



Hygiene and Sanitation

Personal Hygiene

Personal Hygiene is the concern of every person. It is essential for the body to safeguard your health to remain disease free. AWW should create awareness about the steps for proper personal hygiene.

- Always keep your body clean. Take bath once every day at least. Try to change your clothes every day (When water is scarce, you may bathe at least twice a week. If water availability is worse, at least scrub your body regularly with a clean wet cloth).
- Brush your teeth at least twice a day, preferably after waking up and before going to bed. Brush your teeth on the inside and outside, away from the gums and towards the cutting surfaces of the teeth. Daatun can be used if tooth paste is unavailable.
- It is important to cut nails regularly and keep them clean.
- Hands should always be washed before preparing, serving or eating the food, and before feeding children.
- One should wear comfortable clothing as per the seasons. A daily change of clothes is a healthy practice.
- Combing the hair every day is necessary for its health. One should have a head-bath esp. if there is excessive sweating. Extra care should be taken for louse, fine combs should be used and these should not be shared.
- Proper footwear is needed to keep away germs, worms and dust.

Benefits of Being Clean

- Every time you do anything you pick up potentially harmful organisms that can make you sick.
- Most diseases and infections are caused by people touching their mouths with unwashed hands.
- Body odor results from combinations of wastes excreted from your skin, odor from unwashed clothing, chemicals from sweat and actions of skin bacteria.
- Bad breath, body odor, and an unkept appearance for example can often give you a bad first impression.
- It is important for you to look healthy and present a well-kept appearance in professional situations as well.
- Having good hygiene will allow people to focus on your capabilities.



Key steps by AWW for Environmental Sanitation

- Most villages will have health and sanitation committee. The committee members take initiative for development of village health plans. Village health planning needs some facilitators. They bring people together, activate them to think and plan with people, map out problems and encourage solutions to keep their environment clean.
- Throw out garbage in the proper manner and not leave on the road or a corner of the street.
- The anganwadi and homes should be cleaned every day.
- There should be proper disposal of human waste. Enable people to change their behaviour such as construction of sanitary latrines in their house.
- AWW should call mothers and motivate the community to keep their surroundings clean. This can be an activity to be done on VHND or during Mahila Mandal meetings as well.
- Use aids for BCC: Chitrakatha, flip charts, booklets, posters, prabhat pheris, songs, models, puppet shows, street plays etc can be used to propagate messages.

The Five F's – Care to be taken to prevent disease

