



Federal Democratic Republic of Ethiopia
Ministry of Health

Personal Hygiene extension
Package

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1. Introduction

The method by which mankind prevents himself and his family from diseases by regularly keeping clean his hands and fingers, legs and feet, eyes, teeth and gums, body and clothes is called personal hygiene. In Ethiopia, especially in the rural areas, scabies, typhoid, fungus, skin infections, ulcer, trachoma, relapsing fever, intestinal parasites, diarrhea and other communicable diseases are predominantly seen due to poor personal hygiene. The reasons for poor personal hygiene are lack of knowledge on the part of communities, poor access to clean and adequate water supply, weak economic capacity of communities, backward lifestyle and culture and working behavior also contribute a lot to this.

Therefore, in order to prevent and control communicable diseases that occur due to poor personal hygiene, practicing personal and family hygiene becomes necessary. This personal hygiene package is therefore, developed for the promotion of personal hygiene and for the prevention and control of communicable diseases.

2. General Objective

- To create a healthy and productive society by preventing and controlling communicable diseases that occur due to poor personal hygiene.

3. Specific Objectives

- 3.1 Bring about behavioral change by raising the knowledge, attitude and skills that the society has on personal hygiene
- 3.2 To enable the society organize and use existing conditions for the promotion of personal hygiene

- 3.3 To enable the society to prevent itself from communicable diseases that occur due to poor personal hygiene.

4. Implementation strategies

- 4.1 Popularizing the package among the society
- 4.2 Conducting baseline survey (assessment)
- 4.3 Planning through community participation
- 4.4 Conducting training
- 4.5 Creating collaboration with societal groups, government and non-government organization that are potentially ready to support the package.
- 4.6 Involving health professionals working in surrounding health institutions
- 4.7 Enabling communities to bring about behavioral change through sensitization, education and coordination activities
- 4.8 Using local inputs
- 4.9 Using demonstrations
- 4.10 Exchange of experiences
- 4.11 Using incentive mechanisms
- 4.12 Using local laws and regulations
- 4.13 Undertaking monitoring and evaluation activities

5. Activities that will be undertaken for practicing personal hygiene

- 5.1 General programme about personal hygiene package:-
 - For organs of administration
 - For local trained or traditional health workers
 - For local known and heard people

- For local government and non-government organizations found around the extension package area

5.2 Collect information on the following:-

- ❖ Access to clean water
- ❖ Factors that impact on the effective practice of personal hygiene.
- ❖ Available materials which can be used for personal hygiene
- ❖ Knowledge, attitude and practice of the society etc.

5.3 Planning through community participation

- ❖ Develop a plan that takes into account the results of the baseline survey and the participation of communities
- ❖ Prepare as required, weekly, monthly and yearly work plans

5.4 Giving training

- ❖ Train community groups that can be supportive of the package. This includes trained or traditional health workers, development workers, known and heard local people ...etc.

5.5 Create collaboration with associations, government and non-government organizations that are supportive of the package.

These include:-

- ❖ Administration (for their administrative support)
- ❖ Agriculture (for the support of development workers)
- ❖ Education (for the provision of education to teachers and students about personal hygiene)
- ❖ Associations (youth, women etc. create collaboration)
- ❖ Traditional associations (idir/local traditional mutual support association, equib/local and traditional credit associations etc for their support)

5.6 Enable the participation of health professionals working in nearby health institutions

- ❖ This will be to enable the health professionals to give direct technical support in the places where the package is under implementation.

5.7 By sensitizing, educating, coordinating and raising its participation, enable the society bring about behavioral change

- ❖ Give broad and sustained education about the importance of personal hygiene at family level.
- ❖ Give education about the importance of personal hygiene in public meetings at Idir and religious places, on public holidays etc.

5.7.1 Education that would be given concerning personal hygiene

In order to keep our health, keeping our personal hygiene is necessary. Personal hygiene covers the cleanliness of the body, eye, teeth, hair, hand, finger, foot and clothes. This helps to prevent and eradicate different communicable diseases. On top of this, it has a major contribution on our social lives.

5.7.2 Body hygiene

The waste from our body comes out in the form of sweat during our different daily activities. This makes our body dirty. Our body also becomes dirty while working, by dust

and other ways. Unless we wash away the sweat that is coming out from our body and the different dirt that is created, they will accumulate and eventually expose us to bad body smells and different diseases.

Health problems that emanate from failing to keep our body clean

- Scabies
- Typhus
- Relapsing fever
- Bad body smells etc.

Preventive Methods

1. Wash body with clean water and soap at least once a week (based on the weather condition and nature of work). Washing places could be a nearby river, spring, or other surrounding water sources, taking water by small clay pot or small jerry can. Common bathing rooms can be made around water sources for ease of getting water and easy washing. Care must be taken to prevent dirty water from entering into the clean water source.
2. Agricultural activities such as digging, carrying heavy things etc. make the body dirty and washing the whole body after such types of work or every time after returning from work is important. If it is not possible to wash the whole body, there is a need to wash with soap and water selected parts of the body, which are exposed to dirt and need care. These body parts are the feet, hands, face, hair, auxiliaries and armpits.
3. Children should be washed with clean water and soap on a daily basis.
4. Washed or clean clothes should be dressed after washing the body.

Picture

5.7.1.2. Teeth and gum (mouth) hygiene

The teeth and gum can be easily attacked by diseases from failing to keep oral hygiene. In addition to this, traditional gum pricking for beauty and for the purpose of reducing the gum will expose to different diseases. This traditional practice should be taken as harmful and shall be stopped.

Health problems that emanate from failing to keep mouth hygiene

- Bad mouth smells
- Teeth decay
- Tooth ache
- Ulcer of the gum
- Damage to the upper linings/sheath of the tooth etc.

Prevention Methods

1. Wash mouth with clean water in the morning after getting from bed.
2. Wash /rinse mouth with clean water after food.
3. Regularly brush or clean the teeth with chop sticks or tooth cleaner. One who uses a tooth cleaner need to use one cleaner for one time and shall carefully dispose the used one so that others do not use it. If it is to be reused, it shall be well washed and put it in a clean place.
4. Wash /rinse the mouth with clean water before going to bed .
5. No sweet food should be regularly taken. After taking food, the mouth and teeth shall be washed and kept clean.

6. The water that we use for cleaning our mouth shall be also clean. It we are not sure that the water is not clean, we should boil first and then cool and use it.
7. If we are using tooth brush, it shall always be cleaned with boiled water.
8. Tooth brushes should not be used by another person and shall be kept out of the reach of children.
9. A tooth brush used by one person should not be used by another.
10. Our teeth should not be bored by sharp materials that bring harm to our teeth. These include uncleaned splinters, tooth stick, needle, pin and related materials.
11. Traditional gum pricking for the purpose of beauty which is practiced in the rural areas, besides being a harmful traditional practice, it predisposes to communicable diseases such as tetanus, AIDS, liver disease etc. and therefore it should not be practiced.
12. People who have bad mouth smells, shall wash/rinse their mouth four times a day with water and salt solution.

Picture

5.7.1.3. Hygiene of the hands and fingers

Since we touch and work so many things with our hands, they are easily contaminated by germs and if we do not regularly cut our finger nails, the possibility of their contamination by germs is high. Hence, keeping the hygiene of our hands and fingers nails shall be a priority activity. Care should be taken not to cut the surrounding skin while cutting our finger nails. Apart from hurting our finger nails, we create conducive conditions for germs to enter into our mouth while cutting our finger nails with our teeth. Therefore, we shall not cut our finger nails with our teeth and we shall take maximum care while cutting short our finger nails with our individual nail cutter. We shall always keep the hygiene of our hands.

Disease that come from failing to keep the hygiene of the hands and finger nails.

- Bloody diarrhea
- Ascariasis
- Cholera
- Trachoma
- Amoebiasis
- Typhoid
- Diarrhea etc.

Preventive Methods

1. Wash hands with clean water and soap in the morning immediately after coming out from bed.
2. Wash hands with clean water and soap before we touch foods, cooking and feeding utensils.
3. Wash hands with clean water and soap before and after food.

4. Wash hands with clean water and soap after going to the toilet.
5. Wash hands with clean water and soap after washing children and changing their diapers.
6. Wash hands with clean water and soap before breast and supplementary feeding.
7. Wash hands with clean water and soap after completing different jobs and activities.
8. Cut finger nails with personal nail cutters.
9. Should not cut finger nails with the teeth
10. Finger nail cutters which are not clean and are not new should not be used etc.
11. Make a follow up of the fingers of children and cut them as they have grown

Picture

5.7.1.4. Hygiene of the eye

The eye is a body part that requires maximum care. Health problems related to the eye can be created by dusty air and flies. Microorganisms that are found in the dusty air are causes for eye diseases. In addition to this, eye diseases are carried and easily transmitted from a sick to healthy person through flies.

Health problems that occur as a result of failing to keep the eye clean

- Trachoma
- Reddening of the eye (conjunctivitis)
- Unless appropriate care and urgent treatment are made, they will end up in blindness.

Prevention Methods

1. Wash face with clean water and soap in the morning immediately after getting up from bed.
2. Dry washed hands and eyes with towel or dry clothes. Towel and clothes used by one person should not be used by another person.
3. Eyes should not be touched with hands.
4. Since children are exposed to such eye problems, attention should be given to wash their eyes twice a day with clean water and soap.
5. Wash with clean water and soap our face and eyes on a daily basis and as we return from work.
6. Get treatment from a near by health facility for any eye illness.

Picture

Construction of a standing wash basin

A standing wash basin serves to stand and wash the face and hands. It also allows to wash some things while standing. Since this does not entail tiredness,

it allows completing any work within a short time. However, washing by bending brings pain on the back.

Materials Required for the construction of a standing wash basin

- Three one meter round woods.
- Strong string or wire.
- A flat tin can or clay can with a hole at the bottom for putting soap
- A deep bowl or guard.

Picture

Construction of a standing basin for washing the faces and hands

- Join together the three woods
- Strongly tie the joined woods with strong string or wire.
- Stand the joined woods in an up right position
- Adjust the woods until they hold the deep bowl.
- Make several holes at the bottom of the tin.
- The holes can help the soap water to pass out
- Pierce the soap tin can in three directions so that they serve for tying
- Tie the soap tin with wire at the bottom of the washing basin
- If the washing basin is outside the house, it is possible to sharpen the leg and dig it into the ground.

5.7.1.5. Foot hygiene

Our foot is exposed to different health problems unless it is properly kept clean. It is possible to enhance community participation in development and raise productivity through practicing foot hygiene and prevention of diseases. It is possible to keep on self from different diseases and accidents by keeping the foot clean and wearing shoes. In addition to this, it is possible to prevent the bad smells that evolve from the sweat and poor unhygienic condition of the foot by washing daily especially by washing well and drying the spaces between the toes. It is also necessary to ensure that our nails are cut short on time and their hygienic condition kept. If the foot is sweating and is bringing smells, the hygienic condition shall be strengthened and if there is no change with the condition, it is necessary to visit a nearby health facility.

Health problems that occur as a result of poor foot hygiene and walking bare foot.

- Hook worm (penetrates through the bare foot)
- Tetanus
- Chigger
- Bad smells
- Piercing and cut by sharp ends
- Wounds
- Bites by insects and others
- Fungus etc.

Preventive Methods

1. Washing foot with clean water and soap on daily basis.
2. Wearing shoes

3. Washing foot wears on a regular basis, and if washable, wash the shoes on a regular basis.
4. Cutting short the finger nails on time.

Picture

5.7.1.6. Hair Hygiene

Our hair is subject to easy contamination with dirt and other wastes. Apart from being a good place for the multiplication of pests, it contributes to attacks by different diseases. Although short hair is easy for keeping hygiene condition and long hair is not easy to do so, the hygienic condition of lovely hair can be maintained by washing, drying and combing it.

Health problems that occur as a result of poor maintenance of hair hygiene

- Good place for the multiplication of lice
- Fungal diseases
- Typhus
- Relapsing fever

Preventive Methods

1. Washing hair at least once a week with clean water and soap.
2. Keeping the hair clean by either shaving or cutting short and regularly keeping its hygiene

3. Regularly combing and keeping the hygiene of long hair
4. Combing the hair with clean and personal combs.
5. The blade that is used for shaving the hair shall not be used by other persons or it shall not be used for a different purpose. It shall be new whenever possible.
6. It is possible to remove lice from the hair by putting string in between the comb teeth and combing it.
7. Women, especially living where traditional embroidered hair making is common shall not keep their hair made for more than one week. Their hair shall be well combed, washed and dried after it is released
8. It should be noted that covering the hair after putting butter and similar oils will bring bad smell and is important to leave it open and aerated.
9. It is important to cover the hair while undertaking activities such as digging and food preparation as these activities make the hair dirty.

Picture

5.7.1.7. Hygiene of the clothes

Clothes help to protect our body from cold and other conditions and to maintain warmth and human dignity. Clothes that are not clean contribute to the multiplication of pests and the spread of pests borne diseases. Putting on/ dressing cleaned clothes day and night and sleeping on clean places is important for health.

The sweat that comes out from our body as a dirt during hard and other activities and that accumulates on our body gives bad smell.

Therefore, keeping our clothes clean as we keep our body is very important.

Health problems that emanate from clothes that are not hygienic/clean

1. Typhus
2. Relapsing fever
3. Bad smell
4. Body itching and ulceration etc.

Preventive Methods

1. Since children's' clothes frequently get dirty, regular washing and changing is necessary
2. Frequent washing, out door drying and if possible ironing and putting in clean places of clothes especially under wears such as pants and t- shirts.
3. Regular washing of night clothes such as bed sheets
4. Regular outdoor airing and washing as required of heavy clothes such as blankets and others
5. Boiling for at least 10 minutes and outdoor drying of all clothes that have produced lice.
6. Boiling and steaming/sterilizing of night clothes. The clothes should be immersed while boiling. Boiling shall be started from the time that steam has started to come out. Care should be taken not to release the steam from the clothes.
7. Delousing night clothes with 10% DDT or 1% malathion and keeping them for one day at time of epidemic outbreaks
8. Reporting the outbreak of epidemics.

Picture

5.7.1.8 Children's hygiene

Children are more attacked by communicable diseases that occur due to poor personal hygiene since they defecate and urinate on their clothes, bodies and sleeping places, touch by their hands and feet dirty things as they play and crawl roll on the ground.

Health problems that occur as a result of poor hygiene of children are the following:

- Diarrhea
- Intestinal parasites
- Reddening of the eye (conjunctivitis)
- Scabies
- Fungus
- Common cold

Modes of transmission

- By touching, handling and taking into their mouth any waste material
- When children do not properly wash their hands
- Since children do not always and properly keep the faces and eyes clean and flies rest on these body parts
- Since their bodies are made dirty by their urine, stool and other different dirty materials

- Since they play in places that are not clean and are exposed to dirty things

Preventive Methods

1. Washing with clean water and soap their body every morning and night
2. Washing their hands with clean water and soap before they feed or are fed
3. Regularly washing their hands, faces and eyes
4. Washing children with clean water and soap after they defecated and urinated
5. keeping clean places where children spend the day
6. Washing the hands of children and mother before breast feeding etc.

Picture

5.7.1.9. Care that should be taken during menstruation

Since it is a natural law, females will have a monthly menstrual cycle from puberty. In order to maintain menstrual hygiene, it is important to use clean and soft clothes. Towel-like and torn pieces of clothes, apart from not absorbing and holding off menstruation for some time and also lack cleanliness, they produce bad smells. Nevertheless, the use of pieces of clothes become imperative when pads made out of cotton are not available. These clothes must frequently be changed and washed. The used up clothes should be soaked for some time in water and washed with soap, and dried outdoor. It is not appropriate to throw into toilets/latrines or into

garbage pits. Bury or burn used menses/pads and pieces of clothes used for the management of menstruations.

5.8. How to prepare personal hygiene practicing materials from local inputs.

- It is possible to prepare different material such as clay jars, small barrels and guard from local materials for washing hands, faces and feet. These materials can be hanged and used for collecting water and washing by connecting out flow tubes made out of bamboo and other similar materials. Sewerage pits can be dug and its bottom can be embedded with stone, sand and gravel to let the sewerage sink into the ground.
- Soap can be replaced by local materials such indod (local leaf known to be a detergent and widely used in the rural areas), ash and other similar organic and non-organic detergents.
- Places for washing can be made by digging pits and embedding the standing place with gravel. Similarly, a local septic tank which has a gutter can be prepared by digging a well and embedding the well's bottom with stones, gravel, sand and other similar local materials.

5.9 Use of demonstrations

- Demonstration sites should be prepared at convenient places where communities can learn about personal hygiene and are capacitated to replicate them .
- By preparing and showing family level personal hygiene demonstration families in the neighborhood must be capacitated to prepare and use their own body washing places.

Picture

5.10 Exchange of experiences

At family level

Families who have prepared and are using materials for the practicing their personal hygiene must be visited and promoted as models. Other families must be helped to visit these model families and learn from the experiences of these families.

For the health extension package workers

Extension package workers who have contributed to the success of the health extension package need to be used as modes and other health extension workers must be made to learn from them.

At kebele level

Kebeles that have done good work with regard to the package should be made to share their experiences to other kebeles.

5.11. Use of incentives

- Give incentives to families that have actively participated and undertaken commendable activities in the implementation of the package.
- Give merit certificates
- Give materials which are easily and locally available.

- Cite Individuals, families, kebeles who have done commendable job as examples during meetings.

5.12 Use of local laws and regulations

- Use local laws and regulations in harmony with government laws and regulations
- Develop an internal rule and regulations which can be adopted by all community members
- Implement government laws and regulations.

5.13 Undertaking monitoring & evaluation activities

- The implementations of activity plans should be monitored and evaluated on weekly, monthly and annual basis.
- The implementation of activity plans shall be evaluated through the participation of communities and the local administration.

6. Outcomes expected from an effective implementation of the personal hygiene program

1. Diseases which occur due to poor personal hygiene will be eradicated through proper personal hygiene.
2. Communities will strengthen their knowledge, attitude and skills on personal hygiene.
3. Communities will through their initiation create conducive conditions for practicing their personal hygiene.
4. Implementers of the package will have sufficient information and knowledge on the environment they are working.
5. Community participation in planning and implementation will be strengthened
6. Additional communities that will provide support to the extension worker will evolve.

7. The culture of intersectoral collaboration will be strengthened.
8. People will acquire knowledge and experiences from other people and through their own initiative will accomplish tasks that are expected from them.

7. Problems that will be encountered during the implementation of the personal hygiene package and solutions to overcome the problems

7.1. Problems

- Cultural and traditional
 - In some areas, shaving of the hair is seen an expression of sorrow/condolences
 - Keeping butter on the head for a long time
- Behavioral change on participation of communities did not reach to the level required
- Low socioeconomic status
- Low support from concerned organizations who have direct and indirect stake in the implementation of the package.

7.2. Solutions

- Provide consecutive hygiene education that can bring changes to communities.
- Assist communities in keeping their personal hygiene through the use of their own capacities and inputs .
- Assist communities to raise their socioeconomic status.
- Undertake repeated sensitization and training activities to all organizations which have direct role in the implementation.

- Monitoring and evaluation should be undertaken by all levels of health offices. Solutions have to be sought to the problems encountered.

8. Methods of communicating short messages

8.1 Places for communicating messages

- House to house visits (at family level)
- Village level
- Schools
- Health institutions
- Religious institutions (churches, mosques)
- Traditional institutions (local welfare association/idir, local credit associations/equb)
- Markets
- Development offices

8.2. Modes of communication

- Person to person (one for one) conversations/discussions
- Conducting meeting (big meetings)
- Conducting team meetings
- Using demonstration sites
- Showing dramas, presenting musical shows, poems, use of local sayings
- Organizing exhibitions
- Presenting to the public different programs on public holidays
- Using tape recorders.
- By posters, leaflets and bulletins
- Using newspapers radio, television and similar communication materials and equipment, local mass media.

- Using mobile health education equipment

8.3. Messages that can be communicated

This will be based on activities included in the package

9. Monitoring and Evaluation

9.1 Monitoring

- People who have been given health education on personal hygiene by age and sex.
- Meetings conducted to give personal hygiene education
- Education materials used; by type and quantity
- Observation on children personal hygiene to check if they have flies on their faces, any food left over on their teeth, presence of lice on their hair, dirt in their finger nails.
- Checking the personal hygiene status of individuals by looking at his face, teeth, hair, finger, feet, clothes and hats.
- The regular exposure of night utilities to fresh air and sun shine (bed, mattress, blanket etc).
- Cleanliness of utilities of communities by day and night
- Pest free utilities of community members by day and night.

9.2. Evaluation

- Program specific objectives
- Specific plans developed to meet program objectives
- Inputs used to implement the plans
 - manpower (number, and professional category)
 - material (locally found materials and subsidies)

- finance (contributed by communities, and assistance from other sources)
- Strategies for implementing the plan
 - Field visits
 - Collection and analysis of reports
 - Discussion with beneficiaries
- Activities undertaken
 - using coverage indicators (percent, number, ratios)
 - strengths acquired
 - weaknesses observed
 - the impact of activities undertaken on the health conditions of communities
 - problems encountered
 - solutions to overcome the problems