

SWACHHTA AWARENESS MESSAGE

Good personal hygiene is important for both health and social reasons. It entails keeping your hands, head and body clean so as to stop the spread of germs and illness. Your personal hygiene benefits your own health and impacts the lives of those around you, too.

WASHING OF HANDS

The first place to start with your personal hygiene routine is your hands. We use our hands constantly during the day, touching many different surfaces, shaking hands with people, eating our meals, typing on the laptop or using a common telephone at work, or even playing at school. Naturally, our hands are the biggest carriers of germs.

Scrub your hands with soap and water for at least 20 seconds when:

- Coming from public outing
- Before leaving the washroom
- Before, during, and after preparing food, especially raw food
- Before eating
- Before and after taking care of

Someone who is sick

- After blowing your nose, coughing, or sneezing
- After touching garbage

Alcohol based sanitizer can act as substitute for water and soap!

PRACTICE SOCIAL DISTANCING

As a measure to stop the spread of COVID-19, it is highly recommended to:

- **STAY AT HOME** and go out only when it is necessary.
- Avoid gatherings of more than ten people.
- No handshakes
- Maintain a distance of at least 2 meters while outside



WEAR A MASK

Wearing a mask prevents spreading of germs and diseases but it also helps you from contracting any airborne infectious germs.



SANITATION

Adequate sanitation and toilets are basic necessities that ensure and promote the health of people. The importance of sanitation and toilets lies in helping reduce the spread of diseases. Sanitation systems aim to protect health by providing and promoting a clean environment.



The World Bank is addressing the importance of sanitation and toilets through the Water Supply, Sanitation and Hygiene (WASH) initiative, which assesses the relationship between poverty and hygiene to properly develop methods in bringing hygiene and clean water.

- Always wash your hands thoroughly before eating or drinking anything.
- Always wash your hands before and after using the washroom.
- Shower at the end of the day and put on clean clothes.
- Always wash fruits and vegetables from the field with drinkable (potable) water thoroughly before eating them.
- Drink only from designated water containers or faucets.
- Use the bathroom as often as necessary. Holding urine for long periods of time can lead to bladder or urinary tract infections.

TO REDUCE THE RISK OF COVID-19



INCREASE VENTILATION BY KEEPING DOORS & WINDOWS OPEN WHERE POSSIBLE AND RUNNING VENTILATION SYSTEMS AT ALL TIMES.



DO's & DON'Ts

		
		
		
		

For Washroom Practices

The clean person is not the one that runs away from dirt but one who takes the time and effort to tidy-up a dirty environment.



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