

Learning by Ear – Hygiene: How to avoid diarrhoea

Episode 07 “What’s Cooking?”

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Scene	Characters	
1	1. SAM 2. CHEMU 3. EDITH 4. MARIA	SAM – 17, m. MARIA – 43, f. EDITH – 40, f. EDDI– 36, m. DR SALLY – 34, f. CHEMU – 15, f. NARRATOR
2	1. MARIA 2. EDITH 3. MARIA 4. CHEMU 5. SAM	
3	1. SAM 2. CHEMU 3. EDITH 4. MARIA 5. NARRATOR	
4	1. SAM 2. EDDI 3. EDITH	

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	4. CHEMU 5. MARIA	
5	6. SAM 7. CHEMU 8. EDDI 9. EDITH 10. MARIA	
6	1 SAM 2 CHEMU	

INTRO

MUSIC: THEME MUSIC

01. NARRATOR HELLO AND WELCOME TO EPISODE SEVEN OF OUR “LEARNING BY EAR” SERIES CALLED HYGIENE – HOW TO AVOID DIARRHOEA. IN THE LAST EPISODE THE FRIENDS SAM AND CHEMU – AFTER THEIR RATHER BAD EXPERIENCE WITH DIARRHOEA – TOOK ON THE RESPONSIBILITY OF TEACHING THEIR SCHOOLFRIENDS HYGIENE. UNCLE EDDI, THE COMMUNITY HEALTH OFFICER, WAS ON HAND TO HELP THEM. AT HOME, THE CHILDREN MANAGED TO CONVINCED NEIGHBOUR MARIA TO WASH HER VEGETABLES BEFORE EATING. AND THERE ARE MORE IMPORTANT LESSONS AT HOME.

LET’S LEARN MORE FROM SAM AND HIS FAMILY BY LISTENING TO HOW TO PREVENT DIARRHOEA.

SCENE 1: EDITH’S HOME

02. SFX: HEAVY FOOTSTEPS. SEVERAL THUDS AS HEAVY PACKAGES LAND ON HARD GROUND.

03. SAM Mother, haven’t we bought too much food?

04. EDITH My son, have you forgotten how much you eat? This food will be finished within a week or so.

05. CHEMU And my Mother also has such an appetite and we all love having our meals here.

06. EDITH Well, Chemu, no one will ever go hungry in my house and you are friends who are as good as family.

07. MARIA Talking of food, I am dying of thirst, Edith.

08. EDITH Sam, please get your Auntie Maria some drinking water.

09. SAM Aaahhh... we have a problem

10. MARIA Now what? No water? We have all this food and no water?

11. SAM The water is not boiled.

- 12. MARIA** Well, I have never boiled my drinking water in all my life and here I am, still alive and healthy.
- 13. SAM** But now, Auntie, we know better.
- 14. MARIA** That does not stop me from being thirsty. Just this once, give me the water.
- 15. CHEMU** Mother, you remember the children relieving themselves on the bank of the river, the washing of clothes, the cows stepping on faeces and then stepping in the water as they drank? They contaminate the water with diarrhoea germs.....
- 16. SAM** Not to mention it rained after I relieved myself in your garden Auntie when I had diarrhoea. What I left in your garden was washed into the river...And now it may be in that drinking water...*yuk*
- 17. MARIA** Stop... stop... just stop right there. Boil the water, I will wait. I do not want that diarrhoea.
- 18. EDITH** Since you children have become so good at this, why not prepare the raw food. Then Maria and I will cook it.

- 19. CHEMU** Good.
- 20. SAM** I’m in, Chemu, let’s wash all the vegetables.
- 21. SAM** We will wash them with boiled water.
- 22. SFX: WATER FLUSHING (WASHING OF VEGETABLES)**
- 23. CHEMU** Then we’ll try and dry off the water as much as possible.
- 24. SAM** Count it as done.
- 25. CHEMU** Now, let’s cut up the meat.
- 26. MARIA** Children, be careful with that knife...
- 27. SFX: CUTS OF KNIFE ON WOODEN BOARD**
- 28. SAM** We are taking care, Auntie.... God, look at all the flies. I think they smelt the meat and came in from outside. They could be carrying all those germs...
- 29. CHEMU** We will cut it up quickly then cover it.
- 30. EDITH** Cover the meat? What for, we will be cooking it in a few minutes.
- 31. SAM** Because it only takes a few seconds for the flies to settle on it and leave bad eggs and bacteria. Then, when we eat it, we eat the bad stuff too.

32. EDITH Well, I will make sure I cook it well to kill those parasites and germs.

33. SAM Well, let’s do both.

BRIDGE MUSIC

SCENE 2 EDITH DINING AREA

34. SFX: SOUNDS OF CUTLERY

35. MARIA Edith, that was a very tasty meal.

36. EDITH Well, we all prepared it as a team. Now, everyone, help me clear the table and take the dishes to the kitchen.

37. SFX **Dishes, pots, cutlery making noise**

38. MARIA **(yawning)** I’m so tired.. it has been a long day.

39. EDITH I am quite tired too.

40. MARIA We still have dishes to wash. Are you thinking what I am thinking?

41. EDITH **(shouting across to Sam)** Sam, Chemu! Leave the dishes in the sink. Everyone is so tired. We will wash them tomorrow.

- 42. SAM** No, Mother, we will wash them now. If we leave them here, the flies will get to them and we run the danger of getting diarrhoea.
- 43. CHEMU** Auntie, Sam and I will wash them.
- 44. MARIA** What do you know? If all children would work so hard to avoid diarrhoea, what a great world this would be.
- 45. NARRATOR** MARIA IS RIGHT. IF ALL CHILDREN KNEW THEIR HYGIENE ROUTINES AND PRACTISED THEM, THE INFECTIONS WOULD BE REDUCED, SO WOULD DEATH.
- AND IT IS ALL SIMPLE ACTIONS REPEATED AGAIN AND AGAIN. LIKE WASHING HANDS AND WASHING FOOD BEFORE EATING OR COOKING IT.
- WHAT A SIMPLE INVESTMENT FOR GOOD HEALTH!
- LATER THAT DAY EDITH’S BROTHER-IN-LAW AND COMMUNITY HEALTH WORKER EDDI CAME ROUND. THE FAMILY STILL HAD SOME QUESTIONS.

BRIDGE MUSIC

SCENE 3: EDITH’S COMPOUND-OUTSIDE.

46. SFX OUTSIDE SOUNDS: BIRDS, CRICKETS

47. SAM Uncle Eddi, when the doctors tested me in hospital, they told me about the parasites and bacteria that live in the intestines.

48. EDDI That is true. In the laboratory they show what bacteria and germs one has.

49. EDITH Is it possible that anyone could get these bacteria?

50. EDDI Oh yes, Edith.. anyone!

51. MARIA Even when you are practising good hygiene like all this hand washing, food washing and boiling the drinking water nowadays?

52. EDDI Even when you practise good hygiene. Remember you also buy cooked food in café and restaurants, you shake hands, and you touch surfaces in public areas etc. You are still exposed even when you are hygienic in your own home.

53. CHEMU Maybe we should all get ourselves checked.

54. EDDI Not a bad idea, Chemu.

- 55. MARIA** I’m not sick, I do not have diarrhoea, so why should I get tested?
- 56. EDITH** I think it is a good idea. We have all been exposed to germs causing diarrhoea and parasites for quite a while. I want to be tested.
- 57. CHEMU** Me too. Uncle Eddi, can my friends in school also be tested?
- 58. EDDI** Of course, we’ll organise the testing with your teacher. I’ll come to your school soon.
- 59. MARIA** What’s the point? Say you do see those parasites or worm eggs in my intestine... if they are not making me sick, then why bother them.
- 60. EDDI** Don’t be fooled, if you have any of them, then you should know that they are slowly growing. The intestine environment is a good place for them to flourish. Sooner rather than later, the diarrhoea will come.
- 61. MARIA** I guess you have scared me enough. I will get tested too.

62. EDDI Good. I’m very pleased. I will make the arrangements. We will all go to the hospital to get tested.

BRIDGE MUSIC

SCENE 4: HOSPITAL LABORATORY

63. SFX **CLATTER OF TEST TUBES**

64. NARRATOR NOBODY LIKES HOSPITALS. NORMALLY, WHEN WE VISIT THE HOSPITAL WE ARE EITHER UNWELL OR VISITING SOMEONE WHO IS. BUT NOT THIS TIME. SAM AND HIS FAMILY AND NEIGHBOUR ARE HERE TODAY, NOT TO BE TREATED, BUT TO BE TESTED FOR DIARRHOEA-CAUSING BACTERIA AND PARASITES. IT’S BETTER TO BE SAFE THAN SORRY.

65. EDDI Ok, everyone, here are the containers. Please give us a sample of your stool. Blood will also be taken.

66. MARIA **(loud whisper)** They want me to to put it in that small container? Isn’t this a little embarrassing?

- 67. SAM** Auntie Maria, it is not embarrassing, it is just something one has to do.
- 68. CHEMU** You are just afraid, Mother. You should feel proud of yourself that you are doing this.
- 69. EDITH** Maria, my friend, let’s do it for Baby Fatu. If you and I had known better, Baby Fatu would still be alive today.
- 70. MARIA** Ok, for Baby Fatu. Let’s do it.
- 71. EDDI** Good. Let’s get on with it. Bring back your stool specimen samples.
- 72. EDITH** Eddi, when they examine... and they find those... those bad things... then what will happen?
- 73. EDDI** If they find the germs that make you sick, they will give you medication to clear it up.
- 74. MARIA** Well, if you intend to give us medicine anyway, why not just give it to us now, a whole bag of it for the family and we’ll just go home and share them out without having to go through this embarrassing process.
- 75. SAM** Auntie, it is not as easy as that.
- 76. CHEMU** People don’t share medicines.

- 77. MARIA** Why not? We share food!??
- 78. EDDI** Stop now.. let me explain. This is very, very important, so listen carefully. Each person gets individual medication according to what type of parasite or bacteria they have in their intestine. The medication is a course.
- 79. CHEMU** A course? What is that?
- 80. EDDI** It means you have to take the medication exactly as prescribed by the doctor. You take the exact amount, at the times indicated and you take it until you finish it all.
- 81. MARIA** And if I am not feeling bad, why shouldn't I stop? Why complete the .. what did you call it... course?
- 82. CHEMU** If you don't, the bacteria and parasites will get a new lease of life and they will start spreading in your intestine all over again. Then you'll get diarrhoea.
- 83. EDDI** Well put Chemu, well put... now.. you've all got a job to do. Let's get on with it.

BRIDGE MUSIC

SCENE 5: MARIA’S HOUSE

84. SFX: KITCHEN NOISES. POTS AND PANS

85. CHEMU (giggling) Sam, hurry up, I don’t want Mum to see we are eating her stew.

86. SAM Oh my, this is a great stew.

87. CHEMU Let’s eat.

88. SAM But it is cold.. Maybe we should heat it up?

89. CHEMU If we warm it up, Mother will smell it from the other room and she will know it is us eating it! (giggles)

90. SAM What’s worse? Your mother getting angry or getting infected and getting diarrhoea?

91. CHEMU Oh, yes, you are right. I forgot that cold food is likely to have bacteria in it. It has been lying around, exposed!

92. SAM We have to heat it up.

93. CHEMU Mother will get mad.. and you know her.

94. SAM Do you want to know how it feels to have diarrhoea?

95. CHEMU No way. Then let’s hope, my mother’s nose is turned elsewhere...

BRIDGE MUSIC

OUTRO:

96. NARRATOR

SAM AND CHEMU ARE NOW TAKING A LOT OF INITIATIVE AT HOME. THEY HAVE NOW LEARNT KEY WAYS IN WHICH TO PREVENT DIARRHOEA. AND THEY HAVE MANAGED TO GET THEIR PARENTS TO LISTEN TO THEM AND COOPERATE.

THERE MUST BE MORE OPPORTUNITIES AT SCHOOL AS WELL. OPPORTUNITIES TO PREVENT THE SPREAD OF DIARRHOEA.

TUNE IN TO OUR NEXT EPISODE AND JOIN SAM AND CHEMU BACK AT SCHOOL WHERE THEY ARE HEADING FOR A RATHER SMELLY JOB...

ALSO DON'T FORGET TO VISIT OUR WEBSITE AT WWW.DW-WORLD.DE/LBE. AND SEND US YOUR COMMENTS AS WELL. BYE FOR NOW AND TAKE CARE!