

2.8 Lesson 8: Hygiene

Teacher's information – Lesson 8: Hygiene

The lesson starts with an overview of hygienic behaviours and then focuses on hand washing as the single most important hygienic measure. Proper hand washing is explained by the 3x3 method, which combines the three key steps and the three critical times of hand washing.

Objectives – Knowledge

- Know four personal and environmental hygiene practices
- Know three critical times of hand washing
- Know three key steps of hand washing

Objectives – Attitude

- Willing to wash hands in school and at home
- Respect the own body and the environment

Objectives – Skills

- Able to use the hand washing station properly
- Able to wash hands properly at critical times

Time

- 50 minutes

Materials – School

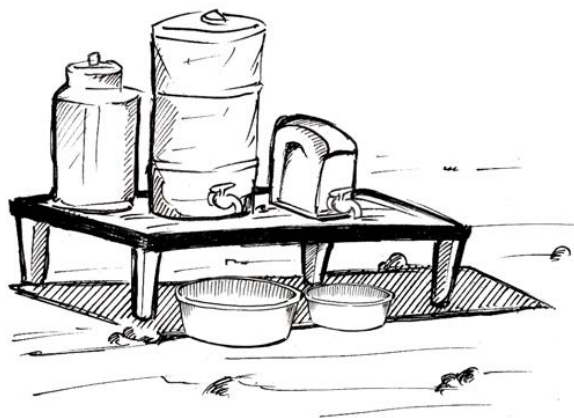
- Soap/ash/detergent

Materials – Toolkit

- Images: Lesson 8

Infrastructure

- Hand washing station



Hand washing station with containers and vessels

Key messages of the lesson

- **Hygiene includes personal and environmental hygiene practices.**
- **Hand washing is the single most important hygiene practice.**
- **Proper hand washing includes three key steps at three critical times.**

What is hygiene?

1. Ask the school children if they understand what hygiene is and which hygiene practices they know and already apply.
 - Hygiene includes personal and environmental hygiene practices.
 - Personal hygiene practices are: Washing hands, washing children's hands and face, washing hair, brushing teeth, bathing regularly.
 - Environmental hygiene practices are: cleaning surrounding, food storage in covered containers, water source protection.



Hand washing is the most important hygiene measure

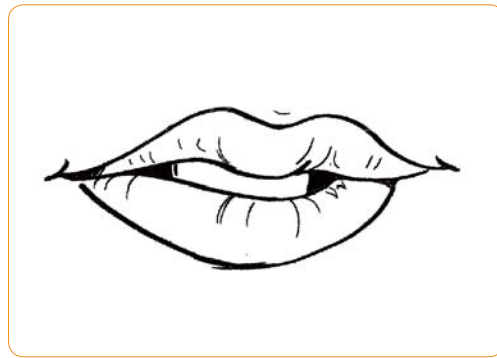
Hand washing with soap

Images: *Bottom–Hand–Mouth, Clean hands*

1. Explain that the lesson focuses on hand washing because it is the single most important hygiene measure. An easy way to learn proper hand washing is the 3 x 3 method related to three critical times and three key steps of hand washing.
2. Ask the children when they should wash their hands.
 - After defecating and after changing or cleaning babies
 - Before cooking or preparing food
 - Before eating or before feeding children
3. Arrange the three images “Bottom–Hand–Mouth” and let the children place the hand washing images.



Bottom



Mouth

4. Show the images “Clean hands”. Explain and discuss the three steps of hand washing. Emphasise the importance of using soap.
 - Wash both hands with water and soap, ash or detergent
 - Rub the front and back of your hands and in between your fingers at least three times
 - Dry hands



Dirty hands

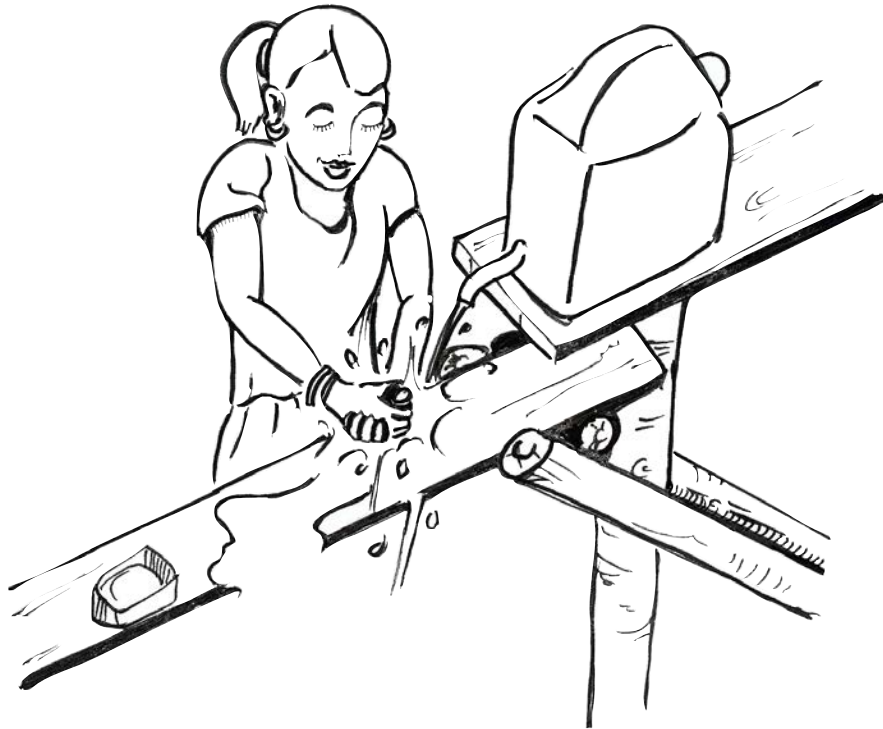


Washing hands with soap

Good behaviour practice – hand washing

Infrastructure: Hand washing station

1. Jointly establish the hand washing station (see page 91). This can also be carried out by the Safe Water Team.
2. Practise jointly the three key steps of proper hand washing. The school children are watched by others who can comment on the correct steps.



Girl washes her hands with soap

What did we learn today?

- Name four personal and environmental hygiene practices.
- What are the three critical times of hand washing?
- What are the three key steps of hand washing?
- Why is it important to use soap for hand washing?
- Demonstrate how to use the hand washing station.

Home-bringing message

- Which hygiene practices do we apply at home?
- Where do we wash our hands? Do we have soap?
- Can we build a hand washing station?

2.8.1 Background information – Hygiene

Health benefits from water and sanitation programmes will not be fully realised unless hygiene behaviour is promoted and achieved. There are personal and environmental hygiene practices.

- **Personal hygiene practices**

Good personal hygiene practices include hand washing, washing hair, brushing teeth, bathing and washing the whole body regularly.

- **Environmental hygiene practices**

Hygiene includes also environmental practices like cleaning surrounding, food storage in covered containers, washing and cooking food, water source protection.

Hand washing with soap

Hand washing with soap is the single most important hygiene measure to prevent the spreading of pathogens. Using soap in hand washing is essential, because it breaks down the grease and dirt that carry most germs. Washing hands with water alone is significantly less effective than washing hands with soap. Proper hand washing takes at least 20 seconds.

An easy way to learn proper hand washing is the 3 x 3 method.¹⁵

The three times when we should wash our hands are:

- Before cooking or preparing food
- Before eating or before feeding children
- After defecating and after changing or cleaning babies

The three steps to wash our hands are:

- Wash both hands with water and soap/ash/detergent
- Rub the front and back of your hands and in between your fingers at least three times
- Dry hands



Washing hands with soap

¹⁵ CAWST: An introduction to household water treatment and safe storage. 2009.