

# Disease transmission

## (chain of contamination)

The purpose of these exercises is to draw on the participants' existing knowledge and experience and assess their understanding of how diarrhoea, malaria or other water and sanitation diseases are transmitted. The activities can also be used to motivate people to take action by asking what can be done about the problems illustrated. By the end of the session participants should be able to describe ways in which hygiene practices are related to the spread of water and sanitation related diseases and identify ways of preventing them.

### Activity 1

- Divide participants into small groups and give each group a set of randomly ordered sequential pictures showing how a specific disease is transmitted
- Ask them to put the pictures into an ordered sequence. Some people in the group may have more knowledge than others and this activity usually generates a lot of discussion about how the disease is spread.
- Ask the groups to explain their 'story of transmission' to the rest of the group and clarify any misunderstandings
- Ask each group to draw pictures or symbols of barriers to transmission and to place these at key points in the story.
- What action could be taken in the current situation to prevent transmission and by whom?
- Ask the participants to:
  1. Identify what they will do differently as a result of the activity
  2. Consider how they will mobilise others to take action to prevent this disease.
- Revise the main ways in which the disease is transmitted and the main prevention methods

### Activity 2

- Ask the participants to think of the main ways in which diarrhoea is transmitted.
- Explain that the routes of transmission can be illustrated with the help of a diagram known as the 'F' diagram. Display a picture of the 'F' diagram and go over the different routes.
- Remove the diagram temporarily from view
- Divide participants into small groups and provide each group with picture cards depicting the different routes of transmission and ask them to compile the diagram from memory.
- Provide each group with a set of cards that depict how the chain of contamination can be broken and ask them to place these on the diagram in the appropriate places.
- In plenary ask the small groups to circulate around the different diagrams and to ask questions to clarify or correct misconceptions.
- Ask the group what they can do to prevent diarrhoea in their homes and community.

