

## BOARD GAME # 1

# LET US CLIMB UP THE LADDER OF HEALTH

### TAKE DRUGS EVERYDAY WITH GOOD FOOD

The board game consists of 100 numbered squares arranged in a grid. A ladder of snakes starts at square 100 and descends to square 1. Each square contains a health-related instruction or consequence. The snakes are positioned on the ladders connecting the squares.

100 Smiley face icon	99 Miss many doses of ARVs	98 Stay healthy	97	96 Support immune system	95	94	93 Miss weekly doctor's visit	92	91
81	82 Play in the mud	83	84	85	86	87	88 Avoid tuberculosis	89	90 Reduce risk of diarrhea
80	79	78 Avoid mosquito bites and Malaria	77	76	75	74 Eat healthy and balanced diet	73 Eat outside food	72	71
61 Get skin infection	62	63 Eat with dirty hands	64	65 Less flies and rodents	66 Get sick	67	68 Reduce risk of infection	69 Cover nose/mouth when coughing or when others cough	70
60 Sleep under mosquito net	59	58	57 Stop taking drugs	56	55 Never miss a dose of ARV	54	53	52	51
41 Reduce risk of getting sick	42 Reduce risk of fungal infections	43	44	45 Clear the dustbins often	46 Get diarrhea	47 Wash hands with soap/water before/after eating	48 Take unprescribed medicines	49	50 Drink only boiled water
40	39	38	37 Boil clothes once a week	36	35 Take bath once every 2 days	34 Feel better sooner	33 ARVs don't work properly	32	31
21 Eat food immediately after cooking	22 Combine doses of ARVs	23	24 Food is not contaminated so don't get sick	25	26	27	28 Get better sooner	29 Stop eating food because of side effects	30 Get sick from drug interactions
20 Get diarrhea	19	18	17 Leave food uncovered	16 ARVs no longer work	15 Use food to fight side effects of drugs	14	13	12	11
1	2 Food is kept in covered containers	3	4 ARVs don't work properly	5	6 Flies and rodents contaminate food	7 Become weak and unable to fight disease	8 Get skin infection	9	10 Continue to eat food even when sick

Technical support from

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and

World Health Organization, Country Office, India



## BOARD GAME # 2

# REACH AN APPLE

TAKE BALANCED DIET AND MEDICINES EVERY DAY  
AND INCREASE THE FIGHTING CELLS

100 Stop eating food because of side effects

99 Get enough nutrients. Stay healthy and strong

97 Feel better sooner

96 Feel better sooner

95

94

93 Eat meat with red juices

92

91

81

82 Eat only rice and pickle

83

84

85

86

87

88 Body gets strength and energy

89

90 Get better sooner

80

79

78 Feel better sooner

77

76

75

74 Use food to help relieve side effects of drugs

73 Drink one cup of water a day

72

71

61 Don't get enough nutrients. Get weak

62

63 Eat very spicy foods

64

65

66 Get sick

67

68 Reduce risk of diarrhea

69 Drink milk or dairy products often

70

60 Eat dry, salted crackers/ biscuits if have nausea or vomiting

59

58

57 Don't eat vegetables

56

55 Eat a variety of foods for a healthy and balanced diet

54

53

52

51

41 Body gets strength and energy

42 Helps body digest food and replace lost fluids

43

44

45

46 Become dehydrated. Get weak

47 Drink only boiled water

48 Don't eat fruits

49

50 Drink lots of water when having diarrhea, constipation or fever

40

39

38

37 Drink lots of clean and safe water every day

36

35 Eat food cooked many hours ago

34 Body gets strong and fights infections

33 Become weak and unable to fight disease

32

31

21 Eat meat and animal products such as eggs

22 Eat half cooked eggs

23

24 Helps body become strong

25

26

27

28 Body gets strong and fights infections

29 Don't eat enough legumes such as beans and lentils

30 Don't get enough vitamins and minerals. Get weak

20 Get upset stomach

19

18

17 Eat outside food like juices and noodles

16 Don't get enough nutrients. Get weak

15 Eat lots of green leafy vegetables

14

13

12

11

1

2 Eat high protein foods such as beans, groundnuts and lentils

3

4 Get sick

5

6 Get diarrhea and vomiting

7 Don't get enough protein. Get weak

8 Get diarrhea and vomiting

9

10 Eat lots of yellow and orange colored fruits and vegetables

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## BOARD GAME # 3

# MEDICINES TWICE A DAY KEEPS THE PAIN AWAY

100  99 Stop taking ARV tablets 98 ARVs work properly. Stay healthy 97 96 ARVs work properly. Stay healthy 95 94 93 Miss many doses of ARVs 92 91

81 82 Keep ARV pill bottle in dirty place or in sunlight 83 84 85 86 87 88 ARVs work properly 89 90 Doctor helps you stay healthy

80 79 78 ARVs work properly. Stay healthy 77 76 75 74 Keep lid of pill bottle on tight 73 Miss weekly doctor's visit 72 71

61 ARVs don't work properly. Get sick 62 63 Don't know how many times a day to take medicines 64 65 66 ARVs don't work properly. Get sick 67 68 ARVs work properly. Stay healthy 69 Remind others on ART to take medicines regularly 70

60 Take doses with or without food as directed 59 58 57 Take medicines from uncertified doctor 56 55 Take ARV twice a day 54 53 52 51

41 ARVs work properly. Stay healthy 42 ARVs work properly. Stay healthy 43 44 45 46 Doctor can't help you if you are sick 47 Remind caregiver to give ARVs 48 Miss doses if skip meals 49 50 Go to doctor's office weekly for checkup

40 39 38 37 Use boiled then cooled water to dissolve ARV tablets 36 35 Share tablets with others 34 Feel better sooner 33 ARVs don't work properly. Get sick 32 31

21 Go to ART center every month to get medicines 22 Skip doses on weekends 23 24 Doctor helps you to get better sooner 25 26 27 28 Avoid germs. Don't get sick 29 Use dirty fingers to dissolve ARV tablets in water 30 ARVs don't work properly. Get sick

20 Miss a dose. ARVs don't work properly. Get sick. 19 18 17 Combine doses of ARVs 16 Get sick from drug interactions 15 Use food to fight side effects of drugs 14 13 12 11

1 2 Go to doctor if have severe diarrhea, vomiting, yellow urine, skin rashes or severe loss of appetite 3 4 ARVs don't work properly. Get sick 5 6 ARVs don't work properly. Get sick 7 Drink dirty water and get sick 8 ARVs don't work properly. Get sick 9 10 Use clean spoon, clean cup and safe water when dissolving tablets

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# BOARD GAME # 4

## WATER - HYGIENE

### DRINK SAFE WATER AND KEEP CLEAN

<b>100</b> 	<b>99</b> Eat with dirty hands	<b>98</b> Don't get sick	<b>97</b>	<b>96</b> Don't get fungal infections	<b>95</b>	<b>94</b>	<b>93</b> Leave cuts and wounds uncovered	<b>92</b>	<b>91</b>
<b>81</b>	<b>82</b> Cook vegetables and fruit without washing	<b>83</b>	<b>84</b>	<b>85</b>	<b>86</b>	<b>87</b>	<b>88</b> Avoid mosquito bites	<b>89</b>	<b>90</b> Less flies and rodents
<b>80</b>	<b>79</b>	<b>78</b> Don't get sick from food	<b>77</b>	<b>76</b>	<b>75</b>	<b>74</b> Boil clothes once a week	<b>73</b> Scratch at skin rashes	<b>72</b>	<b>71</b>
<b>61</b> Eat dirty vegetables and get diarrhea	<b>62</b>	<b>63</b> Play in the river	<b>64</b>	<b>65</b> Body becomes healthy and strong	<b>66</b> Wounds get infected	<b>67</b>	<b>68</b> Reduce risk of diarrhea	<b>69</b> Sleep under mosquito net	<b>70</b>
<b>60</b> Eat food immediately after cooking	<b>59</b>	<b>58</b>	<b>57</b> Play in the mud	<b>56</b>	<b>55</b> Wash hands with soap/ water before/ after eating	<b>54</b>	<b>53</b>	<b>52</b>	<b>51</b>
<b>41</b> Avoid tuberculosis	<b>42</b> Wounds are not infected	<b>43</b>	<b>44</b>	<b>45</b> Exercise regularly	<b>46</b> Rash gets worse	<b>47</b> Drink only boiled water	<b>48</b> Take bath once a week	<b>49</b>	<b>50</b> Take out rubbish often
<b>40</b>	<b>39</b>	<b>38</b>	<b>37</b> Cover open wounds with bandages	<b>36</b>	<b>35</b> Take head bath once a week	<b>34</b> Don't get sick from worms	<b>33</b> Get diarrhea	<b>32</b>	<b>31</b>
<b>21</b> Cover nose/ mouth when coughing or when others cough nearby	<b>22</b> Fingernails grow very long	<b>23</b>	<b>24</b> Reduce risk of infection and sickness	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b> Food stays clean. Don't get sick from food	<b>29</b> Use dirty knives and utensils to cut food	<b>30</b> Get skin infections
<b>20</b> Get skin infections	<b>19</b>	<b>18</b>	<b>17</b> Play with chickens	<b>16</b> Get skin infections	<b>15</b> De-worm once a month	<b>14</b>	<b>13</b>	<b>12</b>	<b>11</b>
<b>1</b>	<b>2</b> Keep latrine clean	<b>3</b>	<b>4</b> Bacteria and dirt accumulate under nails	<b>5</b>	<b>6</b> Get bitten by insects on chickens and get sick	<b>7</b> Bacteria grow and make you sick	<b>8</b> Get head lice	<b>9</b>	<b>10</b> Food is kept in covered containers



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