

Health Promoters

Meet **Jania Gonzalez**, a 22 year old mother of two who is proud to be one of 17 health promoters who are part of the Health Clinic's team working on primary and preventive health care.



Jania was trained by the clinic nurse, Jader Loaisiga, in the basics of First Aid, and attends various workshops and refresher courses throughout the year.

Jania works from home receiving visits from neighbors who need her help.

In a typical week, she might see:

- A baby with diarrhea who needs *suero* (oral rehydration).
- A boy with cuts on his legs from falling out of a tree.
- A mother with a bad headache who needs a pain reliever.
- A child with a fever whose mother needs advice on caring for her.
- A young man with a machete wound who needs her to clean and wrap the wound, give him an aspirin for the pain, and send him for stitches to the health center.



Jania and her colleagues see 5-10 patients a week. Their tools are in a First Aid kit: gloves, alcohol swabs, gauze, bandages, injections, basic medicines, and the sachets to make *suero*. All treatment is free.

Jania also helps coordinate *Jornadas*, or Work Days, in the barrio. *Jornadas* focus on health education as well as on practical tasks such as cleaning up the garbage and separating recyclables (recycling is just beginning in Nicaragua). Vaccination *Jornadas* take place twice a year, and hundreds of children and women receive free vaccinations. Health talks cover simple but very important topics such as disease prevention through hand washing, closing the lid on the latrine, and eliminating standing water.

What does Jania receive for doing this important work?

Not a penny, but she does get a lot of job satisfaction!
Your donation helps pay directly - and without expensive overheads - for the supplies that Jania and her colleagues need to continue this work that makes such a difference.