

About Buzz Off;

**The campaign against malaria
that is bringing change to
Myanmar**



Buzz Off – Myanmar Malaria Seminars 2009 - 2016



The *Buzz Off* Malaria seminars started in Yangon in 2009. Two seminars were run seeking to raise awareness of this disease and encouraging people to take action in their local communities. These seminars were well attended and saw some tangible results.

In 2011 we began to take these seminars on the road to try and connect with local villages. This was enormously successful and some people travelled hundreds of kilometres just to attend the training which as far as we understand is the only training of its kind being offered in the regional areas of Myanmar. Out of these seminars 4 regional healthcare networks evolved that are still in place today.

The seminars in Mandalay, Lashio, Sittwe and Hpa'an have seen medical networks form from these seminars that see regular medical outreach and malaria awareness teams regularly go into regional areas where and distribute nets, testing kits and where appropriate approved medications to local clinics.

In 2014 short lunchtime seminars have started in high schools in the Yangon area, along with a Malaria poster design competition. A Burmese language malaria website is also on line myanmar.buzzoff.org which has a wealth of Burmese language resources available through it.

Training manuals and educational aids have also been distributed. Up until December 31, 2016, 959 malaria volunteers have been trained through the program.

| Site | State | Year | Trained | Revisit | Buzz Off |
|-----------------|-----------------|------------|---------|---------|---|
| 1 Yangon | Yangon region | 2009, 2010 | 99 | 2016 | <p>Buzz Off</p> <p>is an initiative of Australian Mercy to try and lessen the effects that malaria and other mosquito borne diseases are having in poor communities in the Developing World.</p> <p>Commencing in 2009, Buzz Off provides training at the local community level and supports clinics working in malaria endemic areas.</p> <p>Buzz Off provides Rapid Diagnostic Testing kits trains microscopists, and provides front line treatments for clinics that do not have access to government supplies. It also distributes LLIN Mosquito nets into remote communities.</p> <p>Buzz Off's volunteer training program has improved management of mosquitoes in local communities.</p> <p><i>Total volunteers trained to date 1,010</i></p> |
| 2. Mandalay | Mandalay Region | 2011 | 51 | 2015 | |
| 3. Lashio | Shan State | 2011 | 53 | 2015 | |
| 4. Sittwe | Rakhine State | 2011 | 61 | 2016 | |
| 5. Hpa'an | Karen State | 2012 | 65 | 2016 | |
| 6. Maubin | Irrawaddy | 2012 | 66 | 2016 | |
| 7. Thanbyuzayat | Mon State | 2013 | 40 | 2016 | |
| 8. Bago | Bago Region | 2013 | 44 | 2017 | |
| 9. Loikaw | Kyah State | 2014 | 55 | 2017 | |
| 10. Taunghyi | Shan State | 2014 | 47 | 2017 | |
| 11. Kalay | (Chin State) | 2014 | 39 | 2017 | |
| 12. Twantay | (Irrawaddy) | 2014 | 59 | 2017 | |
| 13. Kyauk Kyi | Pegu Region | 2015 | 50 | 2018 | |
| 14. Mandalay | Mandalay Region | 2015 | 52 | 2018 | |
| 15. Udoe | Irrawaddy | 2015 | 52 | 2018 | |
| 16. Mandalay | Mandalay Region | 2015 | 29 | 2018 | |
| 17. Yangon | Yangon Region | 2016 | 22 | 2019 | |
| 18. Taungoo | Bago Region | 2016 | 32 | 2019 | |
| 19 Moulmein | Mon State | 2016 | 20 | 2019 | |
| 20. Pathein | Irrawaddy | 2016 | 23 | 2019 | |
| 21 Myawaddy | Karen State | 2017 | 23 | 2020 | |
| 22 Keng Tung | Shan State | 2017 | 28 | 2020 | |

Buzz Off has received enthusiastic endorsement and support for the Myanmar Council of Churches malaria project, ABC Myanmar, YWAMA training, and other NGOs working inside Myanmar. Both federal and local government officials have enthusiastically voiced their support for Buzz Off

On the Thai / Burmese border, Buzz Off has worked with partner organizations to empower health care clinics that are serving the Internally Displaced People's (IDPs) living close to the border. Malaria infection rates in IDP communities is extremely high.

Originally the Buzz Off seminars began as a means to provide and information about malaria, however, the more we travelled and the more we saw and heard about the needs in remote communities the more the seminars began to evolve into practical hands on training that empowered people to be able to take simple messages about malaria back to their communities.

Buzz Off Malaria Seminar

The Buzz Off seminars run over 4 days and use local and international trainers to bring accurate information that is taught in a funny and people centred way that relies on some multimedia content way that has been translated and hands on workshops that are as much fun as they are instructional.

The seminars continue to evolve. In 2015 we dropped the net treatment component in the seminars because the chemicals needed for net treatments are not readily available in Myanmar anymore. The net treatment component will be replaced by a new topic, Malaria and people who are suffering from Tuberculosis (TB).

Seminar attendees take home with them teaching material and campaign brochures that can be readily shared.

In 2014 as part of a survey conducted in the seminars many people told stories of how their families had been adversely affected by malaria.

The Burmese Malaria website

In 2012 it was becoming apparent that the move towards democracy in Myanmar was opening up the internet in an unprecedented way and although Myanmar is a very poor nation many people are accessing the internet via smart phones. In our regional seminars, about 75% of attendees are downloading clips from YouTube and using Facebook and email. Internet cafes in remotes areas were full to overflowing even though download speeds were very slow.

In light of this, we decided to put up a Burmese malaria site. It took about 6 months to get the site material translated but the site is up and is being used. Our web site myanmar.buzzoff.org is the first Burmese language malaria site that we are aware of. It has dozens of malaria animations, translated videos and Burmese videos that we have made about malaria and other related health areas.

Currently we are trying to make and locate video malaria footage in other Burmese languages such as Chin, Karen and Kyah.

The simple message of Buzz Off

It only takes a little water for mosquitoes to breed



ခြင်များပေါက်ဖွားရန်ရေအနည်းငယ်သာလိုအပ်သည်။



myanmar.buzzoff.org

Mosquito nets save lives



ခြင်ထောင်များသည်အသက်ကိုကယ်တင်သည်။



myanmar.buzzoff.org



Every mosquito is a serial killer



ခြင်တိုင်းသည်အစီအစဉ်အတိုင်းလူသတ်သူများဖြစ်သည်။



myanmar.buzzoff.org



The only good mosquito is a dead one!



ခြင်သေတကောင်သာလျှင်ကောင်းသောခြင်ဖြစ်သည်။



myanmar.buzzoff.org



Burmese Campaign Results

Buzz Off's effectiveness has been nothing short of spectacular our partners in the IDP areas are tell us that the clinics with whom we are working are seeing reductions of malarial death of more than 50%.

Health care teams in regional Myanmar have reported reductions of infections of 50-65%. These results are a wonderful boost to our confidence and we hope that we will continue to see marked reductions in Malaria in the countries in which we are able to work.

Our microscopy training program has increased the numbers of microscopists working in remote clinics, and our donations of anti-malarial treatments has put the right medications in the hands of the medics

Our distribution of Rapid diagnostic tests and haemoglobin testing kits have helped increase diagnosis and quickly treat both malaria and anaemia which is a killer associated with the disease.

Tens of thousands of lives have been saved through Buzz Off.

Since 2008 Buzz Off Burma has;

- Trained 1,010 Malaria volunteers in Myanmar,
- Distributed 58,061 family sized LLIN nets which protect over 174,183 people from mosquito bite,
- Provided testing for 44,890 patients suspected of having malaria.
- Provided thousands of treatments to remote clinics.
- Started a Burmese language malaria web site,
- Produced more than 20 malaria videos in the Burmese and Sgaw Karen languages.
- Produced training resources in the Burmese language.
- Trained more than 120 Burmese microscopists
- Produced Microscopy bench aids in both Burmese and Sgaw Karen languages
- Have created 4 healthcare networks in remote areas of Burma.

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Buzz Off has come a long way since 2009. By far the greater part of the work we are doing is in Myanmar, but we are also running a smaller campaign in Papua New Guinea, are giving support to clinics serving poor communities in Papua (Indonesia) and are managing to give some support to projects in Africa.

Buzz Off is in need of your help. So far, we have received some very generous support from a donor who has asked not to be named, but as our main funder does fund projects for more than 6 years, the time has come for us to raise alternative support in order to continue Buzz Off's incredible work in Burma. In order to maintain the training, clinic support and mosquito net distribution, microscopy support we need to raise \$100,000 per year.

- In 2017 if we can raise the funds, we plan to distribute 7,000 LLIN nets in Burma both in the IDP areas and in remote communities. By the time we pay for freight and variations in exchange rates we cost each net at \$10 per net.
- We plan to make malaria training videos in Sgaw Karen language.
- We plan to increase the seminars we are holding in remote areas of Myanmar and revisit the areas where we have been to further bolster the healthcare networks that are forming in those areas.
- We plan to do the research that would see the seminar manual reprinted in other languages such as Bahasa Indonesia, and Pidgin English so that it can be used outside of Myanmar.

In order to accomplish this we need your help. Donations to the Buzz Off campaign are tax deductible your assistance no matter how small will help to save a life.

You can donate targeted donations to Buzz Off through the Buzz Off Website <http://buzz-off.org/shop/gifts-and-donations/> or make general donation through the Australian Mercy secure site. <https://australianmercy.org/giving/>

Or you can send your donation to Buzz Off PO Box 132 Port Kembla NSW 2505 - *(please make sure the cheque is made out to Australian Mercy)*

Online banking donations can be made to this account;

Australian Mercy Overseas Aid Fund
BSB 033 039
A/c No 327773

Please email accounts@australianmercy.org to let them know your name and address and the date and amount of your donation so that we can send a receipt to you.

Your support of Buzz Off will help to save lives in remote areas of Burma where access to healthcare is not always available.

In its international health system rankings, the World Health Organization ranked Myanmar 190th out of 191 countries.

Appendices

Appendix A – Typical Seminar Timetable

| Day 1 | Day 2 | Day 3 | Day 4 |
|---|---|--|---|
| 8:30 Introduction | 8:30 – 8:45 Revision Time | 8:30 – 8:45 Revision Time | 8:30 – 8:45 Revision Time |
| 8:45 – 9:30 Introduction to Malaria | 8:45 – 9:30 Malaria Medications | 8:45 – 9:30 Malaria and the small child. | 8:45 – 9:30 Water and sanitation |
| 9:30 – 10:15 Signs and Symptoms of uncomplicated malaria | 9:30 – 10:15 Severe Malaria | 9:30 – 10:15 The after effects of Malaria | 9:30 – 10:15 Tuberculosis |
| 10:15 – 10:30 Stretch Break | 10:15 – 10:30 Stretch Break | 10:15 – 10:30 Stretch Break | 10:15 – 10:30 Stretch Break |
| 10:30 – 11:15 Anaemia and malaria | 10:30 – 11:15 Malaria and the pregnant woman | 10:30 – 11:15 The Mosquito | 10:30-11:15 Malaria and HIV |
| 11:15 – 11:20 Technology spot | 11:15 - 11:20 Video | 11:15 - 11:20 Technology spot | 11:15-11:20 Video |
| 11:20 – 11:30 Morning Break | 11:20 – 11:30 Morning Break | 11:20 – 11:30 Morning Break | 11:20 – 11:30 Morning Tea |
| 11:30 – 12:15 Nutrition. | 11:30 – 12:15 How to build a mosquito trap | 11:30 – 12:15 Other mosquito borne diseases | Open - TBA |
| 12:15 – 12:30 Review Time | 12:15 – 12:30 Review Time | 12:15 – 12:30 Review Time | 11:30 - 11:40 Technology spot |
| 12:30 – 1:30 Lunch | 12:30 – 1:30 Lunch | 12:30 – 1:30 Lunch | 12:15 – 12:30 Review Time |
| 1:30 – 2:30 Haemoglobin testing workshop | 1:30 – 2:10 Malaria Diagnosis | 1:30 – 2:10 Vital signs explained | 12:30 – 1:15 Lunch |
| 2:30-2:40 Video Break | 2:10 – 3:10 Workshop How to use an RDT | 2:10 – 3:20 Vital Sign workshop | 1:15 – 1:45 Test |
| 2:40 – 2:50 Break | | | 1:45 – 2:15 Strategic Planning |
| 2:50 – 3:20 Mosquito Nets explained | | | 2:15 – 3:15 Communication workshop |
| 3:20 – 3:30 Wind up Time | 3:20 – 3:30 Wind up time | 3:20 – 3:30 Wind up Time | 3:15 – 3:30 Presentation of certificates |

Appendix B – Buzz Off Burma Publications

| | |
|---|--|
| <p>Seminar Hand Book</p> <p>The handbook is in its third print, it has been written by the Buzz Off trainers and is in Burmese only.</p> <p>We are hoping to do a Karen translation in about 12 month's time.</p> |  |
| <p>Rapid Diagnostic Testing flip chart</p> <p>This flip chart is in English and Burmese it stresses the importance of testing and give a step by step guide in how to safely use and read a Rapid Diagnostic Testing kit (RDT).</p> |  |
| <p>Mosquito Net and net treatment flip chart</p> <p>This Flip chart is English and Burmese it stresses the importance of using a mosquito net. Advocates the use if LLIN nets and goes through a step by step guide of how to safely treat a mosquito net with insecticide.</p> |  |
| <p>The Buzz Off Brochure</p> <p>A general brochure about Malaria in the Burmese language that is currently being distributed in schools in Yangon.</p> |  |
| <p>The Buzz Off Bumper sticker</p> <p>This bumper sticker advertises the Burmese Malaria website www.myanmar.buzzoff.org</p> |  |
| <p>Microscopy Bench aid</p> <p>This microscopy bench aid helps new microscopists to recognise malaria in all its form under a microscope.</p> <p>There are two editions;</p> <ul style="list-style-type: none"> English with Burmese translation English with Karen (Sgaw) translation |  |

Appendix C. Myanmar Mosquito Net Distributions

| Year | Location | LLIN | Other Nets | TOTAL |
|--------------|--------------------------|---------------|------------|---------------|
| 2009 / 2010 | Thai / Burmese Border | 6601 | | |
| | Greater Regional Myanmar | 100 | | 6,701 |
| 2010-2011 | Thai Burmese Border | 6500 | | |
| | Greater Regional Myanmar | 1000 | 20 | 7,520 |
| 2011-2012 | Thai / Burmese Border | 5,000 | | |
| | Greater Regional Myanmar | 2,030 | 20 | 7,050 |
| 2012-2013 | Thai / Burmese Border | 5,000 | | |
| | Greater Regional Myanmar | 2,010 | 20 | 7,030 |
| 2013-2014 | Thai / Burmese Border | 9,000 | | |
| | Greater Regional Myanmar | 3,320 | 10 | 12,330 |
| 2015 | Thai Burmese Border | 5,000 | | |
| | Greater Regional Myanmar | 2,000 | 0 | 7,000 |
| 2016 | Thai Burmese Border | 5,000 | 0 | |
| | Greater Regional Myanmar | 1,000 | | 6,000 |
| 2017 | Thai Burmese Border | 4,000 | 0 | |
| 2017 | Greater Regional Myanmar | 500 | 0 | 4,500 |
| TOTAL | | 58,061 | 70 | 58,131 |

We cost the value of each net at \$10 – approx. value of nets to date \$580,000

Estimated number of people protected by these LLIN nets 174,183

Appendix D.

www.myanmar.buzzoff.org -
Burmese language website front page



အထူးအခြေခံများ

အခြေခံအခြေခံများ

စိန်ခေါ်မှုများ

ကာကွယ်မှုများ

ကုန်ပစ္စည်းနှင့် ဆက်သွယ်ပါ။

Buzz Off website မှ လူကြီးမင်းများအားလုံးကို လိုက်လံနွှေးထွေးစွာကြိုဆိုပါ၏။

ဤ website သည် ဝင်ရောက်ကြည့်ရှုသူလူကြီးမင်း တို့အား ငှက်ဖျားနှင့်စပ်လျဉ်း၍ အသိပညာ ဖတ်တတ်သမားကြွယ်ဝလာ စေရန်နှင့် စနစ်တကျကာကွယ်၊ ကုသနည်းများကိုလက်တွေ့ အကောင်အထည်ဖော်ဆောင်ရွက်နိုင်စေရန်ရည်ရွယ်ဖော်ပြထားပါသည်။ ဤ website ၌ရေးသားဖော်ပြချက်များနှင့်စိန်ခေါ်မှုအရင်းအမြစ်များ၊ စိန်ခေါ်မှုတစ်ခုစီသည် လက်ရှိငှက်ဖျားရောဂါဖြစ် ပွားခံစားနေရသော လူကြီးမင်းတို့၏ ခြံများ၊ ရွာအသေများအတွက် များစွာအထောက်အကူဖြစ်စေမည့် အကြောင်း သတင်းကောင်းပါးလှကောင်းပါသည်။ ငှက်ဖျားနှင့်ပတ်သက်၍ ကြံ့ခံတို့၊ Buzz Off မှ စွမ်းဆောင်နိုင် သမျှ ကူညီပံ့ပိုးပေးပါမည်။



12 နှစ် (သို့) ပိုမိုရှည်လမ်း - သေဆုံးရခြင်း

8-11 နှစ် - သေဆုံးရခြင်း

6-7 နှစ် - သေဆုံးရခြင်း

4-5 နှစ် - ပြီးသောသေဆုံးရခြင်း

4 နှစ် ထက်လျော့ - သေဆုံးရခြင်း



ငှက်ဖျားလွှမ်းမိုးမှုကို စောမားကတစ်စင်းတင်ပြပါမည်။
ကျေးလက်အသေများတွင် ခြင်္ကို မည်သို့ ကာကွယ်နိုင်မည်နည်း။

ငှက်ဖျားရောဂါကင်းသောကမ္ဘာ



an initiative of australian marcu

The germs on the inside come to the outside
when you cough, sneeze or spit!



ချောင်းဆိုးနဲ့နှာချေ၊တံတွေးထွေးသောအခါ အတွင်းရှိပိုးများ
အပြင်သို့ထွက်လာသည်။



myanmar.buzzoff.org



Buzz Off TB Poster.