

Spread of Germs and Diseases



Germs can enter our bodies through:

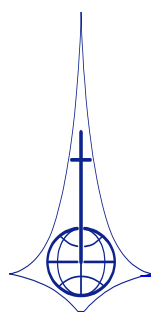
- *Dirty/contaminated hands*
- *Contaminated water*
- *The practice of defecating in the open*
- *Uncovered food/drinking water*
- *contamination by insects or animals/Birds*



Illnesses caused by germs from contaminated food include:

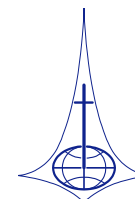
- Cholera
- Typhoid
- Typhoid fever
- Diarrhea

ALWAYS SHARE HYGIENE MESSAGES WITH YOUR NEIGHBOURS



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LWF/DWS

Hygiene and Sanitation

YOUR HEALTH DEPENDS ON HOW CLEAN YOUR ENVIRONMENT IS



KEEP YOUR FAMILY HEALTHY BY KEEPING GERMS AWAY

AVOID BEHAVIORS THAT MAY LEAD TO DISEASES

Prevent diseases related to water and sanitation

1. Safe human excreta disposal



Always use a latrine to ensure reduced cases of Diarrhea diseases

Latrine should be cleaned frequently and kept covered

Dispose children excreta safely



Protect your water source from contamination

2. Personal hygiene



Use soap or Ash for hand washing:

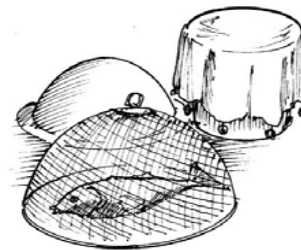
- After using the latrine
- Before touching food
- Before feeding children

3. Environmental hygiene

- Ensure proper disposal of waste
- Burn or Bury all rubbish
- Train children on waste disposal



4. Food hygiene

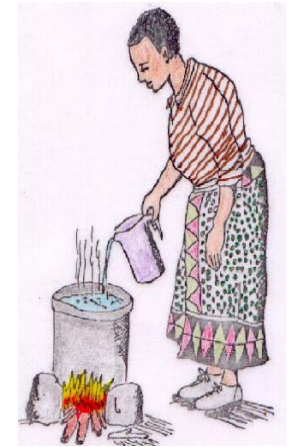


Cover cooked food always

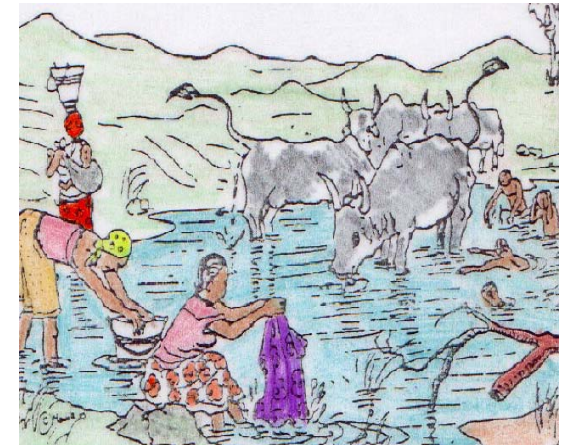
5. Water hygiene

Use water from:

- Safe clean sources
- Boil or treat drinking water
- Filter water to remove dirt
- Cover water containers to keep water clean



GOOD HYGIENE BEHAVIOR WILL PROMOTE YOUR HEALTH



Change your hygiene behavior

- Wash your hands often
 - Use clean water
- Use latrines or bury human excreta
- Keep your environment clean