Hi! I’m the Trachoma Goanna and I want to help you keep your eyes healthy and get rid of trachoma.

Trachoma is everyone’s business.

School flipchart.
Trachoma is still a significant problem in some remote communities within Australia. It is a preventable and treatable disease.

If you are a Teacher in a school or work in a crèche this flipchart is for you.

**Trachoma is everyone’s business.**

This flipchart is part of The *Trachoma Story Kit* that includes:

- The ‘*Trachoma is Everyone’s Business*’ Community Flipchart
- The ‘*Trachoma Resource Book*’
- ‘*The Trachoma Story*’ poster
- ‘*The Clean Faces*’ poster

Trachoma Health Education for Primary School Children:
- Teacher Book and Lesson Plans
- Student Workbook

“*Jabby and Friends*” DVD

To order extra copies of these resources and for further information please visit

www.iehu.unimelb.edu.au
Trachoma is Everyone's Business is a resource for schools, clinics, and communities.

There are three flipcharts, each with its own contents page.

- The green flipchart is for schools.
- The blue flipchart is for clinics.
- The orange flipchart is for communities.
This section is for teachers, it contains two parts:

Part One
- Teacher overview
- What is trachoma?
- The ‘Trachoma Story’ poster
- How do you get trachoma?
- To stop trachoma the main message is ‘clean faces’!
- Where is trachoma found?
- Can you get trachoma from dogs?
- What can be done to prevent trachoma?
- ‘Clean Faces’ poster
- Does your face need a wash?

Part Two
- Resource materials for class activities to use along with the ‘Teacher Book and Lesson Plans’ and the ‘Student Work book’
- Colouring-in sheets
- “Jabby and Friends” DVD
- Note: if you need extra copies of these resources please visit: www.iehu.unimelb.edu.au
- Discussion questions for secondary school classes
Trachoma is an eye sickness that if left untreated can make you go blind.

It is caused by bacteria called Chlamydia trachomatis and is most common in young children. It spreads easily from infected eye & nose secretions passed from child to child by touching, sharing the same bed and blankets, pillows, sheets and towels.

Sometimes trachoma shows no symptoms so it is very important for children to have their eyes checked. This is usually done at the Healthy School Aged Check at school.

Children are checked by an Aboriginal Health Worker or staff member from the clinic. This is done by quickly inverting the child’s eyelid and taking a close look at the inner lid to check for dot like impressions called follicles. This isn’t painful at all, just mildly uncomfortable.

If active trachoma is found then the child and everyone who sleeps in the same house will be treated. This treatment is simple and involves oral antibiotics, given every 6-12 months.

*It is easy to prevent trachoma. The most important thing to do to prevent the spread of trachoma is to keep every child’s face clean.*
Trachoma is an eye sickness that is more common in young children who live in remote inland areas.

It is an infection under the eyelid that can cause sore and sticky eyes. Often you don’t even know you have it.

Trachoma is easy to treat.

An Aboriginal Health Worker or nurse can check under your eyelid to see if you have trachoma and give you medicine to treat it.

If trachoma is not treated it can make you go blind when you are older.
Clean Faces, Strong Eyes!

This poster was prepared by the Indigenous Eye Health Unit at the University of Melbourne, the Katherine West Health Board and the Centre for Disease Control, Department of Health and Families, Northern Territory. The artwork is by Lily McDonnell. The goanna is used with permission from the Centre for Eye Research Australia.

Support for this project was provided by private donors, the Harold Mitchell Foundation, The Ian Potter Foundation, CBM Australia, the Cybec Foundation and the Aspen Foundation.

Clean Faces Keep Your Eyes Strong

Clean Happy Kids

Dirty Faces Cause Eye Infection

Eyes Checked

Trachoma Follicles

Treatment for Trachoma is Antibiotics

Washing Faces and Hands

Lashes Rubbins

Healthy Happy Grandma and Kids

Blindness

Trachoma Can Cause Blindness
Trachoma germs can quickly spread from one person’s eyes to another person’s eyes.

This can easily happen when children who have sticky eyes and dirty faces play closely together and sleep in the same beds.

And…when flies spread the trachoma germs from one person’s eyes to another.
How do you get trachoma?

Child with dirty face rubbing eye

Spreading trachoma dirty hand to clean face
To stop trachoma the main message is:

It doesn’t really matter when your face was last washed.....

If it is dirty, it needs to be washed again.
CLEAN FACES, STRONG EYES!

CLEAN FACES!
Trachoma is an ancient disease caused by the bacteria germ Chlamydia that has existed since the time of the dinosaurs.

It previously existed all around the world, now trachoma is mainly seen in Africa and Asia.

Today, Australia is the only developed country to still have trachoma, where it occurs in some outback Aboriginal communities. It is more common in dry, dusty conditions.

All animals including birds and reptiles have their own Chlamydia germ.
Trachoma is found in some parts of Africa, Asia and Australia.
Can you get trachoma from dogs?

**NO!** The Chlamydia germ that causes trachoma in humans is different to the type that animals get. You can’t catch it from dogs.
Can you get trachoma from dogs?

No!

You can’t get trachoma from dogs.
The easiest and most effective way to prevent trachoma is to ensure that…. **every child’s face is always kept clean.**

In particular it is important to clean any snot from around the nose and any muck from the eyes.

It doesn’t really matter when your face was last washed, if it is dirty it needs to be washed again!

Here are some ways to prevent trachoma:

**Some are around the home**
- Keeping things clean, by clearing up rubbish
- Regular washing of blankets, clothes, pillows, sheets and towels
- What else can we do around the home to stop the trachoma sickness?

**And some are more fun**
- Giving your face a good wash when you have a swim in the pool, the waterhole or the river
- What other fun ways can help stop the trachoma sickness?

**Teachers, you can help by**
- Not letting a student sit in your classroom with a dirty face at any time!
- If a child’s face is dirty, ask them to go and wash it
- Make sure kids faces are clean at the start of the day and during the day
- AND don’t let them go home with a dirty face
Clean Faces, Strong Eyes!

TRACHOMA

Clean Faces and Hands

Keep your Eyes Strong

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Does your face need a wash?

Have a look in the mirror!
Does your face need a wash?

Have a look and see!
The following teaching tools have been designed to address the Northern Territory Curriculum Framework Outcomes.

**Teacher Book and Lesson Plans**
*Trachoma Health Education for Primary School Children.*

**Student Workbook**
*Trachoma Health Education for Primary School Children.*

**Additional Resources**
- Colouring-in sheets
- The *Trachoma Story* poster
- The *Clean Faces* poster
- “Jabby and Friends” DVD
Keep your eyes strong.

Clean faces and hands.
I wash my hands every day and stop trachoma.
Keep your eyes strong.

Clean faces and hands.
Has anyone ever had an eye lash in their eye? Did it hurt?

Question: What is Trachoma, and who is most likely to get it in our community?

The bacteria that causes trachoma has been around since the dinosaurs. The bacteria is called Chlamydia trachomatis and it used to exist all around the world.

Now trachoma is seen mainly in Africa and Asia. Australia is the only developed country to still have trachoma, where it occurs in some outback Aboriginal communities.

Trachoma is very common in young children as it is easily spread with infected eye secretions passed from child to child by touching, or sharing the same bed, blankets, pillows, sheets and towels.

If it is left untreated, trachoma can cause blindness.

Question: How can we help our younger brothers and sisters to stay safe and well?

You can teach them about the importance of keeping a clean face to help stop the germs spreading.
Question: Does trachoma always cause sore & itchy eyes?

Sometimes trachoma shows no symptoms, this is called asymptomatic. So, this is why it is important for children to have their eyes checked.

The best way to get this done is at the school screening. Telling your brothers and sisters about this is another important way to help reduce trachoma.

Question: What happens if my brother or sister or family member gets trachoma?

If active trachoma is found then the child and everyone who sleeps in the same house will be given the medicine.

This may mean if one of your brothers or sisters has trachoma then you will be treated too. The treatment is simple and involves oral antibiotics.

Treatment is given every 6 – 12 months.

Question: What can we do keep healthy and protect against trachoma in our family and community?

It is simple to prevent trachoma. The most important thing to do to prevent the spread of trachoma is to keep everyone’s face clean.

You can help by being an example and teaching your brothers and sisters to check in the mirror to see if their face needs to be washed.
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