

Where There Is No Doctor a village health care handbook

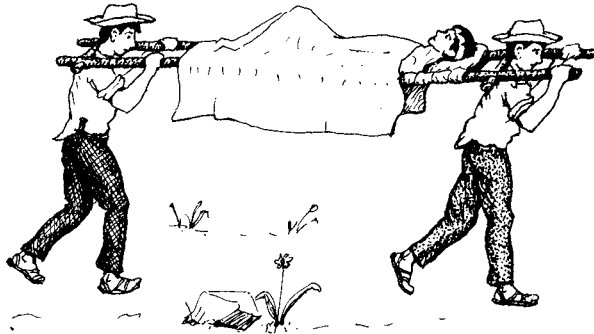
~ revised edition ~

by

David Werner

with

Carol Thuman and Jane Maxwell



with drawings by David Werner

Where There Is No Doctor 2025



Published by:
Hesperian Health Guides
2860 Telegraph Avenue
Oakland, California 94609 USA
www.hesperian.org

Copyright © 1977, 1992 by Hesperian Health Guides

Updated twenty-second printing: March 2025

First English edition: October 1977

Revised English edition: May 1992

ISBN: 978-0-942364-15-6

First ebook edition: May 2013

ISBN: 978-0-942364-85-9

The original English version of this book was produced in 1977 as a revised translation of the Spanish edition, *Donde no hay doctor*.

Hesperian encourages you to copy, reproduce, or adapt any or all parts of this book, including the illustrations, provided that you do this for non-commercial purposes, credit Hesperian, and follow the other requirements of **Hesperian's Open Copyright Policy** (see hesperian.org/open-copyright-policy).

For certain kinds of adaptation and distribution, we ask that you first obtain permission from Hesperian. Contact permissions@hesperian.org to use any part of this book for commercial purposes; in quantities more than 100 print copies; in any digital format; or with an organizational budget more than US\$1 million.

We also ask that you contact Hesperian for permission **before beginning any translation**, to avoid duplication of efforts, and for suggestions about adapting the information in this book. Please send Hesperian a copy of any materials in which text or illustrations from this book have been used.

THIS BOOK CAN BE IMPROVED WITH YOUR HELP.

If you are a community health worker, doctor, parent, or anyone with ideas or suggestions for ways this book could be changed to better meet the needs of your community, please write to Hesperian at the above address or email us at hesperian@hesperian.org. Thank you for your help.

This book has been printed in Canada by Friesens, an employee-owned corporation, on 30% post-consumer, chlorine-free, recycled paper.



Library of Congress Cataloging-in-Publication Data

The Library of Congress has already cataloged the 10-digit ISBN as follows:

Werner, David, 1934-

Where there is no doctor: a village health care handbook

by David Werner; with Carol Thuman and Jane Maxwell-Rev. ed.

Includes Index.

ISBN 0-942364-15-6

1. Medicine, Popular. 2. Rural health. I. Thuman, Carol, 1959-. II. Maxwell, Jane, 1941-. III Title.

[DNLM: 1. Community Health Aides-handbooks. 2. Medicine-popular works. 3. Rural Health-handbooks. WA 39 W492W]

RC81.W4813 1992 610-dc20

DNLM/DLC

92-1539

Thanks to the work and dedication of many groups and individuals around the world, *Where There Is No Doctor* and other Hesperian Health Guide resources have been translated into almost 100 languages and are used by people all over the world. Many of these different language resources are available from Hesperian – as print copies, as downloadable PDFs, or in our online HealthWiki. Please contact us or visit our website to find health information in the language you need. Or contact us about translating materials into your language.

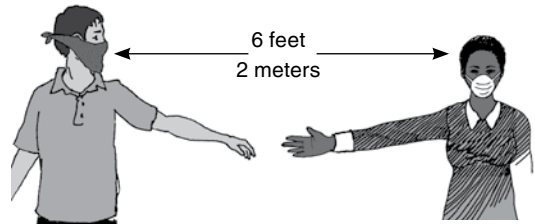


Hesperian Health Guides

2860 Telegraph Avenue • Oakland, California 94609 • USA
 www.hesperian.org
 store.hesperian.org • bookorders@hesperian.org
 tel: 1-510-845-4507

Coronavirus – COVID-19

The COVID-19 pandemic has wreaked havoc all around the world, infecting and killing people in every country. Now there are vaccines that can prevent COVID-19 and medicines and treatments that can save the lives of people who get infected. But these medicines and treatments are not available to all equally, causing unnecessary illness and death for



Keeping a safe distance from others and wearing a mask protects you. When everyone wears masks, fewer people will get sick with COVID-19.

people in countries with fewer resources in Asia, Africa and Latin America. The wealthy countries of North America and Europe and the big pharmaceutical companies must stop profiteering from people’s misery and make vaccines and the ability to produce them available to all. Until they do, we must continue to care for each other.

- COVID-19 — Coronavirus
- COVID-19: Is your sickness COVID-19?
- COVID-19: Staying well in the time of coronavirus
- COVID-19: Caring for a sick person at home
- COVID-19: Breathing
- COVID-19: Health Protection and Security for Protest Marches
- COVID-19: How to make masks, face shields, hand-wash stations, hand sanitizer and soap
- COVID-19: Managing stress and anger
- COVID-19: Vaccines
- COVID-19: Vaccine Management

Hesperian has produced 10 Fact Sheets about different aspects of COVID-19, available for free in many languages on our website. Please use the QR Code below or go to: <https://en.hesperian.org/hhg/Coronavirus>

You can also find a summary of information about COVID-19 on the next page.



COVID-19

COVID-19 is caused by the coronavirus that spreads easily between people. Most people who become infected recover without needing medical treatment, but some become dangerously ill. COVID-19 can cause pneumonia (a serious lung infection), can damage the heart and other organs, and in severe cases can lead to death.

COVID-19 enters the body through the mouth, nose, and eyes when an infected person breathes, talks, coughs, or sneezes near you or on surfaces you touch, and you then touch your eyes, nose or mouth.

Most people start feeling sick about 5 days after getting infected, but COVID-19 can live in the body for 2 to 14 days before signs of illness appear. Some people, especially children, can be infected but have no signs of illness. People who do not know they have COVID-19 can still pass the virus to others.



Signs:

- dry cough
- fever
- body aches
- some people also have shortness of breath, loss of taste or smell, and sore throat.

Danger signs:

- high fever (39°C/102°F) that does not lower
- breathing so shallow, fast or difficult that the lips or face turns blue or the person cannot walk across the room
- chest pain or pressure in the chest that will not go away
- the person acts very confused or cannot be woken up

Anyone with danger signs should get emergency help, especially adults over 55, anyone with heart disease, respiratory disease, diabetes or cancer. Talk with a health worker, perhaps by phone, to arrange testing and treatment. If you are very ill, you may need oxygen and a ventilator to keep breathing.

Vaccination:

There are several vaccines for COVID-19. All prevent serious illness or death and all are safe. The sooner you get vaccinated with any of them, the sooner you will be protected and the sooner the disease will stop spreading. After 6 to 8 months, you will also need to get a vaccine “booster” injection to strengthen your resistance to COVID-19.

Prevention:

Getting vaccinated is the best way to prevent COVID-19 infection. Until vaccines are available to everyone, you can take steps to protect yourself and others.

Wear a mask: Because COVID-19 spreads through the air, a clean and dry mask that covers your mouth and nose completely can protect you. Wash cloth masks regularly. If caring for a person with COVID-19, N95 respirator masks give the best protection.

Avoid close contact: Keep 2 meters (6 feet) away from people outside your household.

Avoid crowds and places with poor ventilation: If you must be indoors, open windows and doors to bring in fresh air, and minimize the number of people you are with and for how long.

Wash your hands frequently: Use soap and water or an alcohol-based hand-rub.