



Hygiene





**This family
is suffering
with illness.**

**They do
not
appear
to be a
happy
family.**





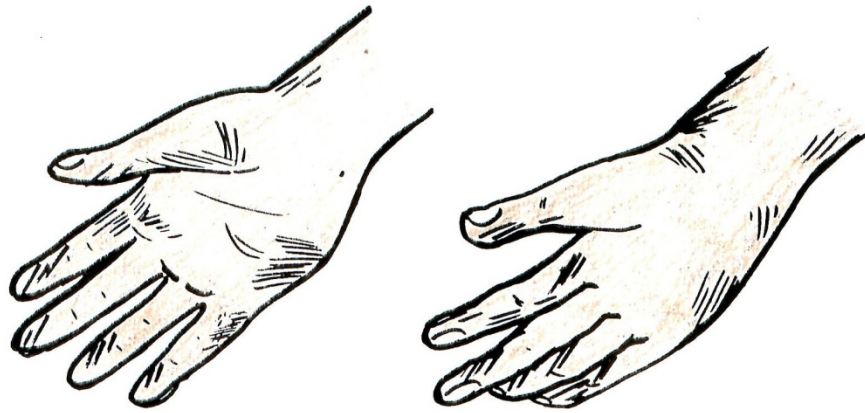
Everyone in the family wants to enjoy good health, but they don't know what to do to be happier.



**Can we offer a
few
suggestions?**

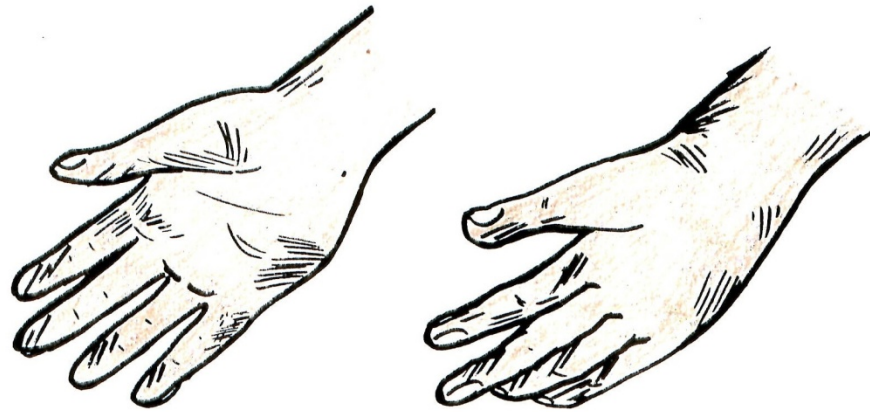
**Can we
point out a
few of the
problems
here?**





**We know that
many diseases
are caused by
germs like
bacteria, and
viruses**





**These germs
can get on our
hands**

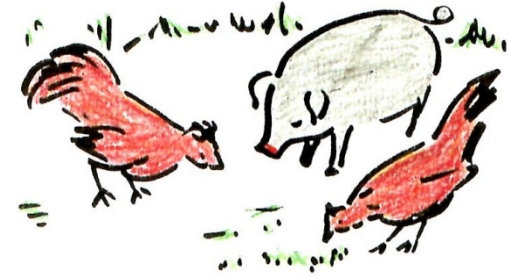


**Then into our
bodies through
our mouths,**

**So we could
start by....**



Wash our hands after:



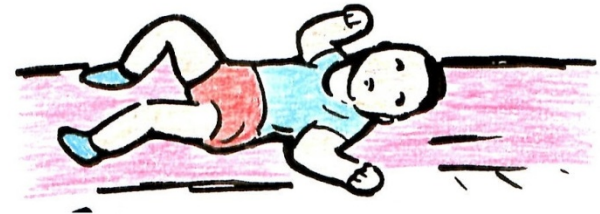
WORKING WITH ANIMALS



USING THE LATRINE



WORKING IN THE GARDEN



CHANGE A CHILD'S DIAPER



Wash our hands before:



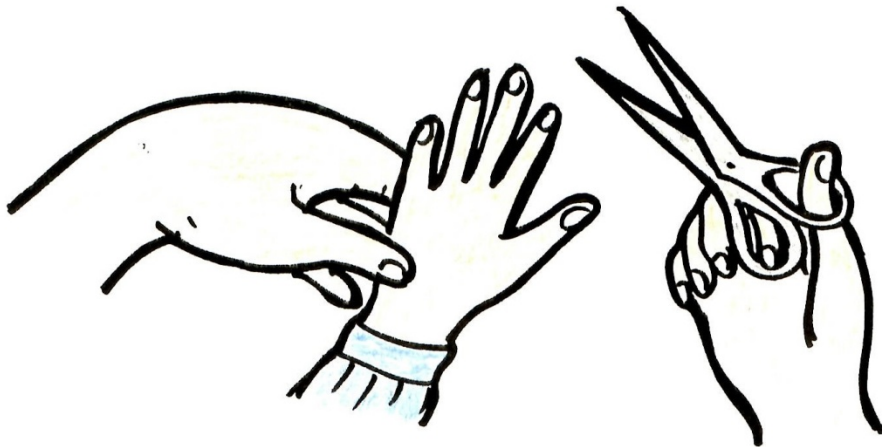
PREPARING FOOD



EATING



Brush our teeth twice a day.



Let's keep our nails
clean and short.





Bathe daily.

Keep our clothes clean.

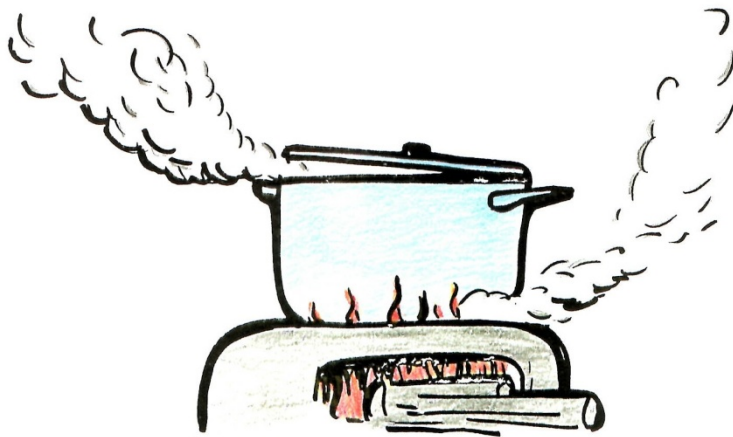




**Keep our babies
in diapers.**



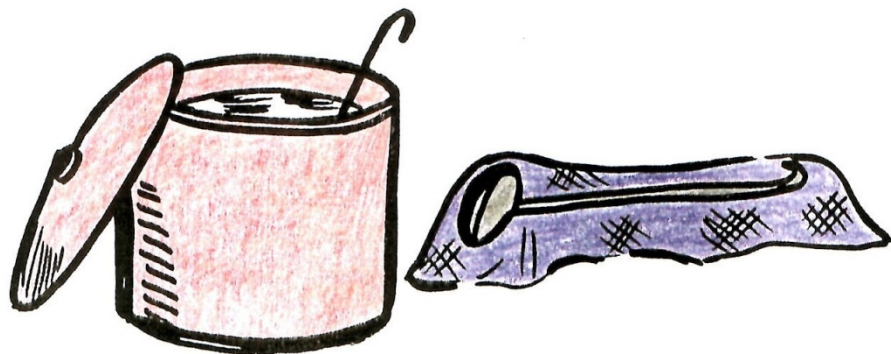
**Boil our water
before drinking it,
or filter and
chlorinate it.***



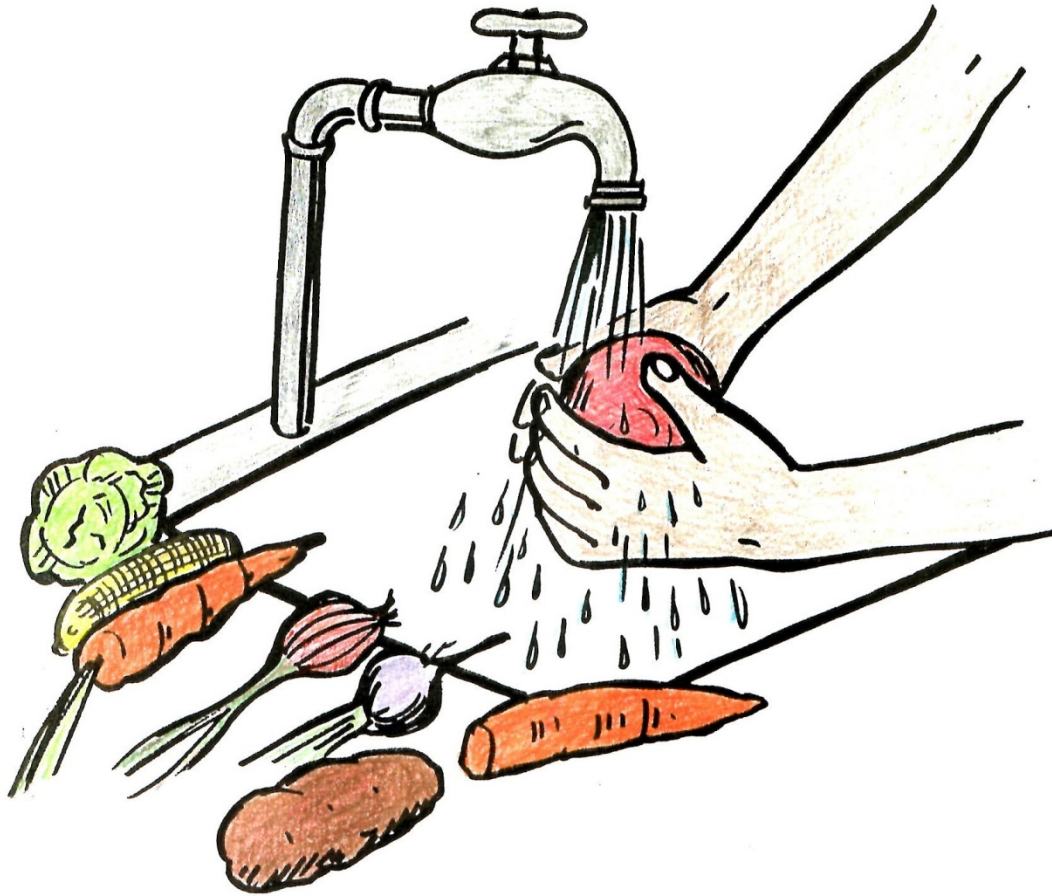
***See the MAMA Water Filtration and Chlorination
PowerPoint**



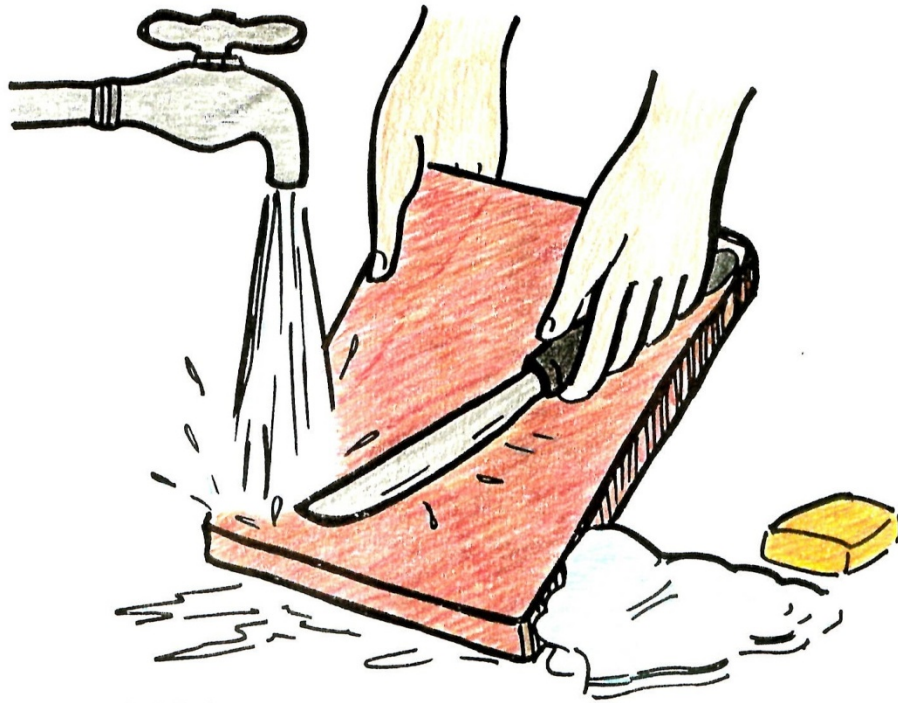
**Keep our clean
water covered.**



**Let's not introduce
glasses, spoons, or
hands into our
clean water.**



**Let's wash our
fruits and
vegetables.**



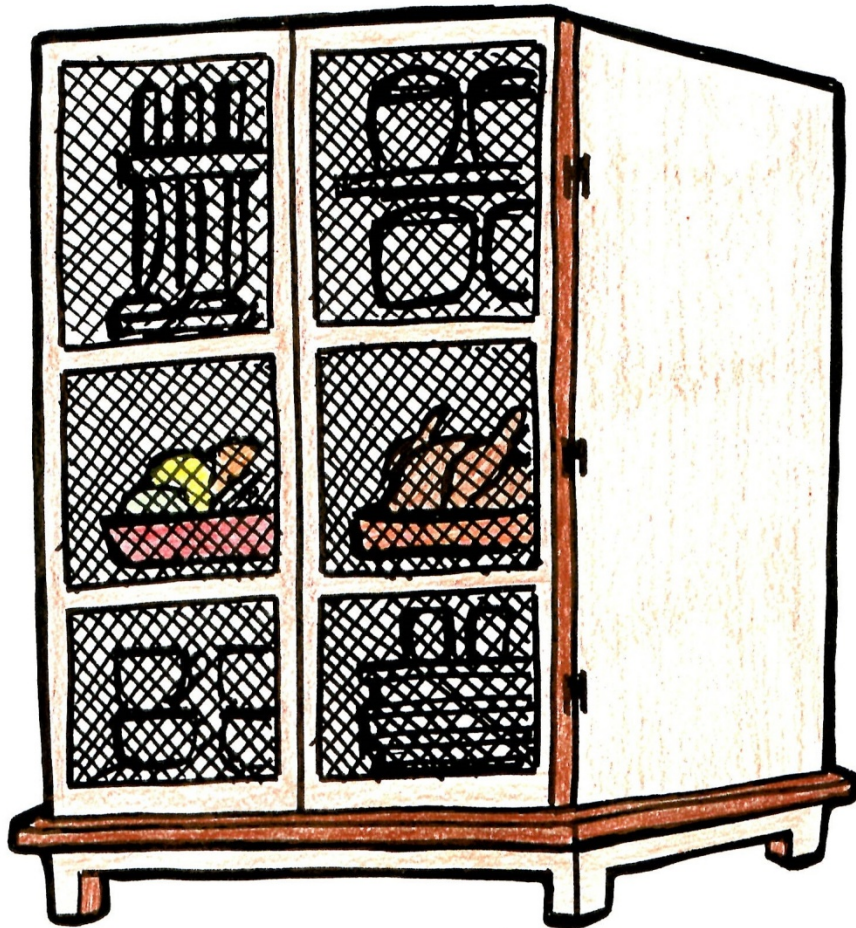
Keep the chopping board clean.



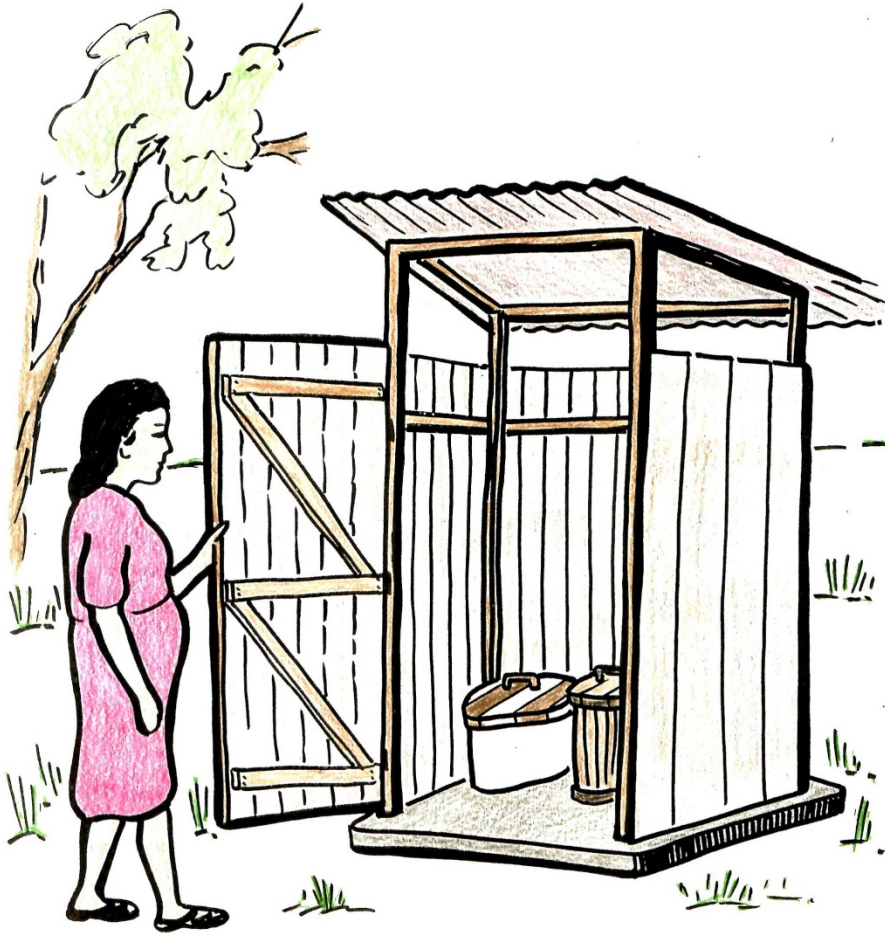
Keep the food covered.



**Wash the
dishes with
soap and
water.**

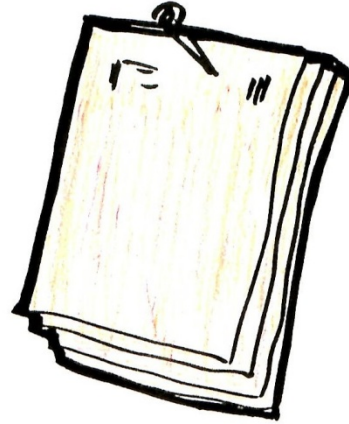
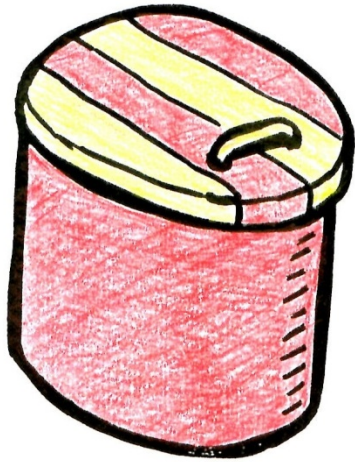


**Keep the dishes
clean and
covered.**



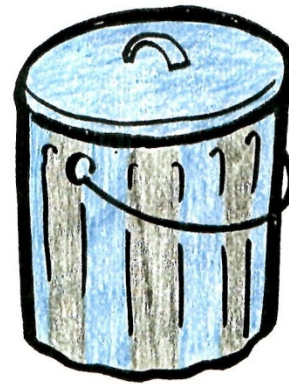
Use the latrine.

Keep it clean and covered.



**Put the paper in
the trashcan.**

**Burn the trash or
bury it to
decompose.**



WHAT'S WRONG WITH THIS PICTURE?



**Garbage can
provide a
home for
bacteria,
parasites,
rats, mice
and
insects that
spread
disease.**

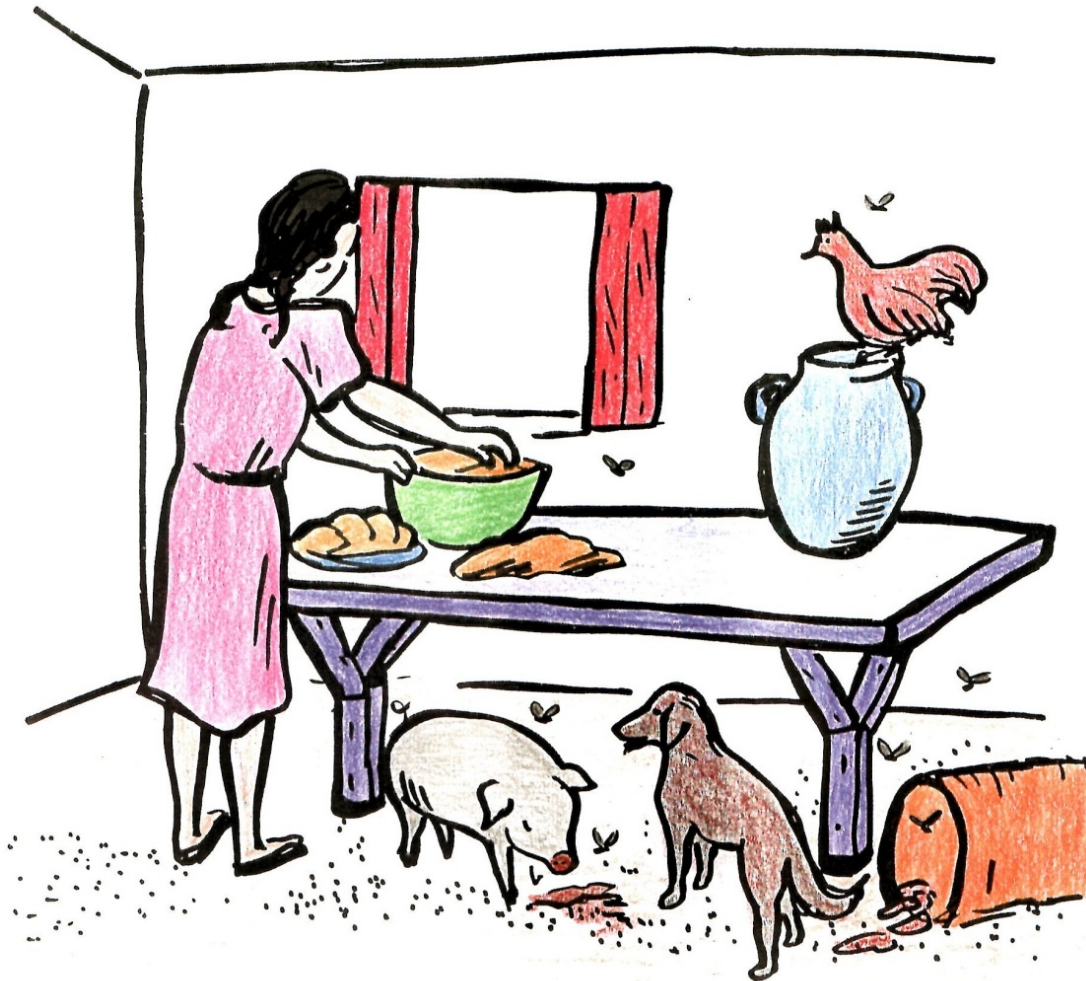


**So, we should
cover our garbage,**

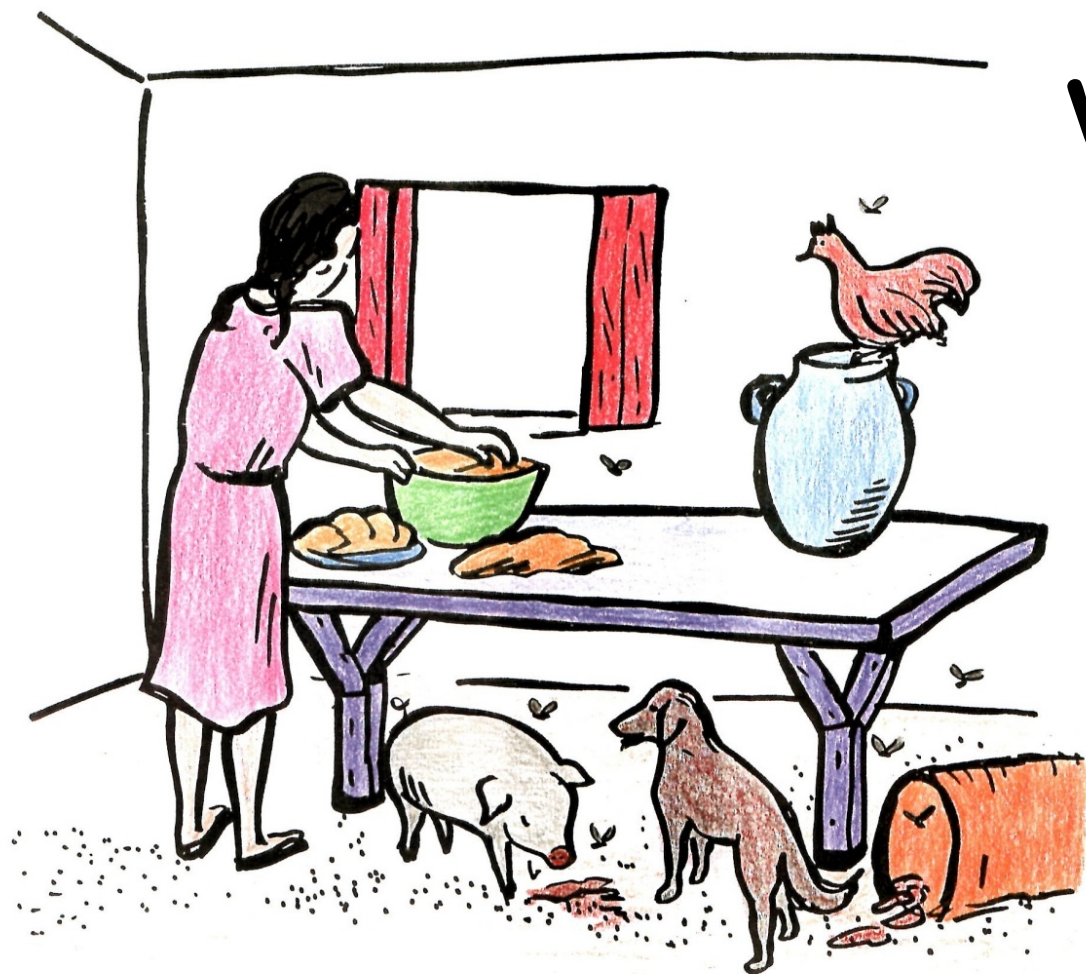
then burn it or bury it.



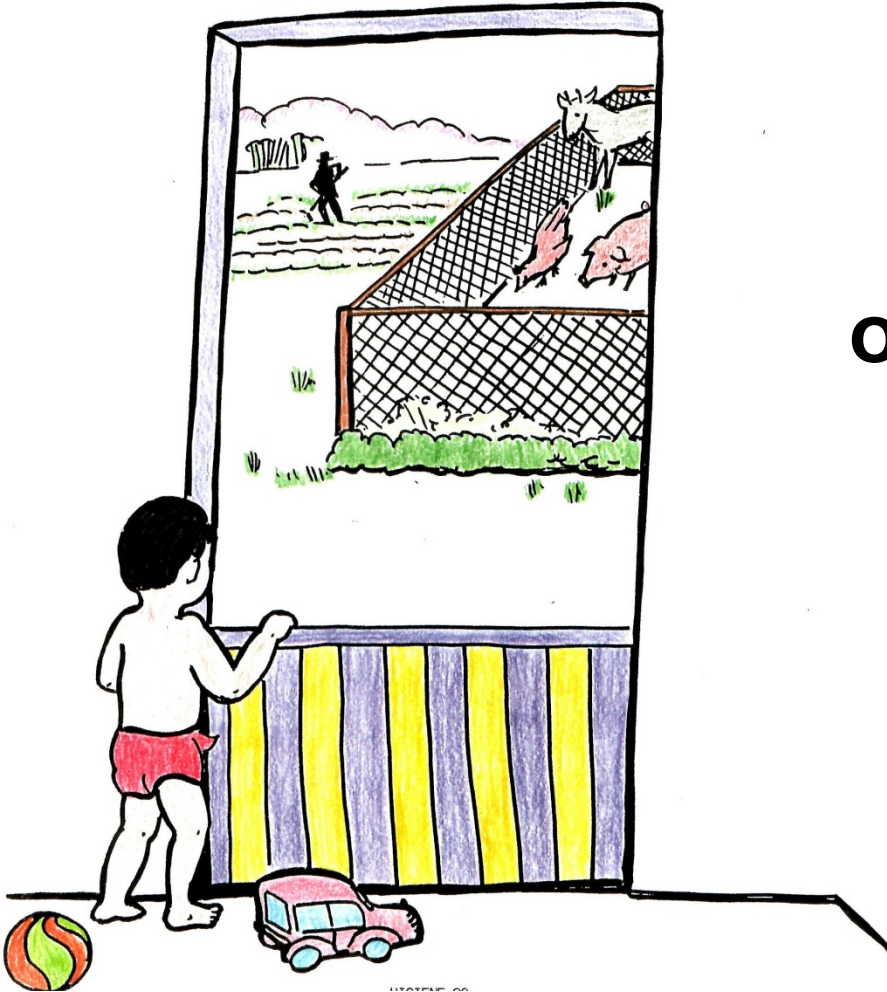
Do we see anything in this picture that might be contributing to the families illnesses?



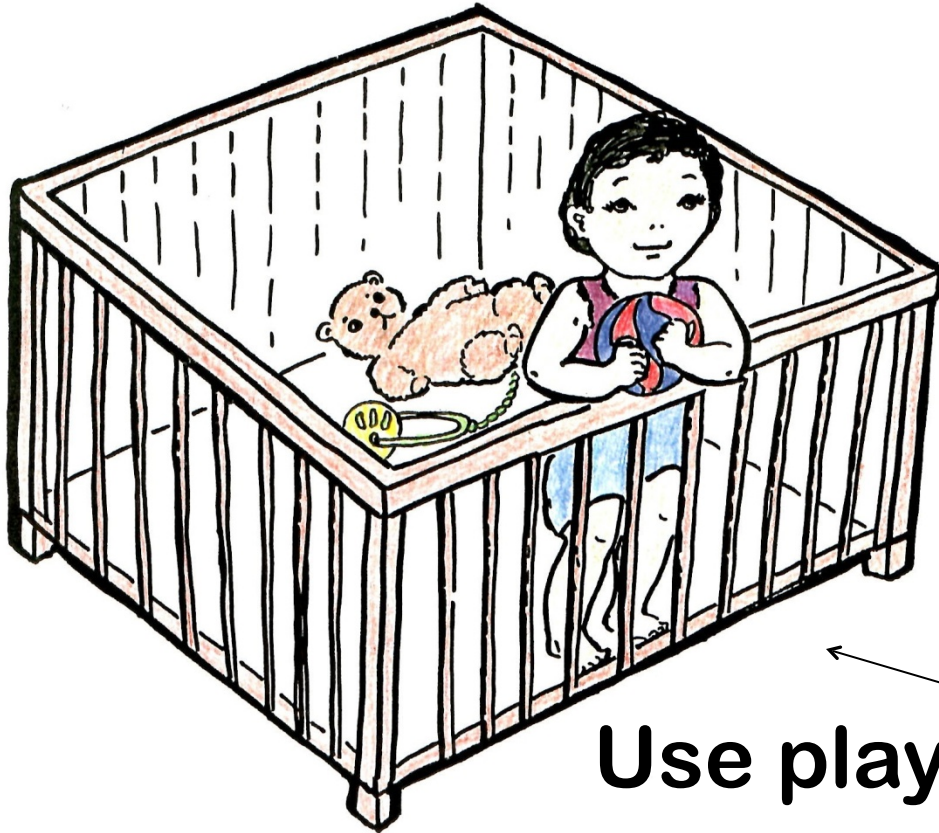
**What's
wrong with
having
these
animals in
the
kitchen?**



**Let's keep animals
outside of the house.**

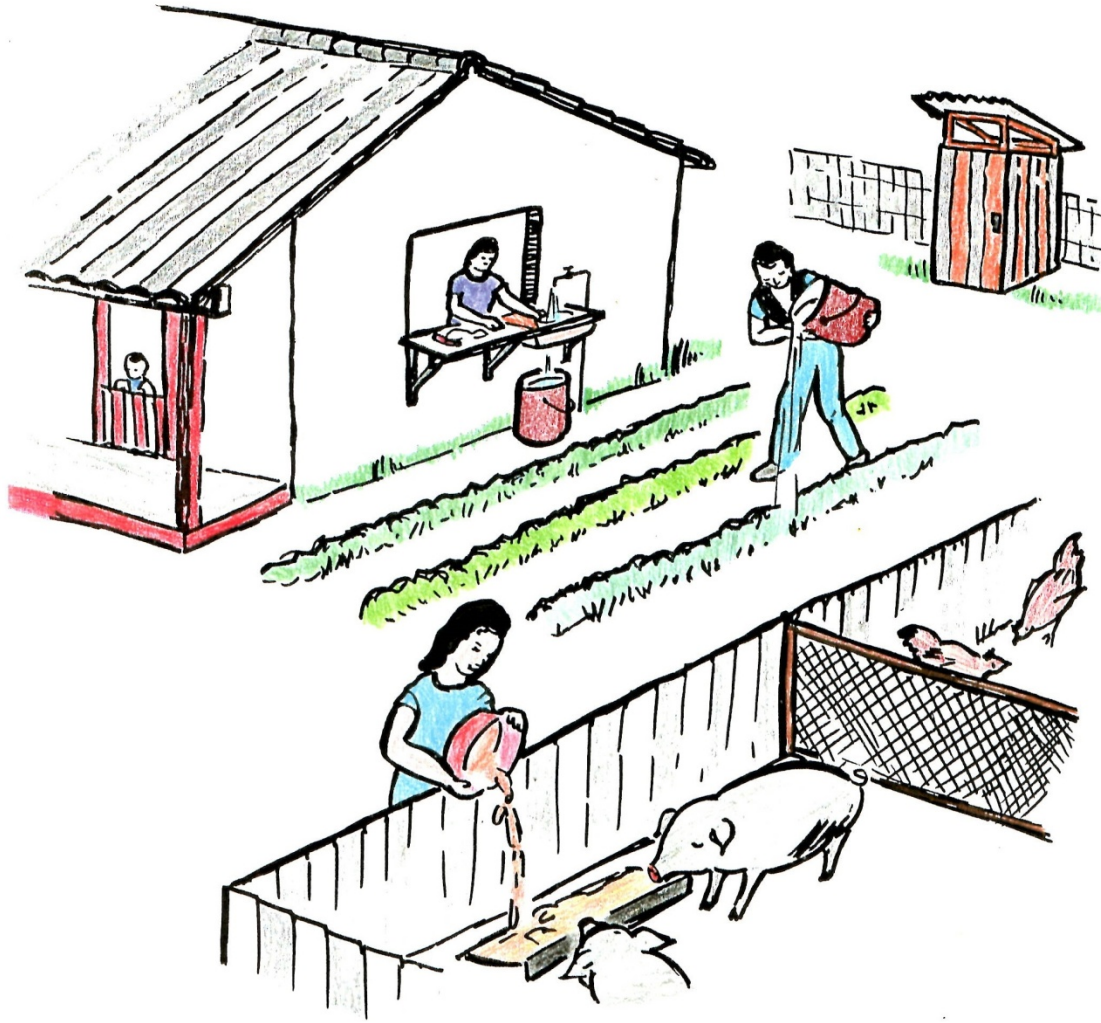


How can we keep our children clean and safe?



Use playpens, and never let babies sit on muddy floors, be near boiling grease or water, cooking fires, animal waste or open water buckets or pools

**Water sitting
around the
house, water
tank or latrine
can breed
mosquitoes
and cause
diseases.
Let's re-use
all the water
in the garden
or for the
animals**





This is the same family that was always sick and unhappy.

They put all your suggestions into practice, and now this healthy family is a happy family.

Thank you!