



SESSION TITLE: PERSONAL, FAMILY, AND COMMUNITY HYGIENE

Date:	Time:	Facilitator(s):
Learning Objectives:		
<ol style="list-style-type: none"> 1. To understand the importance of hygiene. 2. To know how to practice proper hygiene. 		
Facilitator Preparation:		
Materials:		
<ul style="list-style-type: none"> • Equipment: • Handouts: Routes of Contamination poster (Appendix 2) • Trainer Materials: Poster board, markers (black and yellow), tape, Routes of Contamination poster (Appendix 2), cut outs of the levels of hygiene (Appendix 3), cut outs of the personal and community hygiene situations (Appendix 4). 		
Step / Time	Instructional Sequence	Materials
Motivation 5 minutes	<p>-Before the presentation, draw a giant hand on a poster board. On the hand, put yellow dots to represent the germs (Appendix 1).</p> <p>-Standing far away from the participants ask: "Is my hand clean or dirty". The instructor should stand far enough away the participants cannot see the yellow dots.</p> <p>-Standing closer to the participants ask the question again. The instructor should stand close enough the participants can see the yellow dots.</p> <p>-Explain that the dots are like germs, they are hard to see but are there, and that is why we need to wash our hands</p>	<p>-Poster board</p> <p>-Black and yellow marker</p>
Information 20 minutes	<p>-Tape the Routes of Contamination poster to the wall (Appendix 2)</p> <p>-Ask the participants where they can find feces (poop)</p> <p style="padding-left: 40px;">Correct answer: Field, patio, latrines, in the house, on the animals</p> <p>-Distribute the Routes of Contamination handout (Appendix 2)</p> <p>-Explain the routes of contamination:</p> <p style="padding-left: 40px;">This poster shows ways in which microbes are transferred from feces to our mouth and into our stomach. These are the ways that we become sick from microbes.</p>	<p>-Routes of Contamination poster (Appendix 2)</p> <p>-Tape</p> <p>-levels of hygiene cutouts (Appendix 3)</p>



Microbes can spread on our hands and fingers. Every time that our hands touch human or animal feces, there is a chance that microbes can be spread to our mouth or to our food. The microbes can also be spread to other people's hands and food.

Flies are attracted to the smell of human or animal feces. When they land on feces and then fly and land on our food, they spread the microbes that cause illness. Also if the flies land on our face or hands, they can spread the microbes to us.

Water that is contaminated with feces will flow around the countryside and spread the contamination. When this water is used in the household, the microbes could be transferred to our mouth. This can happen when we drink the water and also when we use dishes washed in contaminated water.

Plants can also pick up microbes from feces. The fruit or vegetables may become contaminated with microbes from animal or human feces. If fruit or vegetables are not washed with clean water, then we can become sick.

-Explain the routes of contamination (Appendix 2).

When a healthy person consumes contaminated food and water, the microbes enter the stomach and can result in illness. When children and adults are sick, their feces contain the microbes that caused their illness. When a sick person defecates, especially out in the open field, the microbes are once again entering the environment. In this way, the transmission cycle of microbes and disease continues.

-Explain the Levels of Hygiene with the cutouts (Appendix 3)

Personal Level:

Bathe myself daily

Brush my teeth

Wash my hands

Family Level:

Clean inside and outside the house



	<p>Cover the food Put the animals outside of the house, in the case that we want them inside the house, wash them beforehand Throw the trash in a trashcan with a lid</p> <p>Community Level: Do not throw trash in the street, maintain a community trash bin with a lid to throw away the trash Complete community clean-ups Speak with neighbors about the importance of hygiene</p>	
<p>Practice 20 minutes</p>	<p>-The instructor will read the situations to the participants or distribute the situations among the group, this will depend on the participants (Appendix 4). The participants will answer what should be done in the situation.</p> <ol style="list-style-type: none"> 1. I am working in the field cultivating tomatoes for my family to eat, and it is almost time for dinner, what do I need to do before eating dinner? <i>Correct Answers: Bathe, wash my hands and brush my teeth</i> 2. I see my neighbor throwing trash into the street, what should I do? <i>Correct Answers: Explain the importance of throwing trash in a proper bin with a lid. If they throw trash in the street, it will attract flies with will contaminated the food and water.</i> 3. I spend all day playing with my friends and petting animals. What should I do? <i>Correct Answers: Bathe and wash my hands</i> 4. I have a dog, 2 ducks, and 2 goats in my house. Who should stay in the house? What should I do? <i>Correct Answers: The dog can stay in the house only if I bath him first</i> 5. I am cooking dinner for my family and there are a lot of flies. What should I do? <i>Correct Answers: Cover the food in the kitchen and when the food is covered, and check to make sure the house is clean.</i> 	<p>-Cutouts of the personal, community, and family hygiene situations (Appendix 4) -Tape</p>



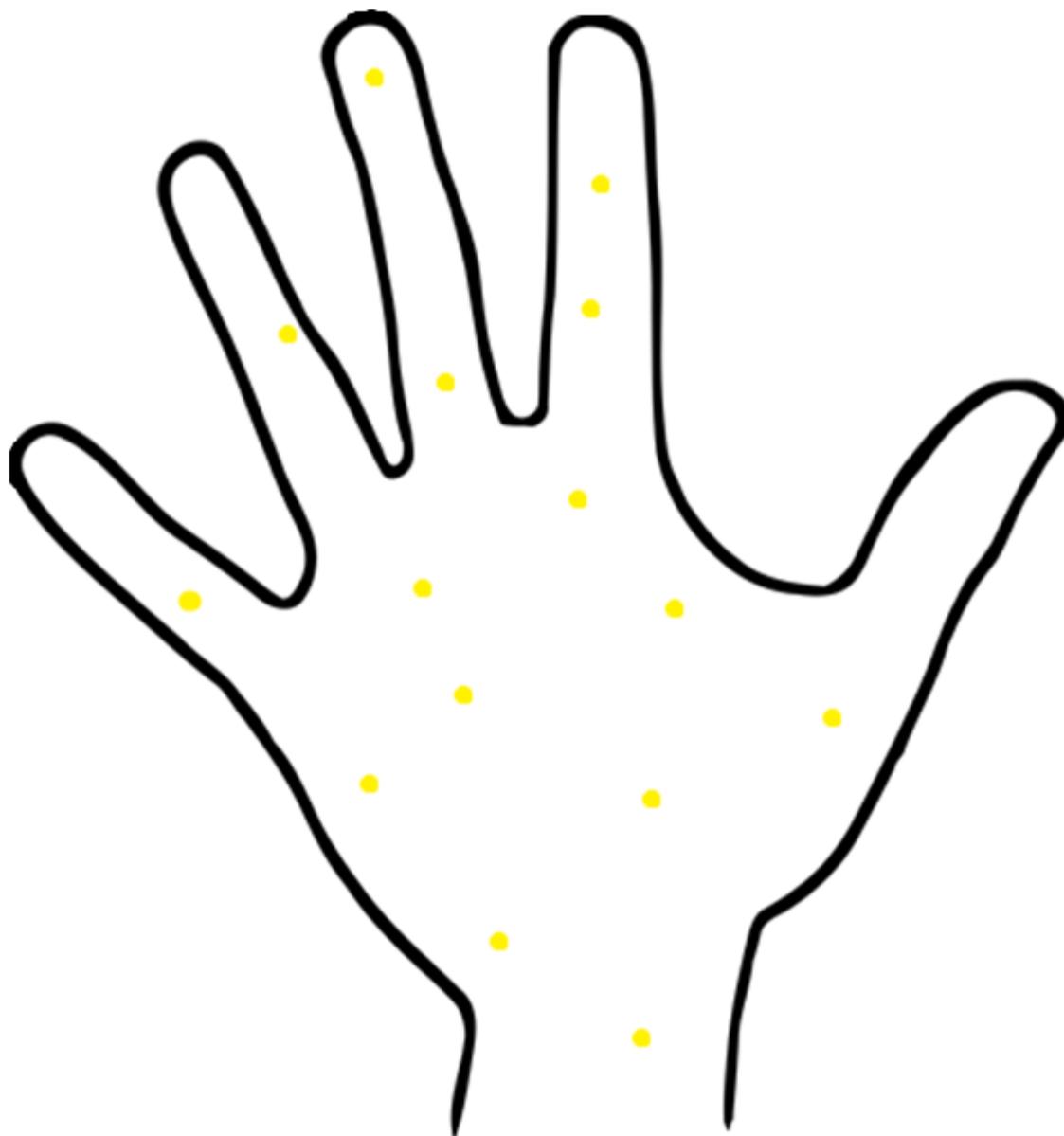
<p>Application 20 minutes</p>	<p>-Distribute the cutouts of the Levels of Hygiene (Appendix 3), have the group put them under the correct themes (Personal Level, Family Level, and Community Level) -Review Them</p>	<p>-Cutouts of the levels of hygiene (Appendix 3) -Tape</p>
<p>Evaluation 5 minutes</p>	<p>-Ask the group: Why is personal, family, and community hygiene important? <i>Correct Answer: It stops the routes of contamination and keeps people from getting sick.</i> How can you prevent the routes of contamination with personal, family, and community hygiene? <i>Correct Answer: Wash your hands, treat your water, wash your food, use a bathroom, cover your food, etc.</i></p>	
<p>Notes</p>		



green empowerment

Village Solutions for Global Change since 1997

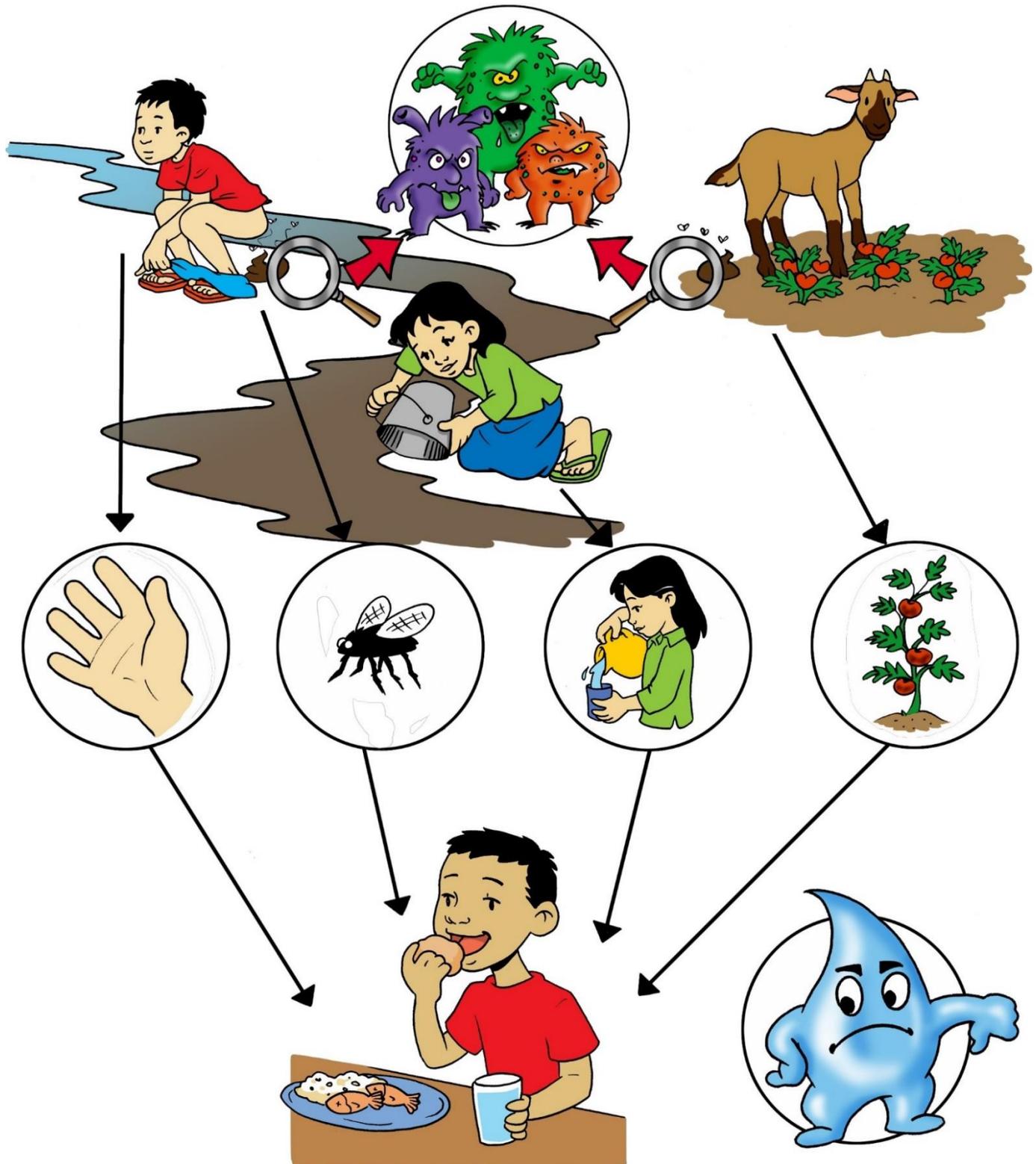
APPENDIX 1





APPENDIX 2

THE ROUTES OF CONTAMINATION



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Adapted from

CAWST
Centre for Affordable Water
and Sanitation Technology

APPENDIX 3



Personal Level:

Bathe myself daily

Brush my teeth

Wash my hands

Family Level:

Clean inside and outside the house

Cover the food

Put the animals outside of the house, in the case that we want them inside the house, wash them beforehand

Throw the trash in a trashcan with a lid

Community Level:

Do not throw trash in the street, maintain a community trash bin with a lid to throw away the trash

Complete community clean-ups

Speak with neighbors about the importance of hygiene



APPENDIX 4



1. I am working in the field cultivating tomatoes for my family to eat, and it is almost time for dinner, what do I need to do before eating dinner?

2. I see my neighbor throwing trash into the street, what should I do?

3. I spend all day playing with my friends and petting animals. What should I do?

4. I have a dog, 2 ducks, and 2 goats in my house. Who should stay in the house? What should I do?

5. I am cooking dinner for my family and there are a lot of flies. What should I do?