



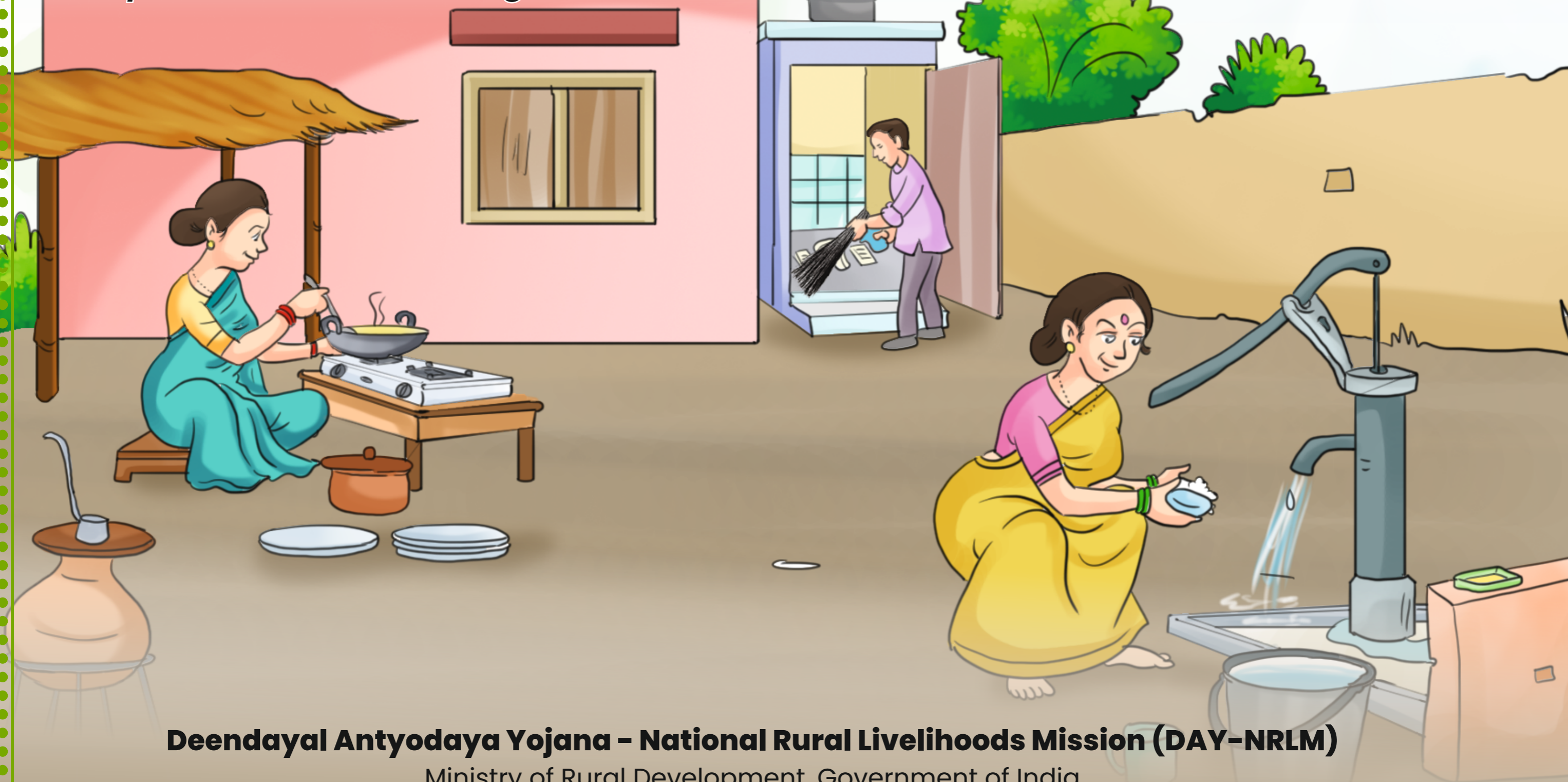
सत्यमेव जयते

ग्रामीण विकास मंत्रालय
भारत सरकार



HYGIENE RELATED BEHAVIORS

Flipbook for SHG Meetings



Deendayal Antyodaya Yojana – National Rural Livelihoods Mission (DAY-NRLM)

Ministry of Rural Development, Government of India

INSTRUCTIONS FOR THE FACILITATOR



- Each Flipbook has a facilitator guide attached, please read the guide thoroughly to familiarize yourself with the contents of the session.
- The facilitator guide provides additional information on the topic so that the facilitator is equipped to address any questions, doubts raised by participants while the session is rolled out.

Start the session by greeting the participants and informing them about this session

- Each card has two sides. The front pictorial side is illustrated for the participants.
- The back with descriptive messages, is for the facilitator to read, understand and explain to the participants.
- The facilitator must display the pictorial side to the participants first and ask what they understand. The Flipbook should be passed around the group members, if the pictures are small and difficult to see from a distance.
- After that, the facilitator should explain the message related to the picture.
- In case a participant has any query, the facilitator must patiently try to listen, understand and address the query.
- After a detailed explanation of the flipbook content, the facilitator should check understanding among the participants by asking questions and re-iterating the key messages.



REGULAR HAND WASHING, USE OF TOILET AND ADOPTING OTHER PERSONAL HYGIENE BEHAVIOURS KEEPS INFECTIONS AT BAY



HYGIENE RELATED BEHAVIORS

Initiate a discussion with the group on important hygiene practices covering the following topics:

1. Regular use of toilet
2. Importance of hand washing with soap and the steps involved
3. Food and water hygiene
4. Personal Hygiene

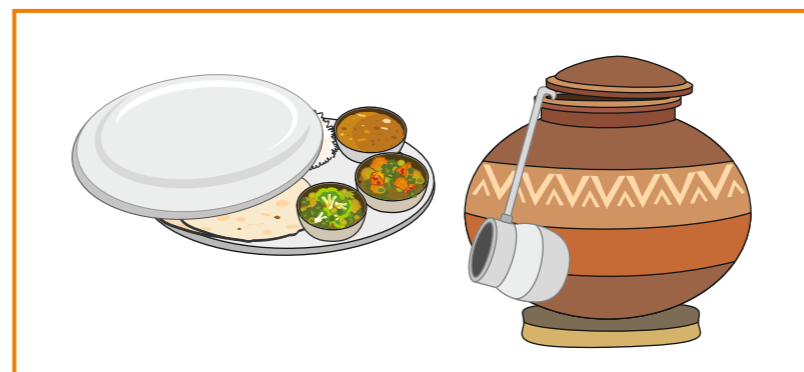
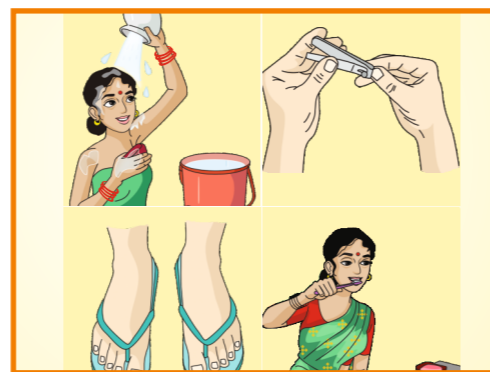
Note: It is very important that the participants do not let any negative sentiments come in during the session and traditional practices and taken into consideration. However, the associated myths should not be encouraged. More importantly, it is to be ensured that participants understand the importance of all hygiene related behaviors and the hazards of not adopting these practices.



IMPORTANCE OF SANITATION AND HYGIENE

Sanitation refers to all hygienic practices including proper disposal and management of human waste (faeces and urine) and various other kinds of waste. Hygienic behavior influences the individual, community or environment in an important way and lack of sanitation can lead to multiple kinds of problems such as:

- Various infections and diseases, especially diarrhea in children
- Malnutrition in children, caused by infections, leading to inadequate mental and physical development
- Extra expenses on treatment, leading to economic burden on families
- Polluted environment



IMPORTANCE OF SANITATION AND HYGIENE



Use the Toilet



Wash hands with soap



Personal hygiene



**Maintain food and
water hygiene**



**Keep your
environment clean**



1. REGULAR USE OF TOILET BY ALL FAMILY MEMBERS

It is very important that all members of the household use toilet regularly and there is no open defecation because:

- Proper disposal of human excreta is possible through the use of toilets
- It protects us from many types of infections including diarrhea, pneumonia, cholera and skin diseases.
- Having toilets in school increases the attendance of all students, especially girls and thus impacts the education level.
- It protects the environment i.e. water, soil, air from contamination
- It protects us from accidents and other problems that may occur while defecating in the open
- Using the toilet provides with privacy, giving a sense of security and dignity.



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1. REGULAR USE OF TOILET BY ALL FAMILY MEMBERS



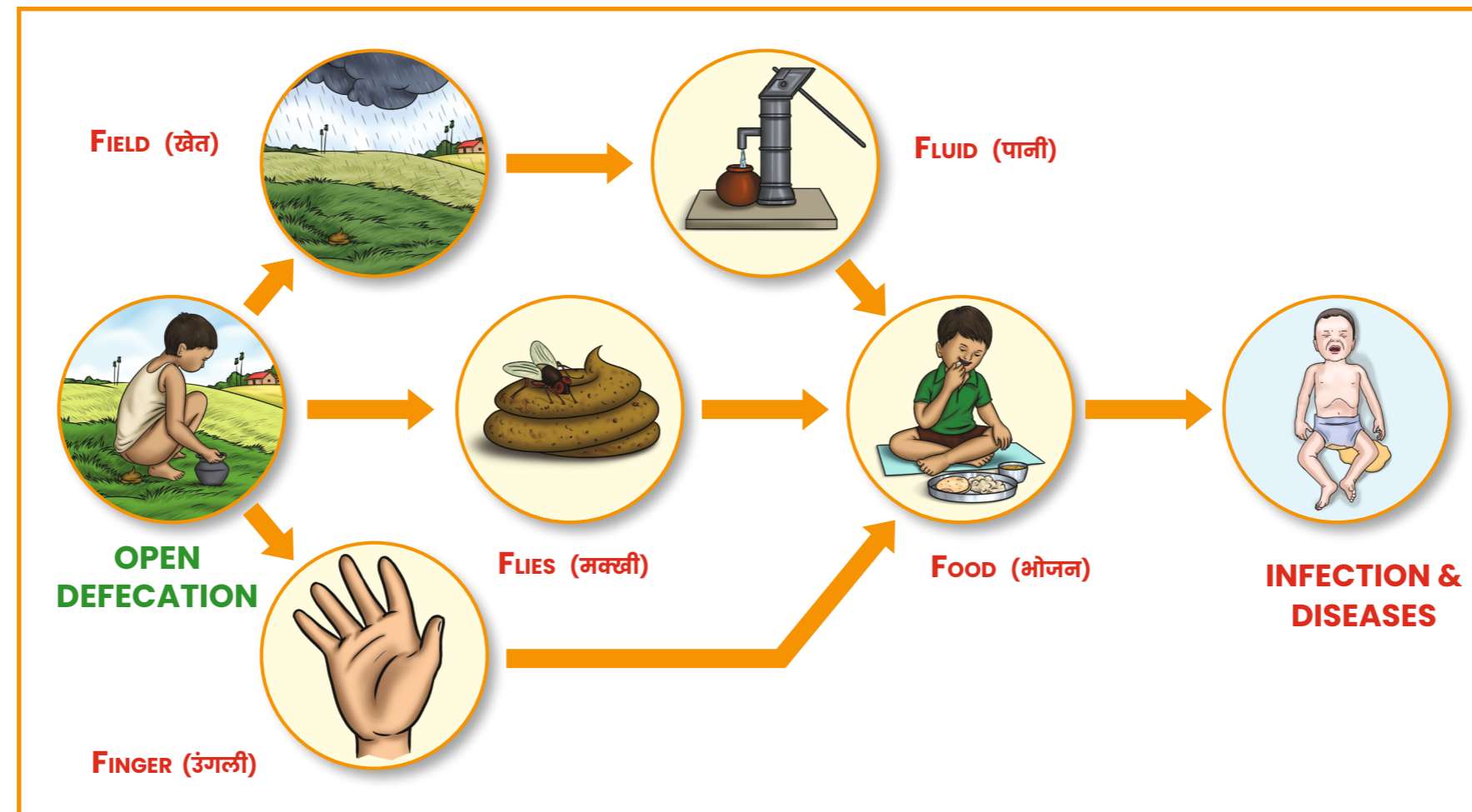
Proper use of toilet helps the family maintain good health and dignity



OPEN DEFECATION IS CAUSE OF VARIOUS DISEASES AND INFECTIONS

- When we defecate in the open, no matter how far away from the dwellings, the excreta and its germs reach our body through the following means:

"5 F" DIAGRAM

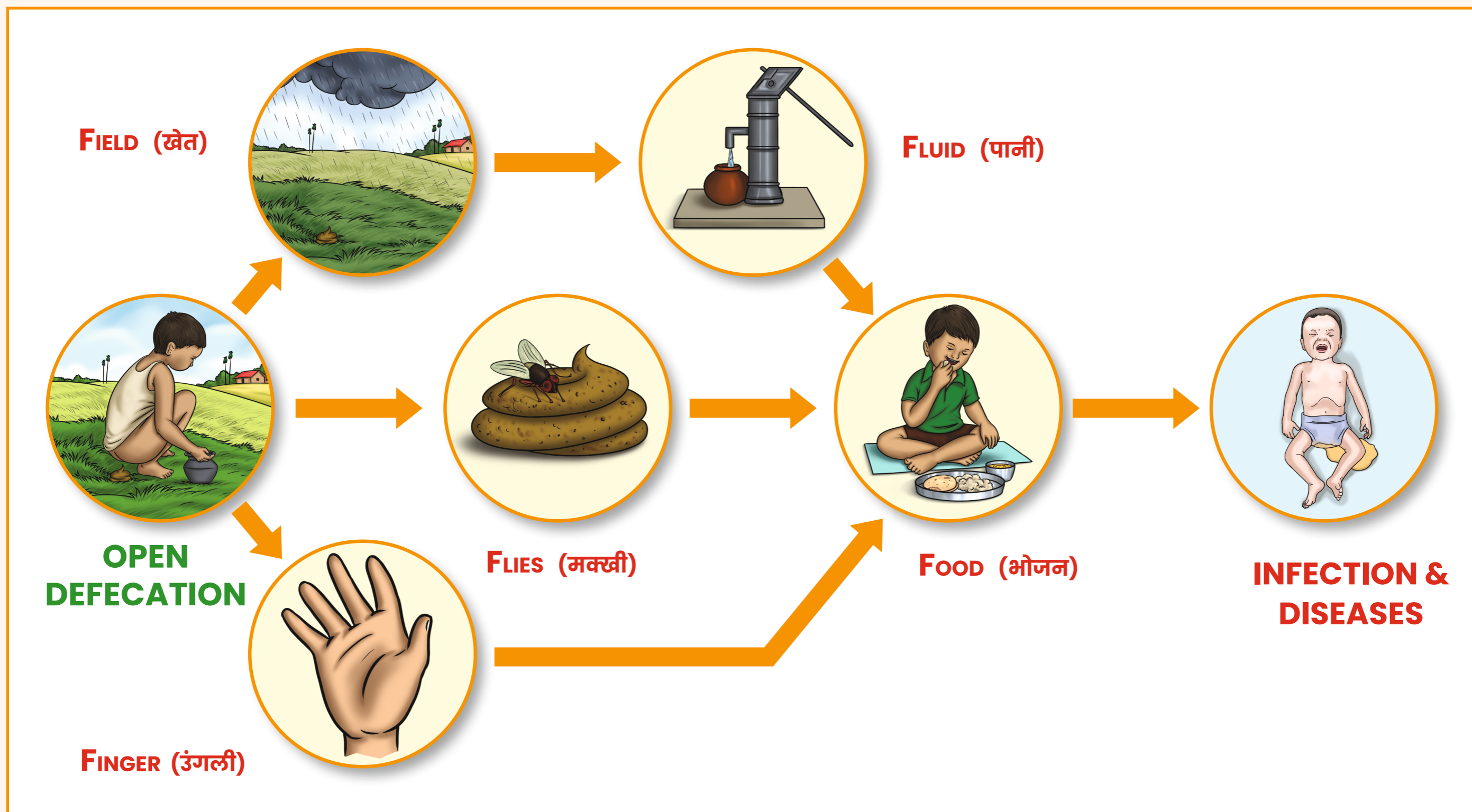


- This is known as the "5F" diagram. Human excreta infects us by entering our body through these five ways i.e. Fluid, Field, Flies, Fingers and Food. This infection, through an individual can spread to households, to the villages and further.
- Many diseases are caused by such infections leading to the death of millions of children every year.



OPEN DEFECATION IS CAUSE OF VARIOUS DISEASES AND INFECTIONS

"5 F" DIAGRAM



MAINTENANCE OF THE TOILET

- The toilet should be used regularly for both defecation and urination
- It is necessary to ensure availability of water in the toilet
- One should pour water in the toilet before and after every use to keep it clean
- Regular and proper cleaning of the toilet seat and the surroundings is very important, to prevent infection and any foul smell
- Responsibility of cleaning the toilet and other surroundings is a shared responsibility of family members and women should not be doing this alone.
- Children's faeces should also be thrown in the toilet there are five times more germs in the stool of children than in the stool of an adult. The chances of spreading infection and disease are therefore equally high



MAINTENANCE OF THE TOILET



Regular and proper cleaning of the toilet is very important

Children's faeces should also be thrown in the toilet because the chances of spreading infection and disease are equally high.



GOOD HABITS FOR PROPER DIGESTION

Keep the stomach clean by adopting the following habits:

- Keep your meal times regular, not erratic
- Ensure adequate amount of fiber in the diet, such as whole grains, pulses, fruits with peel, green leafy vegetables etc.
- Drink at least 8 – 10 glasses of water daily
- Minimize consumption of canned and processed foods
- Lead an active life and exercise regularly



GOOD HABITS FOR PROPER DIGESTION



Ensure adequate amount of fiber in the diet



Lead an active life and exercise regularly



Drink at least 8 – 10 glasses of water daily

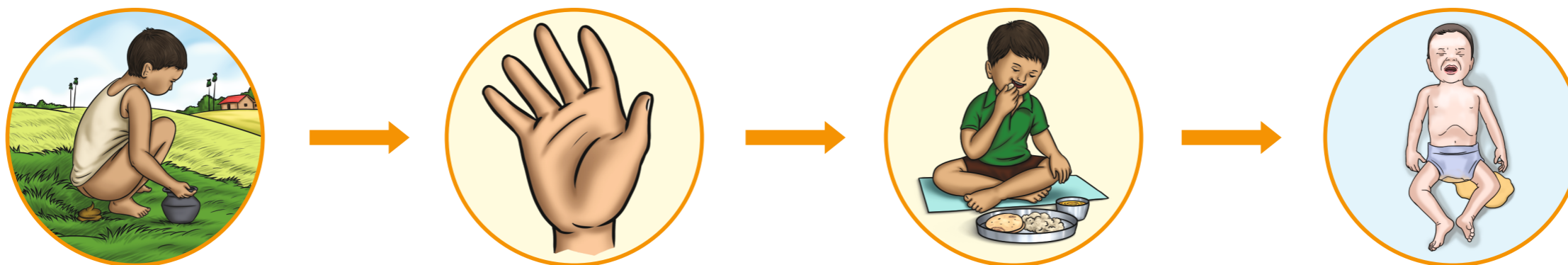


2. WASHING HANDS WITH SOAP BY ALL FAMILY MEMBERS

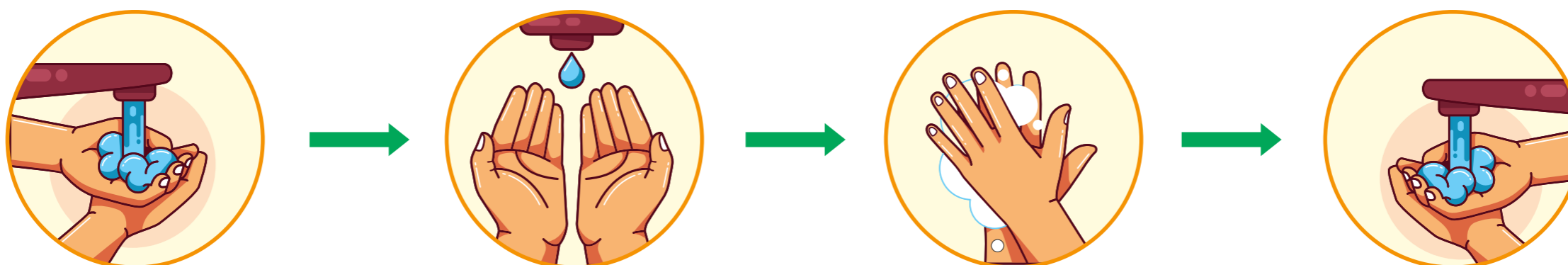
Washing hands with soap and water can save you and your family from various diseases like– Diarrhea, Pneumonia, Cholera, Cholera, Skin diseases etc.

because:

- Various types of dirt or harmful bacteria sticking in our hands enter the body through food and make us sick or infected

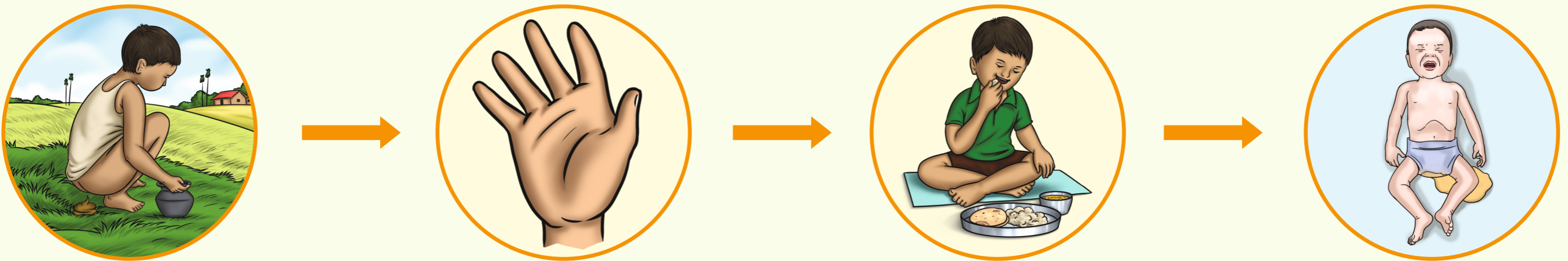


- But when we rub our hands with soap and water, the dirt and harmful bacteria stuck on hands come out with soap lather / foam and get washed away with water.

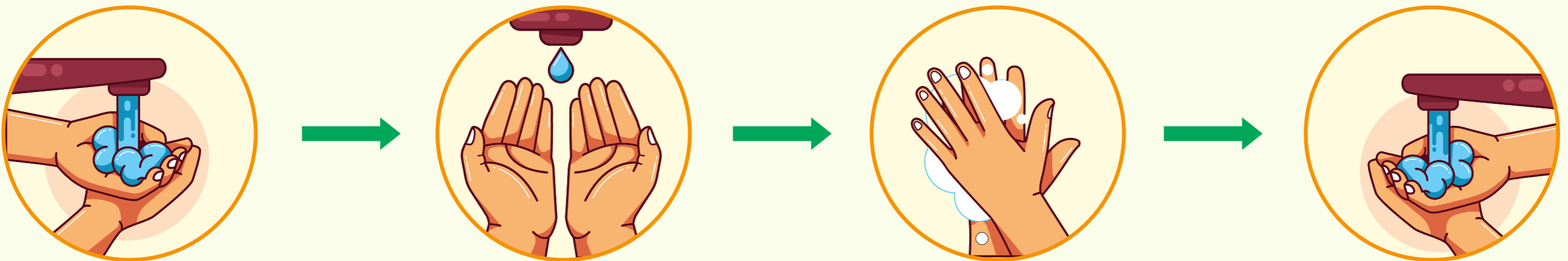


2. WASHING HANDS WITH SOAP BY ALL FAMILY MEMBERS

WHY IS IT IMPORTANT TO WASH HANDS WITH SOAP?



Dirt and harmful bacteria on our hands infect us through food and other things



Washing hands with soap washed away the harmful dirt and other bacteria



WASHING HANDS THE RIGHT WAY – KEY STEPS

Following are the steps to wash hands properly

After wetting hands with water, apply soap and after that rub your palms together according to the steps shown below:

Step 1: First of all, rub the your hands palm to palm directly with each other

Step 2: After that in reverse, rub the back of each hand with one palm

Step 3: Rub palm together to clean between the fingers

Step 4: Then make a fist with one palm and rub the other palm on the fist, using back of fingers

Step 5: Now rub the other palm over the thumb of one palm in a circular motion making a fist.

Step 6: Then alternately rub the pit of the palms with the nails and tips of finger

After that wash hands thoroughly with clean water



Straight



Reverse



Fingers



Fist



Thumb



Nails



WASHING HANDS THE RIGHT WAY – KEY STEPS



STEP 1 – First of all, rub the your hands palm to palm directly with each other



STEP 2 – After that in reverse, rub the back of each hand with one palm



STEP 3 – Rub palm together to clean between the fingers



STEP 4 – Then make a fist with one palm and rub the other palm on the fist, using back of fingers



STEP 5 – Now rub the other palm over the thumb of one palm in a circular motion making a fist.



STEP 6 – Rub Then alternately rub the pit of the palms with the nails and tips of finger



CRITICAL TIMES TO WASH HANDS WITH SOAP

Simple handwashing with soap arrangements should be made at home. One example is the widely used Tippy tap using a jerry can.

It is very important to wash hands with soap and water on the following occasions

- Before cooking food, feeding others and eating food
- After using the toilet and after cleaning the children's feces/stools
- After cleaning the house and disposing of garbage
- After coming into contact with animals

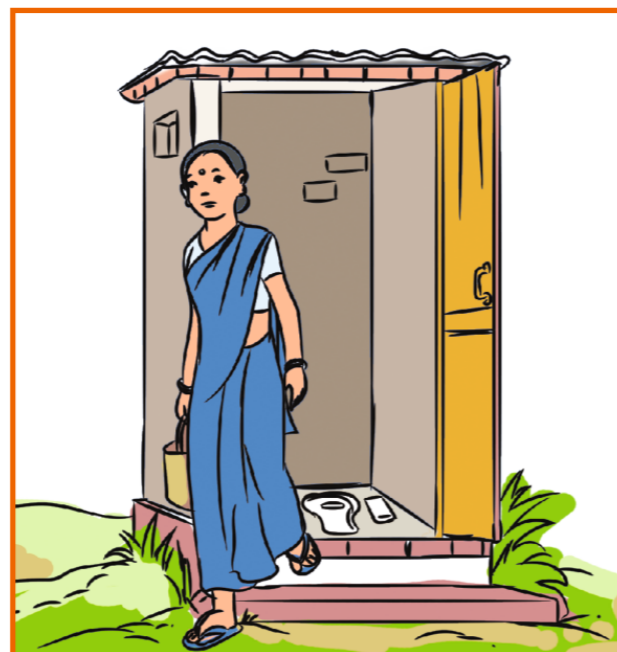


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**BEFORE COOKING, FEEDING
OTHERS AND EATING FOOD**



AFTER USING THE TOILET



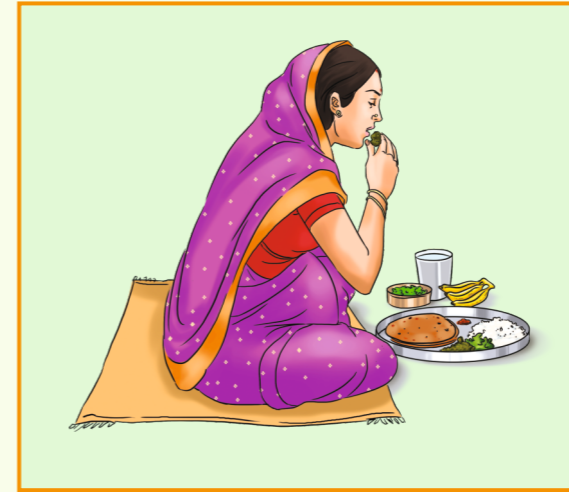
**AFTER CLEANING THE HOUSE AND
DISPOSING OF GARBAGE**



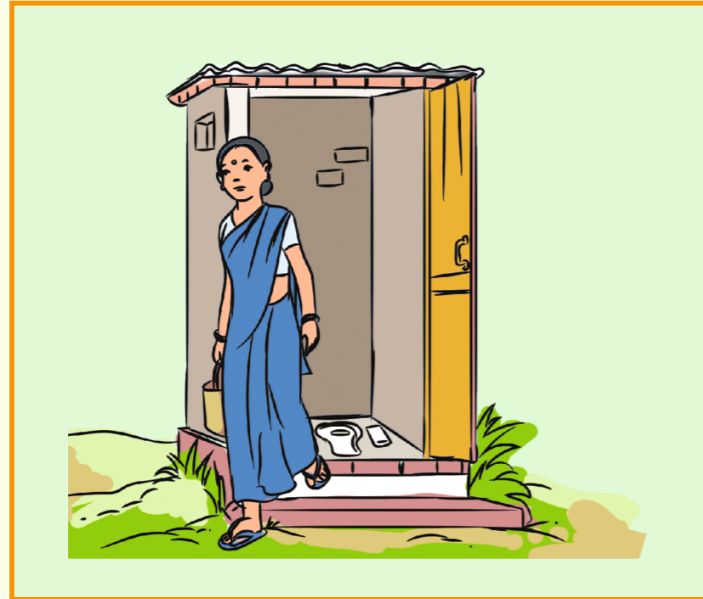
**AFTER COMING IN CONTACT
WITH ANIMALS**



CRITICAL TIMES TO WASH HANDS WITH SOAP



Before cooking, feeding others and eating food



After using the toilet



After cleaning the house and disposing of garbage



After coming in contact with animals



3. FOOD AND WATER HYGIENE

Hygienically prepared food keeps the germs away and reduces the risk of food contamination and thus chances of getting infected.

What practices to adopt for maintaining food and water hygiene:

- Wash green leafy vegetables in salt water.
- Wash raw fruits and vegetables twice or thrice before use and cut them after washing.
- Eat non-vegetarian food after thoroughly washing and properly cooking.
- Use milk after boiling it completely.
- Always keep food and water covered.
- Keep the cooking area clean and hygienic.
- Keep raw and cooked foods separate.
- Buy packaged food items only after checking the expiry date
- Wash hands thoroughly before preparing food.
- Boil drinking water before use.



3. FOOD AND WATER HYGIENE



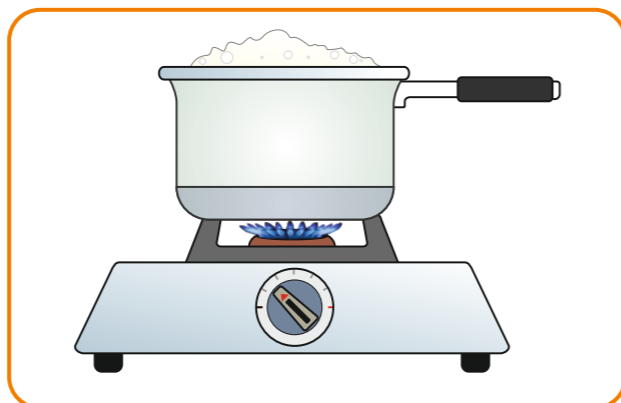
Wash green leafy vegetables in salt water.



Wash raw fruits and vegetables twice or thrice before use and cut them after washing.



Eat non-vegetarian food after thoroughly washing and properly cooking.



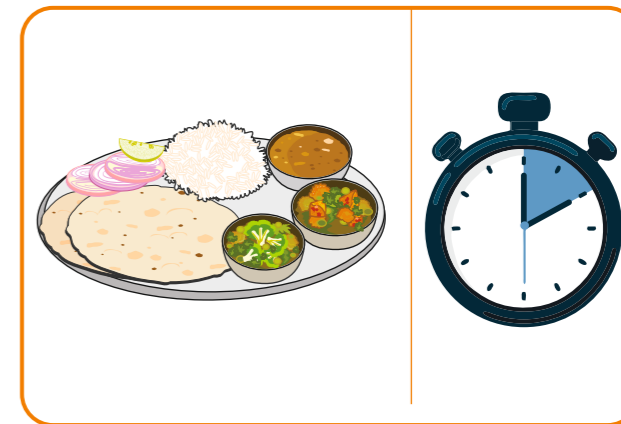
Use milk after boiling it completely.



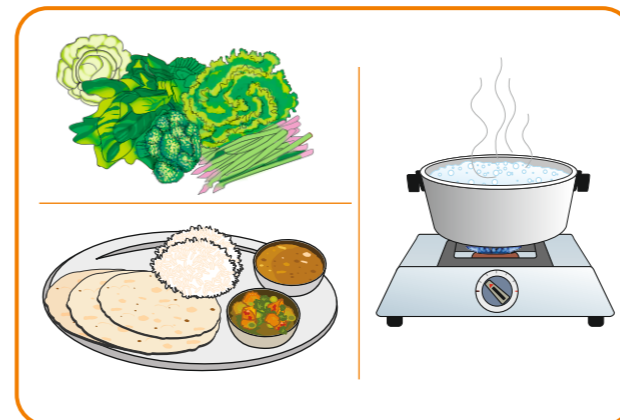
Always keep food and water covered.



Keep the cooking area clean and hygienic.



Remember that cooked food is usually safe only for two hours.



Keep raw and cooked foods separate.



Boil drinking water before use.



Buy packaged food items only after checking the expiry date



Wash hands thoroughly before preparing food.

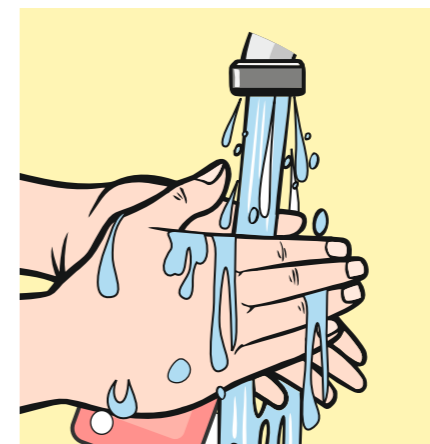
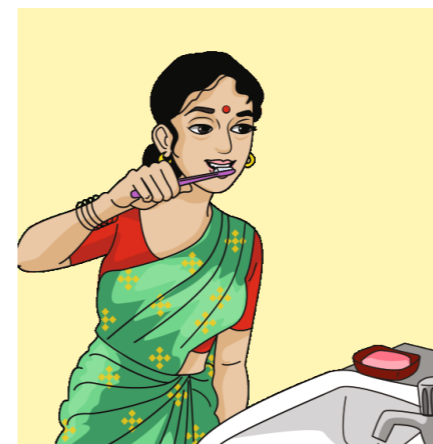
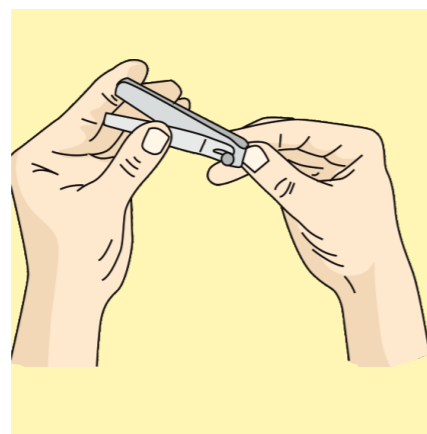


4. PERSONAL HYGIENE

Maintaining personal hygiene is very important to prevent diseases and germs.

Remember to:

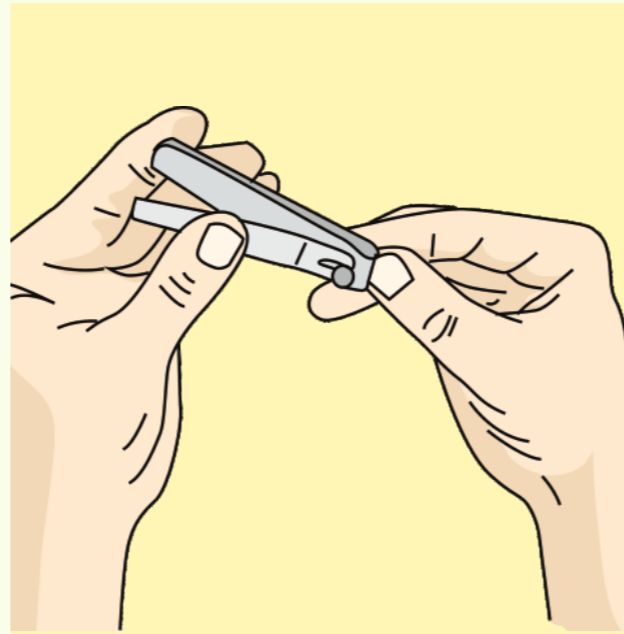
- Bathe daily, keep your hair clean and nails trimmed
- Do not walk barefoot, always wear slippers/footwear
- Be sure to rinse your mouth after eating anything and brush your teeth at least twice a day
- Always wash hands with soap and clean running water
- Do not defecate in the open, always use toilet



4. PERSONAL HYGIENE



Bathe daily and keep your hair clean



Keep your nails trimmed



Do not walk barefoot, always wear slippers



Brush your teeth at least twice a day



Wash hands with soap and clean running water



Do not defecate in the open, always use toilet



SWACHH BHARAT ABHIYAAN



This campaign of the Government of India promotes all hygiene related behaviors and also provides support for certain activities.

- **The Swachh Bharat Abhiyan (SBA)** was officially launched on 2 October 2014 to eliminate open defecation and monitor toilet usage through the construction of household and community toilets.
- The **objective of the campaign** is to ensure that all rural households have access to toilet facilities and various options for toilet models and sanitation techniques are available to them such as twin pits, septic tanks, bio toilets, etc.
- **Provision for construction of individual household toilets** under "Swachh Bharat Abhiyan" – The incentive amount provided under the campaign for Below Poverty Line (BPL)/identified APL households ranges up to Rs 12,000 for construction of one unit of household toilet and provision of water storage for hand washing and cleaning.



SWACHH BHARAT ABHIYAAN



Provision of household toilets to all rural households



Incentive amount provided by the government



KEY MESSAGES AND ROLE OF SELF HELP GROUPS

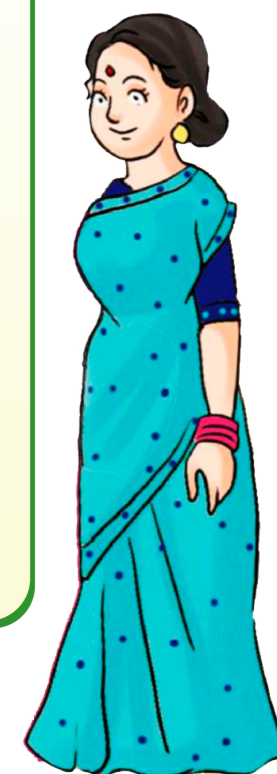
Key Messages

- It is very important for all the members of the family to use and maintain the toilet regularly, and to wash hands with soap to prevent a number of diseases and infections.
- By washing our hands properly following the steps, at critical times, we can save ourselves and our family from various diseases.
- It is important to maintain personal hygiene behaviors and also keep food and water hygienically.

Role of Self Help Groups

- All the members should ensure that they and all their family members use the toilet and ensure its maintenance regularly.
- The group should ensure that all members and their families practice the method of washing hands properly at critical times. They should also make sure that soap is kept at the place of washing hands.
- Self-help group members should ensure that everyone in their family observes cleanliness while cooking and maintains personal hygiene.
- Make sure that all members of the group are informed about “Swachh Bharat Abhyaan” and other provisions. They should be able to contact the Panchayat to avail these benefits.

The self help group should be ready to support those members who face problems or find it difficult to convey these messages and convince their families.



**Let us ensure that key messages of this session
are reflected in our daily behaviours**



The Food, Nutrition, Health and WASH (FNHW) Toolkit has been developed by the National Mission Management Unit (NMMU) with support from Technical Assistance agencies–TA– NRLM (PCI) and inputs from ROSHNI–Centre of Women Collectives led Social Action, National Institute of Rural Development (NIRD), State Institutes of Rural Development (SIRDs), National Resource Persons (NRPs), State Rural Livelihood Missions (SRLMs) of Bihar, Chhattisgarh, Jharkhand, Odisha, Uttar Pradesh, Andhra Pradesh, Telangana and Maharashtra, JEEViKA Technical Support Program–Project Concern International (JTSP–PCI) and UNICEF state teams from Odisha, Bihar and Chhattisgarh.

The standard materials of Ministry of Health and Family Welfare (MoHFW), Ministry of Women and Child Development (MoWCD), National Centre for Excellence & Advanced Research on Diets (NCEARD), Alive & Thrive, JTSP–PCI and UNICEF have been referred while finalizing the content.

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