



STEP 3: Practice Good Personal and Household Cleanliness

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Introduction

Individual and household behaviors are keys to preventing illness and infection. Soap and clean water should be used for daily bathing, for keeping faces clean and for handwashing. Handwashing should be done before food preparation, before eating and after toileting, and at other times when clean hands are needed. It is also important to wash food before eating and to keep clothing clean through regular washing.

Waste needs to be buried or stored/disposed of safely, and households kept free of material that attracts flies. It is important to explore common cleaning practices and discuss which methods are most effective and how they can be accomplished. Water and sanitation should be made safe for all and accessible to those with disabilities.

Goal

Practice daily hygiene and safe storage of waste to maintain health and prevent infection.

Key Messages

1. Bathing daily and washing face, hands, food and clothing with soap and water protect you from infections that cause sickness.
2. Wash, rinse and dry the body from top to bottom.
3. Wash and dry gently between the toes and in skin folds.
4. Repeat washing and rinsing of any body part until the water is clean/clear.
5. Ask for help if you cannot wash and dry areas that are difficult for you to reach or see.
6. Do not share the same towels and bed sheets with others.
7. Ensure faces are clean, waste has safe storage/disposal and that households are free of material that attracts flies.

References

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A Quick Supervisory Checklist for Step 3

Personal Cleanliness	Yes	No	Not Obs	Observations & Recommendations
1. Checks to see if face is clean				
2. Checks that waste is stored safely				
3. Checks access to water and sanitation				
4. Explains good handwashing with soap				
5. Explains importance of routine bathing				
6. Explains washing of food				

Guidelines for Teaching the Module

Health Coach/Facilitator should use the local language and ensure that all terms are found in the local language.

Estimated time to do the module: 1 hour and 30 minutes

Learning Objectives

At the end of the module, participants will be able to:

1. Explain why daily bathing and routine washing of face, hands, food and clothing are important.
2. Explain when it is important to wash hands.
3. Demonstrate how to wash and dry face, hands, body, legs and feet correctly.
4. Explain how to clean and dry dirty clothing, washcloths and bedding.
5. Explain how waste can be safely stored.
6. Explain what can be done to reduce flies.

List of Teaching Activities and Learning Materials

Activity 1

Group Discussion on Personal Cleanliness

Activity 2

Group Demonstration on Personal Cleanliness

Handouts

- 3.1 Good Handwashing
- 3.2 Good Washing and Drying of the Body
- 3.3 Good Individual and Household Cleanliness Practices

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Activity 1: Group Discussion on Personal Cleanliness

Handouts

- 3.1 Good Handwashing
- 3.2 Good Washing and Drying of the Body
- 3.3 Good Individual and Household Cleanliness Practices

Equipment & Materials

- Flip chart stand and paper
- 4 – 6 colored markers
- *10 Step Summary Card*

Instructions for Teaching the Activity

Room Arrangement: Participants sit in a circle.

Note: If teaching a community group, the Health Coach asks questions of the whole group, encouraging responses from all participants.

- 1. Health Coach asks participants if they have clean water and sanitation that is available and accessible to all, including the elderly and disabled.**
- 2. Health Coach asks what can be done to improve availability and access to clean water and sanitation.**
- 3. Health Coach asks the participants to respond without repeating what others have said. Ask each question and record responses on flip chart before moving onto the next question.**
 - How often do you bathe and how do you bathe?
 - Why is it important to bathe daily and why is it necessary to wash hands, face, food and clothing?
 - Why might people not bathe, wash hands, face, food and clothing?
 - What are some of the sicknesses/ill health/infections that may result when people do not bathe daily or regularly wash?
 - Explain how waste is safely stored/disposed so households are free of material that attracts flies.
- 4. Health Coach distributes the handouts: *3.1 Good Handwashing, 3.2 Good Washing and Drying of the Body, 3.3 Good Individual and Household Cleanliness Practices.***
- 5. Health Coach and participants read the handouts and complete any missing information that was not included in earlier discussions.**



Activity 2: Group Demonstration on Personal Cleanliness

Handouts

- 3.2 Good Washing and Drying of the Body

Equipment & Materials

- 1 basin large enough for a foot
- 1 bucket of water
- 1 cup
- 1 bar of soap
- 8 cotton washcloths
- 1 large towel

Instructions for Teaching the Activity

Room Arrangement: Participants sit in a circle.

Health Coach asks a participant to volunteer and has him or her:

- **List supplies needed to wash and dry the body.**
- **Explain and demonstrate the appropriate steps and techniques for washing and drying the whole body (see handout).**
- **Demonstrate how to dry between the toes and explain how they would dry if there were skin folds (see handout).**
- **Other participants observe and correct as needed.**

Conclusion

In conclusion, the Health Coach summarizes key messages and clarifies any misconceptions.

Homework Assignment and/or Things to Try at Home

- 1. In one day, count the number of times you washed your hands and when they were washed (before preparing food, before eating, after toileting, or other).**
- 2. In one day, count the number of times you saw open waste in or near your home.**
- 3. Describe what you do to safely store or get rid of waste (human and animal feces, food scraps, excess moisture that attracts flies).**
- 4. Describe what you did to make water and sanitation more easily available and accessible for all, including the elderly and disabled.**

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Handout 3.1: Good Handwashing

Global Handwashing Day Log, Lander Associates (2008) <http://www.globalhandwashing.org>

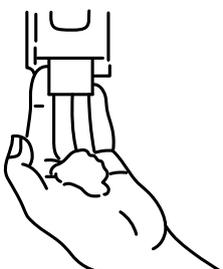
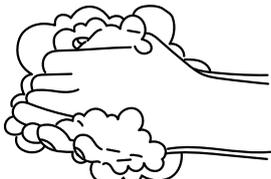
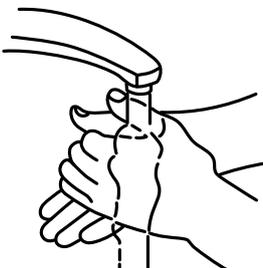
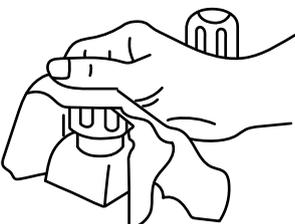
Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If clean, running water is not accessible, as is common in many parts of the world, use soap and available water. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.

Wash Hands with Soap

- Before and after meals and snacks.
- Before caring for young children.
- After touching a public surface.
- Before and after preparing food, especially raw meat, poultry or seafood.
- After using the toilet.
- When hands are dirty.
- After touching animals.
- When you or someone around you is ill.

Key Facts on Handwashing

- Washing hands with water alone is not enough.
- Handwashing with soap is the single most cost-effective way to prevent disease.
- The critical moments for handwashing with soap:
 - after using the toilet or cleaning a child
 - before handling food
- Effective approaches focus on the handwasher with the use of reminders (slogans, images, jingles, etc.) in locations where critical moments of handwashing occur. Examples of slogans are, “No germs on me,” “For truly clean hands always wash with soap,” and “Clean care is safer care.”

How to Wash Your Hands	
1. Wet your hands 	2. Apply soap 
3. Lather and scrub hands for 20 seconds Remember to wash palms, between fingers & thumb, under nails and the backs of hands & fingers 	4. Rinse for 10 seconds 
5. Turn off tap with towel 	6. Dry hands 



Handout 3.2: Good Washing and Drying of the Body

Germs cause infections and disease, but we can fight them. Clean water and soap are your best weapons. By washing carefully with soap and water you remove dirt and germs. Germs like to grow in warm, moist places. They like to grow between toes and folds of skin. Remember to dry well between your toes and skin folds. It is easy; even children can learn to do it.

- **Wash/bathe often, at least once a day when the weather is hot or after working/playing hard.**
- **Wash the body gently with soap and clean water (not hot).**
- **Wash hands with soap and water first. Remember to wash hands often (see handout 3.1 Good Handwashing).**
- **Before you wash/bathe, gather all the supplies you will need and have your footwear close by.**
 - Supplies: Bucket of clean water, large basin to fit the foot, rinse cup, soap, several soft clean cloths/towels for washing and drying. Alternatives to wash cloths include sponge/foam, net or loofah.
- **Always wash in the same order. Go from head to toe.**
 - Face: start at eyes then nose, mouth and ears. Remember the face alone may need to be washed several times a day, particularly in areas where there is trachoma.
 - Neck and trunk: start at neck, then armpits, chest and breasts, belly and back.
 - Arm and hand: start above elbow then work toward the hand.
 - Genital and anal areas: start at genitals then anal area.
 - Legs and feet: Start above the knee then work toward the foot and toes.

Tips

- Use a soft plastic bag to wash between your toes and skin folds.
- Wash until the body part is clean and the rinse water stays clean.
- Some people will need help. Helpers can clean places you cannot reach. Get help. The germs will not hurt your helper.
- Look carefully to see if there are small breaks in the skin between toes and skin folds. To heal them you must wash and dry them well.
- If there are larger wounds on any body part, get help. See special instructions in Step 6 which is about care of wounds.
- Dry gently and well using a clean, soft cloth following the same order as washing (head to toe). Remember to dry well between toes and skin folds.
- Use a fan to dry bumps and skin folds that make it difficult to use a cloth.

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Handout 3.3: Good Individual and Household Cleanliness Practices

The key to prevention of disease is not complex. Instead, simple individual and household behaviors are critical to ensure clean faces and the safe storage of materials that attract flies. All households should have access to a latrine and all household members should use it. Households and communities must engage in proper waste management to limit the amount of human and animal feces, food scraps and excess moisture. This will decrease the number of flies and the spread of disease. Important healthy behaviors include the following:

- **Clean the house often, including the surrounding area outside of the house.**
- **Encourage every household in your community to use a latrine.**
- **Dispose of children's waste safely. Waste must be thrown into the latrine or buried to eliminate breeding sites for flies.**
- **Fill cracks and holes in the walls or floor where bugs can hide.**
- **Use bed nets and, if available, put up screens over windows and doors.**
- **Spray thatched roofs to kill insects.**
- **Keep animals outside the house. Do not let animals walk on bedding or lick faces.**
- **Wash bed sheets and thin mats weekly and dry in the sun. Wash more often if they become soiled.**
- **Try to have a separate mat for each person. Avoid overcrowding, especially when sleeping.**
- **Put mattresses out in the sun to air, from time to time.**
- **Separate anyone who is sick.**
- **Teach families that sharing towels or cloths can put their loved ones at risk of infection. If someone has an eye infection, it is easily spread through towels, washcloths, pillows, bed sheets and clothes. These should be washed with soap to kill the germs before reuse.**
- **If there are bed bugs or scabies in the house, pour boiling water on the mat/bed and wash all clothes, cloths for washing and drying the body, sheets and blankets on the same day. Dry them in the sun.**
- **Handle the soiled or bloodstained clothes, bedding and towels of a sick person with care. To kill any germs, wash these in hot soapy water or add some chlorine bleach to the wash water. Hang in the sun to dry.**