

HEALTH.IN.1

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TOWARDS BETTER HEALTH

PERSONAL HYGIENE

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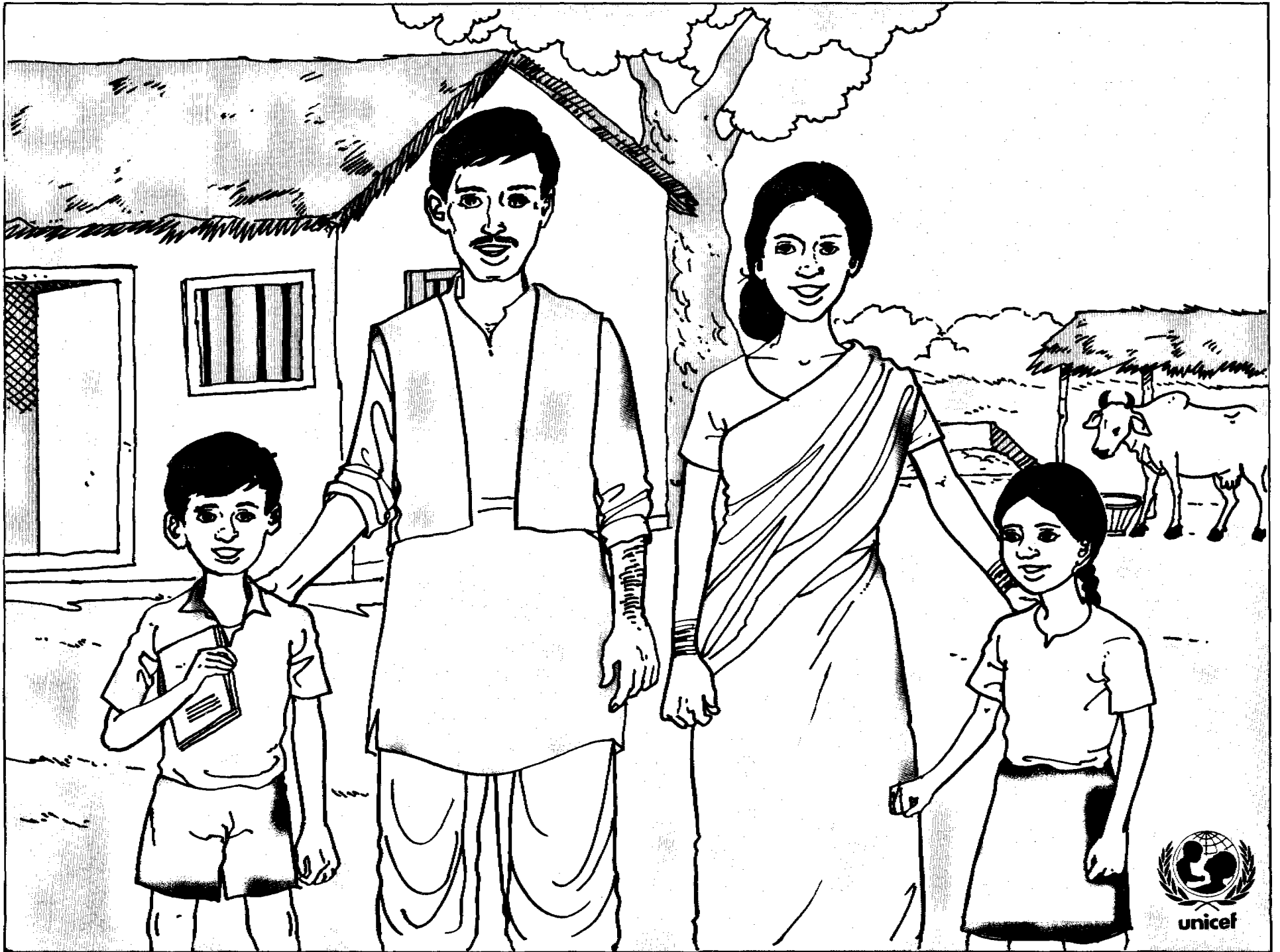
1. Sanitation and Diseases
2. Wastewater and Cattle Dung/Garbage Disposal
3. Disposal of Human Excreta—Sanitary Latrine
4. Vector Control
5. Personal Hygiene
6. Home Sanitation

The Texts of these Flip Charts are available in English, Hindi, Telugu, Tamil, Oriya, Marathi, Bengali, Gujrati, Kanada, Malayalam and Urdu.

**WATER AND ENVIRONMENTAL SANITATION SECTION
UNICEF, NEW DELHI
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CARD 1

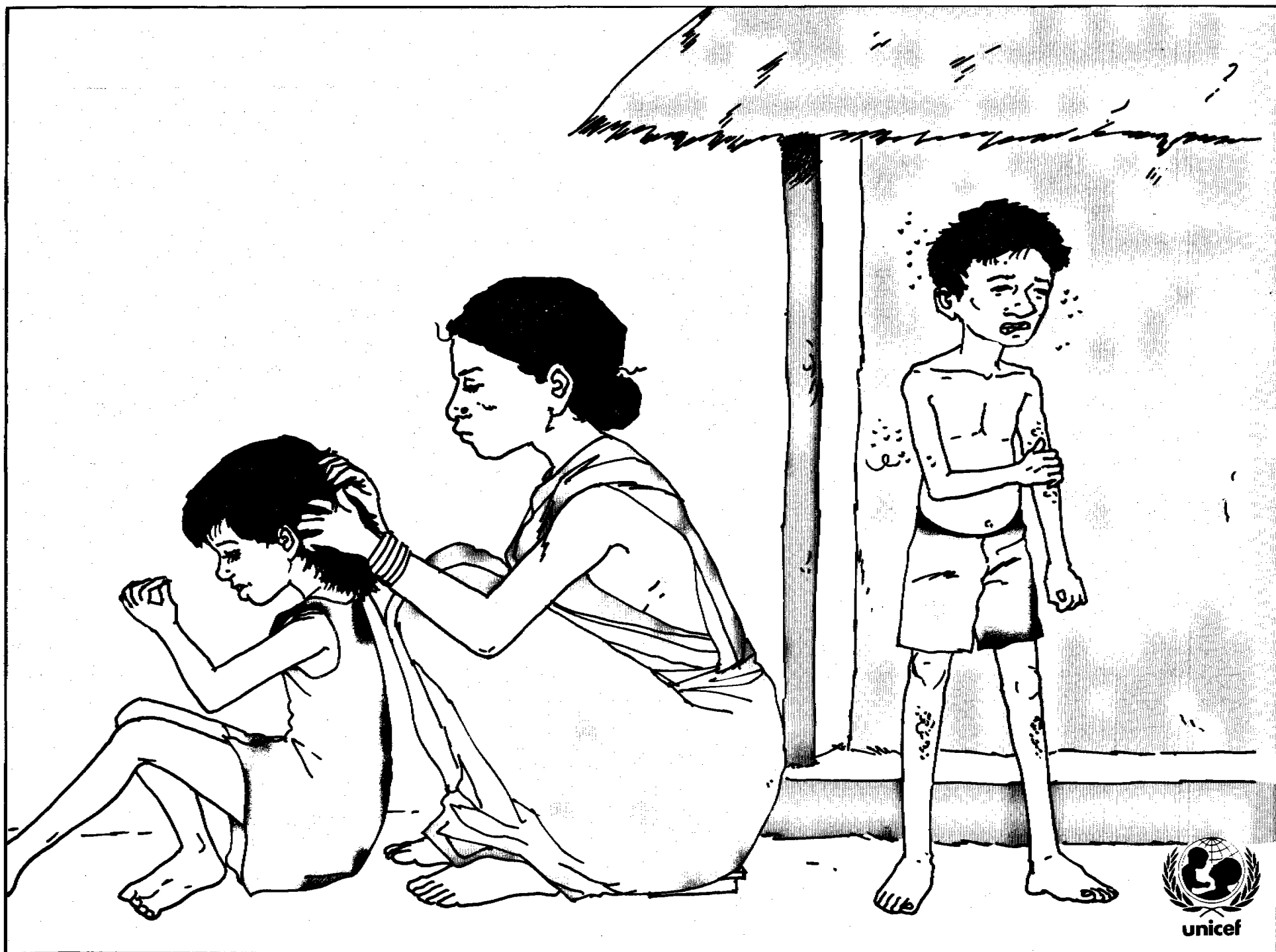
Clean people like Sharma, the mason, and his family are welcomed by everyone in the village. Besides, they are also very healthy and fit because cleanliness is the worst enemy of diseases. The girl, Sarla, had only one spell of diarrhoea in the last 12 months; the boy, Ramesh, did not miss a single day at school due to illness. Keeping clean is not difficult. Even poor people can afford to be clean and healthy since it is a matter of developing good habits.



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CARD 2

Gopal and Geeta who live two houses away have very few friends because they are so dirty. Their faces and bodies are always full of dirt and they smell of perspiration and filth. Flies are their constant companions since they are attracted to filth. At the same time, flies bring diseases. These children have had diarrhoea on many occasions. Although the handpump is near, their mother gives them a bath only about once a week. Hence they frequently suffer from scabies and their hair is full of lice.



CARD 3

On the other hand Sarla and Ramesh wash their hair regularly and have a bath every day. They use soap which helps to remove all the dirt from the body.



CARD 4

Every morning and before bed time, all the family brush their teeth with the neem twig and some salt. This practice not only prevents tooth decay but also keeps the breath fresh. Tooth brush and tooth paste will be better but they cannot afford these things yet. By brushing the teeth, the food particles stuck between the teeth are removed. Otherwise, they encourage the breeding of bacteria which release certain chemicals causing tooth decay.



CARD 5

With their good teeth as a result of regular brushing, Sarla and Ramesh can enjoy eating all kinds of food. However, Gopal has 3 decayed big teeth and often suffers from tooth ache. He finds it so painful to chew sugar cane. He hopes to take care of the new teeth that will come out eventually. Once the permanent teeth get decayed and have to be extracted, they will be lost for ever. At best, false teeth can be used but they are extremely expensive for village folks to afford; and they are never as good as your own teeth.



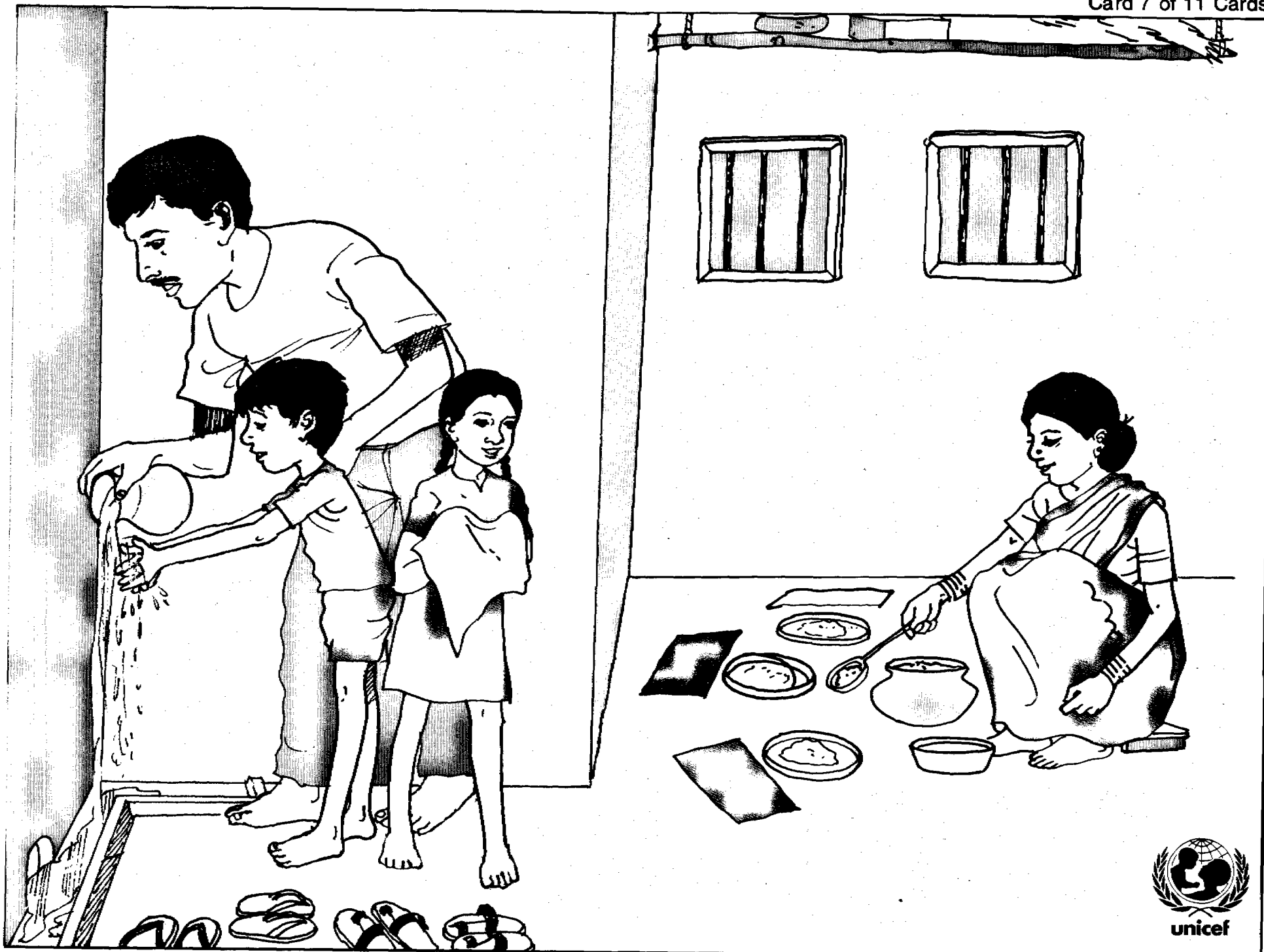
CARD 6

Another important clean habit which is often overlooked, particularly by children, is washing of hands with SOAP after defecation. This removes the traces of faeces sticking on the hand and fingers. It is a very good habit to use a sanitary latrine if your family has one. Otherwise, save up to have a latrine constructed near your house.



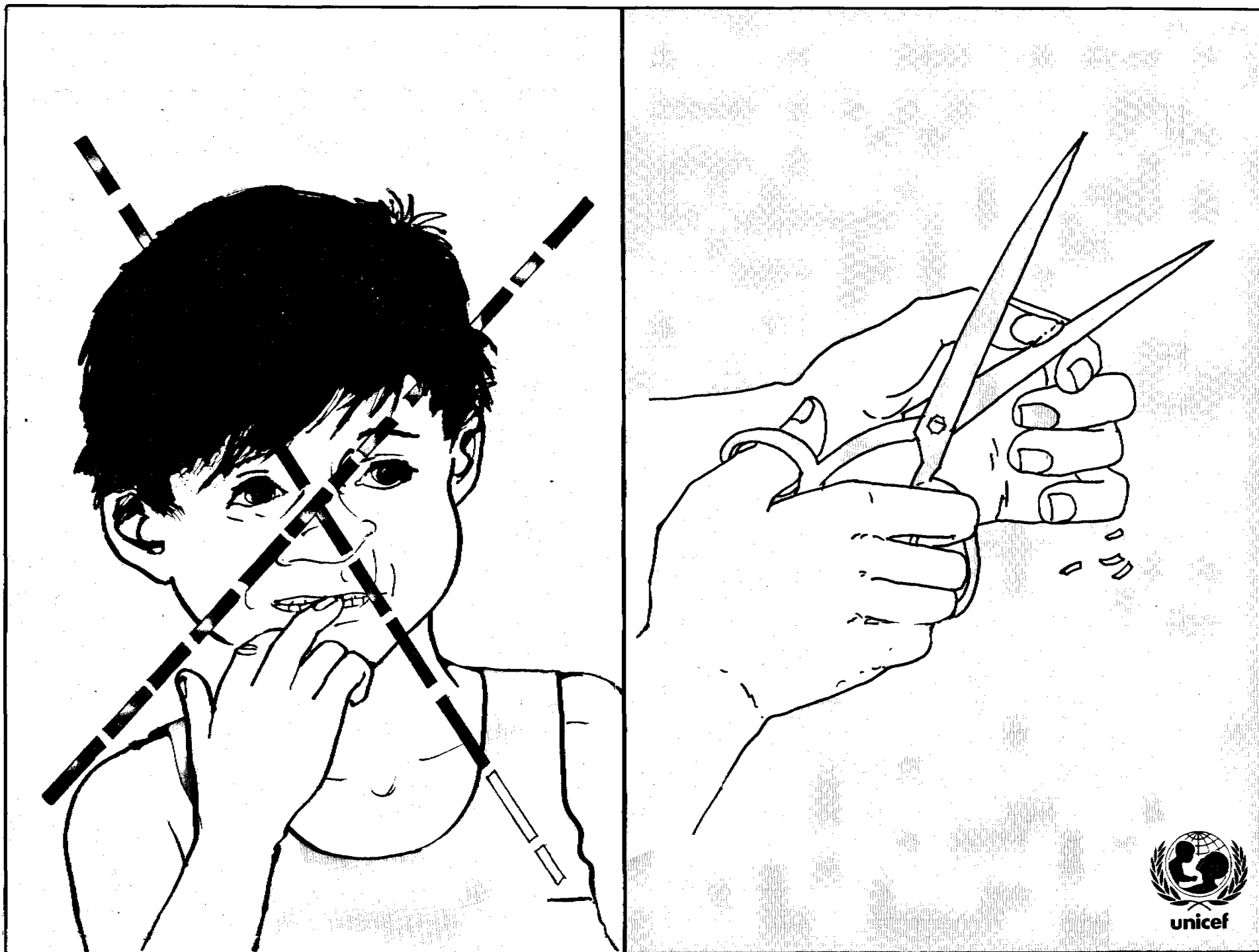
CARD 7

It is equally important to wash your hands with soap before eating and before preparing food. Otherwise, the filth on your hands will contaminate the food. Filth is the main source of diseases like diarrhoea, dysentery, cholera, typhoid and worm infestation



CARD 8

Another place where filth can collect, is under long finger nails. Keeping long finger nails is particularly bad for children like Gopal who often bites and sucks his fingers and therefore swallows the germs. Discourage your children from biting finger nails. Besides, cut finger nails often and keep them clean all the time.



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CARD 9

Although Shanta is very busy and has to help her husband, she still finds time to wash the clothes every day. Dirt deposited on clothes harbours germs, and sweat absorbed on clothes gives bad smell.



CARD 10

However, one bad habit which still persists in the family, particularly with Ramesh, is coughing and sneezing openly onto people's faces and on food about to be served. This is bad because the saliva droplets spread in the air and on the food. (You do not like somebody's saliva on your face and your certainly do not like to eat the food with other people's saliva on it). Furthermore, if the person who is coughing has T.B. or a cold, the germs will spread and can transmit the disease to another person.



CARD 11

When you cough or sneeze, always use a clean cloth or handkerchief to cover your mouth and nose to prevent the spread of the saliva and germs. A handkerchief is simply a piece of cloth. You have to wash the handkerchief everyday. If you do not yet have a handkerchief, cover your mouth with your hand while coughing and turn your face away from people while sneezing.

Is Sharma's family your family? If not, be like them. Also explain to your neighbours the benefits of good personal hygiene.

NOTE: The following treatment will help to get rid of hair lice:

1. Prepare a solution consisting of equal parts of kerosene and hair oil or coconut oil. In the evening, apply the solution to each separate strand of hair so that the medicine comes in contact with all the lice and lice's eggs.
2. Wrap the head in a towel or cloth overnight.
3. In the morning, wash the hair with soap and comb it with a fine-toothed comb.
4. Soak the comb in kerosene-oil to remove the lice present in it.
5. To get rid of lice eggs, soak the hair in warm vinegar and water for half an hour and then comb it thoroughly with the clean comb.

