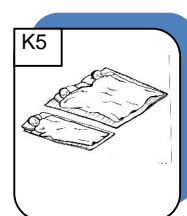
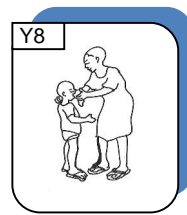
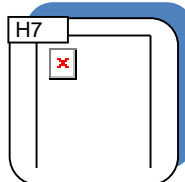
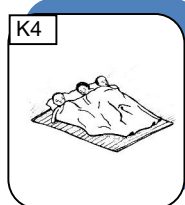
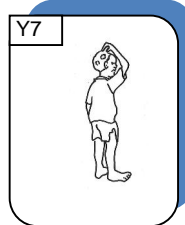
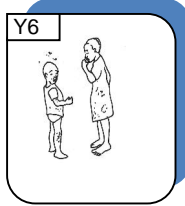


1. PERSONAL HYGIENE



Many diseases from which we suffer can be prevented by simple hygienic practices in our homes. The three main types of conditions that we will tackle in this training are preventable: skin diseases, diarrhoea and worms. Let us start with our own personal hygiene. There are easy ways which we ourselves can prevent illness at little cost. For example, did you know that if we sneeze into our shoulders instead of using our hands we can cut down the chances of spreading colds and flu to each other when we shake hands? If we use a tissue, instead of using our fingers when we have a blocked nose, we can minimize spread of bacteria.

Germs are spread by our dirty hands. If we use soap to wash our hands we can really reduce by half, our chances of catching diarrhoea and colds from others.

If we wash our faces every morning and keep our children's faces clean, they will not attract flies and therefore they won't catch diseases such as trachoma which can cause blindness.

If we keep our bodies, clothes and bedding clean we can keep our family healthy and free from skin diseases such as scabies and ringworm.

ACTIVITY: 1. Three Pile Sorting TIME: 1 Hour

1. Give out all the pictures shown here.
2. Ask each person to come up and explain what is in their picture. Group people with their pictures into three 3 clusters: good, bad and medium.
3. Discuss: Is it typical of what happens here?

RECOMMENDED PRACTICES

1. Sneeze into your shoulder not your hands.
2. Use a tissue to blow your nose.
3. Do not pick your nose or spread germs.
4. Wash you body every day with soap.
5. Wash your teeth twice a day after eating.
6. Keep your hair clean or shaven.
7. Wash your face every day in the morning.
8. Wash your clothes regularly.
9. Wash your bedding regularly.
10. Keep children clean.

**NEW PRACTICE:
Sneeze into your shoulders!**