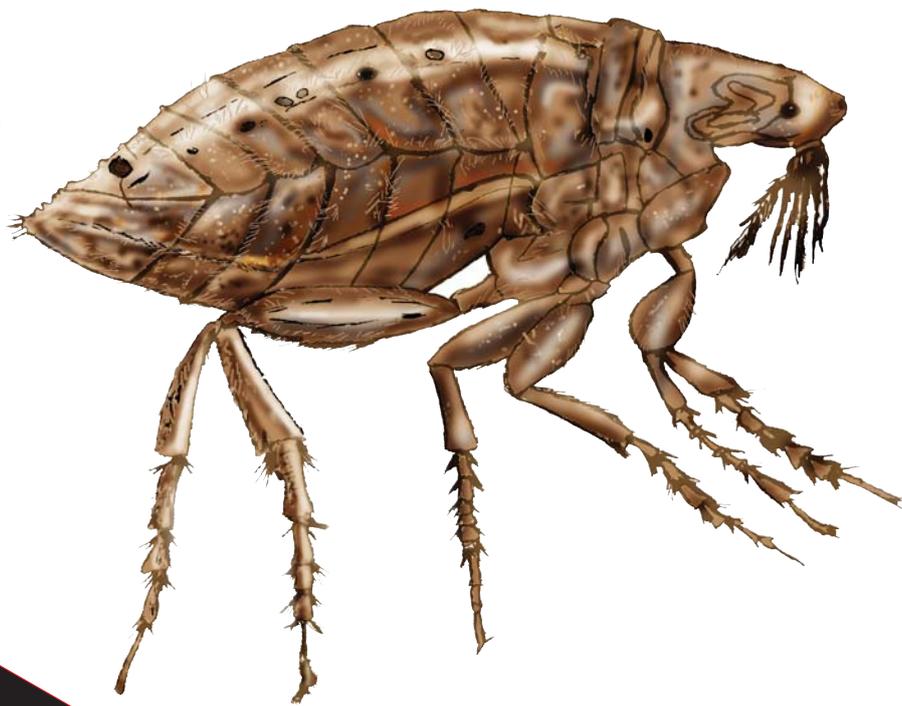


The JIGGER MENACE

in Kenya



“ Jiggers know no constituency boundaries. ”

Francis Ole Kaparo
Former National Assembly Speaker

Vol. 1

HELP REMOVE **MY JIGGER!**

Hundreds of rural dwellers are living with jiggers (caused by fleas) in their bodies. They are unable to walk or even work. This often results in trauma and isolation resulting in low self esteem.

This problem has been over shadowed by other plights. It is time we said good bye to this pest. Together we can.

Ahadi Kenya Trust has opened a pilot jigger help and counselling center in Murang'a and plans to open several others in all affected areas countrywide to help in eliminating jiggers.

We need your help to turn lives around!!!



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www.jigger-ahadi.org



Cecilia Mwangi
Miss World Kenya 2005

The anti-jigger Campaign Ambassador

The jigger dilemma in Kenya . . .

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IMPORTANCE NOTICE

The information contained in this publication is general in nature. It is for informational purposes only and provides an overview of the situation concerning jiggers in Kenya. The publication and the information, names, images and pictures concerning this publication

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forward

JIGGERS: What does the pest have to do with politics and democratization? To some, the jigger is a health hazard. To others it is a social nuisance that can easily be dealt with through basic hygiene. That may be so. To us at the Center for Multiparty Democracy, the JIGGER is indeed all that, and more. One look at victims of the pest leave us with little doubt about the connection between the JIGGER and politics and especially that all important facet of participatory democracy upon which the entire concept of democracy is founded. If and when a people are unable for whatever reasons to participate meaningfully in the whole spectrum of democratic processes, the entire pursuit of democracy continues to be elusive. The individuals and communities represented in this inaugural Report on JIGGERS are a painful reminder to our society that there is a whole huge section of our population who remain totally disenfranchised by virtue of immobility, stigmatization, low self esteem and systems and structures that literally makes it impossible for this category of people to participate meaningfully in the democratic processes. As an organization committed to consolidating multiparty politics in the country and one that works with marginalized sectors of our society within the political spectrum, CMD-Kenya endorses the efforts of AHADI Kenya in this most challenging but important task of mobilizing those individuals isolated from participating in societal affairs including the very basic right to determine how they ought to be governed. By reaching out to this category of people, AHADI Kenya has demonstrated through word and deed that with a little effort, energy, education and attention, all people can, and should be enabled to live full and meaningful lives. This is good for democracy. It is good for Kenya. CMD-Kenya highly commends the Report as the first ever serious document to highlight the plight of this huge sector of our society that has been ignored, isolated and despised. The Report is informative, educative and even disturbing. That is as it should be. Our conscience should be pricked hard enough and the indictment heavy enough, for us to take positive actions. If this Report does indeed indict, challenge and disturb you, then AHADI Kenya will have achieved their objectives. Hopefully, this will lead to positive and concerted action in addressing this subtle but serious threat to our society and to the development of a democratic culture in Kenya.

Njeri Kabeberi,

Executive Director, CMD-Kenya



Editors notes

“ A pest- a small pest- is at the centre of this observable fact that could put a brake on Kenya’s advance towards economic self-actualization. One would pose and ask a question, where did Jiggers come from? ”

As societies seek to develop, they often tend to forget the key elements, which if addressed, could make the societies really match their goals.

In the Kenyan case, as we seek to attain Vision 2030, through which the country hopes to achieve more than a 10 percent economic growth and, therefore, eradicate poverty, this truism cannot be more apt.

A strange, though not-so-strange, phenomenon, which could derail our stated aim, seems to have been forgotten in the din over our professed preparedness and ability to reach the aforesaid goal.

A pest- a small pest- is at the centre of this observable fact that could put a brake on Kenya’s advance towards economic self-actualization. One would pose and ask a question, where did Jiggers come from?

Known as Tunga penetrans, the jigger is an insect that embeds itself in the skin under the toenails and fingernails of human beings, resulting in toes filled with pus, which become infected. Heavy infestations can lead to severe inflammation, ulceration and fibrosis and death.

The cause of the infestation, according to research, is poor hygiene conditions, which is a manifestation of poverty.

Significantly, sharing of pins in the removal of the pest leads to HIV/Aids infection through blood transfusion.

As serious as the social, political and economic effects of the pest is the glaring lack of concern by the immediate society and its prominent actors without whose input there cannot be said to be development.

It needs to be said here that jiggers do not just destroy the social fabric; the pests also deny the infested and affected basic human and civic rights of living like the rest of human beings.

Aside from the stigma associated with it, the pest’s victims at times may not exercise their civic rights, as happened in the last General elections when thousands were disenfranchised because they could not walk to the polling booth to cast their vote.

Yet, as we seek to demonstrate in the following pages that is not even a quota of the story of the ravages of this insidious pest, whose effects could reverse Kenya’s declared aim of social advancement. I would want my second question answered who is responsible in eliminating this pest?

So as we set to tackle the menace, it behooves the society, government, civil society, individuals, and the infested and affected to come together in a concerted effort to redress the issue underlying the phenomenon- poverty.

Society has the duty to report infested cases for urgent remedial action.

Particularly, there is utmost need for the government to initiate a national survey that will give a concrete figure of the infested and develop a master plan on how to remedy the situation.

That is why we laud the activities of such non-government an actor such as Ahadi-Kenya Trust, whose noble initiative to rid society of this malady is a shining example.

Of course, the international community, including our governmental and private development partners, who hopefully have Kenya’s development at heart, cannot afford to look the other way if their efforts have to be realized.

We welcome you to this incredible insight into a small pest that threatens to reverse Kenya’s anticipated gigantic development gains- and welcome YOUR contribution on how WE can REVERSE it.



Portus Chege





Ahadi Kenya Trust Directors



Stanley Kamau

Founder/Executive Director - Ahadi Kenya Trust

The fact that the needy could not walk to a Christmas party specifically organized for them, not because they were not hungry but because they had jiggers made me concerned about how such a tiny pest has caused havoc to our society.

I asked myself and the neighbours a common question that cuts across everyone's mind when you see the victims. Why let themselves be attacked by jiggers to that extent? That question faded from my mind when I came across a boy who had contacted HIV Aids in the process of removing jiggers. I realized that if only somebody had talked about the dangers of sharing pins, this boy and many others could not have suffered.

Even with the introduction of free primary education, I still found many children at home, reason 'jiggers'. Adults could not attend to their farms hence live in total poverty. Most of the victims have no idea of any political changes in the country.

With the help of other like minded people, Ahadi Kenya Trust was born with the objective of eliminating jiggers in Kenya. In March 30th 2007, Ahadi launched the Anti-jigger Campaign.

With the opening of a jigger help centre in Murang'a, Central province a pilot project has been on going. The centre caters for treatment, training and rehabilitation of jigger victim. This campaign has since spread to other parts of Kenya.

Ahadi Kenya Trust has carried out study on jiggers for the last one year in some parts of the country. A lot has been achieved with overwhelming support from well wishers.

We are looking forward to a jigger free Kenya by the year 2012.

This campaign will spread to our neighbouring countries and eventually cover the whole of Africa.

I challenge all able Kenyans especially those residing in the urban areas to go back to their villages and help uplift the lives of those suffering from various poverty related issues.

It all starts with you.

Joseph Mathai

Programmes Director

Ahadi Kenya Trust



God is always looking for availability and not ability. This has been my rallying call in life. It has also taught me that when I avail myself for service to society ways and means to achieve certain goals (ability) will follow.

It is for this reason that we teamed up to find a way to highlight the plight of people suffering.

My drive from jigger infestation is giving for when you give, you put a smile on another person's face. That is of more reward than I could have ever hoped for.

What we at Ahadi do is give hope of better things to come and translate that hope into reality. Many a people we first approached with the jigger infestation were in denial that such an embarrassing menace existed in the 21st century. Through innovative and imaginative ways, we were able to reach out to the media and get their help in highlighting the menace.

I have witnessed first hand harrowing and excruciating agony and embarrassment that jigger victims go through. The tiny Pest renders them defenseless such that it slowly eats away at their self esteem or rather what is left of it., shredding the little dignity left and ultimately alienating them from society. One might be forgiven for thinking this small pest is a dangerous alien out to colonize mother earth. Until you see the faces of the victims and the despair etched in them not to mention the humiliation they have to endure, one will be forgiven for looking the other way and brushing the jigger issue aside.

I am inspired by the compassion exhibited by the likes of mother Teresa and closer home Manu Chandaria whom I not only seek to emulate but surpass. I believe, were there more people with the philanthropic nature the plight of the less fortunate in society would be greatly mitigated.

Our greatest achievement at Ahadi Kenya Trust has been to bring the rather embarrassing jigger plight to the fore and this would not have been possible without the help of the media and other players This has enabled us bring to light a problem that has been silently destroying fellow Kenyans lives while it could have been easily remedied.

With integration of communities in the eradication of jiggers and working hand in hand with them will minimize the stigma associated with the jigger. Once the stigma and embarrassment surrounding jiggers is eradicated, it is my firm belief that the jigger menace will also be behind us.

In the words of President John Kennedy "Ask not what your country can do for you but ask what you can do for your country". And time has come when we have to take a critical look at our fellow Kenyans who are less fortunate and ask ourselves how we can help as a way of giving back to the society.

Help remove a jigger, put a smile on a person's face and give life to a fellow Kenyan.

“ I asked myself and the neighbours a common question that cuts across everyone's mind when you see the victims. Why let themselves be attacked by jiggers to that extent? ”

Stanley Kamau



Cecilia Mwangi

Director/Campaign Ambassador - Ahadi Kenya Trust

It is a pity that jiggers are still with us in the 21st century. The pain that they inflict on human beings, who are also denied their basic human rights, is heart-rending. With the help of Ahadi Kenya Trust, I set to answer to their cry and stepped as their voice.

I especially, thank the media for their salutary role in highlighting the menace over the last year. Even as politicians denied the existence of jiggers and others shied away because of stigma, the media highlighted in moving pictures and words the existence of jiggers in our society. Consequently, the corporate world and well-wishers supported this initiative.

Johnson and Johnson, Haco industries and Colgate Palmolive are a shining example in this regard. That is not to mention the support we have received from Kenya Dairy Board, Riana Group of Schools, Real Insurance and EABL foundation, Parapet Cleaners, Print Express, Child Life Trust and Halisi Water. Of course, the support of churches and individuals came in handy.

Significantly, Kenyan women come in for special mention for their compassion and support. For instance, Maendeleo ya Wanawake chairperson Rukia Subow, vice-chair Jelieth Karuri and patron Jane Kiano who let us use their country wide spread network to reach to the grass root. Not forgetting Hon. Njoki Ndungu, Hon Amina Abdala, Terry Mungai and my fellow beauty queens.

Government involvement and partnership especially by the Ministry of public health and sanitation, ministry of education, Ministry of Provincial administration, Constituency development funds (CDF) and the National Aids Control Council could come in handy to boost this initiative.

Crucially, there is an urgent need for a national baseline survey to establish how many Kenyans are infested, and are under threat of jiggers.

Significantly, Kenya may not achieve the Millennium Development Goal by 2015 if the problem of this pest is not effectively tackled.

I welcome your support and/or partnership.

Thank you.



“Crucially, there is an urgent need for a national baseline survey to establish how many Kenyans are infested, and are under threat of jiggers”

Cecilia Mwangi

Constance Gakonyo

Financial Director - Ahadi Kenya Trust

Since it was established in early 2007, the Ahadi Kenya Trust Jigger Project has achieved tremendous progress over the last one year without direct donor funding. With an initial budget of Kshs 3.2 Million, 60% of the expenditure came from the contribution of the organization's Directors while 40% came from well wishers both in cash and kind.

Food, clothing, shoes and disinfectants donated have been distributed to families affected by jiggers whilst cash donations have been utilized towards workshops, transport, office and medical expenses. In addition, there have been contributions for space in the print and electronic media in order to raise public awareness on this issue and we are truly thankful for the help we have received.

Records and information on donations received and distribution of items are available and open to public scrutiny both at our Nairobi office and at the Jigger Help Centre in Muranga; we believe in transparency and accountability.

The demand for help trickles into our offices everyday from all over the country (and indeed within the East African Region). There is huge need to conduct further research into the effect of jiggers within the community especially with regard to links with HIV/AIDS, economic empowerment and learning disabilities in young children.

Currently, Ahadi Kenya is unable to meet this demand. I urge individuals, corporate bodies and well wishers (both local and international) to join with us to make a difference to all those affected. An amount as little as Kshs 5 000.00 will help a family rid themselves of jiggers!!!!

Become our partner today and together, we will win the fight against jiggers.





About the jigger



The Female

Tunga penetrans is known as the chigger, jigger, chigoe, bicho do pé or sand flea. The head is angular, it has no comb of spines, and the thoracic segments are narrow at the top. The female feeds by burrowing into the skin of its host. The abdomen becomes enormously enlarged between the second and third segments so that the flea forms a round sac with the shape and size of a pea.

The impregnated female *Tunga* embeds itself in the skin under the **toenails and fingernails** of man - where the resultant sores may fill with pus and become infected. Others victims can be dogs, cats, rats, pigs, cattle and sheep.



Infested hands



Infested heels

The first evidence of infestation by this sand flea is a tiny black dot on the skin at the point of penetration. Because the flea is a poor jumper, most lesions occur on the **feet**, often on the **soles**, the **toe webs**, and around or under the **toenails**. A small, inflammatory papule with a central black dot forms early. Within the next few weeks, the papule slowly enlarges into a white, pea-sized nodule with well-defined borders between 4-10mm in diameter. This lesion can range from asymptomatic to pruritic to extremely painful. Multiple/severe infestations may result in a cluster of nodules with a honeycomb appearance.



Infested toes

Heavy infestations may lead to severe inflammation, ulceration, and fibrosis. Lymphangitis, gangrene, sepsis, the loss of toenails, autoamputation of the digits, and death may also occur. In most cases, however, this lesion heals without further complications.

Nonetheless, the risk of secondary infection is high. Tetanus is a common secondary infection that has reported associations with death.



Jigger-infested kness

The sand flea is normally found in the sandy terrain of warm, dry climates. It prefers deserts, beaches, stables, stock farms, and the soil and dust close to farms.

While both male and female sand fleas intermittently feed on their warm-blooded hosts, it is the pregnant female flea that burrows into the skin of the host and causes the cutaneous lesion. She does not have any specialized burrowing organs; rather, she simply attaches to the skin by her anchoring mouth and claws violently into the epidermis. Since this process is painless, it is thought that the flea may release some keratolytic enzymes. After penetrating the stratum corneum, the flea burrows to the stratum granulosum, leaving her posterior end exposed. The "black dot" of the nodule is this posterior end of the flea sticking out. The opening provides the flea with air and an exit route for feces and eggs. With its head in the dermis, the flea begins to feed on the host's blood and enlarges up to 1cm in diameter. Over the next two weeks, over 100 eggs are released through the exposed opening and fall to the ground. The flea then dies and is slowly sloughed by the host's skin.

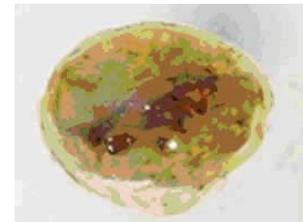
Symptoms

An infestation begins to irritate and itch when is almost fully developed. Sometimes it causes severe inflammation and ulceration. If the female flea

dies in the skin, it may cause a secondary infection which, if ignored, could lead to tetanus, gangrene and even loss of a toe. Natural extrusion of the eggs sac or removal of the jigger with a dirty pin or needle leaves a tiny pit in the skin which may develop into a sore. The sore may extend and develop into a septic ulcer. An infection under a toenail may cause pus to form.



An adult female jigger that was surgically removed and measures 4.8mm. The head & thorax can be seen as the dark brown structure, off centred and to the lower left



A close up of the head of the female jigger

Causes of the jigger infestation

The major cause, after this research was discovered to be poverty and poor hygiene conditions.

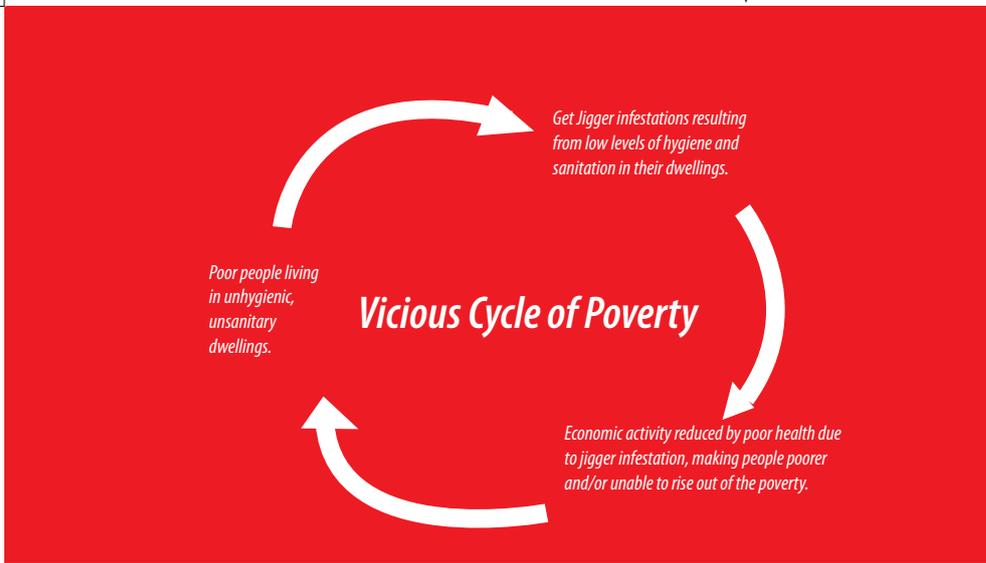
How Jiggers Perpetuate the Vicious Cycle of Poverty

Poor people living in unhygienic dwellings get jiggers because of the unsanitary nature of those dwellings. Effects of the infestation economic activity among such people. This renders the poor unable to rise out of poverty or makes them even poorer. They are trapped inside the vicious cycle of poverty

The vicious cycle that jigger infestation triggers on may trap people in poverty for a long time unless timely and appropriate intervention breaks the cycle at one or at several points.

The jigger is a parasite capable of visiting untold misery on its victims, especially children. Yet the jigger vicious cycle is among the easiest to break because it mostly afflicts small populations of the uneducated poorest of the poor within the endemic areas. The jigger and poverty vicious cycle can be broken through cost-effective intervention at almost any point.





- **CIVIC RIGHTS** - People afflicted with jiggers may be unable to participate fully in the democratic process to influence politics in their favor, which may marginalize them even further.



A man disabled by jiggers

Intervention to break the vicious cycle involves:

- Improving hygiene and sanitation in the existing dwellings to eradicate the fleas,
- Creating better housing with smooth, clean walls and floors where the fleas cannot hide
- Educating people on the simple, affordable measures they can take to control the fleas and Raising economic standards of the poor
- Killing the fleas using insecticides in the dwellings and disinfectants on the victims' bodies.
- Education and awareness raising on the simple ways to prevent jiggers
- Empowering the youth to take action against jigger through organizing active groups of informed youth

- **LOW EDUCATION STANDARDS** - It affects the education of children because they may be unable to walk to school, write properly, or participate in normal learning activities on the same level with other unaffected children. It lowers the dignity of the victim, with children, for instance, facing ridicule both in and outside school.



Legs of jigger infested school going children.

- **LOW SELF ESTEEM** - The parasite causes pain in affected parts and injury that can seriously impede movement and performance of many of life's chores, making a person dependent on others who may themselves be unable to help due to their own affliction within the family. Jigger infestation and the process of their physical removal, as practiced in the villages, is a painful and traumatic experience, especially for children, lowering their quality of life.



Effects of jigger infestation

The jigger is a parasite that lowers the quality of life of its victim in many ways and knowing the way it is distributed in Kenya is a first important step towards its eradication. Jiggers harm their victims in the following ways:

- **HIV/AIDS** - Removal of jiggers with shared pins and other unsterilized removing equipments that may have been used by an HIV/AIDS victim may lead to the spread HIV/AIDS and other communicable diseases. Jigger infestation creates wounds that act as entry points for microbial infection.



Coffin containing the remains of HIV/AIDS victim brought about by jiggers.

- **POVERTY** - People afflicted with jiggers are less economically active, which raises poverty levels. Since jiggers are usually a result of already existing poverty, their infestation perpetuates the vicious cycle of poverty where the poor are unable to rise out of poverty or actually often sink deeper into it. This frustrates Kenya's attempts to achieve the Millennium Development Goal, which aims at reducing levels of poverty in the country by a half by year 2015. Jigger removal is a laborious process that consumes time needed for economic activity and the education of children



Poor conditions under which the jigger infested families live in.

Treatment

The treatment consists of the extraction of the entire intact insect. The breaking of the jigger may cause inflammation and possible infection. The best recommended treatment for this kind of attack would be to soak the feet in a solution of alcohol for instance hydrogen peroxide or the other commercial disinfectants like dettol, savlon etc. A victim should soak their feet for about 15 minutes every day for about two weeks and this will completely kill the bugs.

For a complete eradication of the bug, their homes should be thoroughly fumigated and any animals that also have the fleas treated. To ensure that the home is bug free, the victim and the rest of the family have to be educated on the need to observe hygiene and ensure that the bugs do not find a home in their homes again.

Media awards pictorial



K 24 - The TV with the Best feature on the anti-jigger campaign.
Award recieved by Josephine Maina



Robert Kariuki Njeri - Citizen TV - The reporter on the jigger effects on Politi



His Excellency the VP - Hon. Kalonzo Musyoka receiving a present from the anti-jigger campaign Ambassador.

PICTORIAL ON THE ANTI-JIGGER MEDIA AWARDS CEREMONY ON 28TH MARCH 2008 AT PANAFRIC SAROVA HOTEL. THE CHIEF GUEST OF HONOUR WAS HIS EXCELLENCY THE V.P HON. KALONZO MUSYOKA. MEDIA HOUSES AND REPORTERS WERE AWARDED FOR THEIR COVERAGE ON THE ANTI-JIGGER CAMPAIGN FOR YEAR ENDED 30TH MARCH 2008.



Joanne Wanjala - Kenya Times - The best Newspaper reporter on the jigger effects on Poverty.



Lucy Oriang - Nation Newspaper - The best Newspaper reporter on the jigger effects on Politics.
Award recieved by Joseph Ngunjiri



Hope FM - The Radio station with the highest coverage on the anti-jigger campaign.
Award recieved by Mary Cheruyiot



Jane Nyingi - Citizen TV - T on the jigger effects on Pove



Carol Nderi - KTN - The best TV reporter on the jigger effects on HIV/Aids.



Boniface Gikandi - Kiss FM - The best Radio reporter on the jigger effects on Politics.



Joseph Ngunjiri - Nation Newspape Newspaper reporter on the jigger ef



the best TV
cs.



Flossie Wanjiru - The People Daily - The best
Newspaper reporter on the jigger effects on HIV/Aids.



Sarah Wambui Mwangi - Coro FM - The best
Radio reporter on the jigger effects on education



Patrick Amimo - NTV - The best TV reporter on
the jigger effects on education.



Nairobi Star - The Newspaper with the best
pictorial on the anti-jigger campaign.

Award recieved by Pau Ilando



the best TV reporter
erty.



Wycliffe Orandi - Hope FM - The best Radio
reporter on the jigger effects on HIV/Aids.



The People Daily - The Newspaper with the
highest coverage on the anti-jigger campaign.

Award recieved by Flossie Wanjiru



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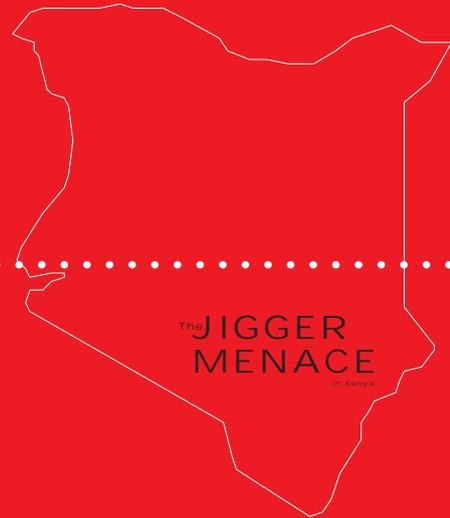


Amos Wanderi Muturi - Inooro FM - The best
Radio reporter on the jigger effects Poverty.

The JIGGER MENACE

In Kenya

Our study



Rift Valley Province

Kericho-A family hospitalized

A man, his wife and their son were admitted at Kericho District Hospital. They were ferried to the hospital by a good Samaritan who hired an ambulance. The father and son were found unconscious with the wife lying on the floor helpless. They had the whole of their bodies attacked by jiggers, their hands and legs deformed. The deputy medical superintendent and the Nursing Officer in Charge confirmed the existence of jiggers in the vicinity.



One of the patients admitted in hospital



Victims hands.

Coast Province

Kwale- Jigger Expert` for hire

In Burani village of Kwale district Mzee juma kai assembles school going children in his compound to remove them jiggers. More than 40 children were found queuing and waiting to be attended. This happens at the beginning of every term before schools reopens. A high risk of transmitting diseases like HIV aids was evident as the man uses sharp metal bar in all the children. Children seemed to be in a lot of pain. Thousands of people in the district suffer from jigger infestation.



Mzee juma kai a jigger"expert" attending to the children.



Children queue waiting to be removed jiggers.

Nyanza Province

Siaya-A boy died.

A boy died In Siaya after a severe jigger attack. He was neglected by both his family members and neighbours. His whole body including his head was covered with jiggers. He could not even feed himself and depended on well wishers. He lived in isolation as the villagers thought it was witchcraft and he could spread them. A survey carried out in the area showed that many more people have died due to jigger attacks.



A young boy who died due to jigger attack.

“ Was it not for Cecilia and her team by now I would be lying 6ft down somewhere in my small farm ”

Bwire - a recovered jigger victim

Other areas with similar cases include;

Bungoma, Busia, Kieni, Kwale, Kilifi, Muranga, Maragwa, Machakos ,Bomet ,Embu ,Thika, Bondo Iten, Karatina, Wundanyi, Maua, Migori, Makueni, Kericho, Sotik, Kisumu, Kiambu, Ngong, Kibera, Makuyu, Butere and Subukia.

Central Province

Muranga-1350 Infested

A visit to a village in Murang'a district found shocking and unbelievable levels of jigger infestation. The visit's sole purpose was to find out exactly if the jigger was still a pest in the village – and it was confirmed after just visiting a few homes. The jigger is as rife as it was decades ago and is causing magnitudes of misery to its victims. This visit was finalized with the commissioning of people on the ground to further carry out investigations on those affected by the bug. The survey revealed that a total of 1350 people are suffering from jigger infestation in one location (Gitugi location) out of this 700 are school going children from 13 primary school while the rest are adults. It also showed that 50 per cent of the children infested do not attend class. 13 families have contacted HIV /Aids Virus in the process of removing jiggers. Some of the jigger victims have been rendered helpless and can't even move. The said victims have their legs hands knees and the behind parts badly attacked.



Student's jigger infested feet.

Juja-Two confirmed dead.

After the death of two jigger victims in millimani village, the area village elder intervened and called on ahadi Kenya to save a lady who was on the death bed. Nyokabi Karuiru, 35 had her whole body infested. The elder David Kariuki confirmed similar cases in the area, he observed that most people feel embarrassed and shy to come out and narrate their sufferings. A local church promised to follow up on the jigger issue in the village. It is estimated those infested to be in thousands.



Karuiru's infested feet.

Kikuyu-Stigmatization

Jigger victims in Gikambura village in Kikuyu Township have to bear both the pain of the pest and cruel neighbourhood. Most of them are isolated and stigmatized. You can easily confuse them with mentally ill Amos Gitau in his 30 his' feet have been extensively attacked by the jigger and needed exhaustive treatment. Hundreds in this village live under the same condition.



Gitau's damaged feet.

Kandara-Use of diesel

A family of five in Kandara district lived in a great danger as their mother used diesel to treat jiggers. They live in a single roomed house where they cook and sleep. When Ahadi Kenya visited, the villagers had gathered in the homestead to rescue the children. It was evident that poverty and poor hygiene has led to jigger infestation in this village. The family is the only one among many others in the same vicinity living under this condition.



Children feet being washed with disinfectants.



One of the children disfigured toes.

Makuyu- Extreme poverty

Eight children from one family in Makuyu are jigger infested on both hands and feet.

The children all aged between 8 months and 9 years live in a single room which also serves as the kitchen. They all share one bed which has no mattress and beddings. Leaders from the local Redeemed Gospel Church had been offering any possible help but they were unable to fight jiggers. The situation is so bad that the victims cannot even afford a pin. All the children suffer from malnutrition and non of them is able to walk or talk. This has since lead to the death of one of the children. There are many similar cases in the area.



Jigger infested infants being cleaned.



Jigger infested family.

Maragwa.- Five Children hospitalized

Five children aged between three (3) months and Four years were admitted at Maragwa District hospital following severe jigger infestation. They all had their hands and legs badly infested. The Hospital superintendent confirmed their conditions and feared that there many be many more with similar problems and not aware that they could seek medical attention.



Children admitted at the hospital

Ahadi Kenya is undertaking the following activities.

1. Rescue and referral of jigger infested persons to health centres: This involves community mobilisation, identification of jigger infested people and referring them to health centres for treatment.
2. Facilitating youth groups to come up with ways of educating the community on prevention and treatment of jiggers: That is mobilisation of youth groups, training on causes, prevention and treatment of jiggers, facilitation of meetings and development of plays around certain issues related to jigger infestations affecting the society.
3. Facilitate theatrical performances at community meetings: This involves facilitation of theatrical performances at different places in the community including schools, market places, churches etc.
4. Facilitate health training in schools: This involves mobilisation in schools, formation of health clubs and facilitation of training of club patrons and leaders.
5. Using different forums to train the community on hygiene: This entails development and distribution of flyers about jiggers and going to different community meetings to give talks on jiggers.
6. Facilitate community jigger eradication campaigns.
7. Facilitate clean up campaigns.
8. Facilitate training of health workers to change attitude towards jigger infestation: Jigger infestation is commonly seen as an embarrassment in society and many people will be shy to come out and visit health centres as the same attitude is held by health workers. It is therefore important to organise workshops for health workers in order to change their attitudes towards jigger infestations and encourage the community to seek for medical care in case of heavy infestation.
9. Support health centres with simple surgical equipment and material for treatment of jigger infested people.
10. Facilitate workshops to train targeted groups on causes, treatment and prevention of jigger infestation. The community groups will be facilitated to be community own resource persons meant to continue with the trainings even after the project closes.
11. Hold discussions in the media to come up with best practices in the prevention and treatment of jiggers.
12. Run and manage a jigger centre within areas affected.
13. Monitoring and evaluation of the project.
14. Documentation of the project and dissemination of information to stakeholders and community.

Expected Impact

These activities are expected to enable Ahadi Kenya Trust and any other concerned organization reach areas where jiggers remain a problem. This will direct such organization to areas that are need of intervention. Such intervention is expected to lead to the affected populations being freed from the burden of infestation. Eradication of jiggers through the various interventions is expected to lead to a higher quality of life for the affected populations through.

- Reduction in the spread of HIV/AIDS and related diseases
- Increased economic activity resulting from better health, more time available, as time is no longer wasted removing jiggers and greater confidence resulting from uplifted of self-image.
- Better performance of children in school.
- Greater involvement in the social life of their community resulting from greater acceptance by other members of the community.
- Greater participation in the democratic process



anti JIGGER CAMPAIGNS ACTIVITIES



- **Creating awareness through local and international media**
- **Opening of a jigger help centre in Muranga.**

The center helps in treatment, rehabilitation, training and education.



Jigger help center.

- **Treatment**

More than 700 people have been treated of jiggers with 400 of them fully recovered. Out of this 250 are school going kids while 150 are adults.



A child been treated.



Demonstrations during the opening .



Ahadi team physically removing a jigger.

- **Rescuing and referring jigger victims to the hospitals.**

Ahadi Kenya has been able to rescue and refer more than 30 seriously jigger infested persons to different hospitals in the country both young and old.



A boy been admitted at the hospital.

- **Rehabilitation**

(Supply of farm tools and school equipments) fully recovered victims were supplied with farm tools (adults) and school education equipments (children) to put them back to their normal lives.



A recovered woman taking away farm inputs.



An adult lying on a hospital bed.



A child receiving school equipments.

- **Fumigation**

With the help of the public health officers in muranga 370 home steads have been fumigated and free from the fleas that cause jiggers.



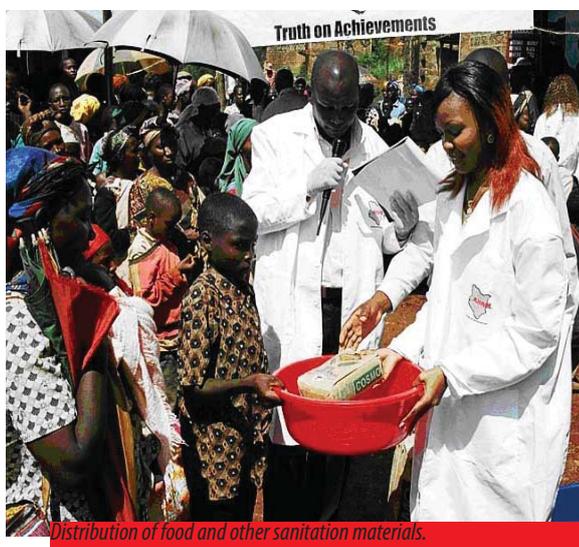
Ahadi team fumigating one of the homes.

- **Food and clothing**

Over 2000 pairs of shoes and unspecified amount of food and clothing's has been distributed to poor families across the country.



Shoes and clothing's awaiting distribution.



Distribution of food and other sanitation materials.

- **Partnership**

Ahadi Kenya has managed to create partnership at both grass root and national level with cooperates,media,private sector,NGOs,churches, Provincial administration, schools, local leaders and the villagers and individuals.



Cecilia signing maendeleo ya wanawake life membership certificate.

- **Recognition by the Government and the Ministry of Health**

The ministry of health through former minister Hon. Charity Ngilu commended Ahadi Kenya for their efforts to eliminate jiggers in the country and pledged her ministry's support.

Separaty, his Excellency the Vice president Hon. Kalonzo Musyoka assured government's support in fighting this menace.



Former health minister Hon. Charity Ngilu showing a photo of a jigger infested feet to the press during a visit to her office.



His Excellency the VP Hon Kalonzo Musyoka giving a speech during the anti jigger media awards ceremony.



The anti jigger campaign ambassador Cecilia Mwangi receiving protex soap from the staff of **Colgate Pamolive**.



Halisi mineral water displayed in one of the stands on the streets of Nairobi donated by **City council of Nairobi**. The water was donated to raise funds towards the anti jigger campaign.



Mr. Stanley Kamau the executive director Ahadi Kenya looks at one of the computers received from the **East Africa Breweries Ltd Foundation** manager Jean Kiarie.

Ahadi Kenya Trust Partners *(I helped remove a jigger!)*



Sophia karanja of **Real Insurance** presenting a cheque of Ksh.100,000 to Cecilia Mwangi towards training on jiggers.



Ms. Mukami Miriti of **Haco Industries** presenting various products to Cecilia Mwangi of Ahadi Kenya.



A student from **Tangaza College** presenting donations from the institution to Cecilia Mwangi and the headmaster of Gitugi primary school during a clean up excise at the school.



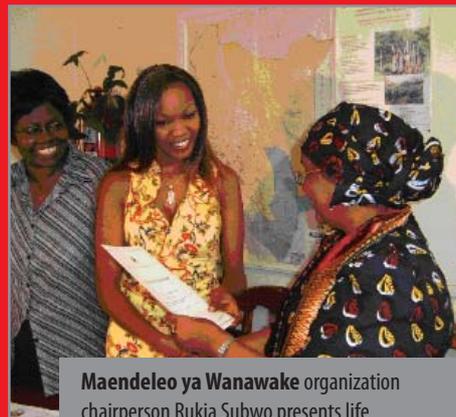
Dr. Jonathan Orengo of **HighChem** donating fumigation powder (Salvin) to Cecilia Mwangi.



St Andrew church committee members and the anti jigger campaign ambassador Cecilia Mwangi displaying disinfectants and a cheque donated by the church.



Staff of **Kenya Dairy Board** distributing milk to jigger infested children during a medical camp organized by Ahadi Kenya Trust.



Maendeleo ya Wanawake organization chairperson Rukia Subwo presents life membership certificate to Cecilia Mwangi looking on is the organization's vice-chair Jelieth Karuri.



The anti jigger campaign ambassador Cecilia Mwangi receiving disinfectants, shoes and clothing all worth Ksh. 450,000 from students of **Riara group of schools**.

Mercyline Keya of **Johnson and Johnson** presenting savlon to anti-jigger campaign ambassador.



Staff of **Print Xpress** donating shoes towards anti jigger campaign to Cecilia Mwangi.





Help remove my jigger!



www.cmd.or.ke

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By highlighting the subtle but devastating effects of the jigger on the socio-economic and political life of a people, AHADI Kenya are inviting all of us to play our respective roles to ensure that all Kenyans, especially those hitherto marginalized by such factors as gender, disabilities, and age, are deliberately mainstreamed and a conducive environment for their participation created. It is in this spirit that CMD-Kenya invites all people of good will to not only read and reflect on the contents of this Report but to go beyond reading to taking practical actions in support of AHADI Kenya.

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Njeri Kabeberi,
Executive Director, CMD-Kenya