

Caring about  
 Learning how to wash  
 Every time you eat  
 And taking care  
 Not to share when you are sick will keep you CLEAN

# HYGIENE

It is healthy to be C.L.E.A.N.

## Why is Hygiene and Sanitation important ?

Hygiene and proper sanitation are necessary in order to avoid getting sick. Below is a list of the possible bacterial illnesses you can suffer from as a consequence of bad hygiene and sanitation.

### Typhoid

- very high fever
- muscle ache
- stomach pain
- nausea
- lack of appetite
- diarrhea
- small pink spots on your skin
- feeling very tired
- not knowing where you are/being very confused

### Cholera

- stomach cramps
- nausea and vomiting
- severe diarrhea

### Trachoma

- itchy eye and poor eye sight

### Diarrhea

- bad stomach cramps
- nausea and vomiting
- headache
- lack of appetite

## How can I improve my hygiene?

Try to make sure that the environment around you is clean, if possible try to wash your hands with clean running water rather than stagnant water.

**There are three things** you can do to make sure that you are 50% less likely to get diarrhea from the dirt around you:

- 1.Always** wash your hands with soap after visiting the toilet
- 2.Always** wash your hands with soap before eating
- 3.Always** wash your hands with soap before making food

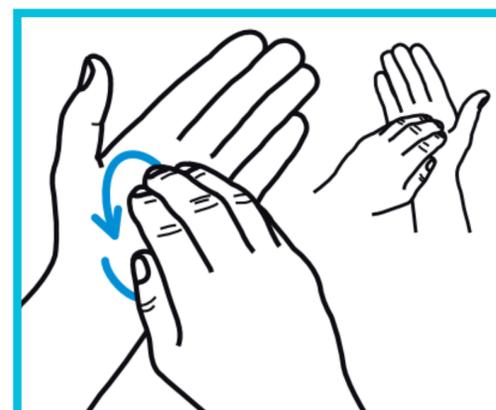
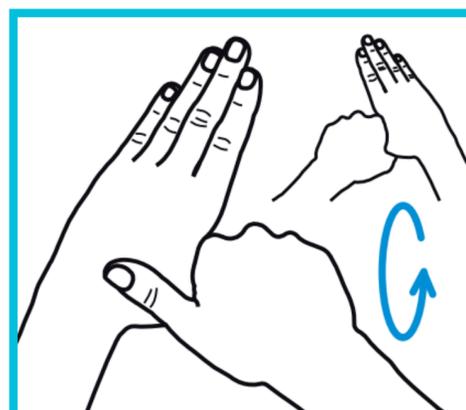
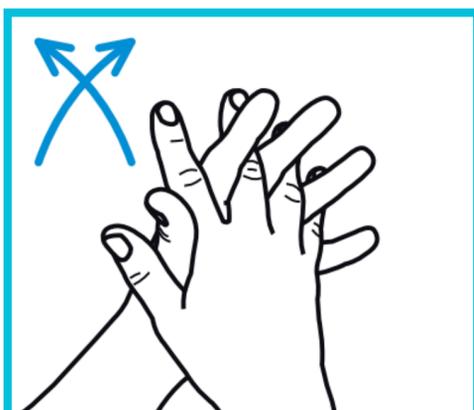


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## HYGIENIC HABITS

### How should you behave when you are sick

- Sneeze into your elbow rather than your hands
- Avoid eating sugary food
- Wash your hands often and properly
- Avoid sharing food and clothing with others
- Stay at home and visit a physician in order to avoid infecting others

### Why is this important?

By being conscious of your behavior when you are sick and visiting physicians you can better ensure a quick and healthy recovery.

By not infecting others you can prevent outbreaks and care for your community and family.

According to The Telegraph, a single sneeze produces more than 40,000 droplets of moisture and millions of germs, propelled over a distance of 32ft



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