

BOARD GAME # 1

LET US CLIMB UP THE LADDER OF HEALTH

TAKE DRUGS EVERYDAY WITH GOOD FOOD

The board game grid consists of 100 numbered squares arranged in a 10x10 grid. A ladder of snakes starts at square 1 and climbs up to square 100. Each square contains a health-related instruction or consequence. The snakes are colorful and positioned on the ladders connecting the squares.

100 😊	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

Vasavya Mahila Mandali, Vijayawada, A.P.

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 	99 Stop eating food because of side effects	98 Get enough nutrients. Stay healthy and strong	97	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

The board game consists of 100 numbered squares arranged in a 10x10 grid. A colorful snake starts at square 100 and moves down to square 1. The board includes ladders and text boxes with health-related instructions and consequences.

100 Illustration of a doctor and a patient	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

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



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