

HYGIENE

◆ CONCERNING YOUR HEALTH ◆

SOAP

Cleanliness is so vitally important to prevent disease and to promote good health. There are so many unwanted conditions which are a result of uncleanness. We need to use extreme caution when handling food and water. These items can be so easily contaminated by poor handling when hands are dirty, containers are not clean or the food source has been contaminated by human fecal material used in fertilizers or dirty water.

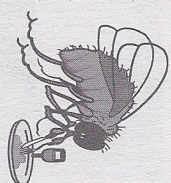
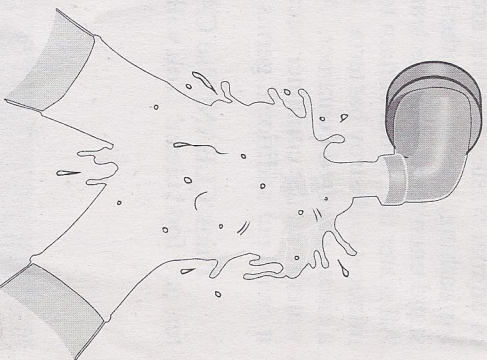
One of the most common results of contamination is diarrhea. When a person has eaten contaminated food or drunk contaminated water, the digestive system becomes irritated. Diarrhea can be very dangerous if it persists, especially in small children or infants. It can be fatal if untreated.

PERSONAL HYGIENE

Some of the ways to promote cleanliness is by taking baths regularly. When a bath has been taken, clean clothes should be put on. Our clothing becomes dirty just like our bodies. Both our skin and our clothes can carry bacteria that can be harmful and can get into our food. Also when dirt collects on the skin there is more chance for skin infections such as boils to develop.

The fingernails should be kept short and clean. The fingernails can be a source of bacteria. Frequent hand washing with soap and water is a necessity. The hands should always be washed after using the bathroom or latrine, before eating or preparing meals, and before feeding the baby.

Dirty hair helps lice to grow, therefore the hair should be washed often. It is important to keep the face and eyes clean as well. Eye infections are caused by bacteria which can come from dirt around the face and eyes or from dirty hands around the eyes.



It is very important that human excreta not be left out in the open. If no latrine or bathroom is available, the excreta should be buried to prevent contamination from worms or bacteria. Flies and other insects will feed upon the excreta and then carry the germs to food.

Shoes should always be worn outside to prevent getting worms from the ground into the feet which can then move up into the intestines. Wearing shoes will also prevent the chance of cuts or puncture wounds to the feet that could become infected.

DISH WASHING

Many bacteria are spread from eating utensils that are shared or that have not been washed properly. Dishes should be washed after every meal in **hot soapy water** and rinsed. Sharing dishes and eating food that someone else is eating is a way of spreading germs. Dishes should be kept in a closed cupboard or covered to prevent dust and contamination from flies in the open air.

FOOD PREPARATION

If human fertilizer is used on the crops, only food that is thoroughly cooked should be eaten. Fruits and vegetables should always be scrubbed with clean water before eating them raw. Cooked food should be eaten as soon as possible after cooking. When re-heating leftover food make sure it is heated very hot. Keep food covered to keep flies from transmitting bacteria from fecal matter to the food. Food should be kept cold if not eaten after preparing. Never eat food that taste or smells bad.

WATER

The water in many areas has been contaminated with human waste or animal waste. In some areas animals live in the water that is used for bathing, washing clothes and drinking. Rain water that is left to stand uncovered in an unclean container can be contaminated as well. All water that is not certain to be pure should be boiled for at least 20 minutes to destroy bacteria. The boiled water should then be stored in a clean, covered container. A clean dipper should be used to remove water from the container because if dirty hands are put into the water it could put additional germs into the water.

Think **CLEAN!** Use **CAUTION!** Keep your body, clothes, water, and food clean! You will enjoy more abundant health.

