SLEEPING SICKNESS

HUMAN AFRICAN TRYPANOSOMIASIS
PLEASE DRAW ME A PICTURE OF YOUR VILLAGE!...
WHAT IS SLEEPING SICKNESS?

The correct name of the disease sleeping sickness is a little difficult: it is "human African trypanosomiasis", but sleeping sickness is much easier to remember.

Trypanosome

As seen under a microscope.

It is a very serious disease caused by a parasite called "trypanosome". It is a very small organism which multiplies in your body. The trypanosome destroys the brain cells and a sick person will eventually die.

The tsetse fly picks up the parasite when it drinks the blood of a person who is already sick.

So why do we call it "sleeping sickness"?

Many years ago it was noticed that sick people often slept for many hours during the day. Those people who were really sick were so weak that they appeared to be sleeping all the time, and that is why we call it "sleeping sickness".

The parasite is injected into the blood of a human by a tsetse fly.
**THE PARASITE**

The parasite trypanosome which causes the sickness is very small. It is so small that the doctor needs a microscope to see it!

Under the microscope we can see it moving between the red blood cells.

**THE TSETSE FLY**

It is a fly which is difficult to recognise if you are not used to seeing them. It is as big as your finger nail!

It has wings which cross over on its back when it is resting and a long dart for biting.

Which it uses to pierce the skin of a person or animal to drink its blood as food... if the person or animal is sick the blood drunk will also contain the parasite which transmits the sleeping sickness.

The bite of the tsetse fly can be very painful, and the skin around the bite becomes red and hard for a few days afterwards.

The fly prefers to suck blood from animals, but if there are no animals in the area the fly will bite a human being.
How Does One Fall Sick?

For a long time after the bite, the person will feel alright even though he is already sick.

Very often a swelling will appear at the bottom of his neck. It feels like a little ball underneath the skin.

Sometimes he will get a high fever or have a very bad headache.

Sometimes the person's face becomes really puffy.

After some time, the person becomes very sick...

And is often seen to be sleeping during the day.

The sick person becomes very weak and tired and if not treated...

Or behaving like a mad person.

Or eating very little and becoming very thin.

...or given medicine, will die...
WHERE DO WE FIND SLEEPING SICKNESS?

This sickness is only seen in Africa and is not found anywhere else in the world!

There are more than 300,000 sick people...

It is found in all the countries coloured with blue. The darker the blue colouring the more people who are found sick.

A lot
Many
Some
Very few.

What is the name of your country?
What is the name of your village?
Draw a circle around your country?
Are there sick people in your country?
How is the sickness passed from fly to human?

1. The fly bites a sick person.
   While sucking the blood, the fly swallows the parasites.

2. The fly becomes sick.
   It then bites a person who is healthy.
   And injects the parasites into his blood.

3. This person becomes sick.
   Another fly bites him... it drinks the blood...
   The fly also bites animals which fall sick and pass on the disease...
WHERE IS THE FLY TO BE FOUND?

The flies like to live in open spaces where they can easily fly about, for example on the banks of rivers, near plantations or along the roads.

These are also places where the villagers spend a lot of time.

As people and insects find themselves sharing the same place people are frequently bitten by the flies.

RECREATION

Can you find your way home without getting bitten by the flies?
How can we protect ourselves against bites?

Either you avoid the areas where the tsetse fly is found,
or you try to kill the flies in the areas where people are living and working.

Tsetse fly traps which capture and kill the flies are very useful.

Tsetse fly traps come in different forms:

- Sprayed with liquid which kills the fly (insecticide)
- In the form of a cone
- Screens

Game: What do all these traps have in common?
Look at these pictures and then write in the box the letter which corresponds with the description of the village activity.

In the drawings, how many fly traps and screens can you find?

How many different ways to hang up a fly trap?

Can you colour the drawings?

1. Washing clothes at the side of the river.
2. Pulling up water from the well.
3. Cutting down the undergrowth around a trap.
4. Washing in the river.
5. Centre of the village.
6. Working in the plantation.
7. Returning to the village over the bridge.
8. Pigs eating outside the village.
9. Collecting fruits.
10. Returning from work along the village path.
Can you match the drawing to the correct description at the side.

The fly is stuck at the top of the trap as it doesn't know how to fly down.

It then flies towards the top of the trap as it doesn't know how to fly in other directions.

As the fly likes dark colours, it sits on the black part of the trap.

It dries up and dies.

The tsetse fly is attracted to the colour blue, which it can see from far away.
What you must do to make sure the traps continue to work?

Don't use the material for traps to make your own clothes.

Be sure to clear all the undergrowth and bushes around the trap so that the fly can see it from far away.

Hang it where it will be in the sunshine.

Check for holes and be sure to repair and clean the trap often.
**How can you catch sleeping sickness?**

True or False, mark a "T" or "F" in the circle in the corner of each picture...

- **You can catch sleeping sickness from a dog's bite.**
- **Eating your food.**
- **Walking barefoot in the water.**
- **Walking barefoot on the ground.**
- **Being bitten by a tsetse fly.**
- **Shaking hands.**
- **A mother feeding her baby.**
- **Being bitten by a mosquito.**
- **A sick mother-to-be can give the disease to her baby in her tummy.**
WORDS OF ADVICE TO HELP YOU LOOK AFTER YOUR HEALTH AND PEOPLE IN YOUR VILLAGE.

There is a medicine you can take which cures sleeping sickness.

If you wait too long before going to the doctor, you can die.

You must be treated as early as possible because if a fly bites a person who is sick, the disease can easily be passed on to other villagers.

If you see a swelling appear at the base of your neck, you should go and see the nurse or doctor.

Don't be afraid to give a few drops of blood to the nurse. In just one drop of blood he can see the parasite and tell if you are sick.
WORDS OF ADVICE TO HELP YOU LOOK AFTER YOUR HEALTH AND PEOPLE IN YOUR VILLAGE (continue)

If a medical team arrives in your village, you should encourage everyone to be seen by them, even if they feel healthy. It could save the lives of several people in the village.

You should also encourage the people in your village to go and be treated if the doctor says that they have sleeping sickness.

If you want to check the answers here are the solutions...

Page 9: all the traps are in two colours: blue and black

The activities of the villagers: pages 10 and 11
— There are 14 traps and screens in the drawing
— Ways to set up a trap: 3:
  - on a post
  - hung from the branch of a tree
  - hung from sticks set up by villagers

Page 11: A - 9, B - 6, C - 10, D - 2, E - 3, F - 4, G - 1, H - 7, I - 8, J - 5,

Page 12: Drawing 1 joined with picture 5
Drawing 2 joined with picture 3
Drawing 3 joined with picture 2
Drawing 4 joined with picture 1
Drawing 5 joined with picture 4

Page 14: TRUE or FALSE:
Line 1 - F - F - F
Line 2 - F - V - F
Line 3 - F - F - V
— The disease is transmitted by the bite of the tse-tse fly
— The disease is passed on to the baby in the mother's tummy

END
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