

I can do it myself!

Tips for people affected by leprosy
who want to prevent disability



**World Health
Organization**

Regional Office for South-East Asia

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New Delhi

People with leprosy who take medicines given to them at a health centre regularly have less chance of disability. Take your medicine every day, even if your patches look better.

If you notice any of the following, you must go and tell the health worker immediately:

- If patches become red, painful and swollen.
- If you have fever and / or pain in your arms or legs.
- If small painful red bumps appear on your skin.
- If your eyes become red and painful.
- If you notice that things feel different when you hold them, or that your hands or feet are feeling weak.

Medicines for leprosy can cure the disease completely.

**You have the power to prevent disability.
The tips given in this book are to remind you how to do it.**

Is it difficult for you to close your eyes properly?
Do you often have red eyes?

If “yes” to one or both:

You need to take care of your eyes to prevent damage; the next few pages will help you learn how to take care of your eyes.

Keep your eyes in good condition

Dust, sunlight and dryness can damage eyes. Close your eyes often to protect them.
Make it a regular habit.

During the day:

- Wear glasses or a hat. Ladies can wear a shawl or scarf that can be pulled over the face.
- Be careful of flies; chase them away with a fan or fly whisk.

At night:

- Sleep under a net or blanket, or tie a cloth loosely over your eyes, to keep out dust and insects.

If your eyes are itchy, do **NOT** rub them. Pull your eye closed by stretching the skin at the side of your eyes. Use eye drops.

Clean around your eyes and check them in a mirror every morning and evening. If you cannot check them yourself, ask a friend to check them for you. If your eyes are red you should see a health worker or a doctor.

EYES

DANGER

- Dust
- Dryness

ACTION

- Tightly close eyes often



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