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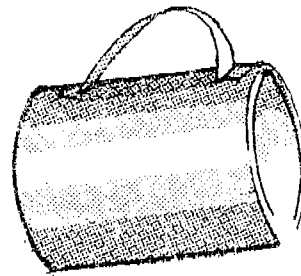
A GUIDE FOR TRAINERS

FOR PROMOTING HYGIENIC PRACTICES AND SANITATION

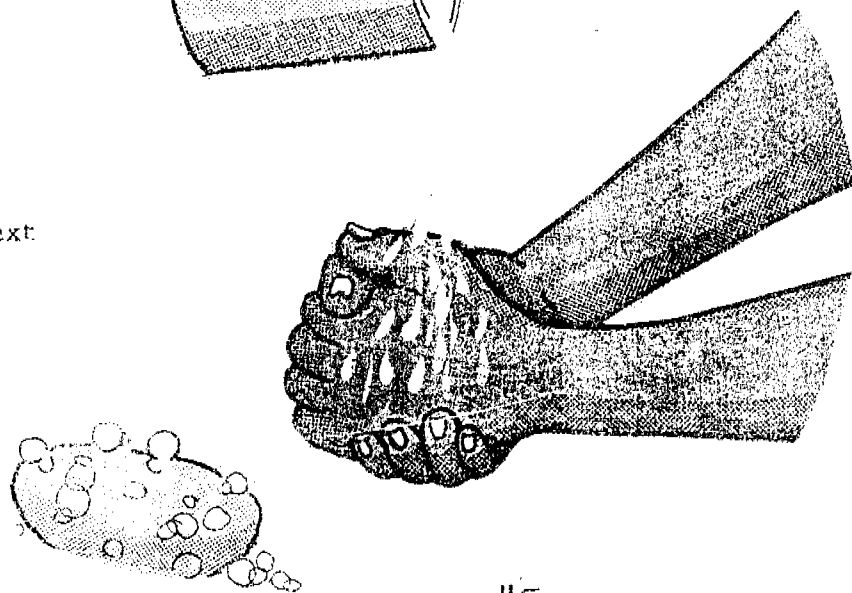
Women, Water
and Sanitation Project

Social Research Center
American University in Cairo

1989



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A Translation of The Arabic Text



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INTRODUCTION

This is a simplified guide based on both illustrations and verbal expressions to assist trainers in the field of hygiene education for use in Egyptian villages (lower Egypt). Trainees could also use it to emphasize the information acquired during their training as "Health Promoters". Data in this guide depends on:

- A. Results of a socio-anthropological study conducted by the SRC in the AUC (1984-1986), prior to the action-oriented research project on Women, Water and Sanitation.
- B. It is based on observed behavioral practices related to hygiene and sanitation of women in the study villages. These practices might be similar to water use and sanitation in other villages, especially those hygienic practices that relate to water borne and washed diseases, as: gastrointestinal-diarrhea-infectious hepatitis, infectious skin diseases and infectious eye diseases.
- C. This data had been subject to testing and modification during the entire period of the project.
- D. This guide has been specifically prepared for "Hygiene Promoters" in the villages under study-nurses, public service candidates, community workers, primary school teachers, social workers, female local leaders and nursery supervisors.
- E. In order to achieve its aims and expected benefits, this guide is subject to evaluation, addition, deletion and modification according to the latest scientific findings in this field and according to the field situation.

HYGIENIC MESSAGES

Disease prevention depends, mainly, on the clarity of the relationship between unhygienic practices and the spread of some diseases.

The guide includes the following:

- + Maintaining hygienic practices inside the house.
- + Maintaining hygienic practices of personal cleanliness.
- + Maintaining hygienic practices outside the house.

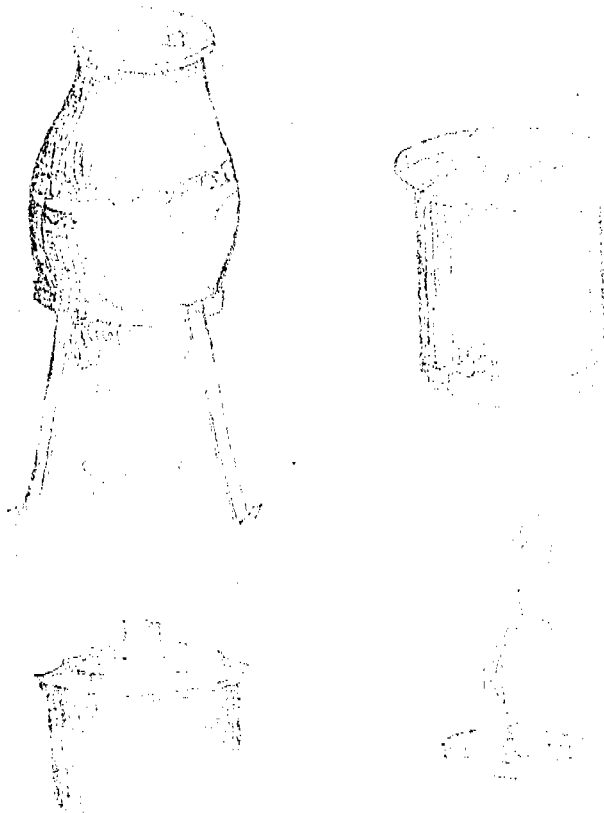
**MAINTAINING HYGIENIC PRACTICES
INSIDE THE HOUSE**

Storing drinking and cooking water:

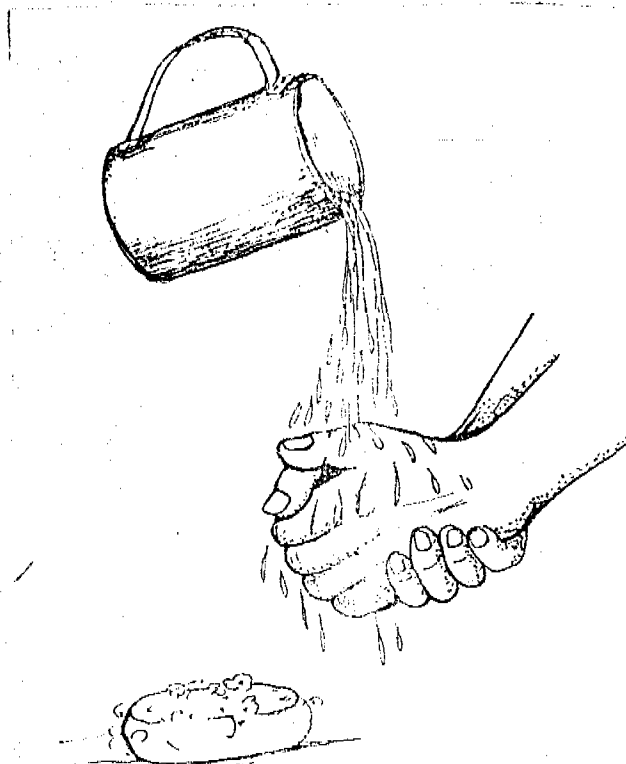
Drinking water is usually clean from its sources, but it might be polluted during its storage. Polluted water may cause certain diseases, such as: typhoid, dysentery, cholera, gastrointestinal, infectious hepatitis and poliomyelitis.

Therefore, we should:

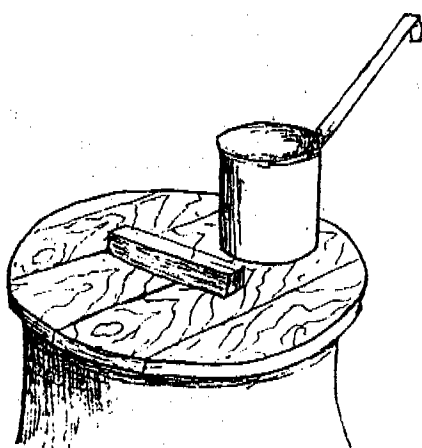
- Make sure the container is clean before storing water.
- Put the container off the ground, away from "animal shed" and the latrine.
- Keep a cover for the container to prevent polluting water with dust, pigeon's feather and flies.



- Wash hands with soap and water before pouring water out of the container to avoid microbe transmission.



- Specify a clean cup, with a long handle to draw water from the container.
- Avoid returning the remaining water in the cup to the water containers.

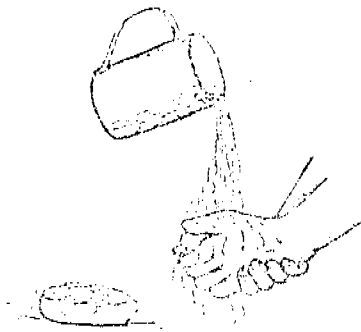


PREPARING FOOD

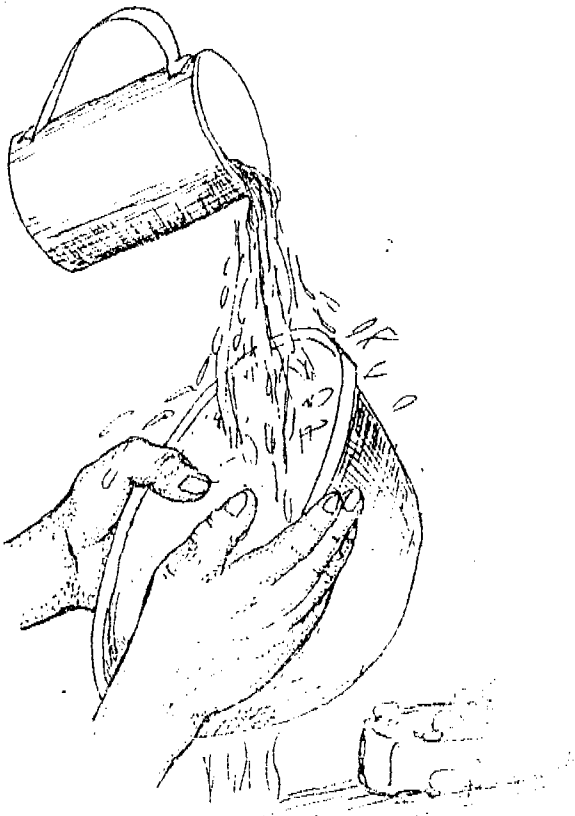
Preparing food for children and adults is a daily activity in each house. If we follow certain hygienic practices, we can avoid some diseases, such as: gastro-intestinal - Typhoid - Dysentery - Ascaris

Therefore, adults should:

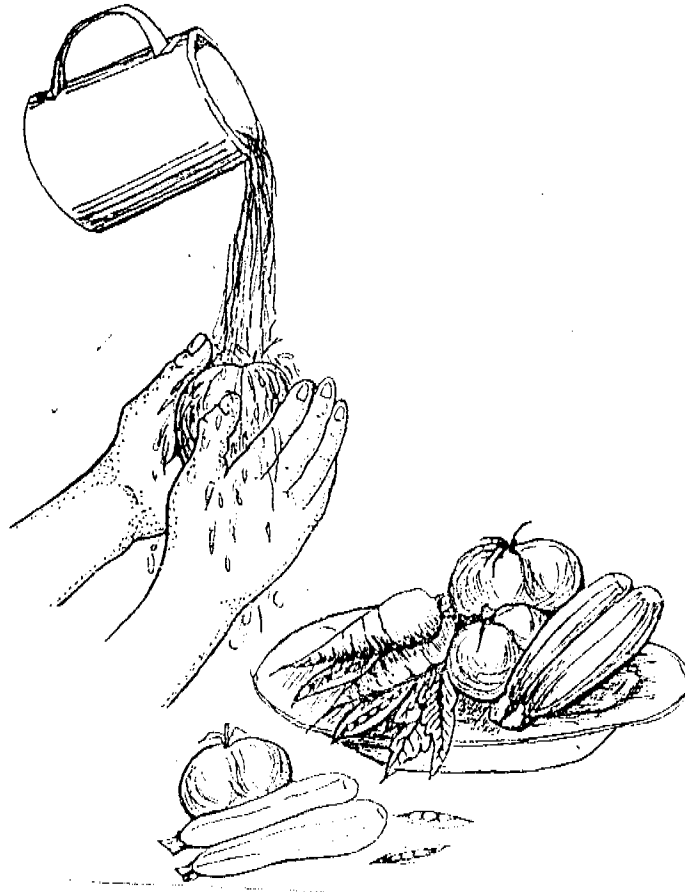
- Wash hands with soap and water before preparing food.



- Wash the utensil with soap and water before cooking.



- Wash vegetables one by one under running water from a tap or a standpipe to remove insecticides or any dirt.



- Cover the food from flies that are a source of microbes.
- Prepare food off the ground, away from poultry that might put their bills and feet in it.
- Avoid returning left over food in to the main container.
- Boil the remaining food both before storing, and eating it again.



LACTATING AND FEEDING INFANTS

The following should be followed:

- Wash hands with soap and water before breast feeding.
- Make sure that the mothers' clothes are clean.
- Wash the breast before breastfeeding.
- Wash the infant's face and mouth with clean water.
- In case of using a pacifier:
 - + Cover it to keep it clean.
 - + Wash it with soap and water if it falls to the ground.
- Boil the nursing bottle and the milk, and prepare each meal separately.
- The nursing bottle should be covered and stored in a clean place.
- Supervise children responsible for feeding their younger siblings to avoid polluting the food.
- Train elder children to wash hands with soap and water before eating.

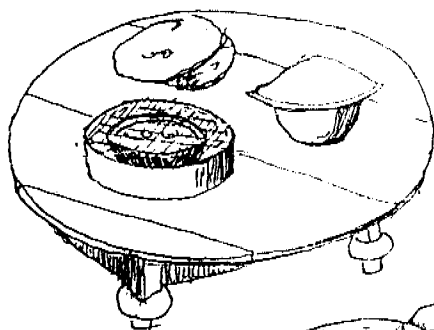
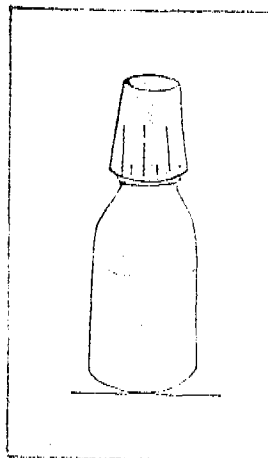
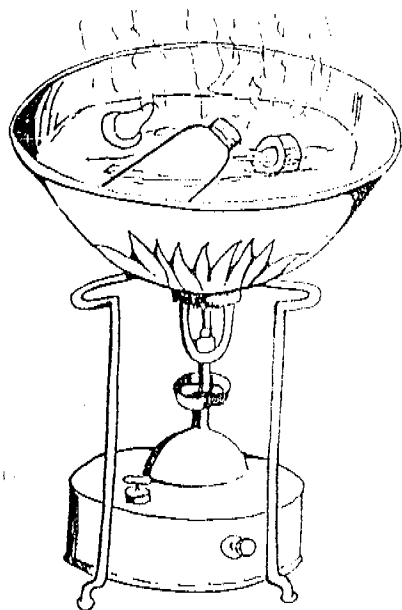


HOUSE CLEANLINESS

House cleanliness - which is our immediate environment - affects the general health of the family. Therefore, the following should be considered:

- Always sweep the house, spatter it with water, collect the garbage and put it in a covered container to avoid flies that transmit diseases.
- Combat flies by spraying gasoline or insecticides.
- Ventilate the rooms properly.
- Prohibit children from defecating inside or around the house because feces is a source of microbes.



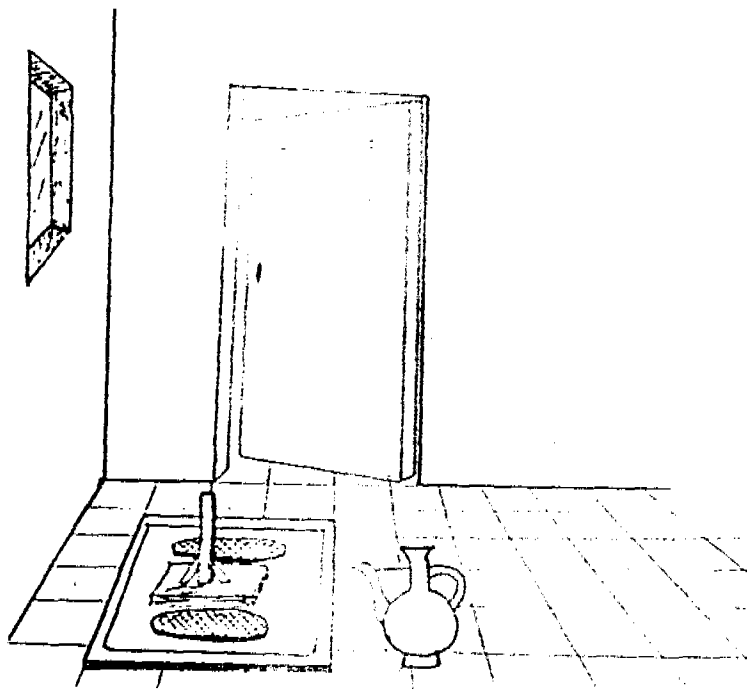


LATRINE CLEANLINESS

Cleaning the latrine is very important because it is a principle factor in spreading certain diseases, such as:

Typhoid - paratyphoid - dysentery - gastrointestinal - poliomyelitis - Infectious hepatitis and cholera. Therefore, we should:

- Fix a door for the latrine and always keep it closed, keep an opening for ventilation.
- Cover the latrine opening with a long handle to:
 - prevent microbe transmission to the rest of the house
 - prevent bad smell.
 - prevent the gathering of cockroaches and flies.
- Put some water in a container for ablution after using the latrine.



Ways of cleaning the latrine:

- Wash it at least once by the end of the day.
- Pour some water into it everyday.
- Spray gasoline or a disinfectant around the opening, to combat flies, insects and bad smell.

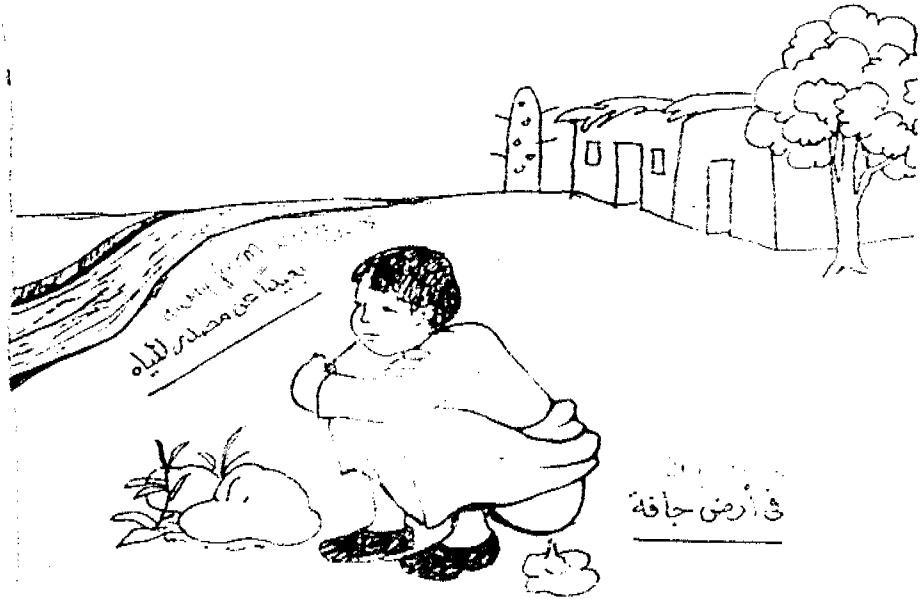


In case there is no latrine:

It is better to use a place exposed to sun and air, and to bury the feces with dust.

If someone defecates on the roof, little gasoline should be poured to prevent bad smell.

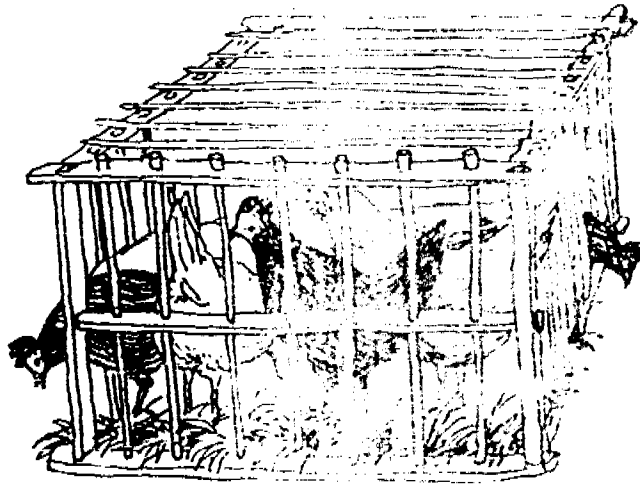
In both cases, hands should be washed with water and soap after defecation or urination to prevent microbe transmission.



Raising Poultry

There should be a special place for poultry in the house away from where food is prepared in order to avoid:

- Transmitting dirt in the poultry's feet into the house.
- Polluting food with the poultry's bills.
- Polluting stored water.



The "Zereeba" (Cattle Shed)

The "Zereeba" is usually located inside the house. Therefore, it should be cared for so that it won't result in transmitting certain diseases as: Tetanus - prosila - cattle plague - and any of the diseases that flies transmit as: Typhoid and gastrointestinal

We should do the following:

- Fix a fence for the Zereeba and close it regularly, so that:
 - It prevents animals from moving into the house and defecating because the feces contains microbes.
 - Poultry and children won't carry the Zereeba's remains into the house on their feet.
 - Bad smells won't spread into the house.
 - Flies won't carry microbes from the "Zereeba" into the house.
- When someone gets into the "Zereeba", he should put on a shoes in order not to catch parasites.

Making Dung Cakes

Making dung cakes is still practiced by women in many of the rural areas. Some hygienic measures should be followed to avoid certain diseases such as: Tetanus - Gargarena - Tuberculosis - Bettle plague - Prosiila

Therefore, we should do the following:

- Change the "Galabia" immediately after finishing the work and hang it in the sun.
- Wash hands with soap and water after making the dung cakes.
- Wash the "galabia" at least once a week. It should not be mixed with the rest of the clothes.
- Avoid making the dung cakes when hands are injured to avoid Tetanus.
- Prohibit children from playing in the area were dung cakes are made.





MAINTAINING HYGIENIC PRACTICES IN PERSONAL CLEANLINESS

Observing the personal cleanliness of the mother and the child is basic to sanitation. If it is neglected, certain diseases will result, especially infectious skin diseases and infectious eye diseases.

Therefore, the following should be done:

Mother's cleanliness:

- Change the "garment" after finishing the house work.
- Wash hands with soap and water before preparing food and feeding the children.
- Wash hands with soap and water after using the latrine and after attending to your house work.
- Cut finger nails, so that accumulated dirt won't transmit microbes.



Children Cleanliness

- Wash their hands and faces regularly to prevent flies from standing on them.
- Bathe children regularly, and boil and wash their clothes.
- Train children to put on shoes to avoid injuries and parasites.
- Train children to defecate in pot, or to use the latrine, and forbid them to defecate in the street or in the house.
- Wash their hands with soap and water after defecation.
- Rinse the children after defecation.
- Wash their hands before eating, so that microbes won't reach their intestins.
- Cover infants' faces with a light cloth, and they should sleep in a clean place to prevent flies from standing on them.
- Cut their finger nails, so that accumulated dirt won't transmit microbes.
- Wash and comb children's hair regularly to keep it clean.



MAINTAINING HYGIENIC PRINCIPLES
OUTSIDE THE HOUSE

Environmental pollution and disease transmission is a result of unsanitary conditions practiced by us. Many diseases are transmitted by flies that breed in places full of garbage and dirt.

Therefore, each member in the community should:

- Avoid throwing garbage and dead animals into water streams like drainage and irrigation canals.
- Garbage can either be used as a source of energy or kept in container until the garbage collecting cart passes and picks it up. It can be burned.
- Instruct children not to defecate in streets.
- Sweep in front of the house everyday.
- Avoid throwing any garbage in the streets.
- If it is necessary to urinate or defecate outside the house, it should be in a dry place away from water streams. Cover it with dust so that others won't catch belharzia.

