

Personal and Family Hygiene

Drawing 1: personal hygiene



Drawing 2: family hygiene



Preparations:

- Show the drawing
- Read through the fact sheet to make sure you understand all the information, exercises and questions.
- Bring the materials for the exercise: a bag of 0.25 kg white flour

Ask people if they know what germs are.

Explain that germs are tiny organisms that cause disease. Many diseases, especially diarrhoea, come from germs in faeces. People can swallow germs, if these get into water, onto food, onto the hands or on kitchen utensils. Therefore it is very important to keep them outside our bodies, so they cannot make us sick

Ask people what they can do to prevent germs from spreading

Explain that there are several things that people can do to prevent germs from spreading

- Use a latrine
- Wash hands after going to the latrine
- Wash hands before cooking
- Keep yourself and your environment clean

What do you see in these drawings?

Use the drawings to discuss some of the most important hygiene rules. They are important for preventing some major diseases like diarrhea.

In drawing 1 you see the basic rules for a good personal hygiene. You can use the drawing to discuss freely about the things you see. However, make sure that in the end the following basic rules for a good personal hygiene are discussed:

Use the toilet

- Make a good latrine and use it, also the children.
- Make a tiptoe hand washer near the latrine.
- Clear up baby faeces - in the latrine or bury it.
- Never defecate in the bushes or in the fields.

Wash your hands regularly

- Wash your hands each time after using the toilet
- Use a tiptoe handwasher.
- Use soap for hand washing if you have it.
- If you have no soap use ashes from the fire as soap.
- Wash your hands after cleaning your child's bottom.
- Wash the hands of your children several times a day.

**Keep yourself clean**

- Take a bath every day
- Clean your teeth every day
- Keep your fingernails short
- Wear clean clothes
- Use clean bedding



In drawing 2 you see the basic rules for a good family hygiene. You can use the drawing to discuss freely about the things you see. However, make sure that in the end the following basic rules for a good family hygiene are discussed:

Use clean water for drinking

- Get drinking water from a safe source.
- Transport and store drinking water in a clean and closed container
- Boil the water, use a water filter or add chlorine.
- Use a clean cup for drinking the water.
- Never touch drinking water with your hands.

**Keep food clean**

- Wash your hands before cooking
- Wash raw fruits and vegetables
- Use a rack to dry the kitchen utensils in a clean place

Keep your house and compound clean

- Clean the house regularly
- Clean the compound regularly
- Use refuse pits for your garbage
- Keep animals away from your house and from water sources

**Ask the group who gets sick more easily, an adult or a child?**

Probably the answer of the group is children, as they are more vulnerable.

Why do children get sick more easily?

Small children are very vulnerable to illness. They do not know what causes illness, and do not know what dirt, or germs are. It is therefore important we pay extra attention to our children, and where and with what they live and play.

How can we keep the germs away from our children, so they don't get sick?

Your group is bound to have a lot of ideas, below we give you some basic measures, if the group doesn't come up with these, try to point them towards it with suggestions, in case this does not work, share the measures with them and let the group discuss about it.

- Keep the children clean and tidy.
- Wash your hands after cleaning the bottom of a baby or a child.
- A child often puts the fingers into the mouth. Therefore it is important to wash a child's hands several times a day.
- Make sure that the places where the children comes in and around the house are clean and tidy. Free from open waste.

Exercise 1 – How germs spread

The following exercise will give the members of your VAG better insight in the way germs can spread. For this exercise you need a bag with flour. The flour represents the germs.

Ask a member of the VAG to dip his/her right hand into the flour until it is completely covered. S/he should first shake off the excess flour, and then shake hands with six other participants. Ask these people to now shake hands with six more people.

Ask the group:

If we compare the flour to germs, what can we say about the spread of germs?

The exercise shows how easily germs spread; if one shakes a hand with another person, the flour passes on to this person. The same happens with germs, though different from flour, we cannot actually see germs.

How can the people with the flour/germs on their hand prevent themselves from getting sick?

Washing their hands to get rid of the germs, so they cannot make themselves or their families sick.

Exercise 2 – A short story on hygiene and germs

This exercise will give you an insight into what people know about hygiene and germs, this makes it a good starting point for further discussions on this topic.

Ask a volunteer to come forward. Explain that you will read a text out loud, and that (s)he has to do the things you say. To make sure the volunteer understand, give a short example first: 'I saw my friend(name of someone in the group) and gave him/her a hand', the person should then go to this person and actually shake their hand.

When you are sure that the volunteer understands, now read out loud:

One morning I was sleeping and having nice dreams

when the neighbours rooster began making noise woke me up
 I got up and went to defecate outside my house in the bushes
 then I went back into the house
 I breastfed the baby
 and then started to prepare breakfast
 I woke up my husband/wife and children
 we all had breakfast together
 the older children went to school and my husband left for work
 I went to work in the vegetable garden
 then I went back to the house
 and had some fruits
 after that it was time for washing cloths
 when I had finished I saw my friend
 I shook her hand and we talked a bit
 then I breastfed the baby again
 I went to the market
 when I came back I took some waste and disposed of it
 I played for some time with the baby and the children that came back from school
 then I started preparing lunch for my family

After finishing the story, ask the group if there was anything they missed in it.

The discussion is about hygiene, so if there are any comments on things that are not related to hygiene, thank the person who suggested this for his participation and try to get the discussion to hygiene. Things that the group might come up with are:

- The person did defecate in the bushes. It is better to use a latrine
- The person did not wash his hands after defecating and before preparing breakfast
- The food was not covered (as there were flies on it)

Now tell the group that the play will be done again (chose another volunteer). But now every time the volunteer comes into contact with germs they should say STOP. When the group says STOP, discuss what the volunteer should do to get rid of the germs (for example, wash her hands) and what would happen if she wouldn't take this measure. If the group does not say stop, when they should, say stop yourself and ask the group what they think should be done.

Read again

One morning I was sleeping and having nice dreams
 when the neighbours rooster began making noise woke me up
 I got up and went to defecate outside my house in the bushes
STOP feces contain a lot of germs and if we relieve ourselves in the surroundings of our house, the germs are likely to find a way into our houses. Using a latrine, if used properly, can keep these germs away from people, so they cannot make us sick. If there is no latrine available it is best to defecate far from the house, in a place where the feces will not be touched by people or animals, cover it with dirt to keep flies away.
 then I went back into the house
 then I breastfed the baby
STOP it is important women wash hands before breastfeeding their children, this prevents the children from falling ill

and then started to prepare breakfast

STOP before preparing any food we should wash our hands. If we don't the germs on our hands get in the food and can make the persons who eat it sick

I woke my husband and children

we all had breakfast together

STOP before eating we should wash our hands, if we don't any germs that are on our hands may get onto the food and in our bodies, making us sick

the older children went to school and my husband left for work

STOP It is important to wash our face every day, this way we can prevent any eye infections

I went to work in the vegetable garden

then I went back to the house and had some fruits

STOP Before eating or preparing food we should wash our hands, fruits too have to be washed before eating them

after that it was time for washing cloths

when I had finished I saw my friend

I shook her hand and we talked a bit

STOP it is important women wash hands before breastfeeding their children, this prevents the children from falling ill

then I breastfed the baby again

I took some waste and disposed of it

STOP it is important to always wash hands after handling waste, as there are many germs on it

I played for some time with the baby and the children that came back from school

then I started preparing lunch for my family

STOP before preparing food always wash hands

Ask the members what they have learnt during this meeting

Ask if there are any further questions.

Agree on the date, time, place and topic of the next meeting.

Close the meeting.