

With our will, we will Eradicate Polio



Use of this Flip book in the following way:

This flip book is divided in 2 sections. In both these sections important information is very carefully sequenced & documented. For your convenience these sections are “colour coded”.

Prelude: Storyline and Introduction of the characters

Section 1: This section is mainly related to Polio for example – What is Polio? What is Polio vaccine? Why is it important to take “Polio drops”? Similar kind of important information will be conveyed to you in an interesting story form.

Section 2: In this section children will also be given latest information on methods of protection other than just Polio. Four important components which make Polio Vaccine more efficient have been discussed in this section

Let’s do a recap:

This is a detailed document which opens on both sides. In this flip book all the information has been conveyed through interesting illustrations.

Use the questions provided for each theme for discussion at the end of the sessions or if there is lack of time the questions can be used to recap and sum up the information provided to the audience.

Prelude: (till page 15-28)

Section 1 (till page 15-28)

What is Polio? (page 17-18)

How does Polio spread? (page 19-20)

How to protect yourself from Polio? (page 21-28)

Section 2 - 4 measures (till pages 29-42)

Mother’s milk (page 33-34)

Routine immunization (page 35-36)

Hygiene and Sanitation (page 37-38)

Diarrhea Management (page 39-40)

Lets do a recap!

- Chapter 1 to 14 consist of prelude & introduction of the characters which must be read out to the audience
- After this brief introduction select and present only that section which interests and addresses to the needs of the audience example: if the audience knows about Polio you need to leave the first section and take them through the four important information from section 2 else if they lack knowledge about Polio then begin with section 1
- In case you are running short of time you can just take up “Prelude and recap” section to give complete information
- If you have time and interested audience then the complete stories from the flip book can be taken up which will take approximately 30-45 min
- Few questions are provided at the end which may be used for discussion with the audience. This will help you discern if they are understanding what is being spoken about .Also this probing methodology will help retain their interest in the flip book.
- At the end of the group session make an attempt to know if the audience has understood all the information presented to them.



Dear Mobilisers,

Your contribution towards pulse polio campaign is very valuable. Many families have been encouraged by you to give their children polio drops every time it was offered. Most of the volunteers definitely have the correct information about Polio... in order to help disseminate the information about Polio amongst people & keeping in mind your convenience this flip book has been developed.

Show this flip book to a group of people. This flip book has two main sections.

Section 1 has all the necessary information about polio which has been narrated through an interesting storyline.

Section 2 talks about 4 important components to protect against polio. Adapting these practices can enhance the effect of the polio drops even more.

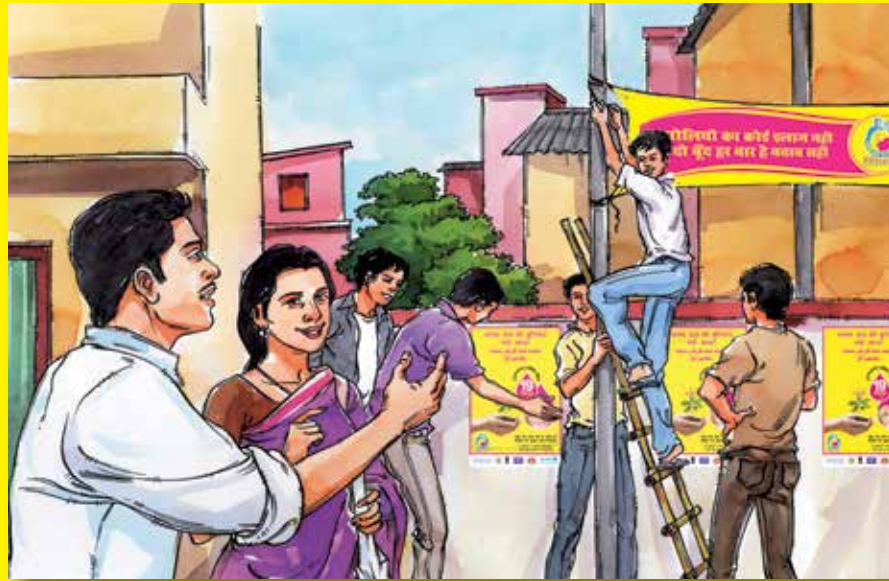
Along with being easy & interesting it is also modular & interactive. As per the interest & need of the audience you could show the complete flip book or partial section can be shared.

Encourage the audience to share their experiences. After sharing the information you must ask the questions given at the end of every section.

You need to read, understand & reach out to more and more people about the correct information on Polio for their love is incomplete if polio doses are incomplete. Must inform people that it is very important to give polio drops to their children of upto 5 years of age, as every dose is of utmost importance because if even one dose gets missed there are possibilities/chances to get polio.

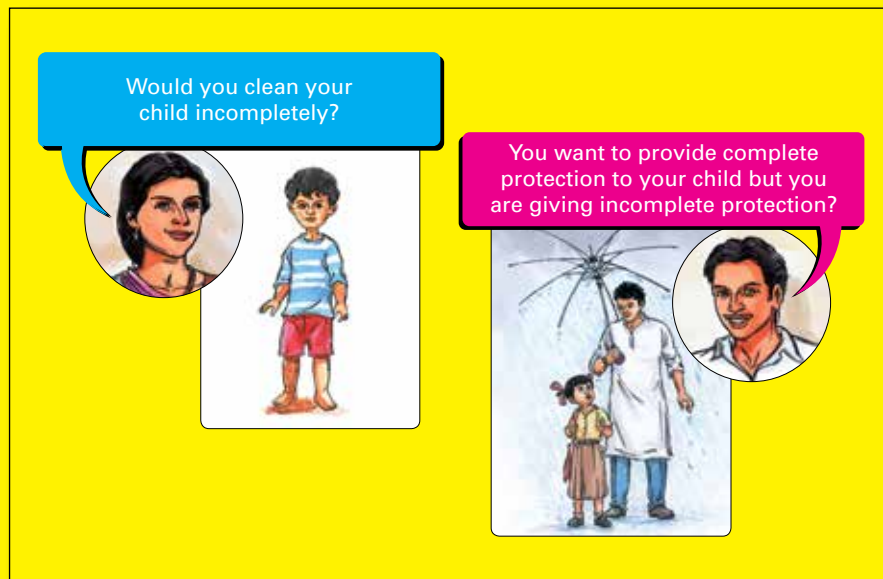
We hope that this flip book will help in making the polio campaign successful along with your endeavors.

Thank you!



This is a story about a village, which was very different even to look at. It was neat and clean. The schools have full attendance, insightful people, active SMNet..... and why not? Aman and his wife Seema live in this village. If inquired by the neighborhood villages they would all say that Aman & Seema are the life of this village. Whatever work both of them take up they do it with a lot of zest and zeal.





If you were to ask Aman and Seema they would always say “incomplete work is no work”. Which is like a bad pastoral care which leads to incomplete love.

Aman: Would you dress your child incompletely?

Seema: Would you clean your child incompletely?

Aman: You want to provide complete protection to your child but you are giving incomplete protection?

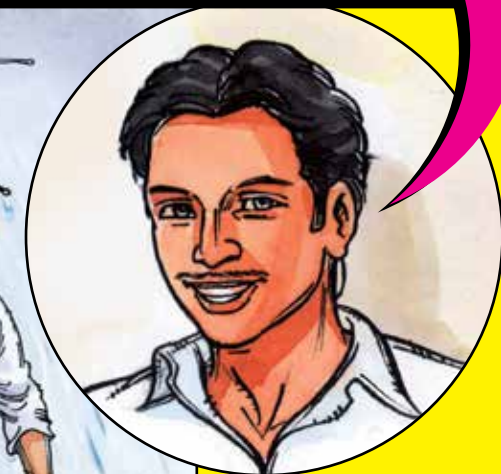
Seema: Would you give incomplete love to your child?
I am sure not!

Aman: Your love is complete only when your child receives two drops every time for the first five years.

Would you clean your child incompletely?



You want to provide complete protection to your child but you are giving incomplete protection?





Sometimes Aman accompanies Seema to a few houses who are very resistant. On every Polio Sunday they go from one house to house. They inspire and encourage all the parents to give polio drops to their children who are below 5 years of age. They do so because a booster dose helps to fight against polio and increases the child's immunity against it. Polio germ cannot survive in an immune child's body and are completely destroyed.



1. Why it is important to give polio drops to every child upto 5 years of age every time?



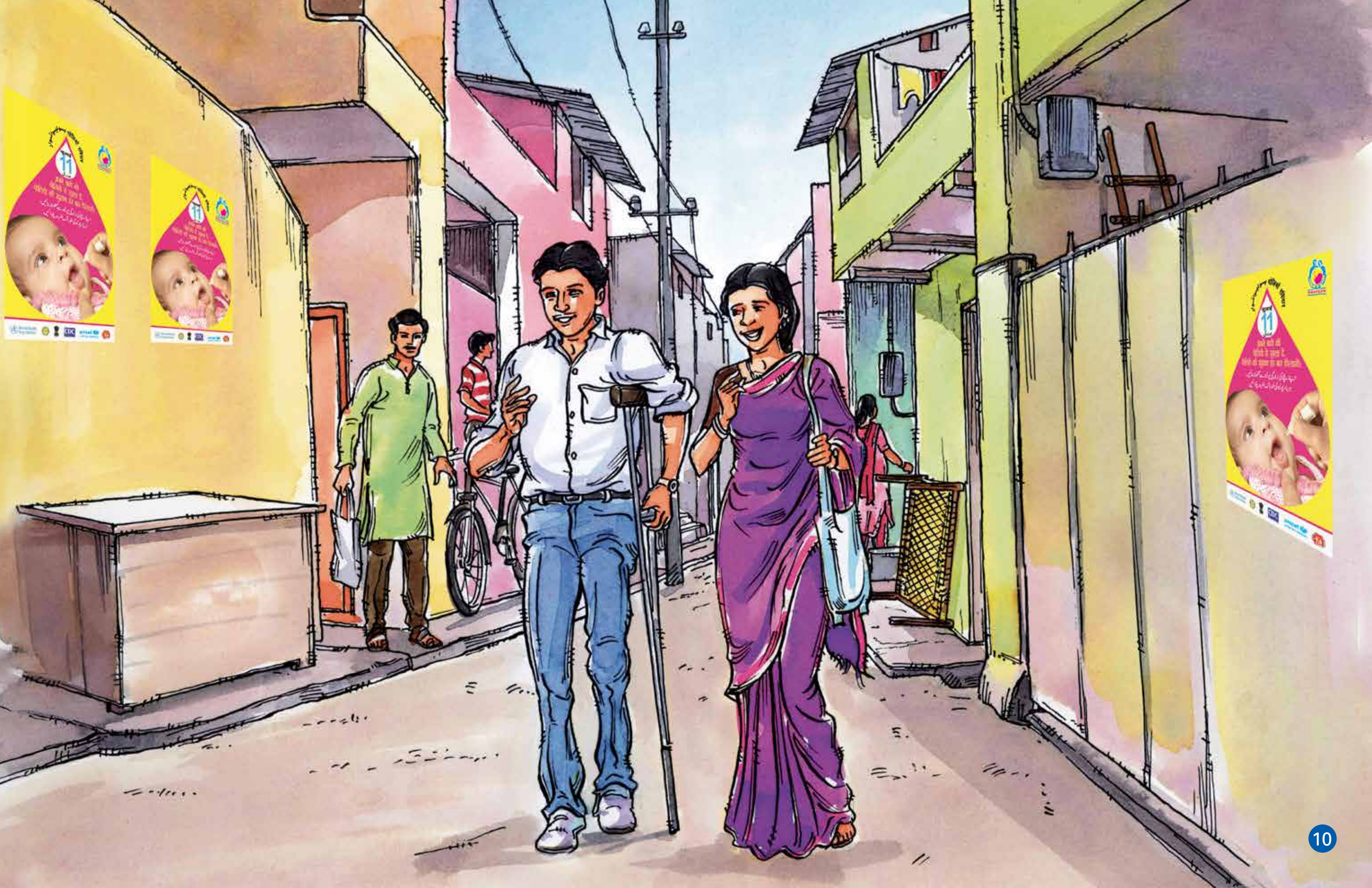


Who else would know the implication of not taking the polio vaccine every time other than Aman? When he grew up he could not go & study in his choice of college as it was very far away. This was not all, he was constantly struggling with these odds to stand up on his feet.

Aman is affected by Polio. His parents could not ensure polio vaccine every time to him.



How did Aman get polio?





Aman's parents were migrant workers. Often they would travel to various places in search of employment, due to this reason, they could not take proper care of Aman's health. As a result, Aman's immune system had deteriorated.

Polio doses could not be administered to him, as they shuttled from one place to another and travelling. But by the time they could realize Aman was already infected with Polio.



1. How do children get affected while migration away from their homes?
2. Why are the children of migrant workers more prone to getting polio?





Aman lived a life of disability due to Polio but that did not break his determination. Today, Aman is well aware of Polio. Luckily his wife Seema is an educated and a knowledgeable woman; she cares for him & understands his pains. Because of this today both have taken upon themselves to eradicate polio from the roots. Seema is now a SMNet employee. Both of them are walking encyclopedia on Polio. So let us go and find out from them what is Polio....



Section 1



- What is Polio?
- How does Polio spread?
- How to protect yourself from Polio?

Section 1



- What is Polio?
- How does Polio spread?
- How to protect yourself from Polio?



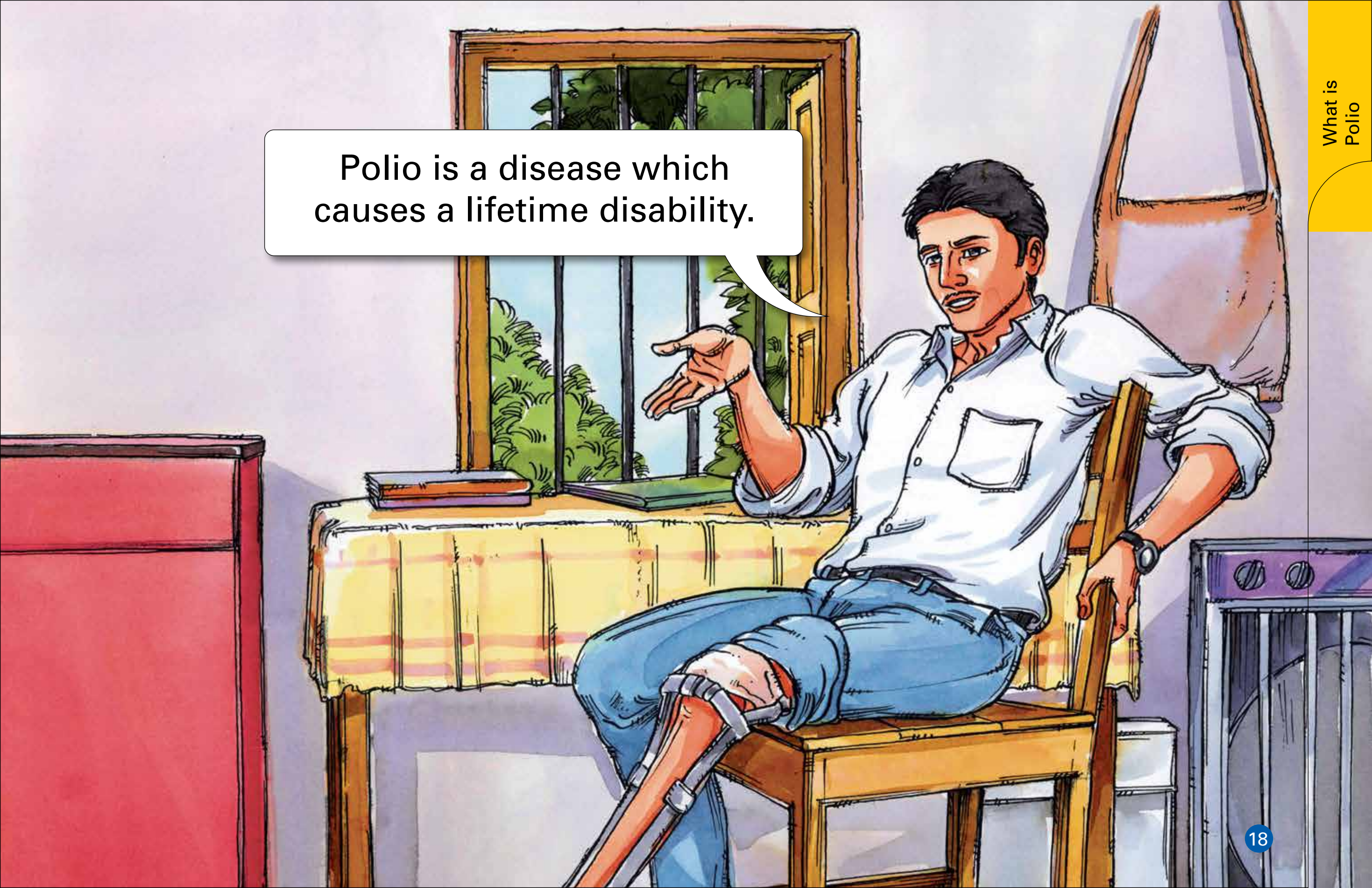
Aman explained, "Polio is caused by a Virus, which is infectious and incurable, which generally preys on children upto the age of 5yrs. This affects the Nervous System, causing paralysis and death. That is why it is necessary to give children under the age of 5yrs two drops of the Polio Vaccine. Only Oral Polio Vaccine (O.P.V), that is, the polio vaccine can control the spread of the Polio virus."

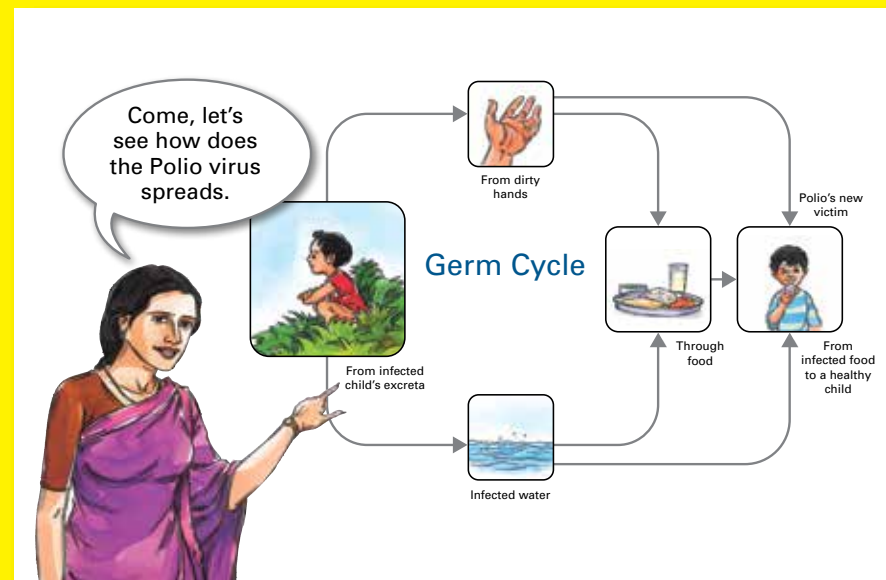
Polio can happen to any child, anywhere. If you see any symptoms of paralysis in your child, immediately take him/her to the nearest clinic. Get the check-up done! But remember every paralysis attack is not Polio.



1. What is Polio?
2. How do we identify the symptoms of Polio?

Polio is a disease which causes a lifetime disability.





Taking forward Aman's statement Seema said "Polio virus enters into a healthy child's body through the polio affected child's stool, polluted water or dirty hands and also infected food, making them its victim. This way the transition of this vicious cycle goes on till the time we don't adapt good healthy habits to break it's cycle.

Easy ways for prevention of the vicious cycle of Polio

1. Every member of the family including children should wash their hands nicely with soap before preparing or serving food, before eating or feeding the child, after using the toilet, and after throwing the stool of infants.
2. Use toilets and dump the children's excreta in the toilet only.
3. Do not defecate in the open. But if there is no toilet facility available, then go far away from home to defecate and throw mud on the excreta. Do not defecate in areas like paths or roads, water bodies and children's playing grounds and playing fields.
4. Take drinking water only from a safe and reliable source.
5. Take drinking water in a safe manner and store it safely; keep the water closed with a lid; make sure that water does not get contaminated.



1. How does Polio spread?
2. Why is it necessary to have cleanliness to prevent Polio?

Come, let's see how does the Polio virus spreads.

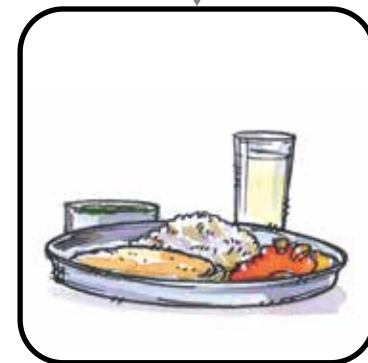


From infected child's excreta



From dirty hands

Germ Cycle

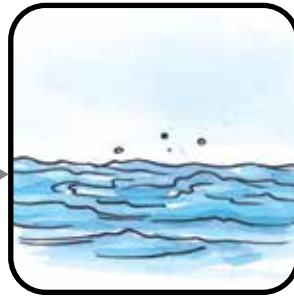


Through food



From infected food to a healthy child

Polio's new victim



Infected water



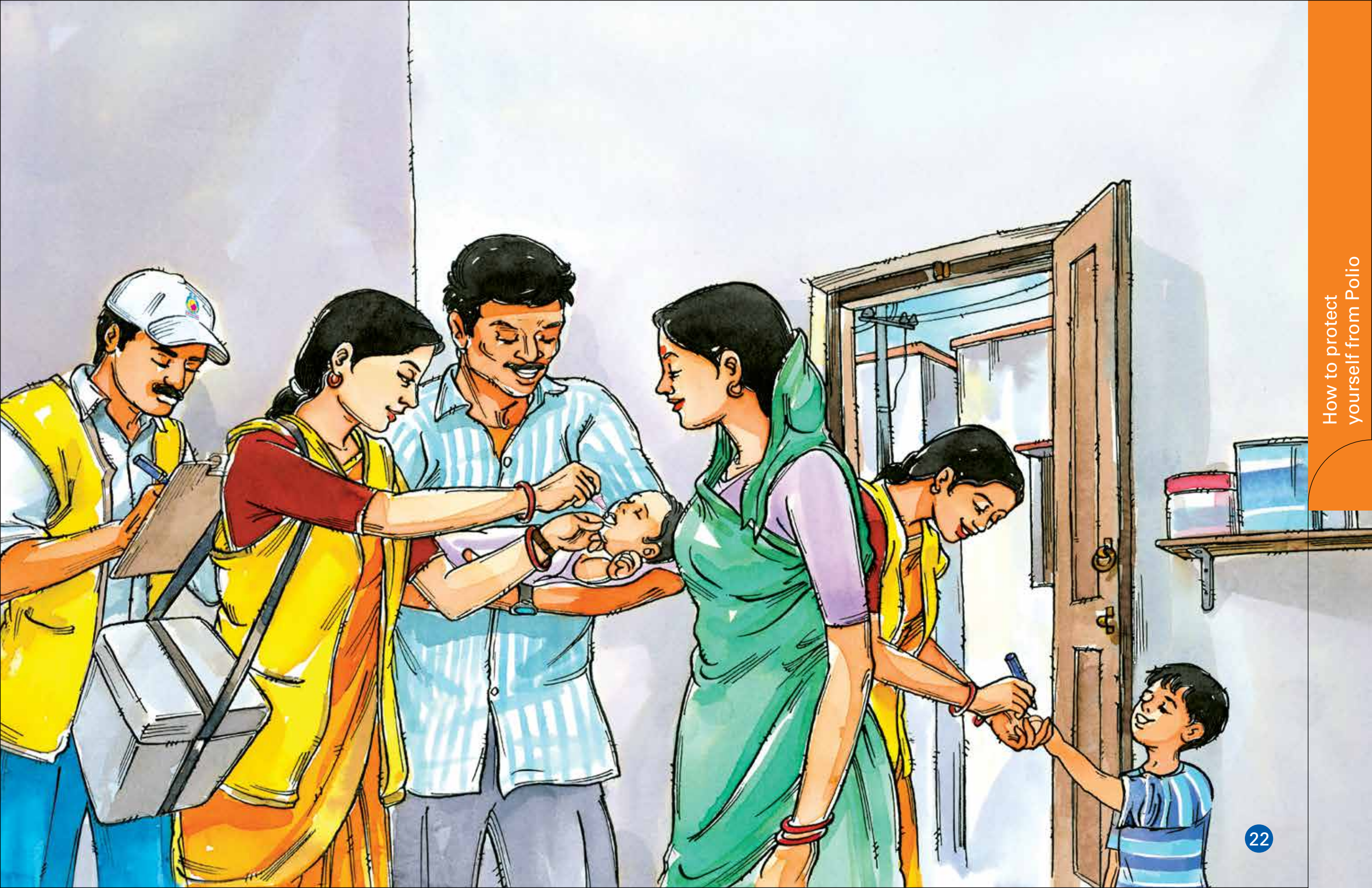
From today, Polio round begins! Lanes and nooks are all decorated. There is merriment everywhere and Seema is busy preparing to give polio vaccine.

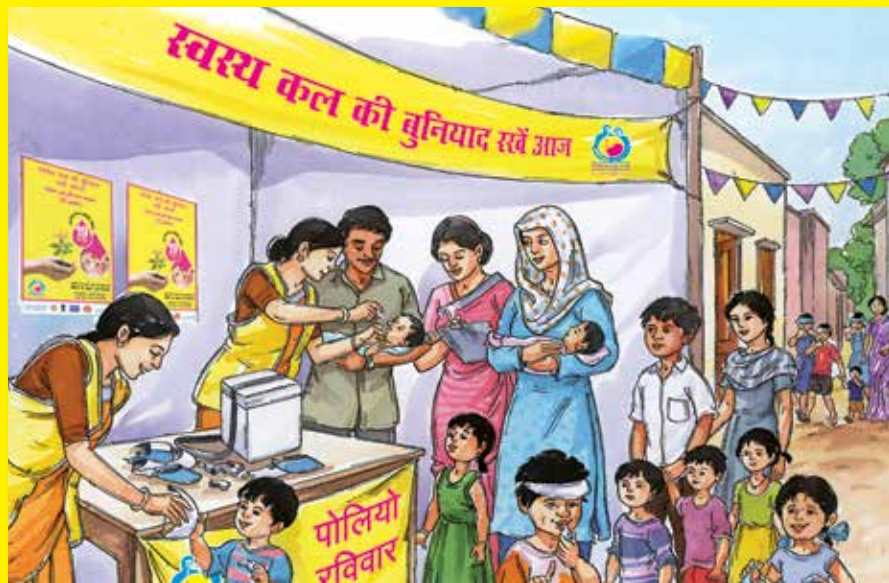
When one of the new born baby was being administered the polio drops, Seema reminded the infant's father that ensuring timely routine immunization is very important to enhance the protection against Polio. When baby's father

inquired "what about the polio doses? Seema replied "Yes! every time! Remember not to miss even a single dose of Polio drops because only then will you be able to protect your child from it. If you miss even a single dose of polio there are chances your child can get it..... Hope you have understood? Both the parents immediately agreed to it & the father quickly hugged his baby.



1. Why is it important to take a dose of polio every time there is a scheduled vaccination or polio cycle?
2. How many doses & till how many years should polio drops be given?





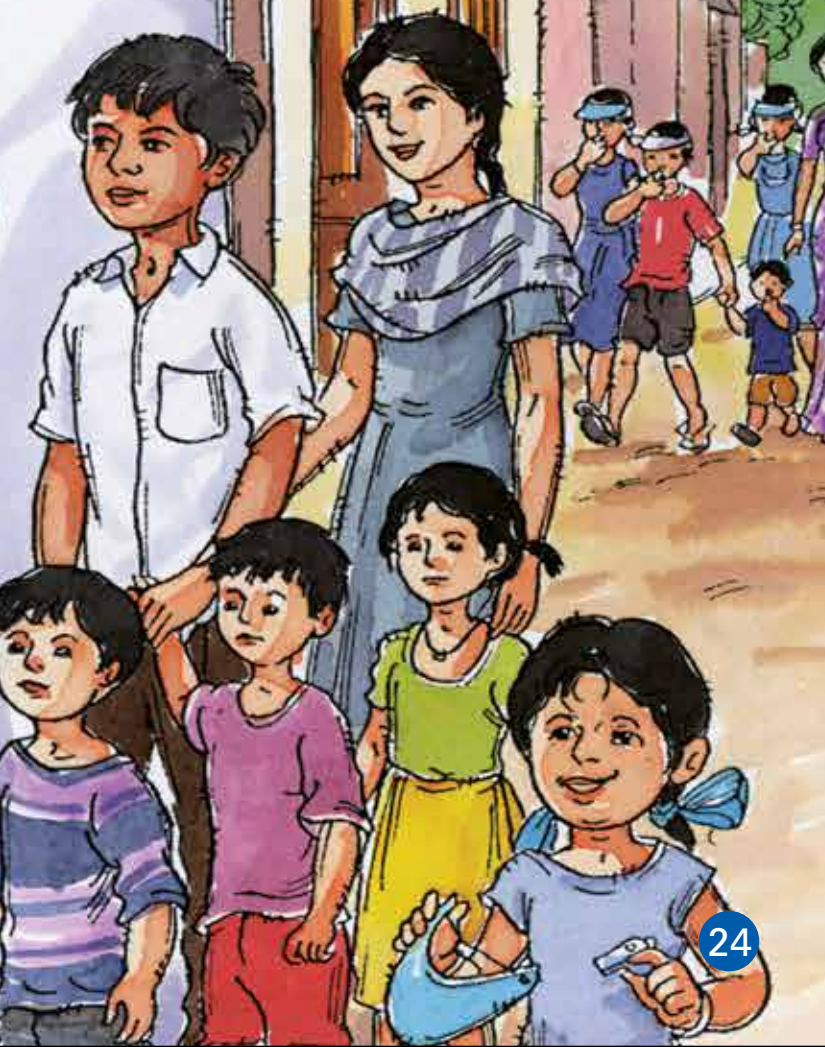
Today is Polio Sunday. Lanes and nooks are all decorated. There is merriment everywhere and Seema is busy preparing to give polio vaccine. There is a bustling environment and Seema is busy arranging for Polio round. The BULAWA TOLI (child squad) going from door to door gathering children to the Polio Booth. The children from the BULAWA TOLI shouting slogans, "one two three, polio free, First five years, two drops every time."

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1. Why is it important to ensure polio vaccine to your child during every Polio round and through Routine Immunization?
2. How many doses & till how many years should polio drops be given?

स्वस्थ कल की बुनियाद रखें आज



पोलियो रविवार

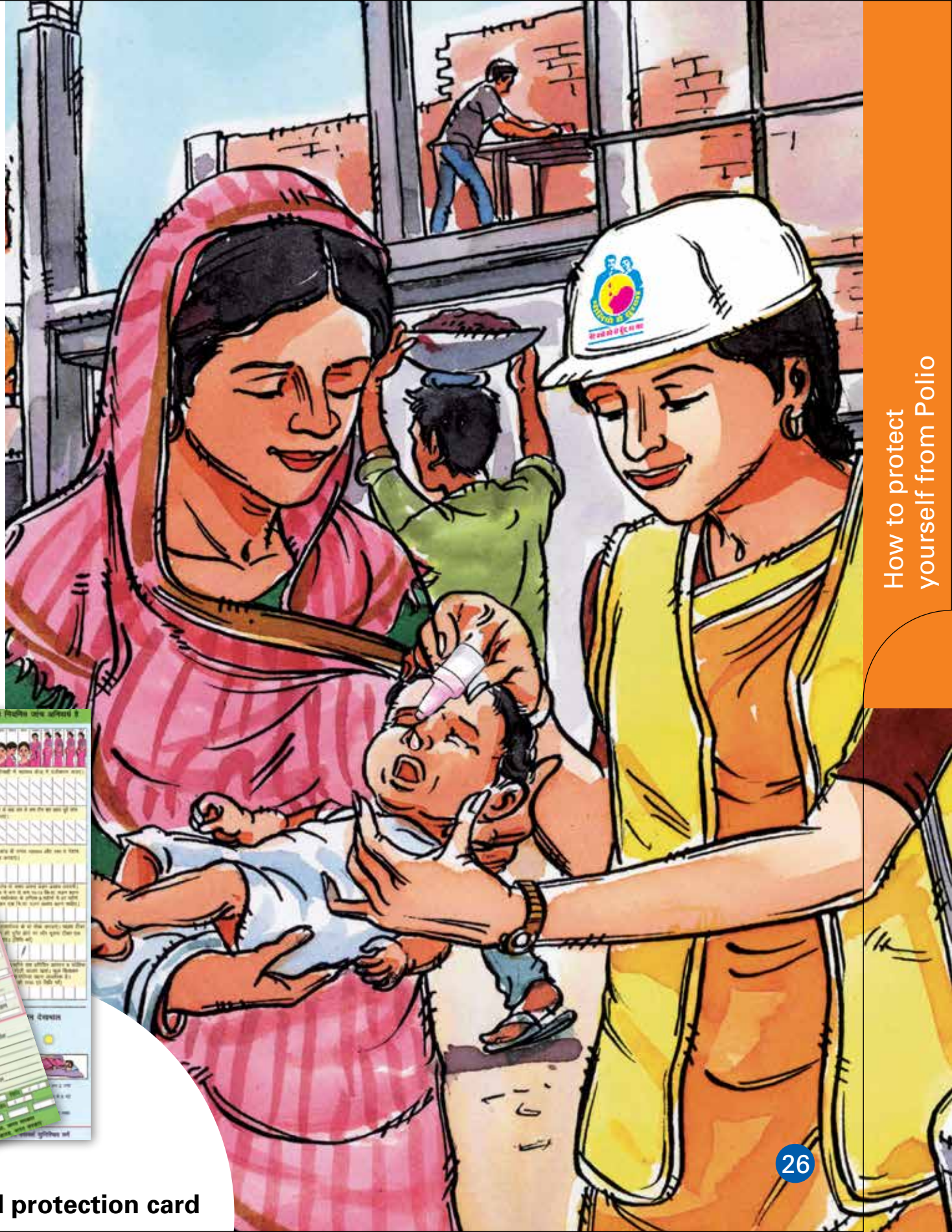


Seema, "Polio attacks the weaker children whose immune systems are weak and it makes them as their prey, so that is why it is important to remember these following points:-

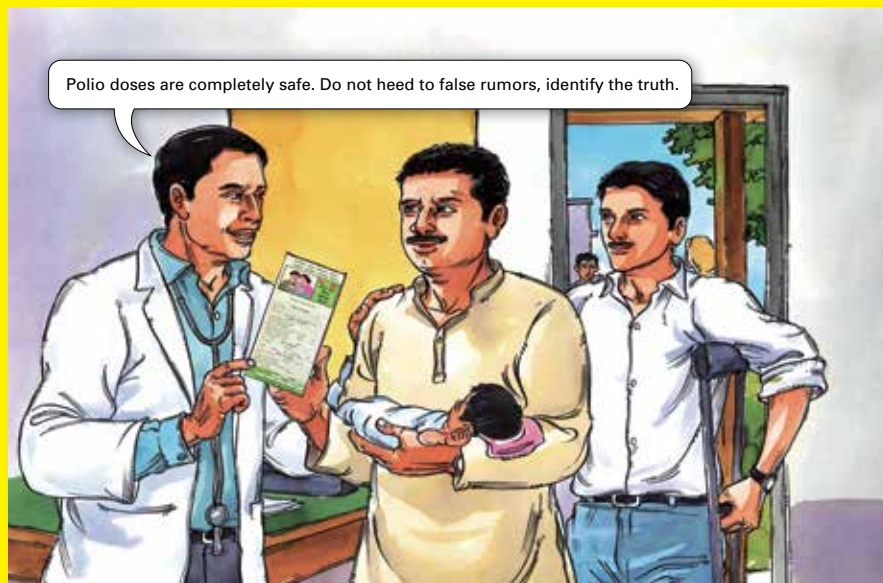
- New born babies must be given the polio drops in the first month itself, because if Routine Immunization is not ensured to the child, there are higher chances of getting polio infection and six other life threatening diseases.
- You must visit the local health centre to ensure routine immunization to your child in the first year of birth.
- If the child is not given routine immunization, polio vaccinations may also be ineffective.
- Ensure that the child is given polio drops for the first 5 years after their birth and he/she should not miss a single one.
- Even when the child is sick with fever, cold, cough or diarrhea, he/she should be polio drops during Polio round. Polio Vaccine is very safe.
- Wherever you may be, or while travelling to places, you must keep in mind to not to miss even a single dose of polio vaccination to your child.
- Always keep in handy the mother-and-child protection card and always stay in contact with the government hospital and health center.
- Encourage your neighbors, the elders and the children to participate in the Polio campaign for children up to the age of 5 years to necessarily give polio vaccine every time it is offered.
- Polio drops are administered free of cost at the government hospitals and health centers.



1. How to protect your child from polio?
2. Why is it important to give polio dose even while travelling?



mother-and-child protection card



Aman had some work in the hospital. He thought of meeting the doctor while passing by, and met the most snobbish person in the village who was also present.

Raja had come with his little baby for routine immunization to the doctor. Aman said to Raja, Polio Sunday is coming. You must come to get polio vaccine to your child. Promptly Raja answered that "doctor had already given a dose immediately after his birth".

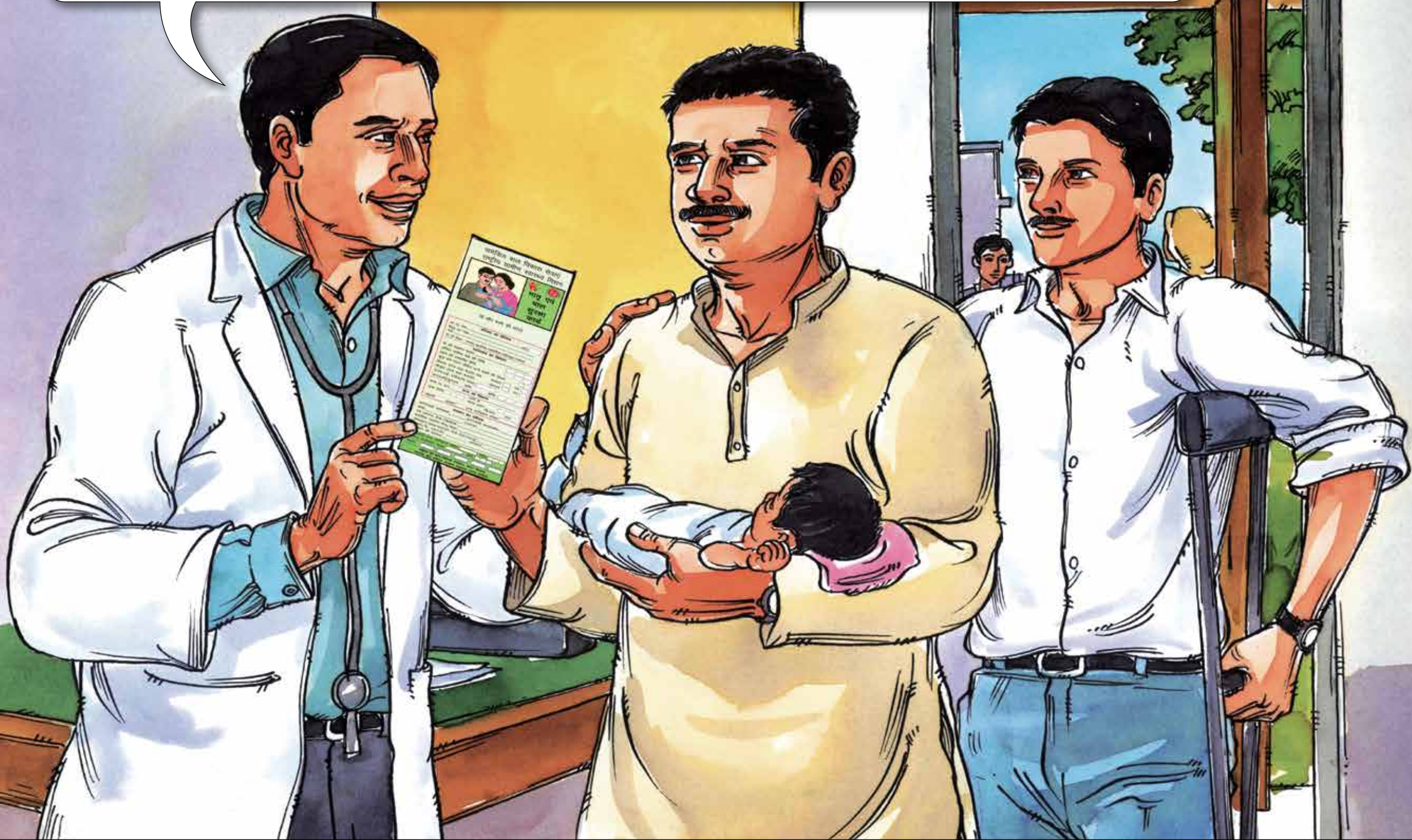
.. one time is not enough... first five years it must be given every time!", said Aman, Raja in an irritated tone said, "have you not heard that taking it many times...." Do not believe in what you have heard.... Polio doses are completely safe. Even if they are taken repeatedly they cause no harm." said the doctor patting Raja's shoulder. Raja understood what he was being told by Aman and doctor.

While leaving Raja turned and told Aman "I am will administer polio vaccine every time to my child. Doctor & Aman smiled at Raja for this.



1. Does the polio drop have any side effects/bad effects?
2. Can the polio dose be missed once?

Polio doses are completely safe. Do not heed to false rumors, identify the truth.



Section 2-Four Measures



- Mother's milk
- Routine Immunization
- Hygiene and Sanitation
- Diarrhea management

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- Mother's milk
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One day Aman was sitting in a tea shop. Iqbal was flipping through the newspaper and he brought up the topic.. "did you see even after giving the polio drops ch.. ch... got polio..... everything is use less!" A debate started when Aman said, "do you know just like a weak tiger hunts for a weak deer similarly polio targets the weak children only."

On hearing this, the tea seller while serving the tea asked Aman, "it means that it is very important to keep children healthy and fit?" Aman said, "yes.. and their resistance also needs to be increased."

"But what does that have to do with polio" asked Iqbal. Aman then explained that, weak children whose immune system is not strong, on them the polio vaccine may not have its complete effect and it is necessary to keep these important things in mind."

Excitedly Iqbal asked, "Ok! What are these important things?" Aman then told him, "In the first six month baby should be fed with only mother's milk, not even water, timely routine vaccination should be administered as per schedule, maintenance of hygiene like washing hands with soap before making and serving the food, before eating and feeding food, after using the toilet, after throwing the excreta of the baby. And if the baby is suffering from diarrhea on doctor's advice or of A.N.M sister immediately give the ORS and zinc tablet."



1. What do you understand of the immune system?
2. What all needs to be done to make the polio vaccine effective?

These four measures make polio vaccine more effective



Exclusive
Mother's milk



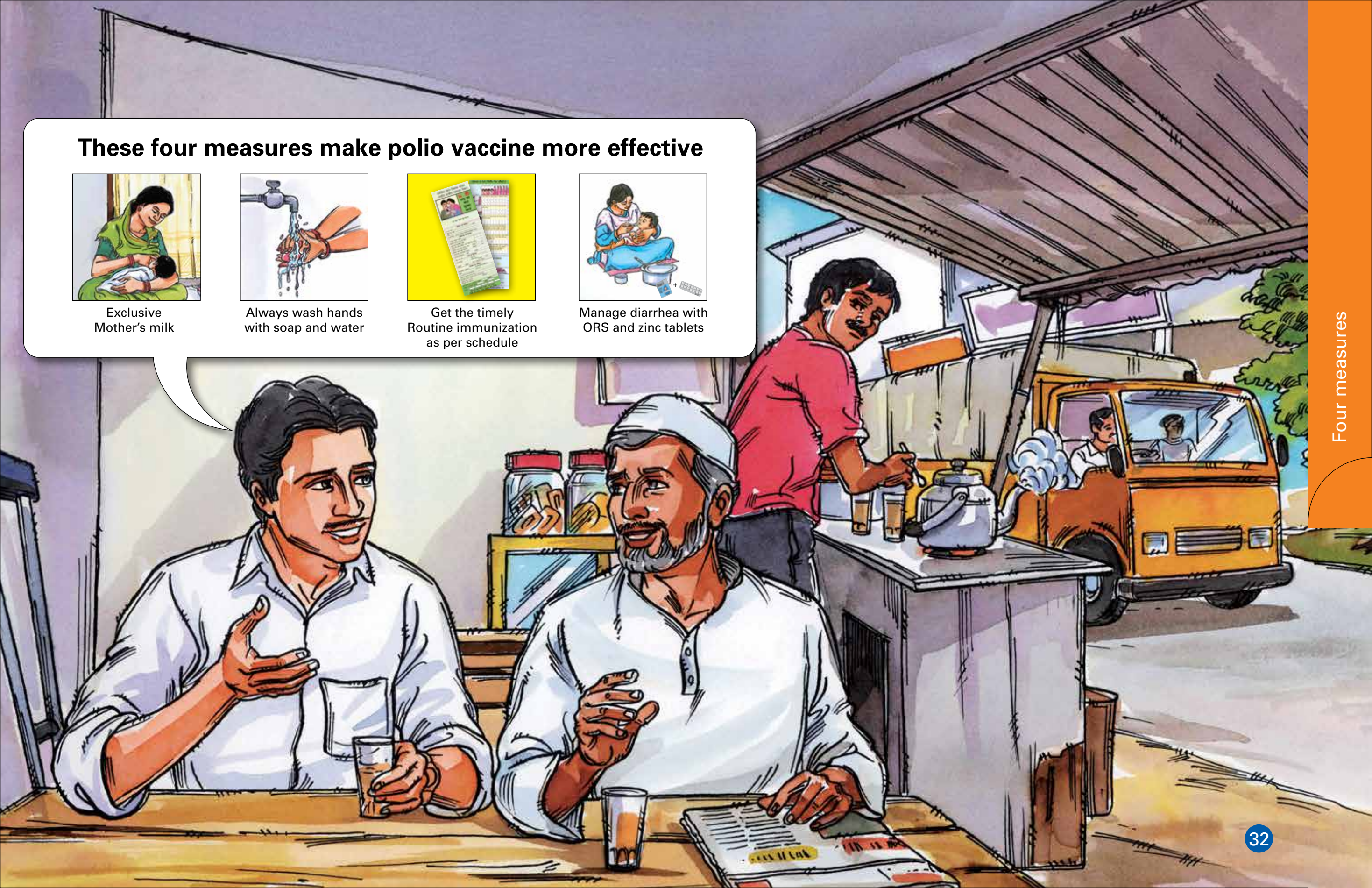
Always wash hands
with soap and water



Get the timely
Routine immunization
as per schedule



Manage diarrhea with
ORS and zinc tablets





Yesterday Seema had gone to her friend's house. Her friend Roshni has recently delivered a baby. It's a hot Summer day. On hearing the baby cry Roshni was about to give water to the baby with a spoon, Seema stopped her and said, "No Roshni, you must give the baby only your milk for the first six month, not even water because outside milk, daal water or any other food item may carry germs and can cause diarrhea. And diarrhea can reduce the effect of the polio dose."

Roshni started breastfeeding the baby, Seema asked "on your child's birth hopefully you fed with the first thick yellow milk of your's? Mother's milk has all the essential natural nutrients, even water.... baby should be given exclusive mother's milk upto six month of age so that baby can develop strong immune system to fight against diseases. Roshni even if you are ill, do not stop feeding the baby."

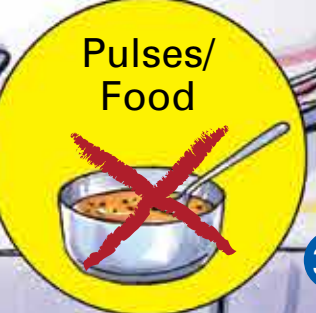
Roshni then asked.. "if the child is sick then? Seema answered immediately, "then you should breastfeed the child more often so that she can get more energy and prevent her from weakness.

This way even the polio dose will be fully effective." Roshni was very impressed by Seema's knowledge.



1. Why should a newborn baby be given mother's first thick yellow milk?
2. How is mother's milk helpful in preventing from polio?

First six months
only mother's milk!
Not even water!





Incidentally, Aman met a migrant worker couple in the bus stop. Good natured Aman makes friends easily & quickly. Couple has a small baby with them, seeing the baby Aman asked, "Have you given the child all the vaccinations? Seeing them hesitate, Aman explained them the importance of routine vaccination, encouraged them to go for vaccination. Aman told them," Routine vaccination protects the child from seven diseases. That is why Routine Immunization in the first year is a must. This ensures that Polio vaccine works more efficiently.

Other than this these are few things to be kept in mind:

- Routine vaccination (timely and regularly) in the first year of the child is most important, it must be ensured immediately
- Before the child's first birthday take him/her 5 times for vaccination and keep in mind the messages and advice given by the health workers.
- If the child has not been vaccinated then he/she is susceptible to getting life threatening diseases like Tuberculosis, Polio, Diphtheria, whooping cough, Tetanus, Measles and Hepatitis B etc., these can hamper the growth of the child and even cause temporary disability or can also be a cause for death.
- Keep the mother-and child card safely with you always and get vaccinations timely. Show the vaccination card when asked for by any health worker or by (CMC /BMC).



1. What can happen if the vaccinations are not administered timely?
2. Why is Routine Immunization important to protect from Polio?

स्वास्थ्य केंद्र

Routine Immunization protects you from seven life threatening diseases including Polio.





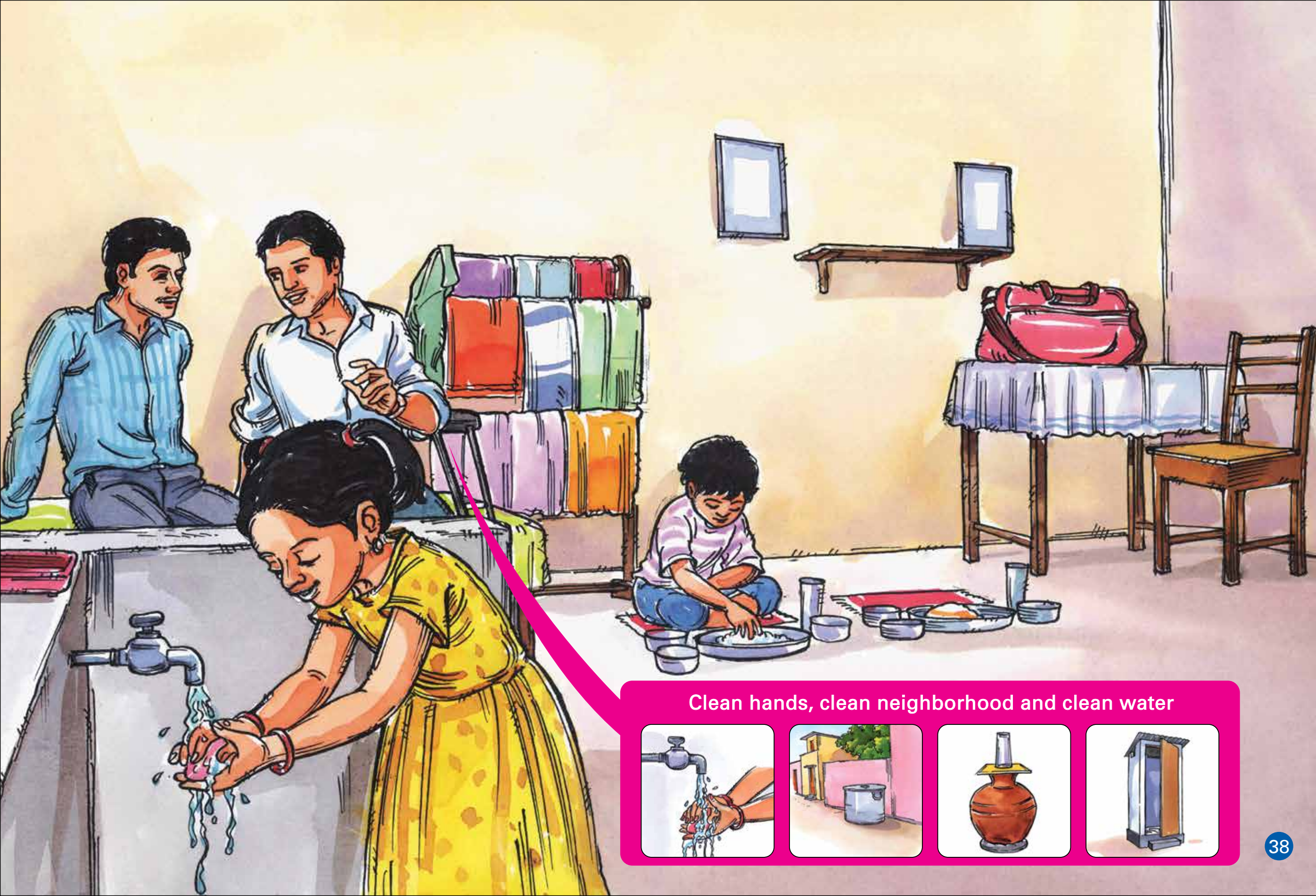
Aman & Seema's 4 year old daughter "Khushi" is very happy today. There are guests at home today. Aman's friend Raunak has a son who is as old as Khushi. Both of them love to play together. When the mother called them for lunch, Khushi immediately washed her hands with soap nicely but Pappu did not and straight away sat to eat food. On seeing this Khushi immediately said, "Oh! Pappu before eating food go and wash your hands!" "Why?" said Pappu, look they are clean." Aman then explained him, "Germs can be hidden in your hands, that is why you must wash your hands." As the discussion carried on Aman explained to Raunak, "We should always wash our

hands with soap before making food, eating food, after using the toilet, after throwing the excreta of the baby." Aman told some more facts related with the hygiene & cleanliness and reiterated how polio spreads in an unclean environment:

1. There is a risk of infectious diseases spreading in dirty surroundings.
2. Through dirty hands and dirty water bacteria's which spread diseases enter a child's body. This way a child can get sick. Dangerous diseases weaken the child's immune system and makes them vulnerable to seven life threatening diseases and it can dilute the effectiveness of the Polio vaccine.
3. Polio virus mostly attacks those children who have weak resistance. That is why it is important that in order to protect them from diseases one must be careful during four important instances- wash our hands with soap before making and serving food, before eating and feeding food to the babies, after using the toilet, and after throwing the excreta of the baby.
4. Do not defecate in the open. Everyone should use toilets and children's excreta should be cleaned in the toilet alone.
5. If there is no toilet facility available, then defecate far away from home and throw mud and cover the excreta in the ground. Do not defecate near open water sources, roads or playing grounds.
6. Must take drinking water from an uninfected source and store the water in a clean covered utensil. While taking the water make sure not to dip your fingers or put your hand in it.



1. Why is it important to wash hands with soap?
2. Where should you throw the excreta of an infant and why?
3. where and how can you take safe drinking water?



Clean hands, clean neighborhood and clean water





One day Seema was busy preparing for the "Polio round". When her neighbor came in a panicked state. Seema inquired "what happened?" She said "Guddu has got diarrhea and even my husband is not at home, what I should do?" Seema gave her an O.R.S packet and told her to take it and prepare the solution by diluting it in 1 litre clean water and collect zinc tablets from the sub center... she continued....listen... keep giving half tablet of Zinc for the next 14 days. This will prevent Guddu from becoming weak after the diarrhea. With this Guddu will not get dehydrated and you will avoid any life threat to him. He should recover by the polio round, else there are chances of the polio doses not being effective for him.... And missing even one dose of Polio vaccine is an open invitation to the polio virus. Meena said , "I have understood! I will definitely bring Guddu

to the polio round which is coming up and will also get the Guddu take a dose of polio drops. Seema told Meena more things about diarrhea control and polio related facts listening to which Meena was enlightened with more information. It was like an eye opener for her. She returned back home as a more aware person.

Diarrhea: some facts

1. The real threat in diarrhea is dehydration and losing essential nutrients from body. This leads to weakening the child.. Making him/her more susceptible to getting affected from other dangerous virus such as Polio.
2. To protect your child from polio it is necessary to – give ORS solution and a zinc tablet to prevent to the child from getting dehydrated.
3. If the child is younger than six months, then to dissolve half zinc tablet in mother's milk and give it for the next 14 days. If the child is older than 6 six months one whole tablet can be given dissolved in mother's milk. To less than two months old child only ORS solution can be given other than mother's milk.
4. In case the child passes loose stools more than three times then it is called diarrhea. In case there is blood in the stool immediately take the child to the doctor. Diarrhea can be life threatening.



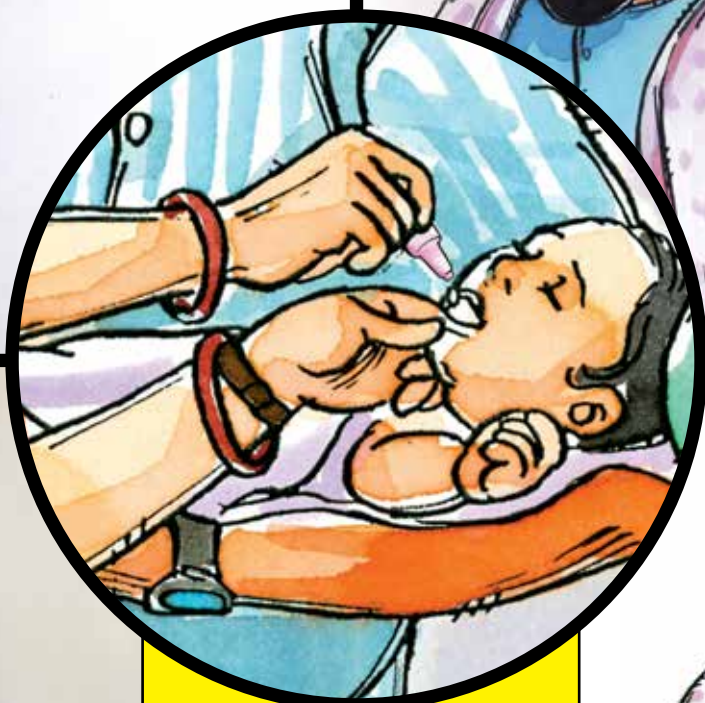
1. What are the real threats from diarrhea?
2. Why is it necessary to cure diarrhea in order to ensure that polio doses are effective?
3. What treatment should be given to a child who has diarrhea?
4. Where can ORS and zinc tablet be procured from?



Meena's son has got diarrhea



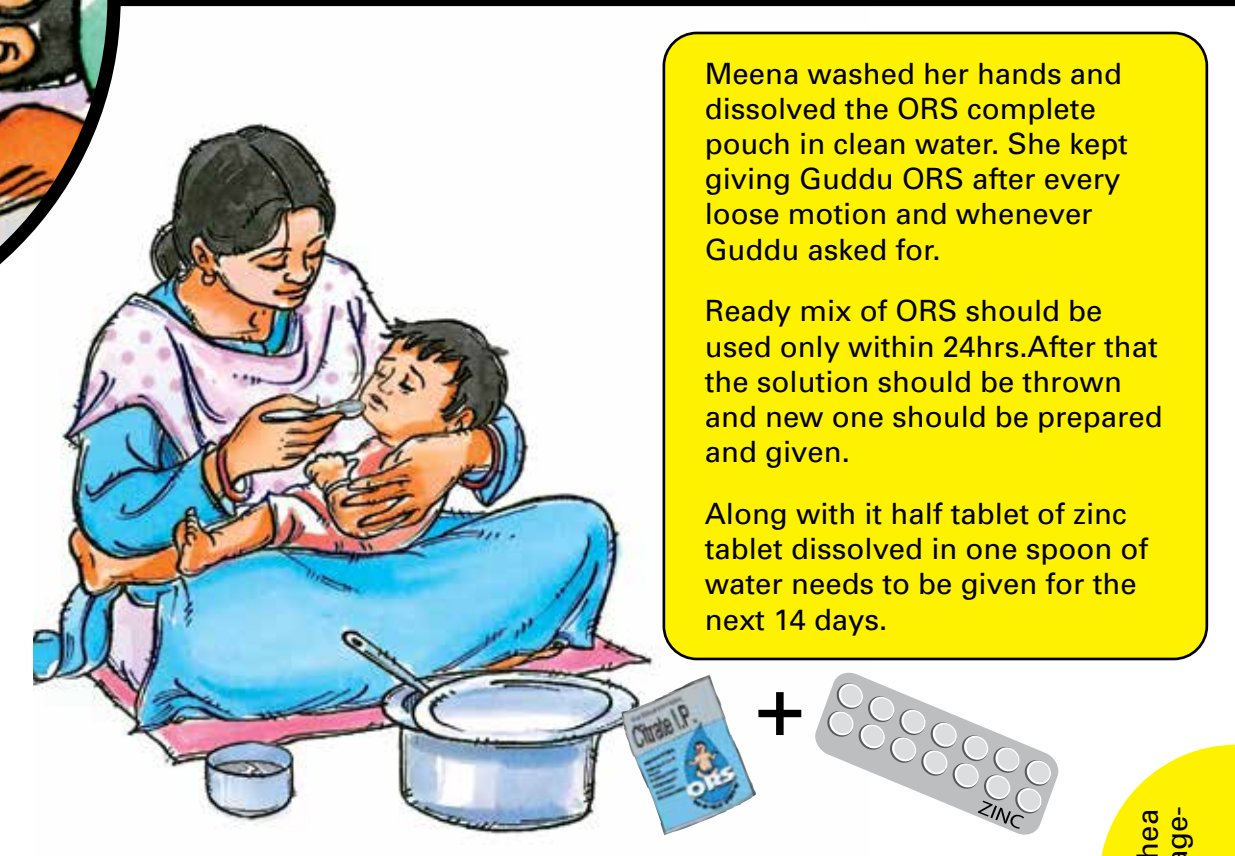
Seema gives her a pouch of ORS



On polio Sunday's Meena gets polio drops administered to Guddu



Meena takes the zinc tablet from the health center



Meena washed her hands and dissolved the ORS complete pouch in clean water. She kept giving Guddu ORS after every loose motion and whenever Guddu asked for.
Ready mix of ORS should be used only within 24hrs. After that the solution should be thrown and new one should be prepared and given.
Along with it half tablet of zinc tablet dissolved in one spoon of water needs to be given for the next 14 days.



Aman and Seema who had taken the responsibility to spread awareness about Polio in their village have done it with the help of SMNet. Everyone in the village got inspired by them and have adapted good habits. Now it is your turn, you also must implement these and encourage all the parents with less than 5 years of age children to necessarily give Polio vaccine to their children regularly. There is a saying that a pot gets filled drop by drop, so it is necessary to spread the word around streets, townships, villages, cities, state and soon we will have a polio free country.

To eradicate polio from its roots your endeavors will be of utmost importance and will be priceless.

पोलियो का कोई इलाज नहीं
दो बूँद हर बार है बचाव सही

