

PROTECT YOURSELF
PROTECT YOUR FAMILY
PROTECT YOUR COMMUNITY from Ebola

Community Training on EBOLA
Setting up Skills Station
September 2014



Setting up Skills Stations

- Chlorine preparation
- Hand washing and hand protection

General Instruction

- Set up the stations by putting labels
- Put the necessary materials in allocated places
- Divide the participants in two groups
 - Chlorine preparation
 - Hand washing and hand protection
- Divide the chlorine preparation group to two
 - Chlorine solution from liquid chlorine substation
 - Chlorine solution from powder chlorine substation
- Allow 30 minutes for participants to practice; 15 minutes each for chlorine solution then swap
- Allow 30 minutes for hand washing and hand protection station
- After 30 minutes, the group in hand washing and hand protection station will move to chlorine preparation station and vice versa

Labelling skills station



Chlorine Preparation

You need:

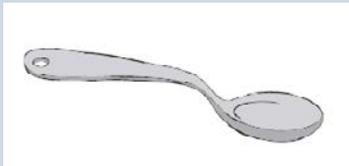
- Posters on chlorine preparation for both powder and liquid chlorine (A3)
- 8 buckets – 4 for powder chlorine substation, 4 for liquid chlorine substation
- Chlorine powder
- Chlorine liquid (Chlorox)
- 1 tablespoon
- 1 cup/ bottle (as parts measure)

Preparation and use of powder chlorine

1:10 solution

- Soiled clothes
- Toilets
- Body Fluid Spills
- Floors/Environment

1 tablespoon per 2 liters of water



1:100 solution

- Bare hands and skin

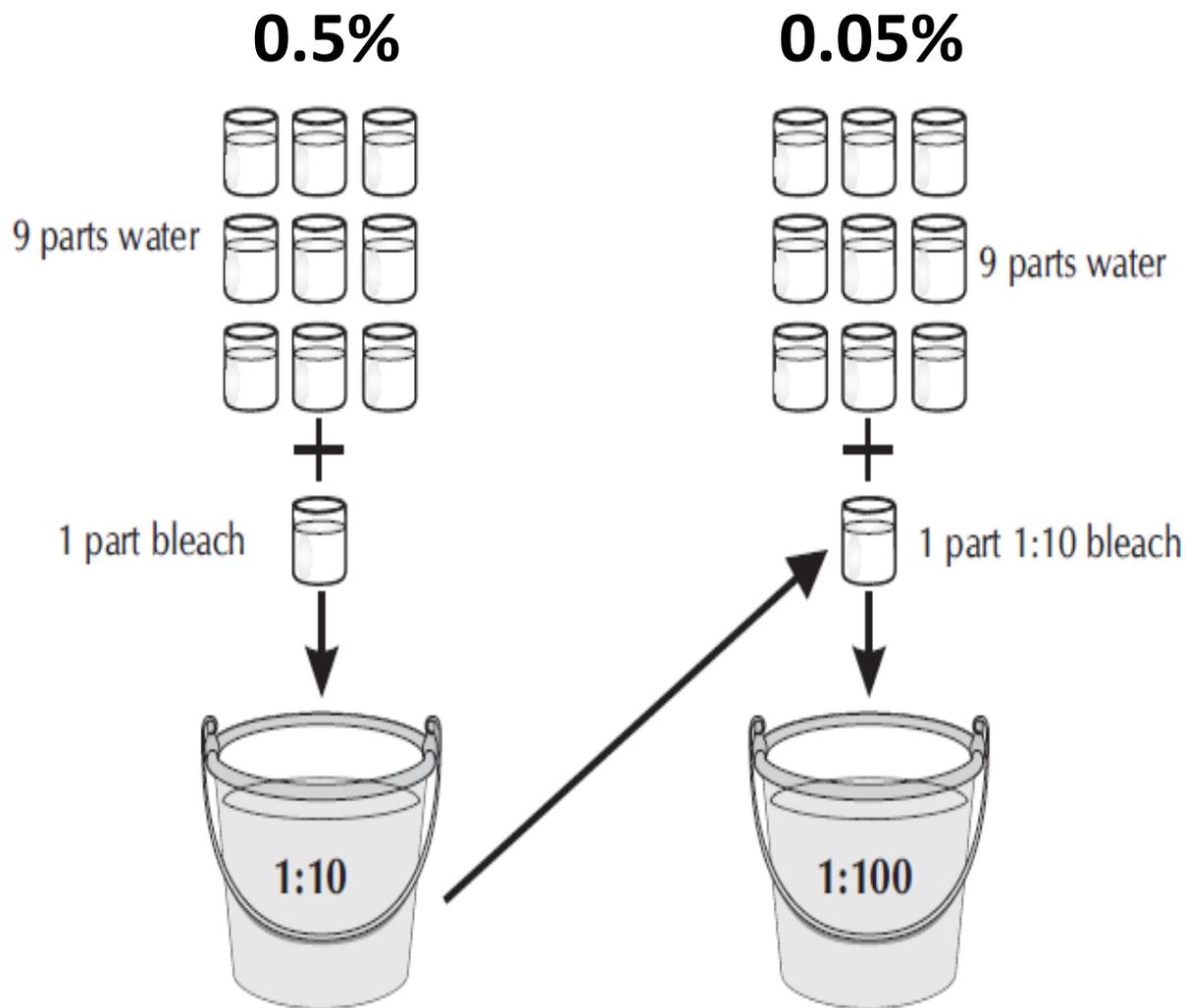
1 tablespoon per 20 liters of water



Calcium hypochlorite powder or granules 70%



Making chlorine water from 5% bleach (liquid chlorine)





Here's how to do it

- Assign one person each trained to prepare the mixture (chlorine liquid – chlorox and chlorine powder)
- Demonstrate first on how to prepare a strong chlorine solution (see poster) of 0.5% chlorine
- Explain the uses (see poster)
- Demonstrate how to prepare a weak chlorine solution using the strong chlorine solution
- Emphasize the importance of making the correct solution for the right purpose
- Ask volunteers to demonstrate and explain to others

Parts can be.....



Bottle



Cup

OR
Tablespoon,
bucket, etc.

Use this consistently to measure the chlorine mixture and the water to be added e.g., one part chlorine and nine parts water

Participant demonstration



Hand washing and Hand protection

You need:

- Poster on hand washing and hand protection (A3)
- Mind-your-business plastic bag (2 plastics per participant)
- 6 buckets
 - 2 for hand washing demonstration*
 - 4 for hand protection demonstration*
- Soap (cut, so they can bring them home)
- Raincoat/jacket
- Match
- Stick

* You can double the number of buckets for hand washing to make the two simultaneous demonstrations

Get ready to care for the sick person



Things to wash your hands: 1 bucket should be filled with Clorox or chlorine water.



Long sleeve jacket that buttons or zips to cover your arms



Strong plastic gloves or bags to cover your hands (2 for each hand). Check them for holes.



Things to burn the plastic: matches, a metal bucket or tin, and a stick

Protect yourself while caring for sick person - 1

- Wear the jacket
 - Take out rings, watch from hand



- Wash hands with soap and water or chlorine solution
- Dry hands



- Tear one handle of the plastic bag.
- Put your hands inside the plastic bag
- Loosely tie the opening by inserting the torn handle around intact handle



Protect yourself while caring for sick person - 2

- Wash wet plastic bag to check for holes
 - If your hands get wet inside, change the plastic bag
- Care for the sick person
- Remove hands from the plastic bag in bucket with strong chlorine without touching the bucket. Wash hands with chlorine or soap and water



Protect yourself while caring for sick person - 3

- Soak the plastic bag for 15 minutes. Use stick to push
- Take out the plastic bag and burn immediately
- Clean the bucket with strong chlorine. Throw chlorine in the toilet or throw in a dug hole



Protect yourself while caring for sick person - 4

- Wash hands up to the elbow with weak chlorine
- Open jacket without getting in contact with the jacket parts
- Soak jacket in 0.5% chlorine for 30 minutes
- Wash your hands with soap and water



When caring for the sick person

- NO phones, do not answer phone while holding sick person
- No watch, no rings
- Cover your mouth with mask or well-tied towel
- Cover the sick persons mouth if coughing
- Maintain distance, stay on the side
- Hands should be lower than the face all the time
- Move away backwards
- Don't touch anything with the soiled plastic bag

Participant demonstration



Note

- All these demonstrations aim to prepare you in caring for sick family members at home
- Protect yourself while caring for your love ones

Keep safe, keep serving!!!