



# Hygiene





**This family  
is suffering  
with illness.**

They do  
not  
appear  
to be a  
happy  
family.





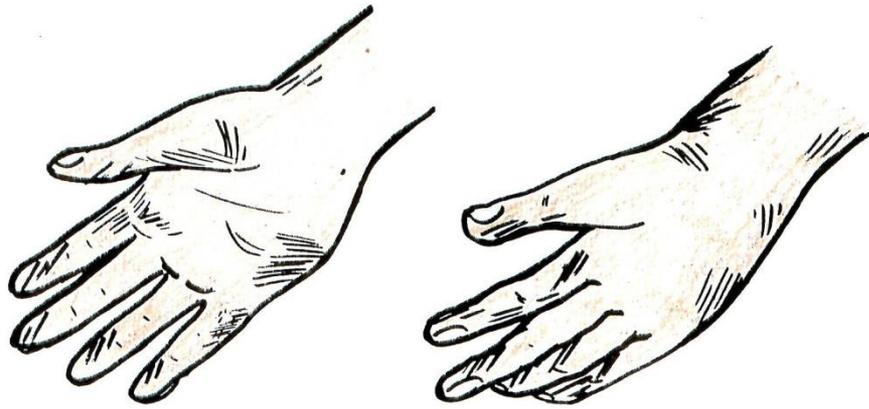
**Everyone in the family wants to enjoy good health, but they don't know what to do to be happier.**



**Can we offer a few suggestions?**

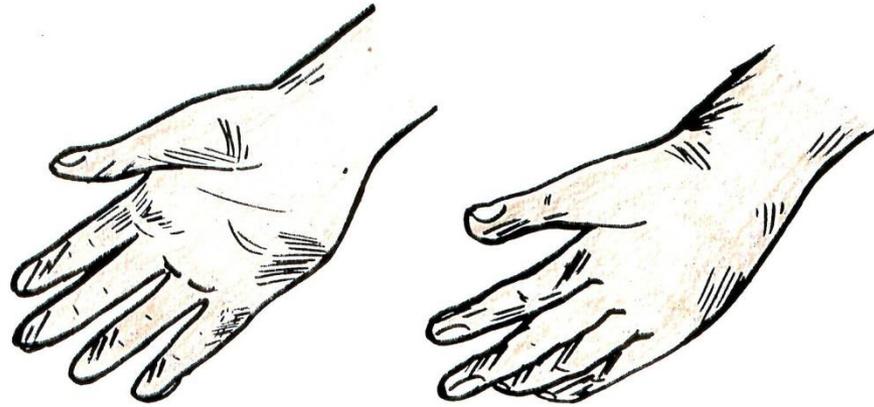
Can we  
point out a  
few of the  
problems  
here?



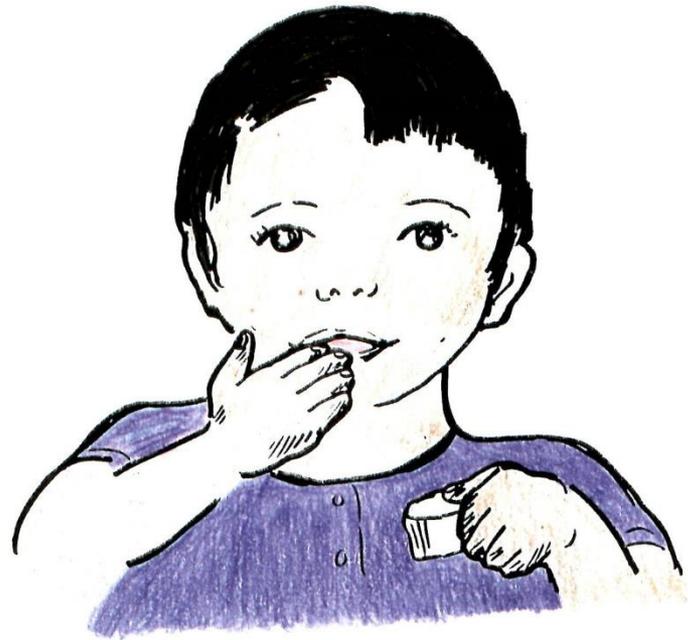


**We know that  
many diseases  
are caused by  
germs like  
bacteria, and  
viruses**





**These germs  
can get on our  
hands**

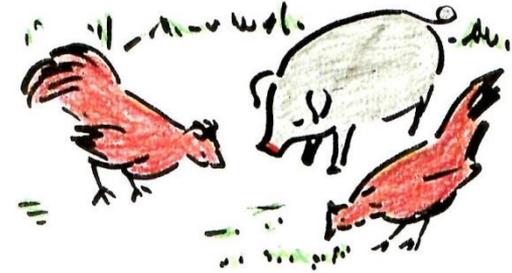


**Then into our  
bodies through  
our mouths,**

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



**Wash our hands after:**



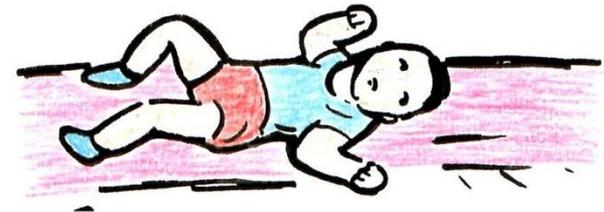
**WORKING WITH ANIMALS**



**USING THE LATRINE**



**WORKING IN THE GARDEN**



**CHANGE A CHILD'S DIAPER**



**Wash our hands before:**



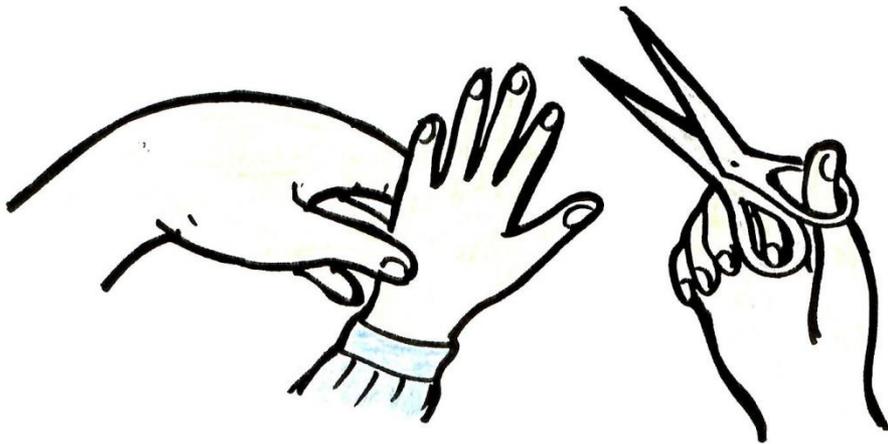
**PREPARING FOOD**



**EATING**



Brush our teeth twice a day.



Let's keep our nails clean and short.





**Bathe daily.**

**Keep our clothes clean.**

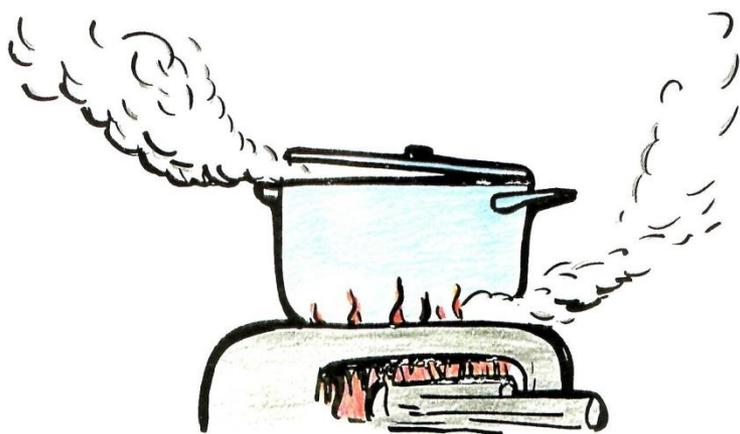




**Keep our babies  
in diapers.**



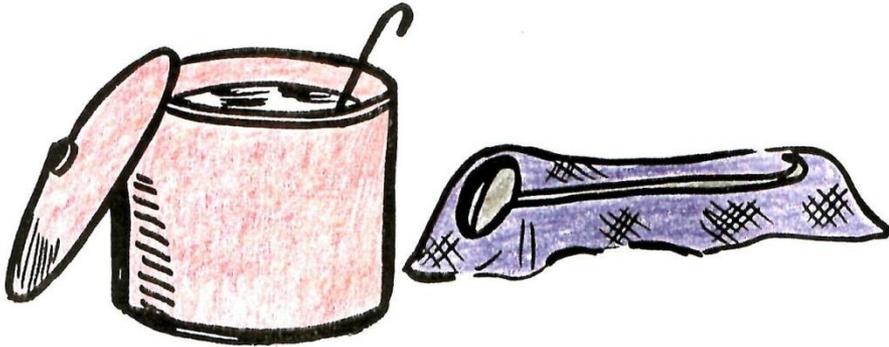
**Boil our water  
before drinking it,  
or filter and  
chlorinate it.\***



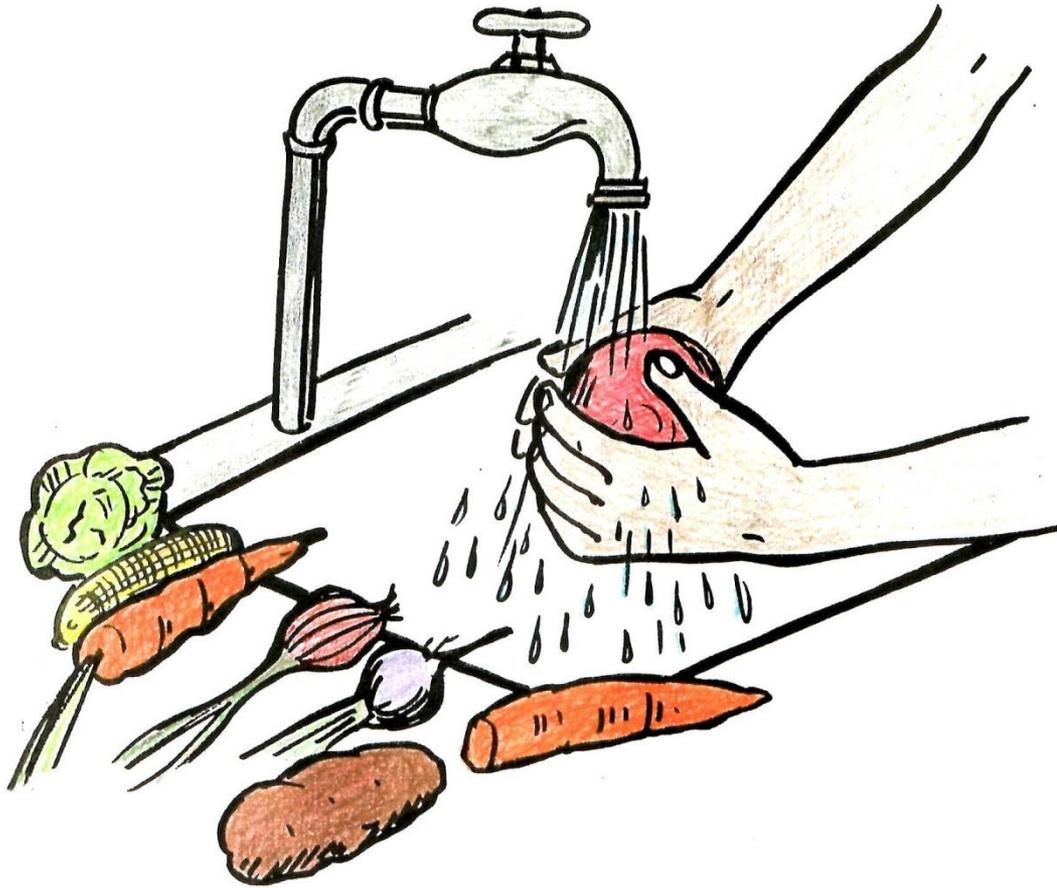
**\*See the MAMA Water Filtration and Chlorination  
PowerPoint**



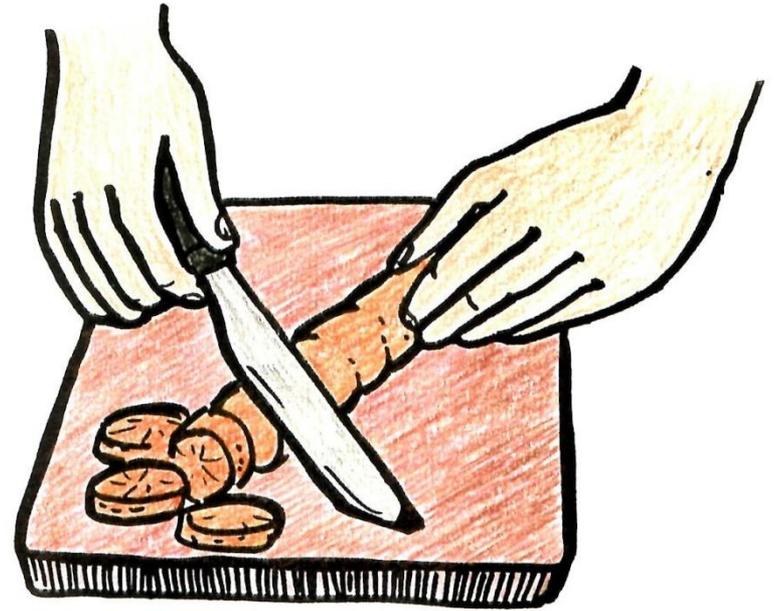
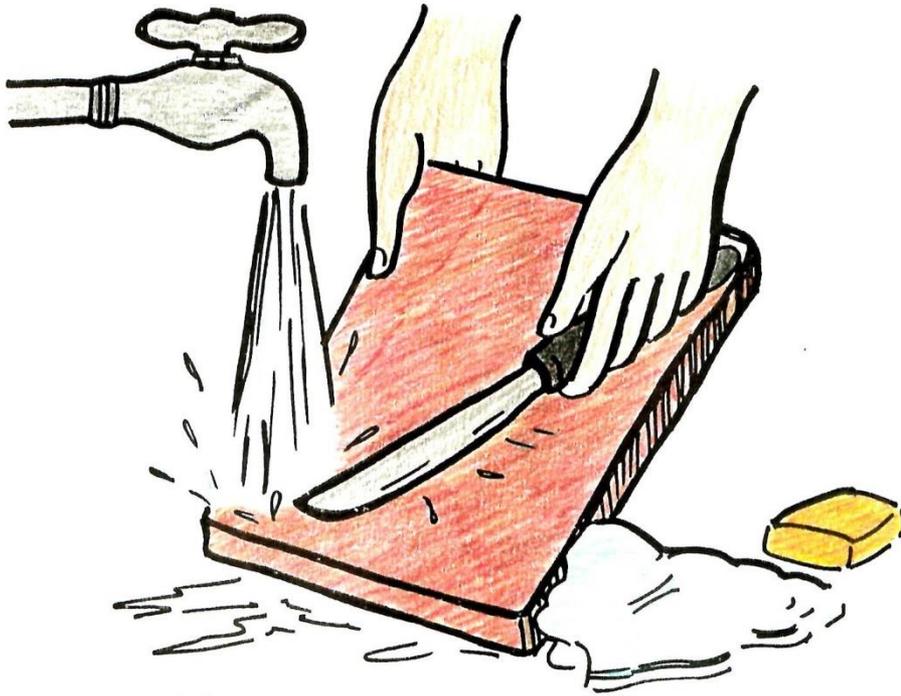
**Keep our clean water covered.**



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



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



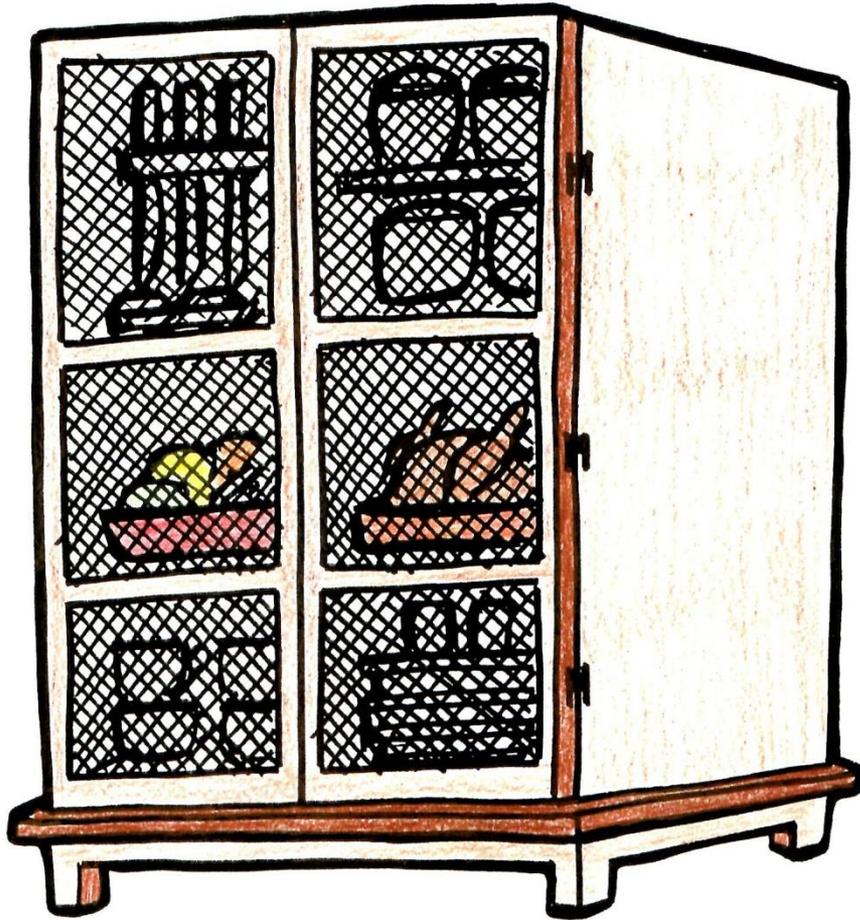
**Keep the chopping board clean.**



**Keep the food covered.**



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

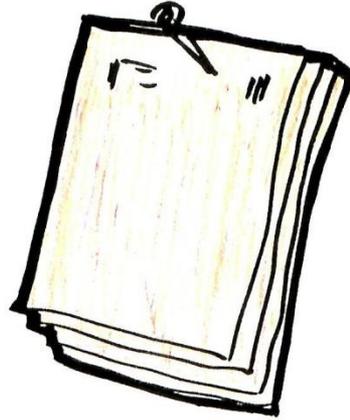
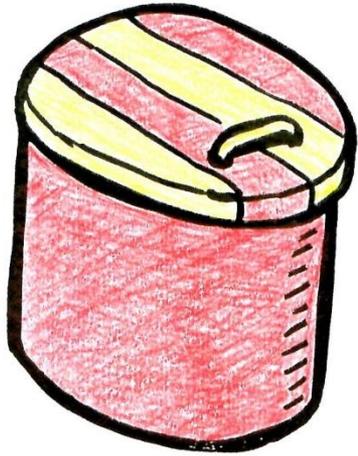


**Keep the dishes  
clean and  
covered.**



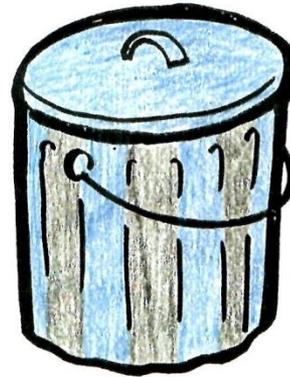
**Use the latrine.**

**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.**

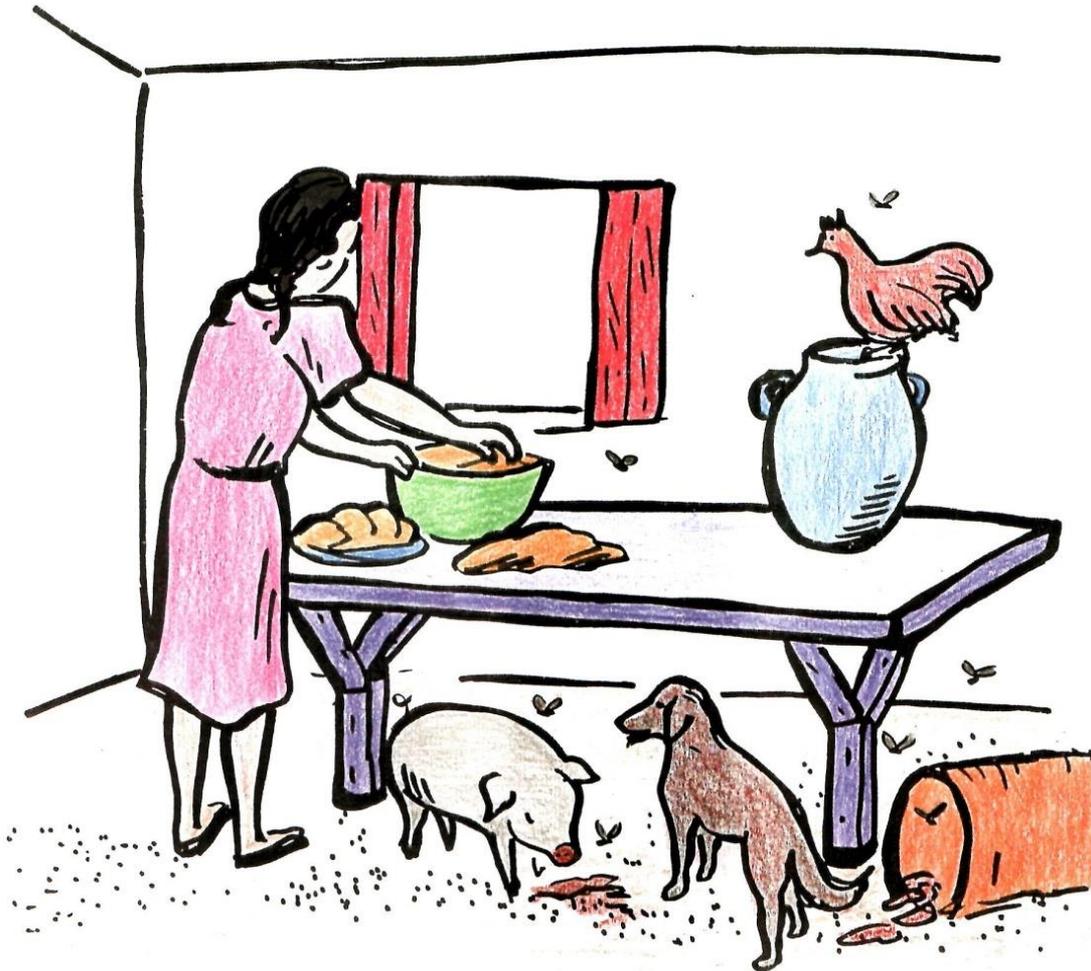


**So, we should  
cover our garbage,**

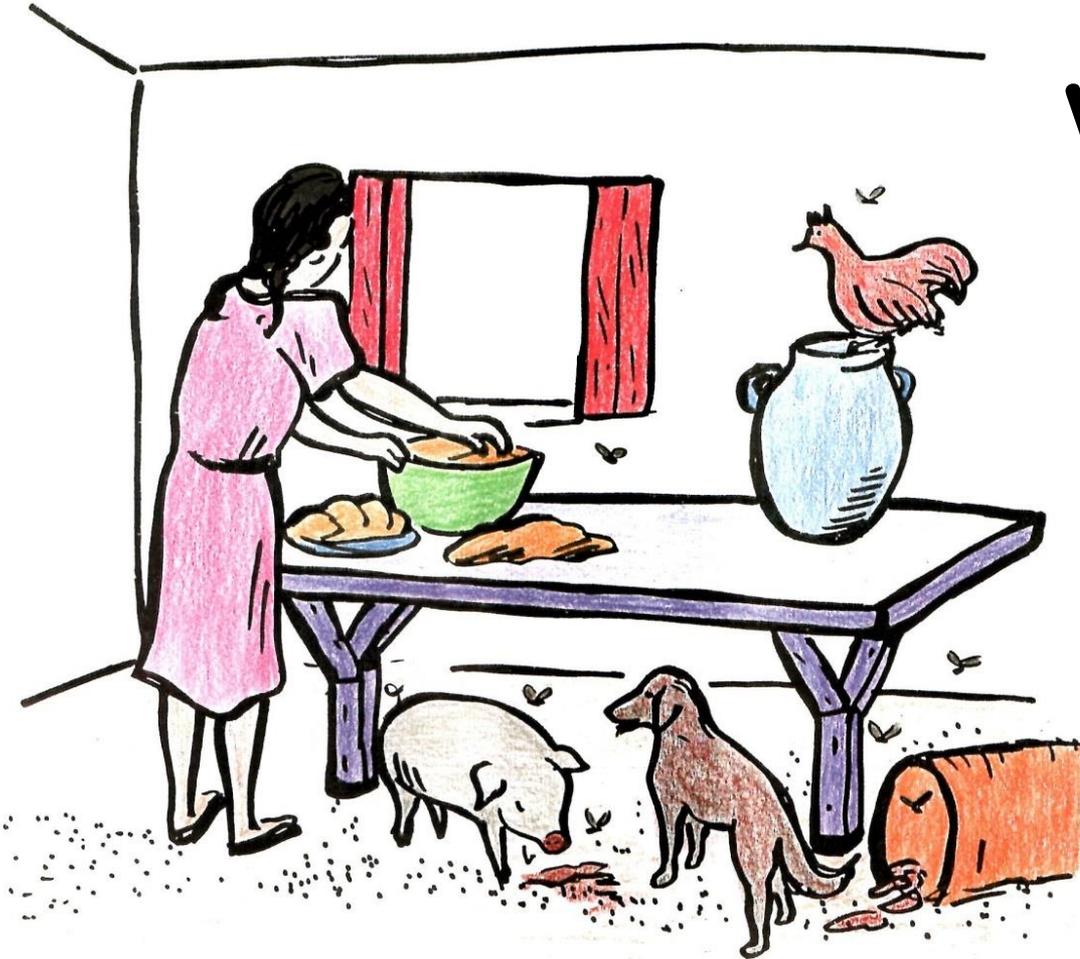
**then burn it or bury it.**

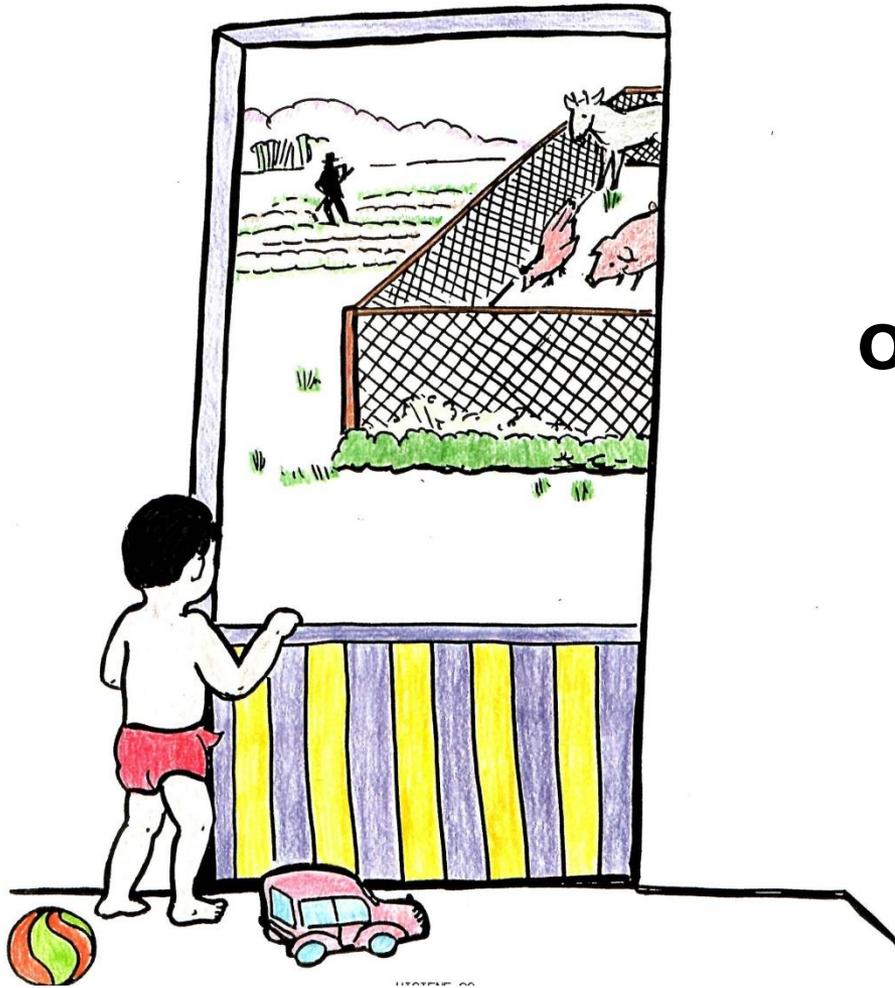


Do we see anything in this picture that might be contributing to the families illnesses?



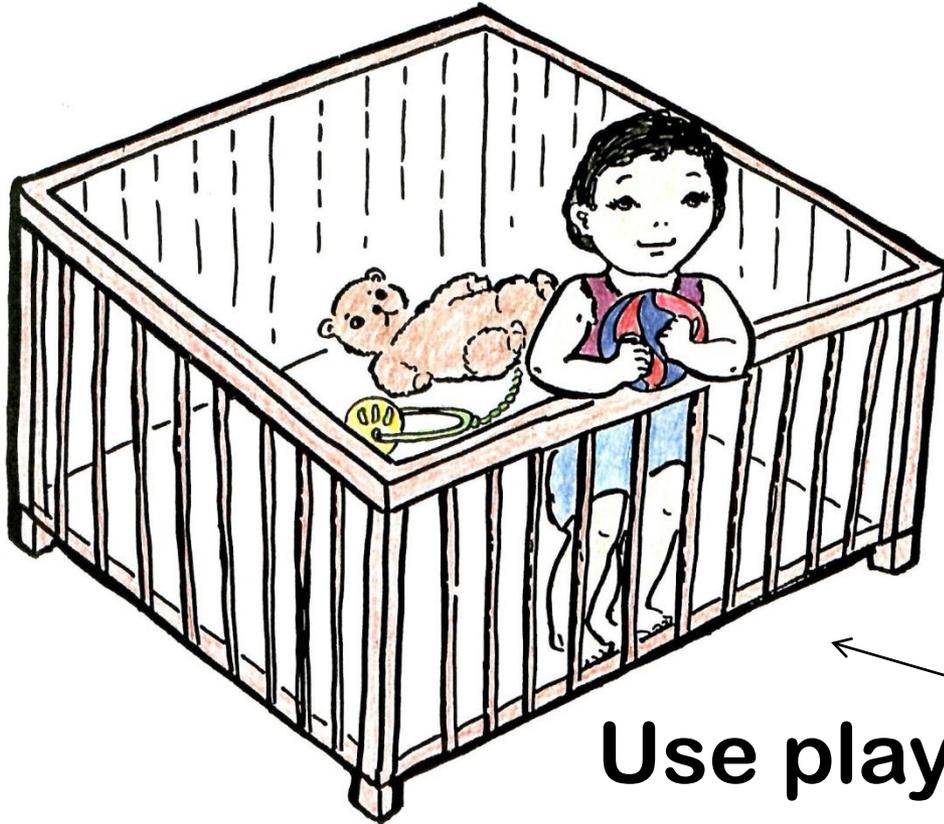
**What's  
wrong with  
having  
these  
animals in  
the  
kitchen?**





**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!**