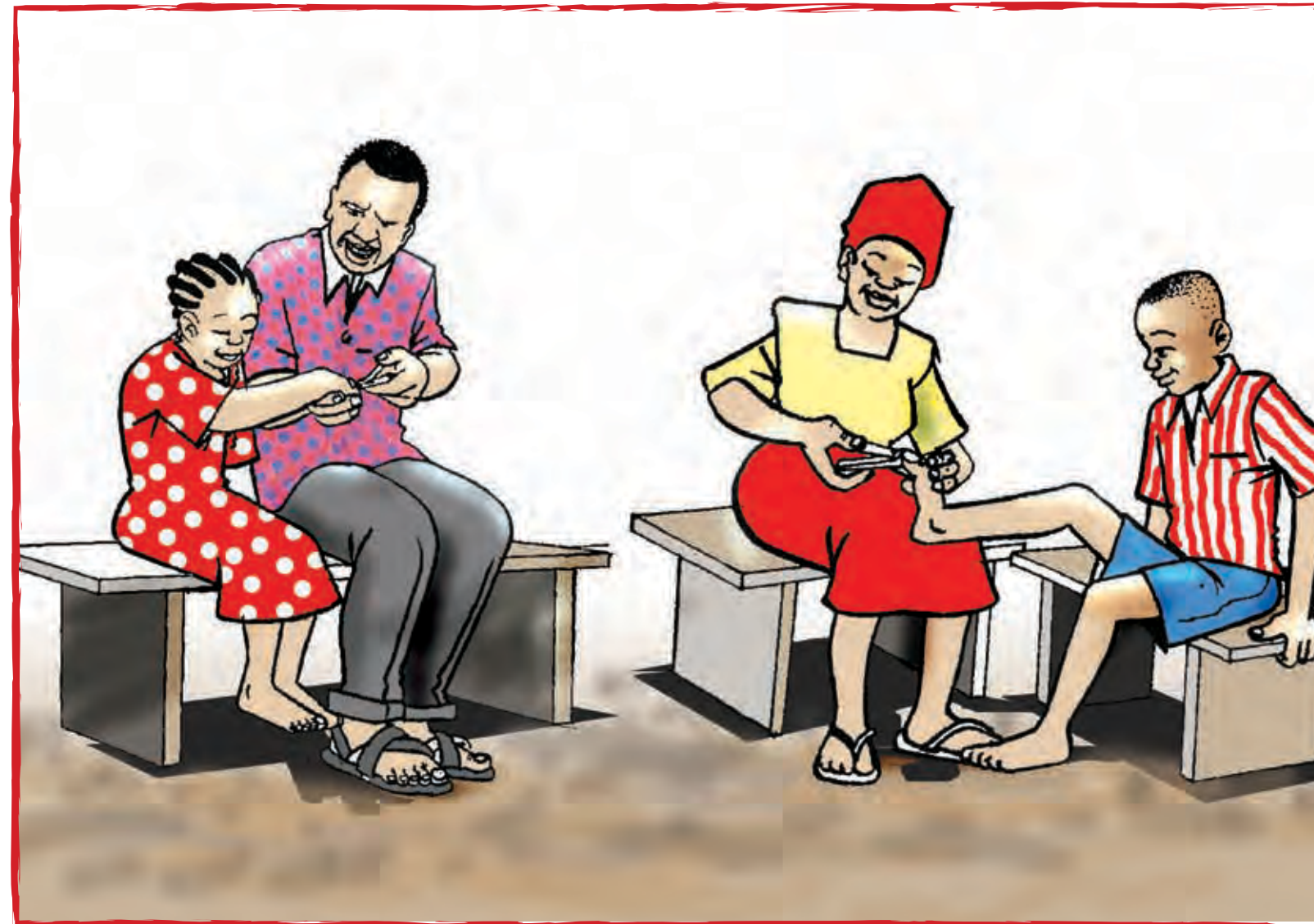


# Usafi Bora-Zuia Funza

## Six steps to prevent jiggers



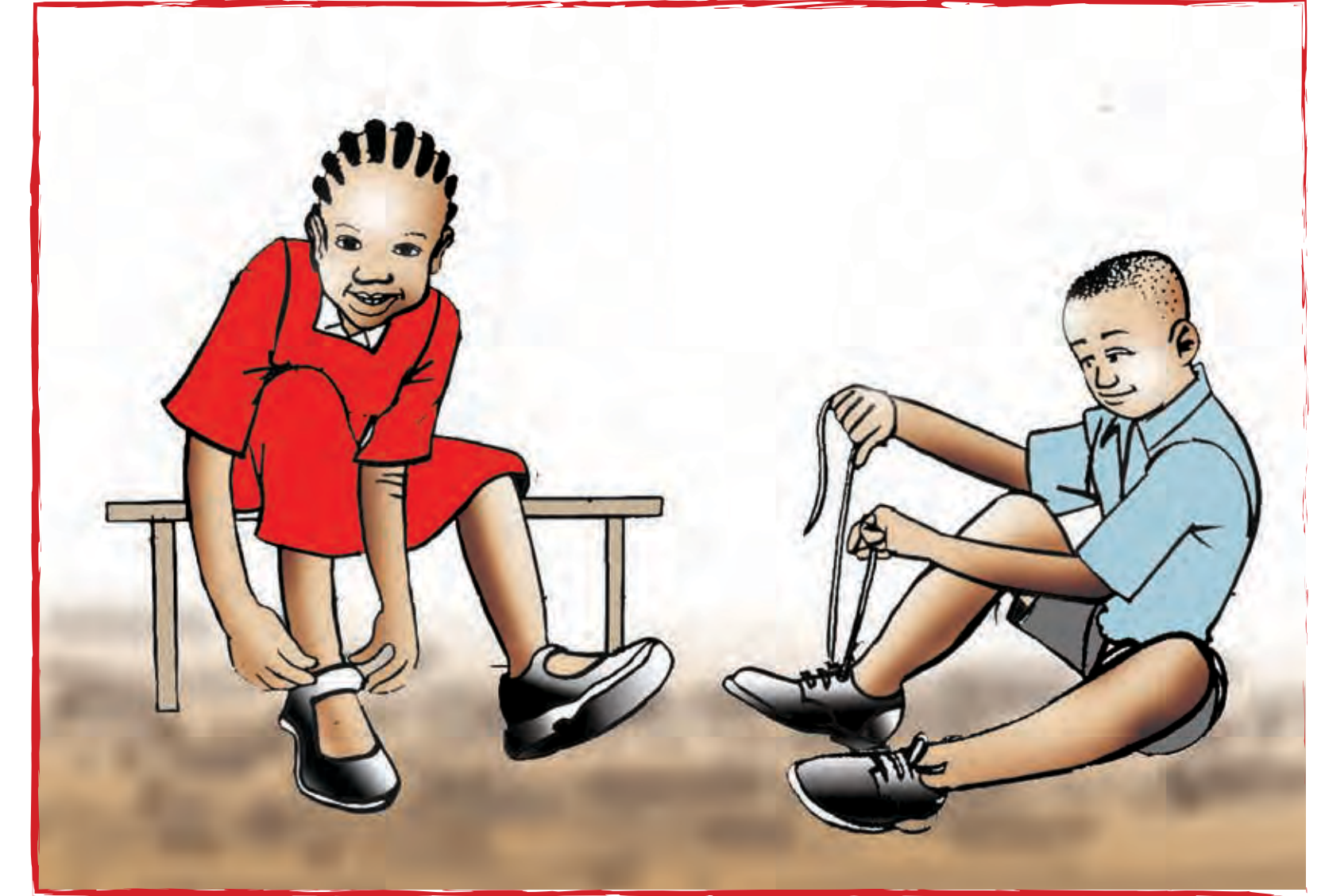
- 1** Keep your finger and toe nails short all the time. Trim them using a razor blade or a nail cutter.

**Why?** Jiggers are caused by a female flea that hides under long and dirty nails. By trimming your nails, you avoid getting jiggers. With jiggers in your hands, you cannot write or work comfortably.



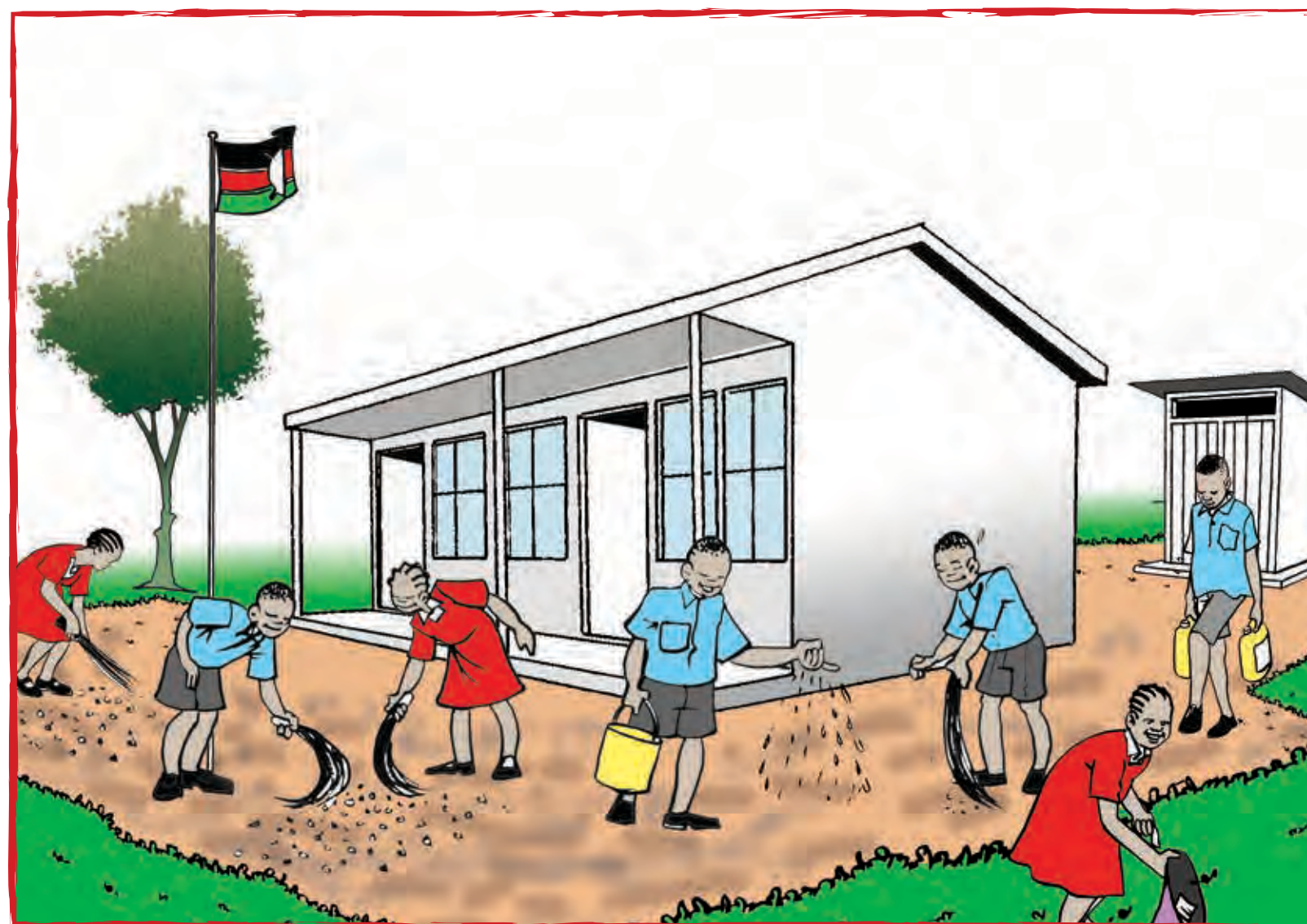
- 2** Wash your hands and legs regularly. Keep your body clean. Bathe with clean water and soap everyday. Apply petroleum jelly (if possible).

**Why?** Jiggers will infest your body if you are dirty. The fleas like to lay eggs and multiply on any unclean part of the body. Jiggers make you sick and laughed at by others.



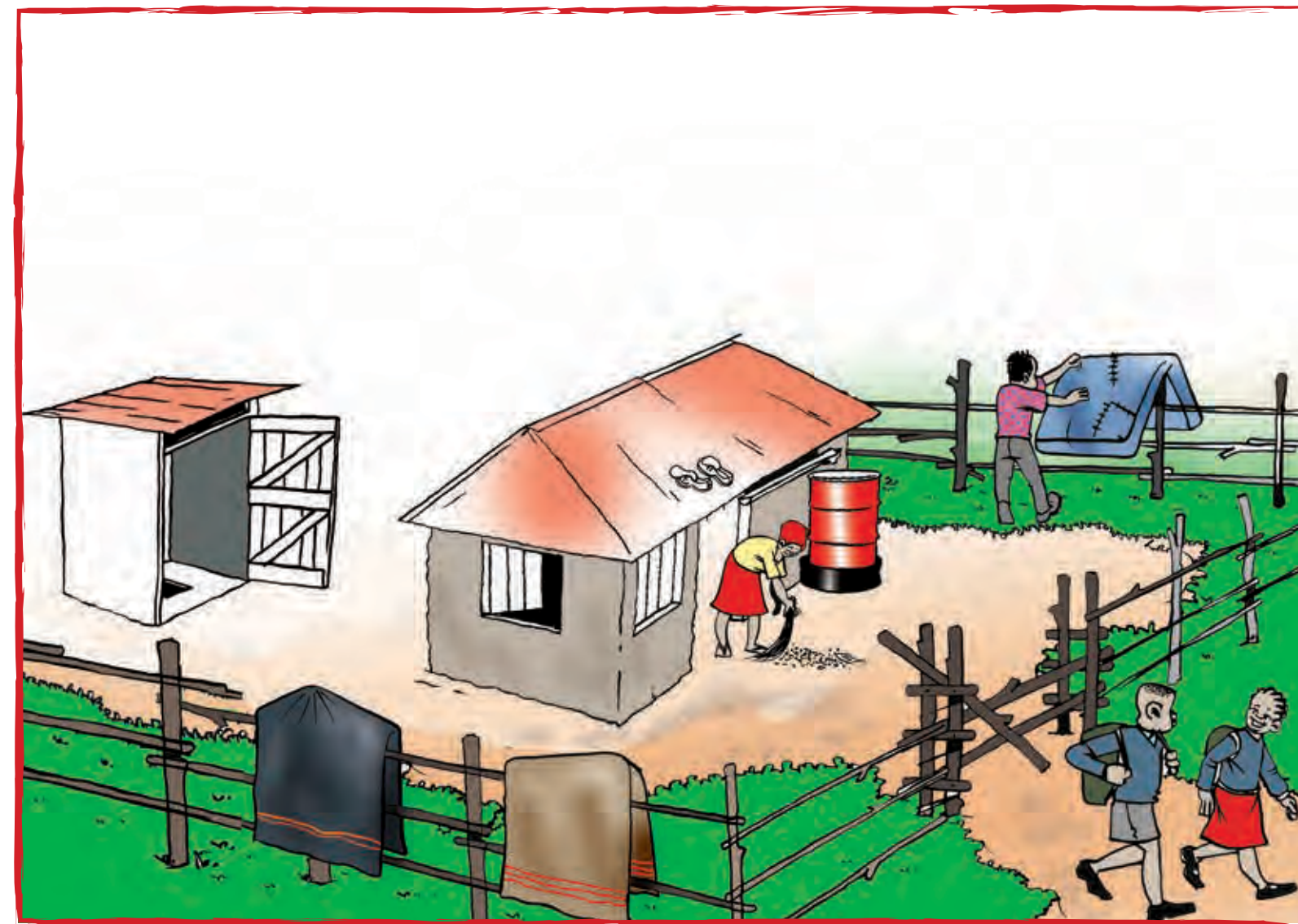
- 3** Wear shoes all the time (if possible). Keep them clean always.

**Why?** People who do not wear shoes are more likely to have jiggers. Wearing clean shoes prevents the fleas from jumping onto your feet. Jiggers in your feet can prevent you from walking or playing.



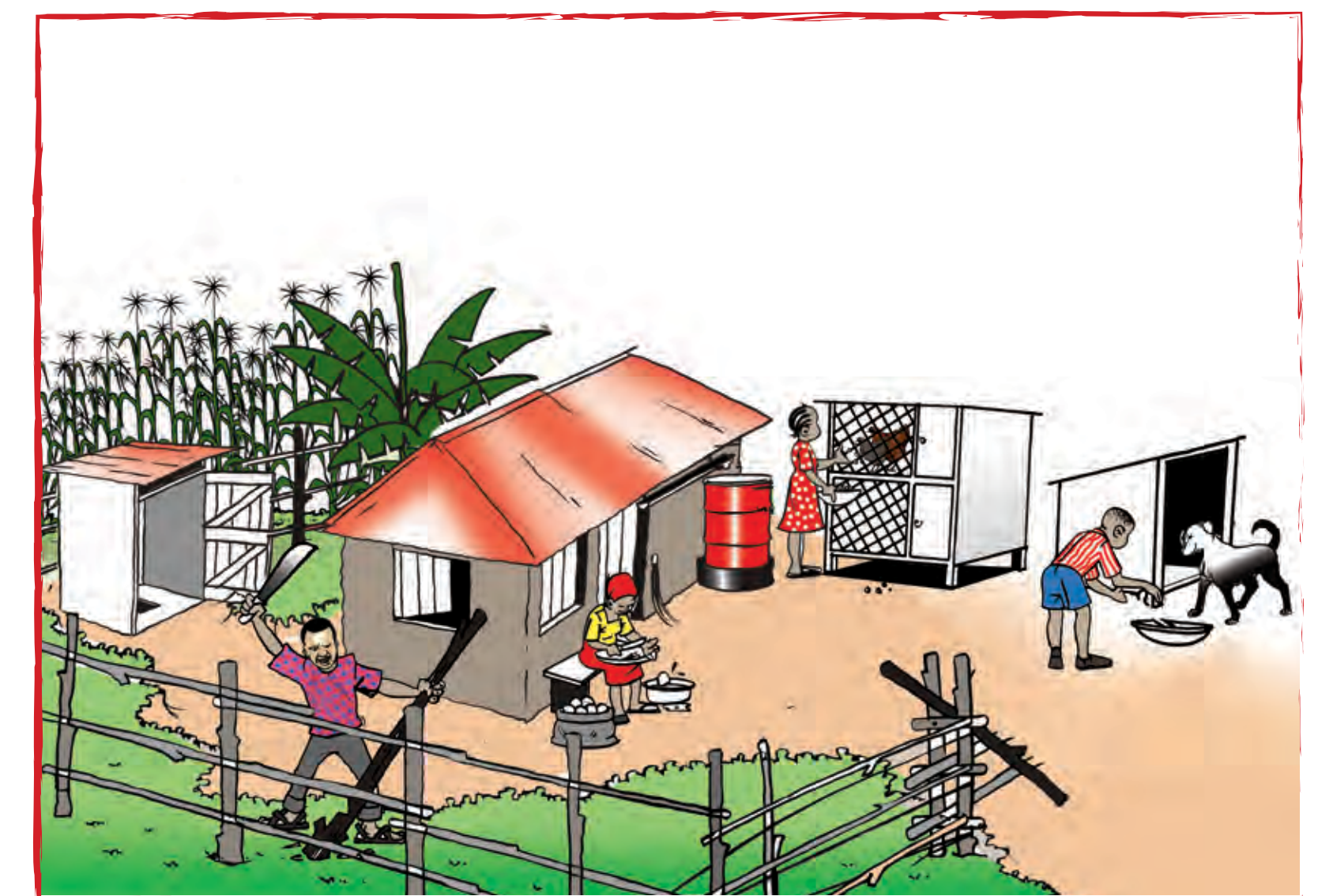
- 4** Keep your classroom and school environment clean. Wash the floor. Sprinkle water and sweep the compound every day.

**Why?** The flea that causes jiggers lives in dusty and dry places. By cleaning and sprinkling water, you destroy where they live and they die. You need a clean environment to read and play.



- 5** Air your beddings, sweep and clean the floors of your house. Keep your toilet and homestead clean. Trim the bushes around your home.

**Why?** People who sleep on dirty and dusty beddings are likely to get jiggers. The fleas hide and lay eggs on the bed and enter your body when you are asleep. Jiggers cause so much pain in your body that you cannot sleep well.



- 6** Keep domestic animals outside your house. Build separate shelters for them.

**Why?** Fleas that cause jiggers hide in the fur and feathers of domestic animals like dogs and chicken. Keeping the animals away prevents the fleas from jumping onto your body. Jiggers could make you disabled and some people die due to jigger related complications.

# Help prevent a jigger!