavior.</li> <li>- Understand what Trachoma is</li> <li>- Know the cause of the disease and change hygiene behaviors</li> <li>- Influence on the family and the community</li> </ul>	<ul style="list-style-type: none"> <li>- Read the story of Lien</li> <li>Game: Blindfolded and draw pictures</li> <li>- Role-play situations.</li> </ul>	8,19, 25,31
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### C. Post - lessons (If necessary)

Lesson	Grade	Purpose	Supporting activities	Page
Lesson 9: Face washing	1,2,3	Know how to wash face in correct way and the importance of face washing	<ul style="list-style-type: none"> <li>Singing competition with gifts</li> <li>- The ball game</li> <li>- Role-play situation</li> </ul>	9, 22 31
Lesson 10 : Hand washing	1,2,3,4 ,5	Know how to wash hands in correct way and the importance of hand washing	<ul style="list-style-type: none"> <li>- Story number 1 "Story of little boy An".</li> <li>- Game: Blindfolded and find friends</li> <li>- Role-play situation</li> </ul>	10,13, 27,31
Lesson 11: House sweeping	4,5	Help the parents keep the house clean	<ul style="list-style-type: none"> <li>Game: Snakes and ladders</li> <li>- Write the beginning parts for the story number 4.</li> </ul>	11, 30 17
Lesson 13: Do surveys	4,5,6,7 ,8,9	Add more Trachoma massages	<ul style="list-style-type: none"> <li>- Game: "He says chicken, she says duck"</li> <li>- Role-play situation</li> </ul>	12, 24 31

**Trachoma test (30 minutes)**

**(Number 2 – Grade 1,2,3)**

Arrange these following sentences into two columns “**should**” and “**should not**”

1. Do not like to wash face.
2. Wash face at least 3 times a day with clean water.
3. Wash hands before meals.
4. Kill flies.
5. Throw rubbish on the road.
6. Use separate towels.
7. Never wash towels.
8. Share towels with brothers and sisters.
9. Share pillow with the baby.
10. Always sweep houses clean.
11. Use hand to clean nasal discharge.
12. Play on the dirty ground.
13. Go to sleep without washing face.
14. Wash towels with soap and dry it in the sun.
15. Wash hands after going to the toilet.
16. Keep animal pens clean.
17. Runny nose.
18. Do not wash face because of cold water.

**Trachoma Test (30 minutes)**  
**(Number 3 – Grade 4,5)**

Choose and circle the best answer.

1. Trachoma caused by :  
a) dirty water  
b) weather  
c) bacteria  
d) mosquitoes
  
2. Trachoma is transmitted through:  
a) sharing towels  
b) clothes  
c) sharing pillows  
d) all of the above: a,b and c
  
3. When suffering from Trachoma, the patients may have symptoms like:  
a) swollen eyes  
b) eyes with discharge  
c) itchy eyes  
d) all three symptoms a,b,c
  
4. Are there many people having Trachoma?  
a) No, there are not.  
b) Many.  
c) A few.  
d) Many, especially in the countryside.
  
5. Who most often gets Trachoma?  
a) Children.  
b) Men  
c) Adults  
d) Women
  
6. Can Trachoma be prevented?  
a) Yes, it can.  
b) It is difficult  
c) No, it can not.  
d) It is easy.
  
7. Under what conditions do the bacteria spread easily?  
a) Dirty face and hands.  
b) Share towel.  
c) Dirty houses.  
d) All a, b and c.
  
8. What should the patients do when they have symptoms of the disease?  
a) Go to the doctor.  
b) Go to the traditional healer.  
c) Buy eye-drops.  
d) Do nothing.

9. The best way to prevent Trachoma is:

- a) Often washing face.
- b) Using separate towels.
- c) Keeping houses clean
- d) All a, b and c

10. How often should the towels be washed?

- a) Everyday
- b) Once a week
- c) Usually
- d) Once a month

11. Can Trachoma lead to blindness?

- a) Yes, it can.
- b) Maybe
- c) No, it can not.
- d) Never

12. Where is Trachoma common?

- a) In the countryside
- b) In the town
- c) In the city
- d) All a, b and c

**Trachoma test (30 minutes)**  
**(Number 4 – Grade 4,5 and junior secondary school)**

Answer following questions:

1. Can Trachoma be transmitted? If yes, how can it be transmitted?
2. What are the bad consequences of Trachoma?
3. What should we do to prevent Trachoma?
4. Why should we use separate towels?
5. Why should we wash our faces at least three times a day?
6. Why should we wash our hands before meals and after going to the toilets?
7. What sources of water should we use?
8. What is the environment?
9. Why should we keep our environment clean?
10. Why should we kill flies?

**Trachoma Test (30 minutes)**  
(Number 5 – Grade 4,5 and the junior secondary school)

Read these following sentences and say they are **True** or **False**:

- 1) Trachoma is the leading cause of preventable world blindness.
- 2) The first symptoms of trachoma are red eyes with discharges and most of the trachoma sufferers feel itchy and painful.
- 3) Repeated infections of trachoma lead to scarring in the inside of the eyelids.
- 4) Trachoma is spread from person to person by mosquitoes.
- 5) Trachoma often occurs during the rainy season.
- 6) Trachoma is most active in preschool and school age children.
- 7) Women are more likely to become blind from trachoma than men.
- 8) Trachoma is diagnosed by examining the inner upper eyelids
- 9) Blindness from trachoma is preventable.
- 10) One of the most effective ways to fight trachoma is to promote cleaner faces through increased face washing in children.
- 11) Trachoma sufferers can get rid of the disease by taking one dose of Zithromax.
- 12) A simple surgery that reverses in-turned eyelashes can prevent pain and further loss of vision in persons who already have eye scarring and trichiasis.



### **Key for tests**

1. Test 1: 1- transmitted, 2- itchy, 3- blindness, 4- prevented, 5- wash face / wash hands, 6- towels, 7- often - sun, 8- meals – going to the toilet, 9- treated, 10- clean.
2. Test 3: 1.C, 2.D, 3.D, 4.D, 5.A, 6.A, 7.A, 8.A, 9.D, 10.C, 11.B, 12.A
3. Test 5: True: 1, 2, 3, 6, 7, 8, 9, 10, 12.  
False: 4, 5, 11

### **B. Results of tests:**

**C. Comment of the teacher on the material:**

1. What parts do you like best?
2. What parts don't you like?
3. What parts that you do not understand and do not know how to use?
4. To make the material better, what should be changed or added?

**D. Report on the implement of SAFE program in school:**

1. Activities:

2. Other activities (not mentioned in this material)

3. Difficulties in implementing SAFE program:

E. All schools that complete and send this part to IDE will receive a gift of SAFE program.

**Part 8: Evaluation card on the need of sanitation constructions and water resources at primary schools**

School:

Commune:

District:

Province:

Telephone number:

Total number of pupils:

Available water resources:

- Rainy water:
- Running water:
- Dug – wells:
- Hand pumps:
- Streams:
- Others:

Sanitation construction:

- Latrine:
- Public convenience:

(Condition of sanitation constructions: Are there any basins for hand washing, are they near the sanitation constructions and is the water available?...)

Suggestions:

Reasons:

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