

11 Hygiene promotion

OVERVIEW



Hygiene promotion is communicating with your local community about hygiene and related health problems and promoting better hygiene practices.

It covers personal hygiene, domestic hygiene, water hygiene and food hygiene.

What does hygiene promotion involve?

- ➔ Telling people about good hygiene practices.
- ➔ Talking to family elders and community leaders about hygiene practices.
- ➔ Identifying households where people are ill, seeing if they have risky hygiene practices and explaining how to improve them.
- ➔ Finding out if local schools would like you to arrange a visit to talk about hygiene.
- ➔ Distributing leaflets/posters in schools and other areas.

Personal hygiene

- ➔ Wash your hands with soap after using the toilet, before preparing food and eating, and after handling children's stools.
- ➔ Wash your face every day with water and soap.
- ➔ Clean teeth every day with a soft brush.
- ➔ Keep your clothes clean.

Domestic hygiene

- ➔ Keep your house and backyard and community free of animal stools.
- ➔ Dispose of stools safely, use a latrine and keep it clean.
- ➔ Bury or burn rubbish.
- ➔ Keep your community and backyard free of standing water (mosquitoes that transmit diseases breed in standing water).

Use community message(s): 11, 23

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Water hygiene

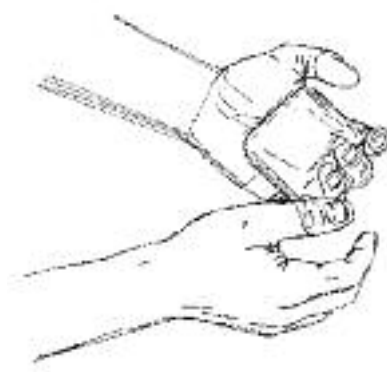
- See *Action tool 8* for more information on how to keep water clean.

Food hygiene

- If food is not clean, it can transmit germs and spread diseases.
- Cook meat and other animal products such as eggs thoroughly to kill germs.
- Wash vegetables and fruits thoroughly with clean water.
- Wash utensils (plates, forks, knives, etc.) with clean water and soap. If possible, use a dish rack for drying.



*Keep food properly stored
and covered*



*Wash your hands properly
with soap*



Talk to your community