PN-AAH-205

PERSONAL CLEANLINESS

AN AID TO EXTENSION AND VILLAGE WORKERS IN MANY COUNTRIES

FES AID

SANITATION SERIES NUMBER 3

Federal Extension Service, United States Department of Agriculture, in cooperation with the Agency for International Development, U. S. Department of State

This is for

YOU

The Home Economics Extension Worker

or

Village Worker

Information in this booklet is based on experiences of extension workers and health workers in many countries. You'll find ideas to help you teach families how to keep themselves and their surroundings clean.

Use this material in any way best suited to your needs.

BY KATHRYNE SHEEHAN HUGHES

Appreciation is expressed for assistance from: health, sanitation, home economics and information personnel of the Agency for International Development; specialists in the Federal Extension Service, and staff members of other agencies.

Most drawings are from A First Hygiene Book, South Pacific Commission Literature Bureau.

Issued March 1963

ER&T-226 (12-62)

CONTENTS

Page

KEEP YOUR BODY CLEAN 3

Bathing 3
Care of Your Teeth 3
Care of Your Hair 4
Hands and Nails 5
Care of Your Feet 5

PERSONAL TOWELS 6

KEEP YOUR CLOTHING CLEAN. . . 6

LIVE IN A CLEAN PLACE. 7

SICKNESS IN THE HOME. 8

Care of Small Cuts 8

MENSTRUATION 9

How to Make a Sanitary Belt and Napkin 9

DEMONSTRATIONS 11

PERSONAL CLEANLINESS

Many things help to make people like you, such as how you look, how well you are, whether you are happy. To look your best, to feel well and to be happy you must:

- keep your body clean
- keep your clothing clean
- eat clean food
- drink safe water
- live in a clean place

When we are clean more people will like us and like to be with us.

This helps us feel confident--it makes us happier.

KEEP YOUR BODY CLEAN

Bathing

Bathe your body with soap and water, every day if possible.

Bathing with soap and water removes dust, dirt, perspiration and other waste matter from the skin. Bathing also helps prevent body lice.

Taking cold baths during hot weather helps you prevent prickly heat, and other skin infections and rashes.

Bathing often and using salt and soda or other deodorants helps to prevent body odors.

CARE OF YOUR TEETH

Brush your teeth:

when you get up in the morning
after each meal
before going to bed

Water for brushing teeth should be clean and safe. If you are not sure water is safe, boil it for 10 minutes.

If you cannot brush your teeth after meals, rinse your mouth with clean water.

Food sticks to teeth. Food left on teeth makes them decay.

Use a commercial or homemade toothbrush for brushing your teeth. You can make a toothbrush from a twig of wood.

To make a toothbrush:

Select a short sturdy tree twig. Be sure the wood is not poisonous. A twig of soft wood is best. Peel off about one inch of bark at one end. Shred, pound or chew this peeled end until you have a brush.

Use salt and soda, clean charcoal, or commercial toothpaste for brushing.

Do not use ash, cinder, brick dust, sand or other materials that may scratch the teeth or gums. Do not scratch your teeth with a needle or pin.

Wash your toothbrush in water that has been boiled if the water is not safe.

Always use your own toothbrush.

CARE OF YOUR HAIR

Wash your hair every ten days or two weeks. Wash it once a week if it's oily.

Use clean safe water to wash your hair. If you are not sure the water is free from disease germs, boil it 10 minutes.

When you wash your hair:

- wet the hair with clean water.
- add soap and rub it into the hair.
- rinse the hair with clean water.
- wash the hair again with soap and clean water.
- rinse the hair two times with clean water.

Use lemon juice in the rinse water, if available. This helps to remove the soap. Soap and fresh lemon juice give your hair a fresh perfume scent.

If you have long hair, dry it well in the sun, if possible, right after washing. Short hair is easier to keep clean.

Comb and brush your hair every day. Use only your own comb and brush. Wash brushes and comb in warm soapy water every time you wash your hair.

Head Lice

Keep your hair free from lice and nits.

Examine your hair often to see if you have lice or nits. You can feel them because they bite you to drink your blood. This makes the place itchy. You are always scratching your hair.

You can see the lice eggs stuck on hair. They are very small white lumps.

When one person gets lice in the hair, all members of a family may get them. Examine everyone's hair.

After each washing of hair, rinse with a mild solution of vinegar to remove nits.

Washing your hair with soap and water often helps to avoid lice.

Sprinkle insecticide powder lightly into the hair. The powder should not be washed out for 10 days. Thus young lice are killed as they hatch from eggs.

Use insecticides with care. They are poisonous to people and animals. Keep them out of reach of children.

The sanitarian from your health department or other officials can tell you what insecticides to use.

Some people wash their hair the day after treatment. Then 8 or 10 days later, they dust the hair again with the powder.

Sometimes kerosene is used to remove head lice from the hair. Use kerosene sparingly to avoid burning the scalp. The hair should then be washed with soap and water.

Kerosene is not as effective as DDT. Two or more treatments with kerosene are needed. Kerosene is not recommended if insecticides are available.

HANDS AND NAILS

Keep your hands clean. Washing your hands often helps avoid spreading disease germs.

Wash them before you:

- start to prepare food
- eat
- set the table
- handle food, dishes or other eating utensils
- wipe the eyes, even when you use a cloth
- handle a sick person
- handle the baby

Wash them after you:

- go to the latrine
- use a handkerchief
- handle animals
- clean animal pens
- work in gardens
- cough and sneeze
- handle a sick person
- handle a baby

Washing Your Hands

Get the habit of washing your hands often. This habit will help avoid the spread of disease germs.

Hands must be washed in clean safe water. If you are not sure the water is safe, boil it for 10 minutes to kill disease germs.

Wash your hands under clean running water when possible. If you wash your hands in a pan or bowl, be sure the pan or bowl is clean.

Clean water must be used to wash each person's hands. Hands may be washed in as little as a cupful of water.

- Wet your hands
- Rub on soap
- Rinse
- Dry them

If there is no towel, shake hands dry.

Dirt that gathers under finger nails can carry disease germs. Cut your nails short. Clean them with a nail file or pointed stick.

Care of Your Feet

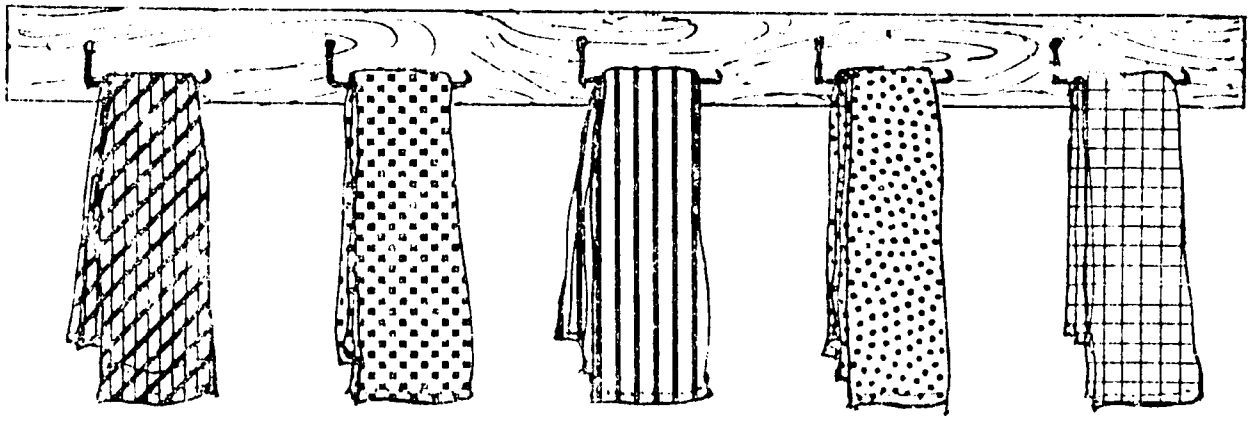
Take good care of your feet. Feet perspire. You may want to wash them more than once a day.

After washing your feet dry carefully between the toes. Keeping your feet clean and dry will help to keep away disease germs.

Wear shoes to prevent hookworm, tetanus and other infections.

PERSONAL TOWELS

- EVERYONE SHOULD HAVE HIS OWN TOWEL.
- EACH PERSON'S TOWEL SHOULD BE HUNG IN A SEPARATE PLACE.
- TOWELS MUST BE KEPT CLEAN. WASH THEM OFTEN.
- WHEN POSSIBLE, HANG TOWELS IN THE SUN TO DRY.



KEEP YOUR CLOTHING CLEAN

To look your best, to feel well, and to be happy you must:

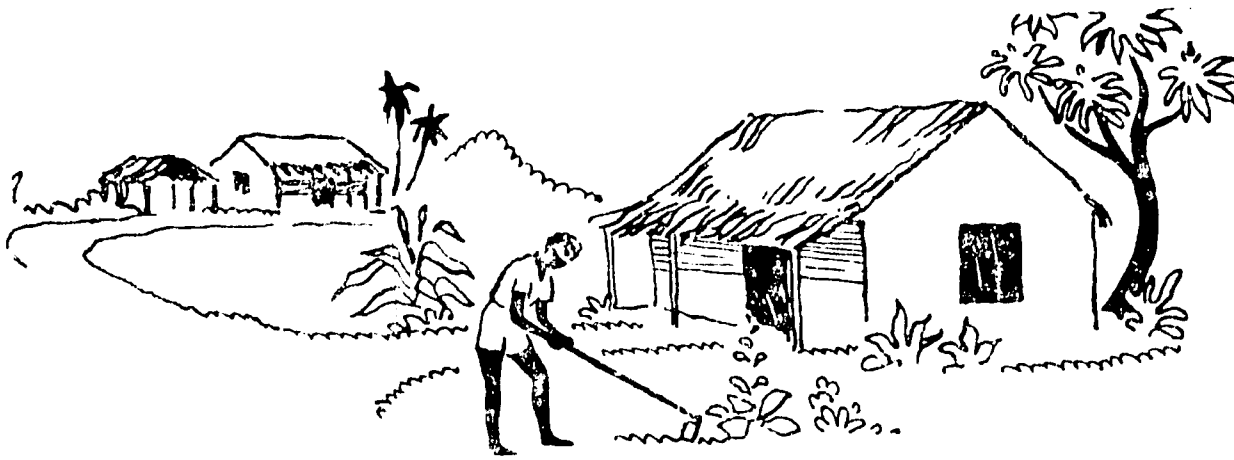
wear clean clothes in the daytime
sleep in clean clothes
sleep in clean beds

Clean clothes on clean bodies is a good rule to follow.

Dirty clothes can carry disease germs and help to attract body lice. Don't wear another person's dirty clothes.

Wash clothes often. Put them in the sun to dry when possible. Store clothes in a clean, dry place.

LIVE IN A CLEAN PLACE



It's easier to keep yourself clean if you keep your house and surroundings clean.

Keep your house and yard clean. When your home and yard are clean, you are protecting your own and your family's health. Disease germs do not like a clean place.

Sweep, dust and scrub your house often. Keep windows, walls, floors and furniture clean.

Prepare food in a clean place. Cook food in clean pots and pans. Eat from clean dishes. Use your own dishes. Do not eat from another person's dish or with another person's utensils.

Each person should have his own glass or cup for drinking water. Water should be stored in clean containers. Drink clean safe water. If water is not safe, boil it 10 minutes.

Empty all body wastes--human excreta, urine, vomit and sputum into a sanitary toilet, latrine or hole in the ground. Cover the hole to keep out flies and other insects and animals. If a pail or can is used for body wastes, it should be emptied every day into the latrine or hole. Wash the pail or can each day with hot water and soap. Keep the pail or can covered when not in use.

Never throw waste water out the window or door into the yard. A damp yard and pools of water around the house may:

- spread disease germs
- attract flies, mosquitoes and other insects
- cause bad odors

Do not let garbage pile up in your house or in the yard. Keep garbage in tight covered, water-proof containers. Then, burn or bury it.

Burn or bury trash. Don't let it pile up in and around your home.

Have plenty of fresh air when sleeping. Too many people sleeping in the same room makes the air stale. Sleep in a clean bed. Wash sheets, blankets, quilts and mattress covers often. Use washable materials for as much of your bedding as possible.

SICKNESS IN THE HOME

Here are suggestions for caring for a person sick in bed in the home:

- Serve clean food
- Serve water from a safe supply
- Bathe the patient at least once a day in safe water
- Wash your hands in safe water before and after caring for the sick.
- Keep the patient away from other members of the family if the illness is contagious.
- Keep all medicine in a clean place out of the reach of children.

Boil all dishes that are used by the sick.

Keep them separate from the dishes the rest of the family eat from.

When possible, use large clean heavy leaves or other disposable dishes.

Burn or bury them after each meal.

The room where the sick person is should be kept tidy and clean.

Keep plenty of fresh air in the room.

Boil the bedding--including the mattress cover and clothing of the sick when washing. If fuel is scarce for boiling water, you can use a disinfectant in the wash water.

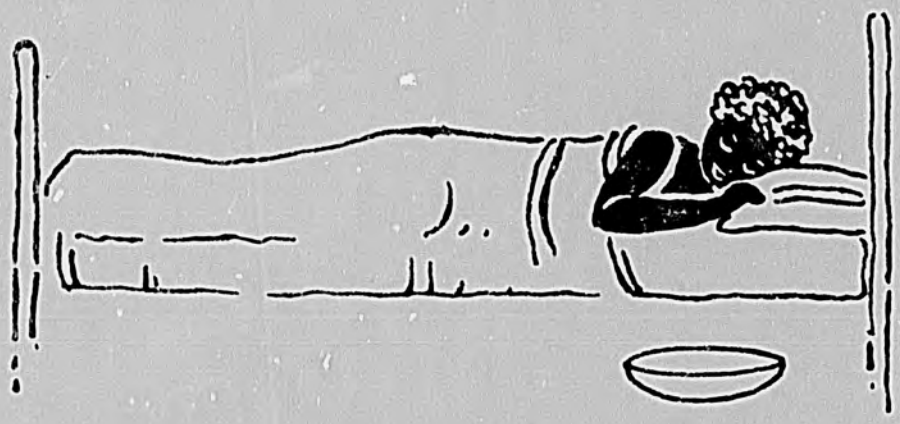
Care of Small Cuts

If you have a cut or scratch, wash it with soap and safe water.

Cover it with a bandage.

Keep sores covered so that flies and dirt cannot carry germs to them.

If sores or ulcers appear, show them to the doctor.



MENSTRUATION

MENSTRUATION is a normal function.

The discharge during this period is a waste product.

This waste is not known to carry disease germs like human excreta and sputum.

Home agents, in many countries, have given aid to women and girls about the care of their bodies during menstruation.

They have taught them how to make sanitary belts, napkins and towels.

The sanitary napkins or towels or cotton absorb the menstrual flow.

Care of Sanitary Pads and Towels

Don't leave soiled pads and towels lying around.

They give a bad odor
They serve as a place for disease germs to grow.

If the filling used for pads is plentiful or cannot be washed, wrap it in large leaves or paper and burn or bury it.

The belt, pad cover and towel can be washed.

Rinse the pad cover and towels in cold water as soon as removed.

Place them in a covered pail of cold water.

After they have soaked for awhile, wash with soap and clean water.

Dry in the sun.

Care Of Your Body During Menstruation

Take warm baths during this period.

Avoid bathing in a tank, tub or stream.

Take a sponge bath from a basin, or take a shower.

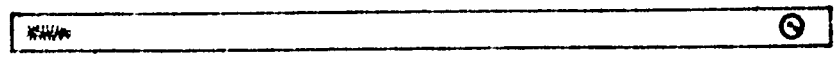
Change the napkin often. This will help to avoid having a bad odor.

How to Make a Sanitary Belt and Napkin

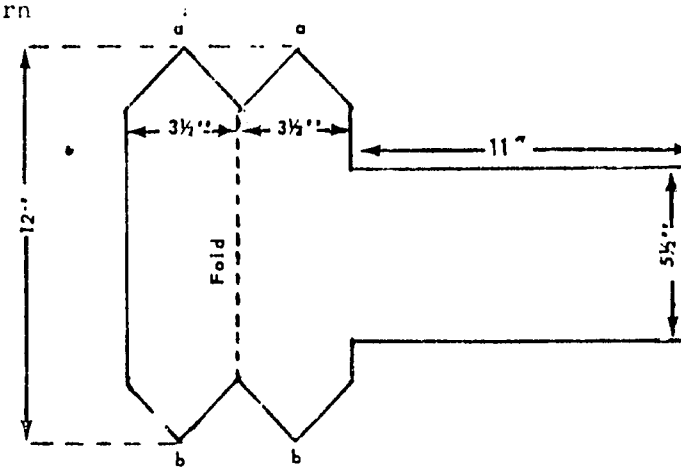
For a belt and pad cover, use available cloth that is soft and clean. The filling for the pad should be soft and absorbent. Some women use a sanitary towel made of clean cloth, instead of the pad with filling.

The size of the napkin and belt depends on the size of the person.

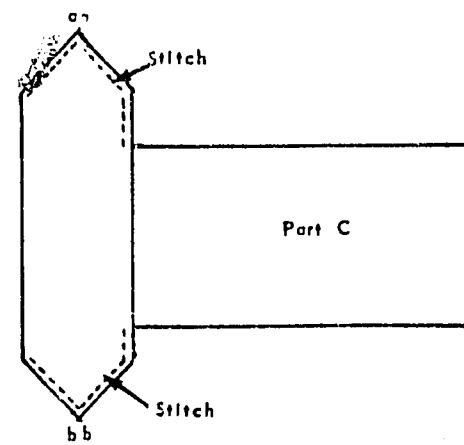
1. Make a simple 2-inch wide belt. Fold it and tie with strings at the waist. Or fasten with a button and button hole.



2. For the pad, you can make a pattern like this...

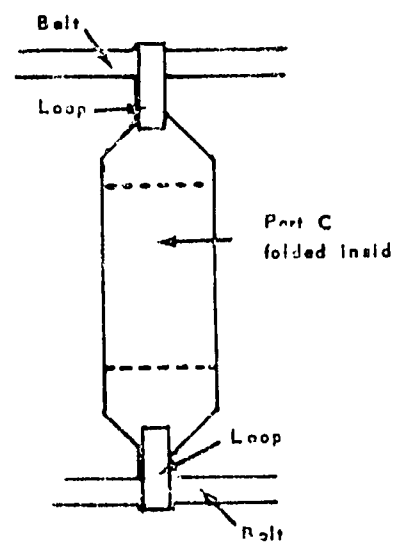


3. Put pattern on soft cloth and cut around it. Fold the cloth over so points a and a meet, and b and b meet. Sew along the dotted lines. It will look like this....



4. Fold part c to fit inside the pad cover. Part c could be made longer for a thicker pad. Or you can add soft cotton, moss, kapok or other soft absorbent material.

5. Sew loops on the ends. Make the loops about an inch wide. The belt can be pulled through these loops. It will look like this when finished.



NOTE: Make two belts and pad covers so you can change and wash them during the menstrual period.

DEMONSTRATIONS

Show how to:

Make Toothbrushes of Local Material

Make a Toothbrush Rack

Make Tooth Powders

Wash Hair

Remove Lice and Nits

Wash Hands

Make a Sanitary Belt

Wash Clothes--Make Storage for Clothes

Care for the Sick

Suggestions to Help You Give a Good Demonstration

Prepare yourself carefully.

Know more about the subject than you plan to teach.

Outline your demonstration step by step and write down exactly what you will say at each step.

Practice your demonstration until you can do every step without hesitation.

Use only equipment and materials available to the families concerned.

Arrive at your meeting place ahead of the women and arrange all materials for your demonstration neatly and in the order you will use them.

Plan for your audience to be seated so that everyone can see and hear.

Ask one of the women to assist you. This helps to develop leadership.

Evaluate your own demonstration.

(1) Did the women learn how to do what you demonstrated?

(2) What evidence was given that the women plan to carry out this practice in their homes?

(3) How could this demonstration be improved?

REMEMBER:

- Keep Your Body and Clothes Clean
- Eat Clean Food
- Drink Safe Water
- Live in a Clean Place

Village nurses in Taiwan teach personal cleanliness for better health.

BOOKS TO HELP YOU

- A First Hygiene Book - By Shelia Jamison - produced by South Pacific Commission Literature Bureau--New Hebrides--April, 1955.
- Better Family Living - Dr. J. Hohanna Bayer--Consultant of Nutrition Division--FAO.
- Homemaking Around The World - Agency for International Development--Washington 25, D.C.
- Housing and Home Improvement in the Caribbean - by Elsa Haglung--Food and Agriculture Organization of the United Nations and the Caribbean Commission - 1958.
- Textbook of Home Science - Rajammal P. Devadas--Indian Council of Agricultural Research, New Delhi, India.