Help remove my jigger!

We want to go to school, and enjoy free education, just like our friends. Our feet and hands are infested with jiggers making us unable to walk, write or concentrate in school. Some children in our school and village taunt and harass us due to our condition. We love sports, but we cannot play because our hands and feet are sore. Jiggers have affected both our school work and play. Our friends died at an early age due to lack of medical care. Our parents cannot afford to build us proper shelter or buy us medical and sanitation equipments. Some of our parents are disabled and are unable to access medical care leave alone excising their basic rights. Our mothers are giving birth in an undignified manner.

Help Us!

ahadi
KENYA TRUST
THE ANTI-JIGGER CAMPAIGN
“If jiggers can totally disable you so that you are unable to go to school, then this is very sad because Kenya is a very progressive country. We need to watch out as a nation.”

Dr Edah Gachukia, Educationalist
Speaking while handing over assorted items donated by pupils of Riara Group of Schools in 2012.

“Everybody comes from a village and a community that has transformed them. The best thing that we can do for our communities is to give back to them. I want to thank Ahadi Kenya Trust for coming today to give shoes.”

H.E Mrs Rachael Ruto
Speaking during an anti-jigger medical clinic and shoe distribution camp in Kakamega County in 2016.

“We have to individually talk to our governors, and I am glad that the senate is here to make sure that they understand that this is a problem we have to deal with. His Excellency the President; he called me about jiggers and said, "What are you going to do about eradicating this menace?"”

James Macharia, CS Ministry of Transport & Infrastructure
Speaking during the launch of the policy as Cabinet Secretary for Health in 2015.

“County Directors of Education who are here, who are listening to me, you should begin to map out your counties... tell us the schools that are affected by jiggers because we will only do reasonable things if we map out all these areas... We are reviewing our curriculum so that we have a new curriculum and prepare our children for the 21st century. How can we prepare our children for the 21st century but they have jiggers?”

Dr. Fred Matiangi, CS, Ministry of Education, Science and Technology
Speaking during an anti-jigger medical clinic and shoe distribution camp in Kakamega County in 2016.

“I am happy that Kenyans in general, the government and other partners have joined the campaign. I wish to thank the Government for the National Policy Guidelines of Prevention and Control of Jigger Infestation as well as setting aside March 3rd as the National Jigger Awareness Day. I want to tell Kenyans that we don’t give because we have excess. We give because we have access.”

Dr Stanley Kamau HSC, Executive Founder/CEO, Ahadi Kenya Trust
In 2017 during Ahadi Kenya Trust 10 year celebration.

“Recognizing that all health issues are interrelated, the Beyond Zero initiative partnered with Ahadi Kenya Trust to expand health care to rural communities through Ambulance Mashinani. I also take this opportunity to thank all the other partners in the public and private sector who have also contributed towards Ahadi’s success; together we have made great progress.”

H.E. Margaret Kenyatta, The First Lady of the Republic of Kenya
In 2017 during Ahadi Kenya Trust 10 year celebration.

“Where did we go wrong that jiggers can still torment people in the 21st century?”

H.E. Daniel arap Moi, Former President Kenya
Speaking during the Kenya We Want conference at KICC in 2010.

“From my political background and work with grassroots communities, I thought I had gone to the lowest of the lowest until I joined the anti-jigger campaign 10 years ago. The level of poverty I have witnessed has taught me to appreciate how privileged I am and so are many other Kenyan’s and how much all of us have to share with the less privileged”

Joseph Mathai, Programmes Director, Ahadi Kenya Trust
In 2017 during Ahadi Kenya Trust 10 year celebration.

“It was an honour partnering with you in the fight against jigger infestation and eradication programme in various communities in Kenya as we implemented our corporate social responsibility role.”

Dr Anthony Omerikwa, CEO/Managing Trustee, NSSF
When commenting on their partnership with Ahadi Kenya Trust in 2016.

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Dr Kepha Ombacho PhD, MBS, Ministry of Health
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“Nimefurahi sana na maendeleo hii ya Ahadi Kenya, naomba serekali ya Kenya isaidie.”

Mama Sarah Obama
Speaking during shoe distribution exercise in Siaya county in 2015.
Ahadi Kenya Trust is a Non Governmental Organization started in 2007 and whose major activity is to eradicate jiggers.

We work in partnership with the Ministry of Public Health, Ministry of Provincial Administration, Corporate bodies, NGO’s, Media and the Community.

**Our vision:**
A promise for a better, healthier life.

**Our mission:**
To create a better life for people, a promise to bridge the poverty gap by empowering poor communities.

**Our objective:**
To halt and reverse the spread of jiggers (*Tunga penetrans*).

**What is a jigger?**
It is a small pin head sized flea found in sandy terrain of warm, dry climates. It prefers deserts, beaches, stables, stack farms, and the soils and dusts in and around farms. It hides in the crevices and hairy cracks found on the floors, walls of dwellings and items like furniture. It feeds on their warm blooded hosts including man, cats, dogs, rats, pigs, cattle and sheep.

**Causes of jigger infestation?**
- Poor people living in unhygienic and unsanitary dwellings.
- Jigger infestation resulting from low levels of hygiene and sanitation in their dwellings.
- Economic activity reduced by poor health due to jigger infestation making people poorer and unable to rise out of poverty.

**How it causes disease**
The impregnated female flea feeds by burrowing into the skin of the host skin under the toe or fingernails resulting into a sore.
As the flea continues to feed on the host’s blood it enlarges and forms a round sack full of eggs with the shape and size of a pea. The flea releases the eggs and is slowly sloughed from the host’s skin. Natural extraction of the egg sack or removal of the jigger with dirty pin or needle leaves a tiny pit in the skin which may develop into a sore. Heavy infestation of the results in toes filled with pus, which may lead to infection, inflammation, ulceration, fibrosis, lymphangitis, gangrene, loss of toenail, auto-amputation of the digits and death. Sharing of pins and needles also spreads HIV.

**Where jiggers attack**
Hands, feet, knees and other parts of the body.

**Effects of jigger infestation**
- High rate of school dropout and poor performance
- Unable to exercise democratic rights, e.g. voting
- Inability to walk easily due to pain in the affected areas
- Inability to carry out normal day to day activities like working or playing
- Creates more poverty
- Low self esteem and trauma resulting from the stigmatization
- Infections such as HIV/Aids and tetanus due to sharing and use of unsterilized needles
- Disability as people with severe jigger infestation may loose their limbs
- Jigger related complications may lead to death

**Preventive measures**
To completely eradicate jiggers, the victims’ homes should be thoroughly fumigated. Animals that may be carrying the fleas should also be treated. Victims and their families should also be educated on the need to observe hygiene.

Wearing shoes should be encouraged to ensure that the flea does not find entry into ones feet. In infested areas, people should check their feet daily for freshly burrowing jiggers which are visible as small black spots which cause an itchy sensation. The fleas may also be deterred by an insect repellent applied to the skin—although walking barefoot in dirt quickly removes the repellent. Locating the jiggers’ hiding place and burning or spraying the said area with an insecticide would also help kill the jiggers.
History
Poverty and poor hygiene are the major causes of jiggers. To completely eradicate jiggers, Akadi Kenya Trust has been undertaking different activities to change the lives of those affected. The activities include: identifying those infested with jiggers, intervention methods, training and educating the community, empowering the communities and finally rehabilitating the victims back to normal lives. Through all these activities, the main objective is to eradicate poverty, reverse and halt the spread of jiggers.

Items
- Basin
- Soap
- Petroleum jelly
- Small towel
- Nail cutter
- Water
- Disinfectant

Reason: Materials needed to treat jiggers

Preparation
- Identify a patient
- Put water in the basin
- Wear a clean pair of gloves
- Engage in conversation with the infected person. Ask them their name, etc.
- Identify the infected areas

Reason: Get ready for the process

Washing
- Clean the patient’s feet/hands or infected area in clean water with soap
- Cut the nails short
- Rinse the feet
- Pour the dirty water in the designated area

Reason: Allows you to see the extent of infestation

Treatment
- Soak the cleaned feet/hands or infected area in the potassium permanganate solution for 15 minutes (mixing ratio: 5 liters of water to 1 tablespoon of potassium permanganate)
- Let the feet dry for about 10-20 minutes depending on the weather

Reason: To suffocate the jiggers to death

Oiling
- Apply some petroleum jelly or moisturizing lotion to prevent the feet from cracking
- The patient can then wear slippers if available. They should avoid closed shoes immediately after treatment.

Reason: To soften the skin and suffocate the jiggers more

This process should be repeated 3 times a day for a period of two weeks. After which the patient can wear closed shoes comfortably to prevent further infestation.

Steps to treat a jigger-infested person.

1. Identify a patient
2. Put water in the basin
3. Wear a clean pair of gloves
4. Engage in conversation with the infected person. Ask them their name, etc.
5. Identify the infected areas
6. Soak the cleaned feet/hands or infected area in the potassium permanganate solution for 15 minutes (mixing ratio: 5 liters of water to 1 tablespoon of potassium permanganate)
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- To suffocate the jiggers to death
- To prevent the feet from cracking
- To allow you to see the extent of infestation
Identification
Ahadi Kenya Trust has a countrywide network of social workers. They identify the patients who are immobile and require urgent medical check up or treatment.

Rescue
Where the patient cannot walk or the Ambulance Mashinani is not able to reach his or her house, the social workers use the detachable bed fitted in the ambulance to carry them.

Ambulance Mashinani
The patient is placed in the ambulance which is designed to access hard-to-reach areas. It is equipped with medical supplies and other equipment, including a bed, First-Aid and a child-delivery kit.

To Hospital
The patient accompanied by a care giver are ridden to hospital by the social worker. Ambulance Mashinani is covered to prevent the patient from being exposed to wind and dust and it is comfortable.

Hospital
On arrival at the hospital, the patient is received by medical personnel. Ambulance Mashinani saves the lives of accident victims, expectant mothers, jigger and disabled persons, etc.

Treatment
The patient undergoes treatment and thorough check ups. Our social worker and the care giver are given professional advise post treatment.

Back Home
After being discharged, the recovering patient is taken back to his or her house. Ambulance Mashinani is also used in case the patient requires to go back to the hospital again.

Majority of the poor people living in the rural areas especially those who are physically challenged and have difficulties accessing medical facilities. They cannot walk or afford to pay for transport no matter how cheap nor do they have any means of communication. Most of them are unable to go to hospital while others end up missing on medical appointments and or routine health checks. Ambulance Mashinani provides transport to these group of people to and from hospital in dignity.

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Why Ambulance Mashinani?
Majority of the poor people living in the rural areas especially those who are physically challenged and have difficulties accessing medical facilities. They cannot walk or afford to pay for transport no matter how cheap nor do they have any means of communication. Most of them are unable to go to hospital while others end up missing on medical appointments and or routine health checks. Ambulance Mashinani provides transport to these group of people to and from hospital in dignity.
Ten years ago, only the affected knew about the jigger menace in Kenya. Ahadi Kenya Trust, both locally and internationally. This has been done through electronic and print media, community campaigns, and also through community groups like churches. Ahadi Kenya Trust has also enabled the public to seek advice on jigger-related issues.

The treatment of jigger-infected persons was a key objective of Ahadi Kenya Trust. Before Ahadi, victims used pins and other sharp objects to extract jiggers, which exposed them to other infections like tetanus. Ahadi Kenya Trust pioneered a ‘pin-less and painless’ method of suffocating the parasites, whereby the patients dip the infested areas in a disinfectant three times a day for two weeks. We also undertook fumigation of both homes and schools to get rid of the jigger-causing flea. In cases of severe infection, Ahadi Kenya Trust referred the victims to hospitals for specialised treatment. Jigger-infected people are often at the bottom of the poverty cycle. Most cannot afford decent food and clothing. Ahadi Kenya Trust has been distributing foodstuff, beddings, sanitary towels, and clothes to the affected families.

When we realised that the number of those affected are in millions, and in every county, Ahadi Kenya Trust came up with capacity-building programmes. We trained Community Health Workers NGOs, school communities, care givers, social workers and thousands of volunteers. Today, we have people in each county who are conversant with jigger eradication methods. Ahadi Kenya Trust came up with educational materials and implemented Hygiene Clubs in schools. The success of the capacity building programmes is evident from the number of NGOs that have adopted jigger eradication projects, since 2007.

One of the major causes of jigger infestation among school-going children is lack of footwear. Ahadi Kenya Trust launched a program ‘Fukuza Funza na Kiato’, whereby we gift pupils from poor homes with new pairs of shoes. Ahadi Kenya Trust, together with other organisations, have so far distributed millions of shoes and target is that no child goes to school barefoot. Ahadi also came up with the ‘Usafi Bora’ campaign, which educates school community and the general public on good hygiene practices in their classrooms, homes and environment.

During our home visits, Ahadi Kenya Trust came across jigger-afflicted young expectant mothers who had never accessed pre or anti-natal care. This was due to immobility occasioned by jigger infestation. Others that had been lucky to be taken to public hospitals had been transported there on motorbikes, wheelbarrows or carried on sacks, causing more injuries to the patients. We devised a more dignified way of transporting the expectant mother dubbed ‘Ambulance Mashinani’ [Village Ambulance]. This is an innovation where a light-weight caravan (equipped with a First Aid kit and stretcher) is powered by a motorcycle and is thus able to access any location, especially those prohibitive to motor vehicles. Some of the the ambulances are fitted with ultrasound machines and Philip’s Children’s Respiration Monitor (CHARM) device to examine mothers and children for pneumonia at the comfort of their homes.
Poverty is a major cause of jigger infestation. To break the poverty cycle, Ahadi Kenya Trust has initiated various livelihood projects that continue to empower communities through self-reliance and sustainability. The income-generating projects include banana farming, chicken rearing, rabbit-keeping, apiary and weaving. We have also created value-addition for their farm produce. The formerly jigger infected people are today able to buy clothes, food and educate their children.

Jigger-infected people are often isolated, stigmatised and neglected. After treating and empowering them, Ahadi Kenya Trust helps rehabilitate and re-integrate them to the community. We take the initiative in bringing them together to form useful groups and/or SACCOs. They are trained on how to invest and start new programmes with the funds derived from livelihood projects. Ahadi Kenya Trust also helps in taking pupils who had dropped out due to jiggers back to school. Ahadi Kenya Trust, with partners, has also helped in building decent homes and sanitation facilities.

Severe jigger infestation causes disability. Most people who were disabled by jiggers had been denied their basic civil rights e.g. voting. Ahadi Kenya Trust launched a civic education guide on how such survivors can participate in the governance of the country by engaging in the electoral process and vying for elective positions. We have also been motivating them to register as voters. Hundreds of thousands of jigger victims had not been exercising their democratic rights. This year, the majority of those who have recovered will be able to vote for their preferred leaders.

Ahadi Kenya Trust has created partnerships with government bodies, county governments, NGOs, organised groups, corporate and individuals. The different roles they play have enabled us to achieve our objectives over the last 10 years. Their contributions include provision of medical/fumigation materials, shoes, food and other donations, both in cash and kind including volunteering.

From inception, Ahadi Kenya Trust lobbied the government for a policy to guide on tackling the jigger menace in Kenya. In 2015, the government, through the Ministry of Health, launched the National Policy Guidelines on Prevention and Control of Jigger Infestation. At the same time, the government gazetted 3rd March every year as a National Jigger Awareness Day.
National Policy Guidelines on Prevention and Control of Jigger Infestations

Highlights

- Institutional Roles
- Recommended Jigger Prevention and Control Measures
- Guide for Regulation of Vector and Vermin Control Operators
- Guidelines for Equipment and Chemicals
- Guidelines for Licensing of Vector and Vermin Control Operators
- Health and Safety Considerations in Pesticide Use
- Tungiasis Treatment and Care
- Conclusions
- Policy Recommendations
Our Awards

- Recognition Award - Beyond Zero - 2019
  (Recognized for our contribution towards maternal health in Kenya)
- WIB Impact Award, Women in Business - 2019
  (Awarded for impacting on women in Business in Kenya)
- African Community Service Award  2019 Voice Achievers Award - 2019
  (Recognized for Immense Contribution and Impact in Transforming the Communities Around us)
- Honorary Fellowship of IAR- Institute of African Royals & UN Women - 2018
  (Recognized for Empowering Women in Rural Africa)
- Community Policing Award- Ministry of Interior and Coordination of National Government
  (Recognized for our efforts In Community Policing and Development)
- Public Health Award, Ministry of Health - 2015
  (Recognized for our effort towards Jiggers Eradication in Kenya)
- Talent Ambassador for East and Central Africa - ICIE - 2014
  (Recognized for Commitment, Innovative, Practical and Passion for Community Development)
- Honorary Rotarian, Kikuyu Rotary Club - 2014
  (Recognized for volunteering in community service)
- London Olympics torch bearers - 2012
  (Recognized for our community service and selected as Olympic Touch Bearers in London)
- Children’s Rights Media Awards - 2011
  (Recognized for Protecting the Rights of Children in Kenya)
- Marketing Society of Kenya Warrior Award (MSK) - 2011
  (Recognized for Championing Anti-Jigger Campaign in East Africa through Social Marketing)
- Millennium Developments Goals Awards (MDGs) - 2011
  (Recognized for Outstanding Contribution towards Achieving The Millennium Development Goals 2015)
- African International Achievers Awards (AFIA) - 2011
  (Recognized for reducing Child Mortality, improving Sanitation and General Health in Kenya)
- Ambassador for Peace Award - Universal Peace Federation - 2011
  (Recognized for creating peace through provision of good health)
- Beauty with a Purpose, Miss World - 2010
  (Recognized for using beauty to impact on Kenyan people)
- Volunteer Involving Organization of the Year Award (VOYA) - 2010
  (Recognized for Involving Volunteers in community service in East Africa)
- Volunteer of The Year (VSO) - 2010
  (Recognized for volunteering in the anti-jigger campaign)
- Head of State Commendation (HSC) - President of the Republic of Kenya - 2009
  (Recognized for community service in Kenya)
- Pure and Nature Award - BIDCO - 2009
  (Recognized for leading young people to serve the community)
- Distinguish Service Award (J KUAT Alumni) - 2009
  (Recognized as an alumni contributing to the welfare of the society in Kenya)
- Honorable degree of Doctor of Philosophy in humanities, Universal University - 2009
  (Recognized for service to humanities in Africa)
- Humanitarian of the year award, Laico Regency - 2009
  (Recognized for our efforts to eradicate jiggers in Kenya)
- Global leadership and management Award (USAID) - 2009
  (Recognized for good leadership and management skills in eradicating jiggers)
- Woswa Young Achievers Award (WOSWA) - 2009
  (Recognized for been young and impacting on the lives of communities in Kenya)
Your support is a gift generously given, happily accepted and deeply appreciated by all beneficiaries of the Anti-jigger campaign.

I would like to thank all Ahadi Kenya Trust staff, social workers, volunteers and interns from all our offices for your hard work, dedication and selfless devotion. My sincere appreciation to all our volunteers, well wishers and friends of the anti-jigger campaign, you gave generously.

To our esteemed partners, we recognize and appreciate your giving and support.

Cecilia Mwangi
Miss World Kenya 2005
Anti-jigger Campaign Ambassador - Ahadi Kenya Trust

Thank you for your support:

Administration Police
Alive and Kicking
All 47 County Government’s
Amadeus Group
Ashleys
Athletics Kenya
BAKE
Beyond Zero
Bidco
Blue Sun Africa Ltd
Canon
CITI Group
CMC Motors
Coca-cola Kenya
Compuera
Consolidated Bank
Digital Divide Data
DiMaye Media
EABL
Eco Bank Kenya
Excloosive
Family Bank
Fanisi Company Ltd
Fast Energy
First Ladies 47 County
Governments
Ford Foundation
Fountain Media
G4S
Gaso Women Football club
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HP Kenya
IMG
Imarika Foundation
Interconsumer Products Ltd
Inua Dada Initiative
Jaguar Youth Empowerment
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Jamii Bora Bank
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Kenya Dairy Board
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Kenya Ports Authority
Kenya RedCross
KICC
Kikuyu District Citizen Initiative
Kirawa Road Primary School
KWAL
Laico Regency
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Radborne Clark
Radio Africa
Rafiki Microfinance
Raha Kids
Real Insurance Ltd
Resolution Health
Rhino Special Products
Rotary Club of Kenya
Royal Media Group
Safaricom Foundation
Samsung Kenya
Sanlam Group
SAP Group
Sarova Hotels
Sasini Tea
Scan Group
Sidian Bank
SMEP Microfinance
SOS Children’s Village
SouthWest Airlines
Spero Africa
SportPesa
St. Mary’s School Nairobi
Standard Media Group
Sunny Money
Telkom
The Convention Place
The Kenyatta Trust Foundation
The Nairobi Water Company
The Nairobi Womens Hospital
Therapies for kids
Three Cube
Tile and Carpet Center
TOMS
Uniliver
Valentine Cake House
World Vision
Wrigleys Kenya
World Wide Fund
You helped remove a jigger!

Our children are going to school and enjoying their education just like their friends. Their feet and hands are now recovered from jiggers, they are able to walk, write and concentrate in school. Their stigma has gone down and their self esteem has improved. They can now play and mix freely with other children as they are in good health. Their performance has now improved in school. As their parents, we are now engaging in livestock and agricultural farming and can now afford to buy our children proper sanitation equipment, medicine, shoes and learning materials. We are also able to access medical care and give birth in dignity. We can now also exercise our democratic rights freely.

You helped us!