



# House-to-House Promotion and Prevention Guidelines

## What you need to do if you are a volunteer in the community

- Live and volunteer in your village.
- Work with your elders, leaders and local health staff (village health workers, traditional birth attendants).
- Know what priority health problem(s) the community wants to solve.
- Know the traditional beliefs about diseases.
- Follow the health centre's guidelines and recommendations.
- Know what other groups are doing in your community about priority health problems.
- Know the families (infants, children, adults) in the houses\* under your responsibility.
- Visit each of the houses at least once a month to provide key messages (IEC).
- Measure your success (outcomes of your efforts). See technical toolkits on how to do this.
- Meet and share information with your volunteer "leader" and your coach.

**\*The number of houses under your responsibility will depend on the population density, distance between houses, and the time you have to serve as a volunteer. Usually this will be approximately 10 households.**





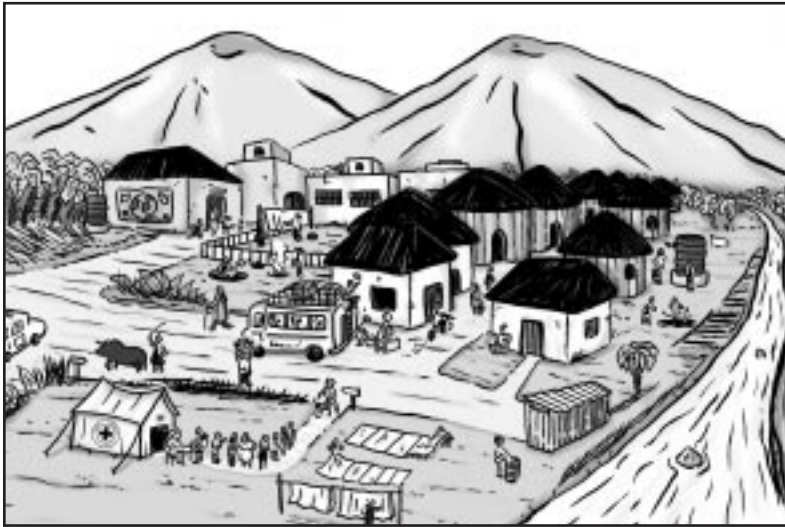
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- Meet and share information with your volunteer "leader" and your coach.

## **Volunteer's checklist**

- Traditional and administrative leaders have been contacted.
- Health authorities, health committees and health workers have been contacted.
- The community has identified its priority health problems for action.
- You have the technical toolkits for these activities.
- You know your target group (infants, women, young adults, etc.).
- You are co-ordinating with other community volunteers in addressing these problems.
- You know which 10 households you will visit regularly.
- You know how often you will work (usually half a day per month).
- A "back-up" volunteer (junior volunteer) is available to learn from you and to replace you during your absences.
- All volunteers need to know who their coach is. We anticipate one coach for about 300-500 volunteers. Each community network of volunteers will have a coach who lives in the district (not necessarily in the community). Coaches are expected to visit once a week or thereabouts.
- You know your coach and you report regularly to the coach.



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## **Remember, when visiting house-to-house, you can tell the family about healthy behaviours which include:**

(see technical toolkits)

- Breastfeeding (for mothers with babies under 6 months of age).
- Vaccination (for infants under 1 year of age and for pregnant women).
- Initial response for diarrhoea and use of oral rehydration solutions (ORS).
- Initial response to fevers.
- HIV/AIDS/STI prevention and condoms.
- Use of insecticide impregnated bednets.

**Note: You cannot always be there. Get yourself a backup-volunteer. Find another person who can offer her/his services to learn what you do and to replace you during your absences.**

Abbreviations: **HIV** - Human Immunodeficiency Virus **AIDS** - Acquired Immune Deficiency Syndrome  
**STI** - Sexually Transmitted Illnesses **ORS** - Oral Rehydration Solution **IEC** - Information, Education, Communication



## Toolkits for volunteers



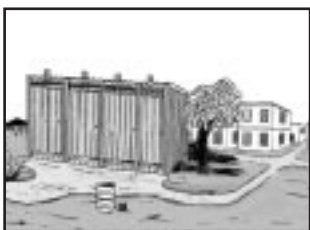
House-to-House  
Promotion and Prevention



Community Action



National Immunisation  
Days (NIDS)



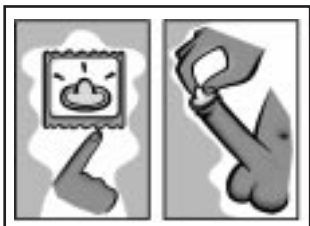
Latrines



Routine Vaccination



Insecticide Treated  
Mosquito Bednets



Condom Promotion



HIV/AIDS  
Home Care Training



Breastfeeding



Clean Up Campaign



Clean Water



Blood Donor Recruitment



Diarrhoea



Peer Education  
for HIV/AIDS



Voluntary Counselling  
and Testing