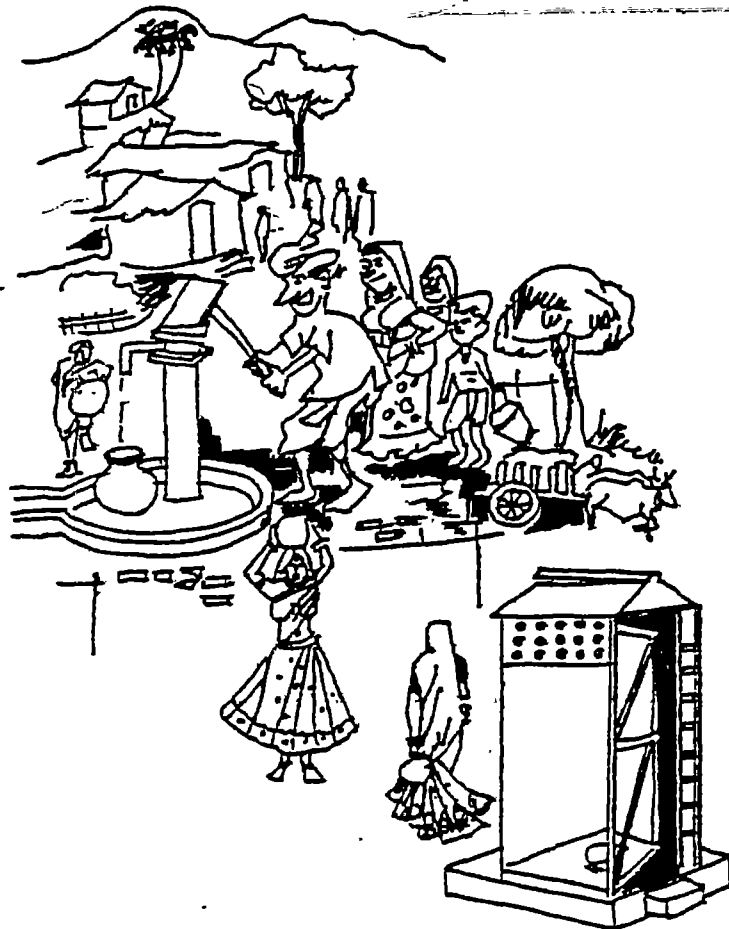


**GRASS ROOT LEVEL
TRAINING MODULE**



**HEALTH EDUCATION AND HYGIENE PROMOTION
TRAINEES' GUIDE**



1996

RAJIV GANDHI NATIONAL DRINKING WATER MISSION

MINISTRY OF RURAL AREAS, AND EMPLOYMENT

GOVERNMENT OF INDIA



HEALTH EDUCATION AND HYGIENE PROMOTION
GUIDE FOR TRAINEES

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P R E F A C E

Under the Rajiv Gandhi National Drinking Water Mission the TTTI, Bhopal is charged with the responsibility of developing Multi Media Packages for Grass Root Level Training under the Human Resource Development effort of the Mission. These packages shall be subsequently translated into a number of local languages and will be used to train trainers, who in turn shall be transferring know-how and skills to hundreds of functionaries at the grass root level for enhancing the capability of Panchayats. The other utility of these packages is to assist the development of a network of outreach and training by which people in far flung and diverse locations could be trained in a uniform and standard manner to perform their tasks effectively. Given the dimensions of villages, and beneficiaries, to be covered, and given the fact that the impact of the mission has to be sustained for the future, both developing human resources and integrating them through a supportive network become key factors.

Package on Health Education and Hygiene Promotion is one such package which has been developed jointly by T.T.T.I, Bhopal and Calcutta. The package is based on a competency based development approach and envisages the development of requisite competency in training through intensive skill practice, aided by transfer of learning through multiple media including handouts, transparencies, slides, charts, and video clips.

This package intends to create awareness amongst the people on health and hygiene related issues through awareness programmes followed by effective counselling so that the concept get internalised and become a way of life. The Institutes such as Institute of Hotel Management and Catering Technology, Pune, Technical Teachers Training Institute, Calcutta have contributed in the development of this package. I would like to acknowledge their valuable contribution in bringing it out in the present form.

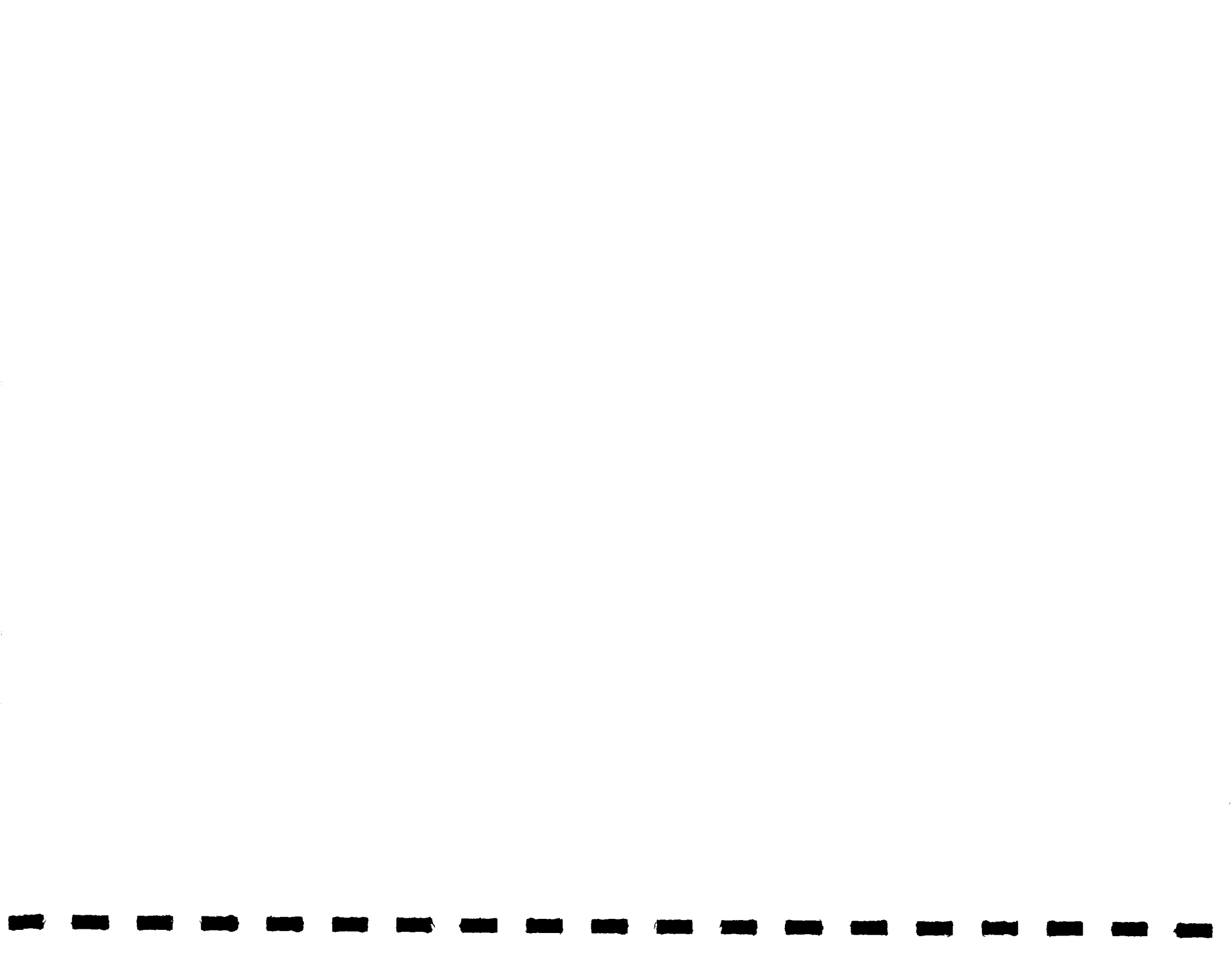


The effectiveness of competency based training, which forms the basis of this package would depend on serious implementation with requisite effort. The package includes training resources which would aid a complex and difficult venture, and enhance the quality of grass root development, to a large extent. We hope that the package will be used by trained trainers only, in a planned manner.

R.K.Mani

Director

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Shamla Hills, Bhopal.



ACKNOWLEDGEMENTS

Grateful acknowledgements are due to:-

Dr.I.C.Agarwal, National Consultant Rajiv Gandhi National Drinking Water Mission, Ministry of Rural Areas and Employment, Government of India for valuable suggestions and support.

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Panchayat functionaries for their cooperation and help, in field trials.

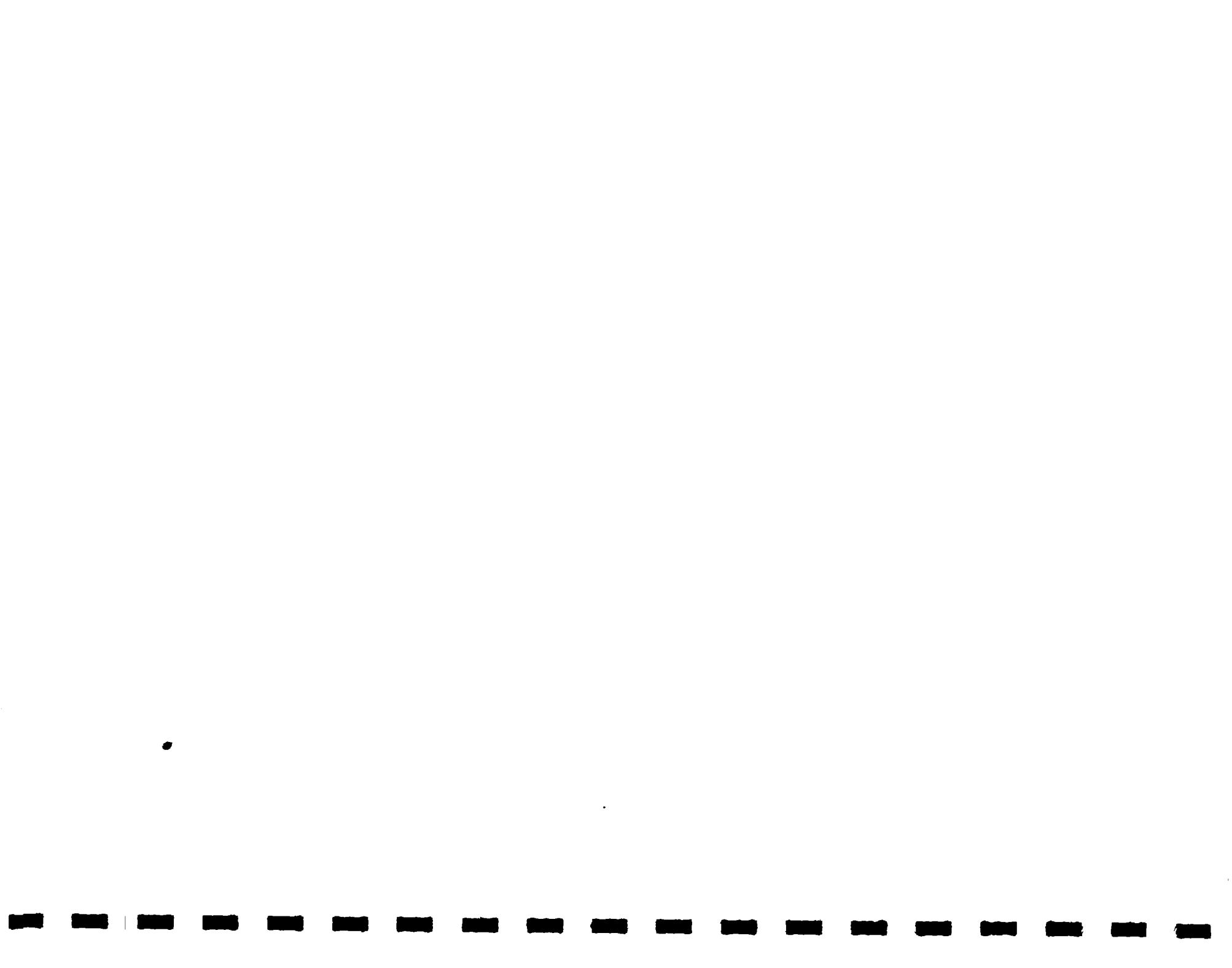
The Secretarial Staff for their valuable contribution in bringing out the package.

S.C.SAXENA
COORDINATOR



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GUIDELINES FOR TRAINEES

This package on Health Education and Hygiene promotion has been prepared for Grass Root Level Workers, who will be called upon to generate awareness amongst the rural masses.

For Whom?

The Grass Root trainees who will be using the module may be school teachers, Health workers, village level workers, NGO's etc. It is expected that they have been trained for this work.

HOW TO USE THIS MODULE?

The module provides a guide to the worker, and is expected that he/she will find it useful in executing his/her task of health education and hygiene promotion.

The illustrations provided in the module can be used as exhibits, when making a point with the people.

HEALTH EDUCATION AND HYGIENE PROMOTION TRAINEES GUIDE

TERMINAL COMPETENCY

TO CREATE AWARENESS AMONGST VILLAGERS ABOUT LINKAGES BETWEEN HYGIENE, SANITATION, DRINKING WATER AND THEIR HEALTH

ENABLING COMPETENCIES

TO ENABLE TRAINEES TO:

1. ACQUIRE KNOWLEDGE ABOUT HYGIENE (PERSONAL AND ENVIRONMENTAL WITH RESPECT TO FOOD AND DRINKING WATER AND ITS LINKAGE WITH OUR HEALTH.
2. ACQUIRE PROFICIENCY IN COMMUNICATION USING LOCALLY COMPATIBLE MEDIA.
3. BRING ABOUT AN ATTITUDINAL CHANGE IN VILLAGERS THROUGH COUNSELLING AND MOBILISING GROUP ACTION.

CHAPTER 1

HEALTH AND HYGIENE

COMPETENCY 1

TO ACQUIRE KNOWLEDGE ABOUT HYGIENE (PERSONAL AND ENVIRONMENTAL WITH RESPECT TO FOOD AND DRINKING WATER) AND ITS LINKAGE WITH OUR HEALTH.

1.0 INTRODUCTION

Clean and safe water and food in our daily routine has a strong bearing on the health status of people and society in general. Human excreta, agro-industrial effluents, toxic chemicals, and heavy metals, like lead, and mercury, make both surface, and ground water, very unsafe for drinking. Most of the human suffering in villages is the result of the consumption of such untreated water and contaminated food.

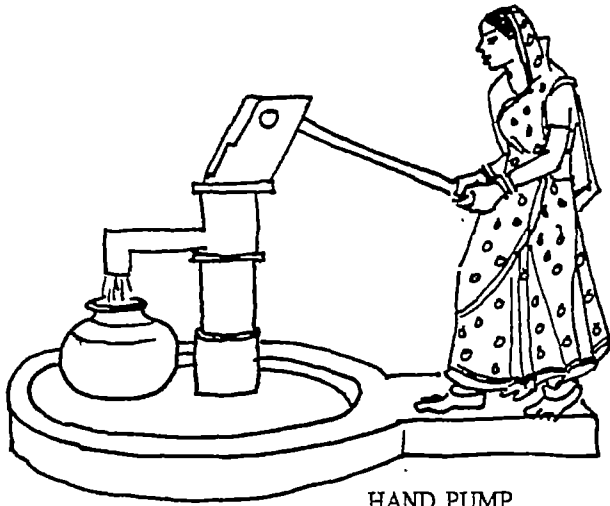
Recommendations for improvement on all aspects of hygiene and health, ranging from personal to environmental hygiene, and food hygiene are the need of today. However, unless we aim at initiation of a change in habits of individuals, we cannot hope to achieve a change in the environment with respect to sanitation and hygiene.

The sources of water must be first examined before any solutions can be recommended.

1.1 SOURCES OF WATER AND FOOD

Water and food are obtained from various sources. Contamination and its prevention therefore depends on the source from which water and food are obtained. Accordingly, care must be taken to protect individuals against health hazards.

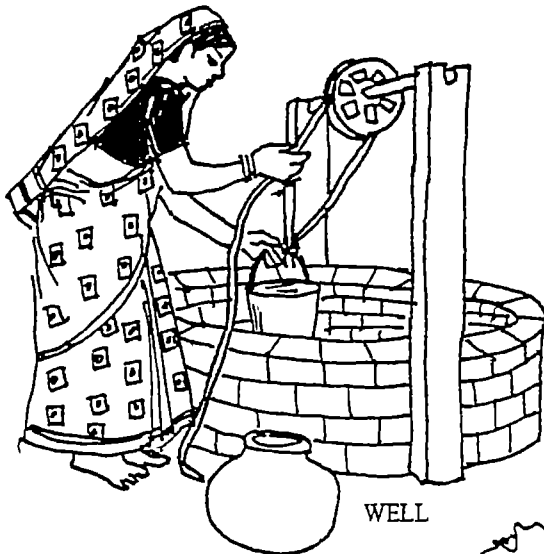
SOURCES OF WATER:-



HAND PUMP



DIPPED POT



WELL



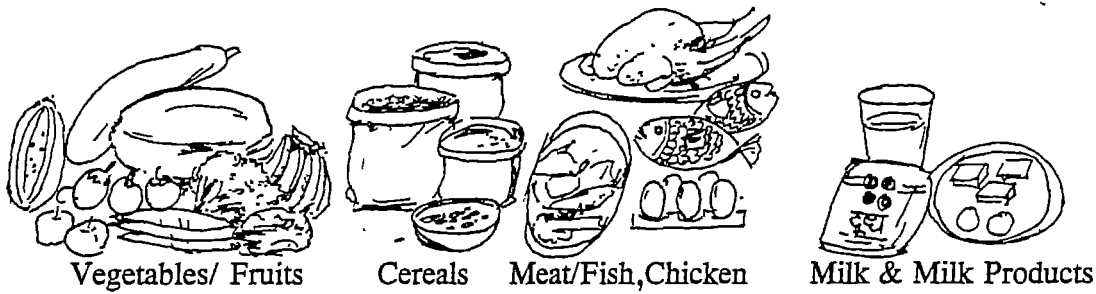
STEP WELL



POND

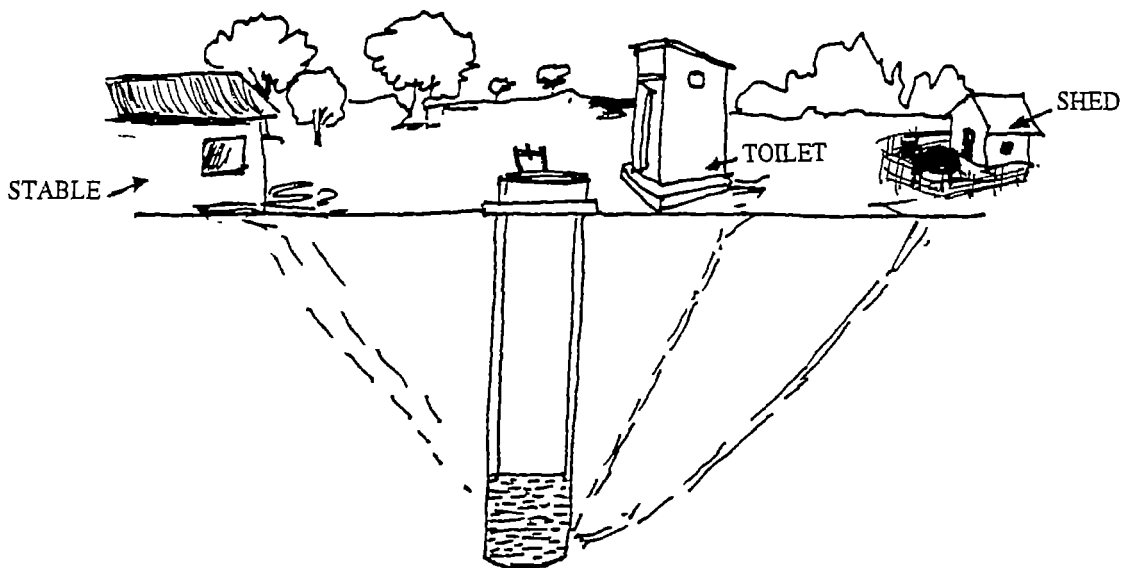
FOOD SOURCES:

Plant sources of food include cereals, pulses, vegetables and fruits. Egg, milk, fish mutton and chicken are derived from animal sources.



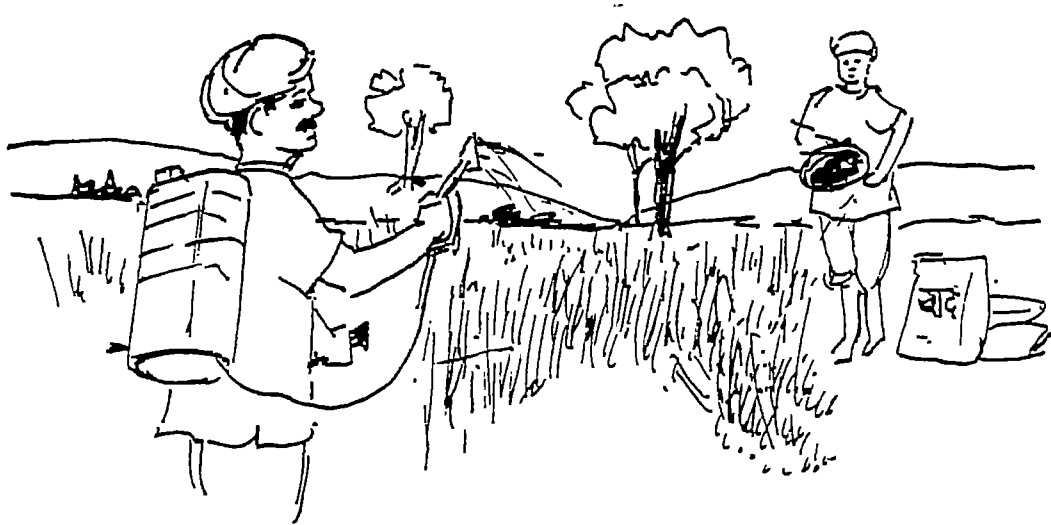
1.2 USES OF WATER AND FOOD AND LIKELY SOURCES OF THEIR CONTAMINATION

Water from a source must be used for a specific purpose only. Water from hand pumps, tube wells and protected deep wells only should be used for drinking and cooking purposes, as well as for personal use. Water from open sources like rivers, ponds, lakes and shallow wells should be used only for irrigation and washing animals. This water is not safe for drinking due to its exposure to various agents of contamination like bird droppings, seepage of human and animal excreta from toilets, drains, stables etc.

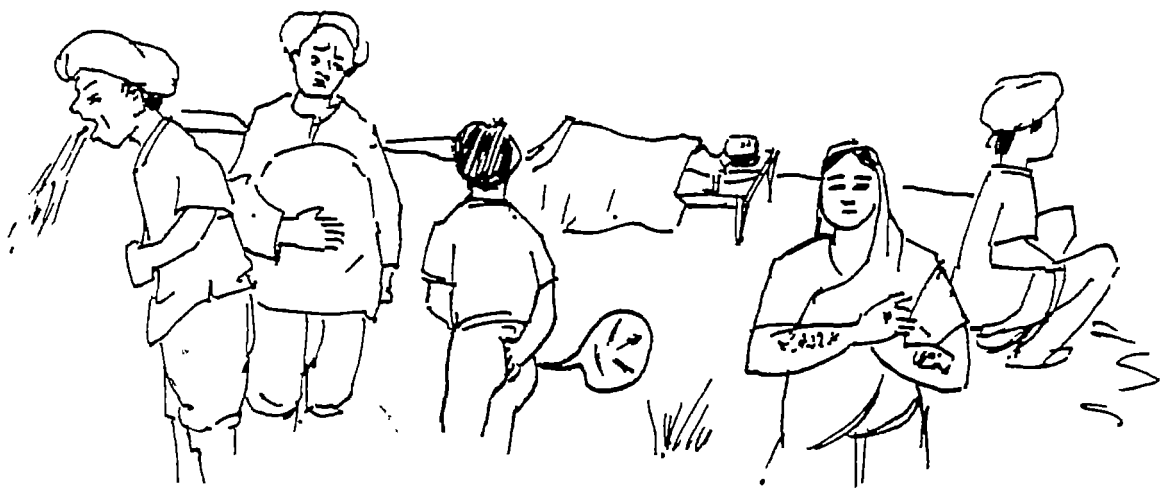


HOW A WELL GETS INFECTED FROM SURFACE POLLUTION

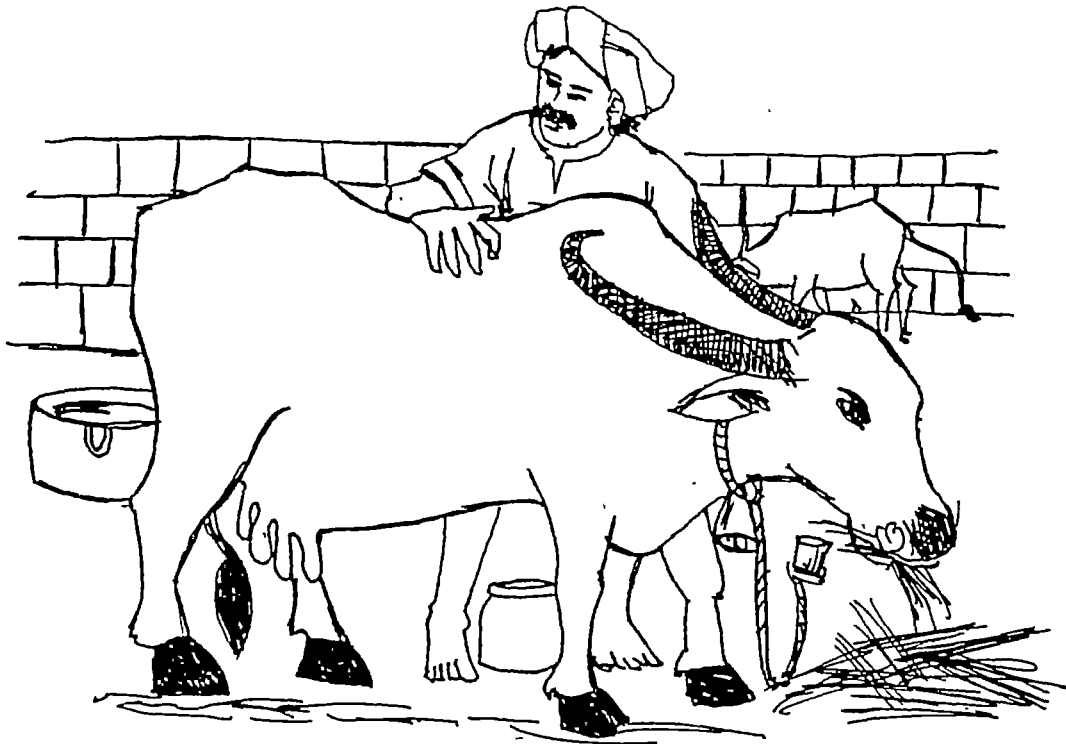
Plants used as food, if irrigated with untreated sewage water are likely to be contaminated with untreated sewage water, and may become carriers of disease causing germs. Moreover unscrupulous use of insecticides, pesticides, and fertilisers, on crops can cause severe gastro intestinal problems and diseases.



Some of the factors, which affect our health, are related to insanitary conditions in and around our living areas and cause dysentery, other gastro intestinal tract infections, parasitic infestations (specially guinea worm, tape worm through animal food) skin diseases, jaundice, urinary tract infections etc.



Animal foods should be obtained from healthy animals fed on safe fodder and slaughtered in hygienic conditions.



CATTLE'S SHOULD BE HOUSED SEPARATELY



SLAUGHTERING UNDER HYGEINIC CONDITIONS

Surface water generally gets contaminated owing to unhygienic practices, the figures below show some of these unhygienic practices, which cause contamination. Water should not be used from such sources for drinking and cooking.



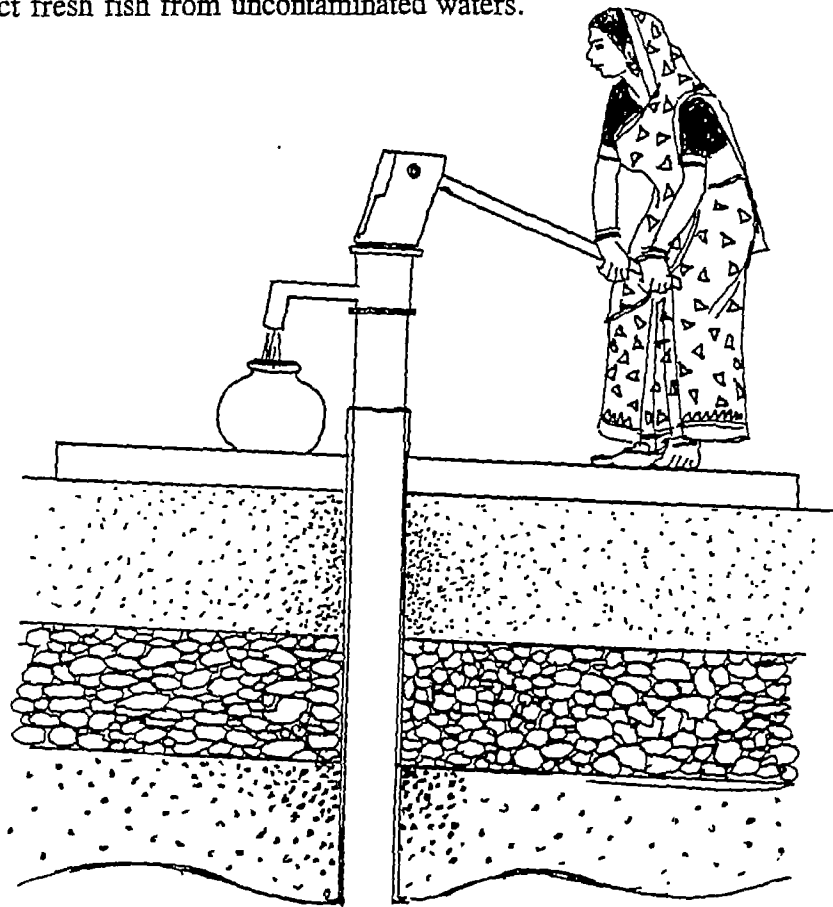
CONTAMINATION CAUSED BY

1. EXCRETA SEEPAGE
2. ANIMAL DROPPINGS
3. OPEN DRAINS
4. BATHING
5. WASHING CLOTHES
6. WASHING CATTLE

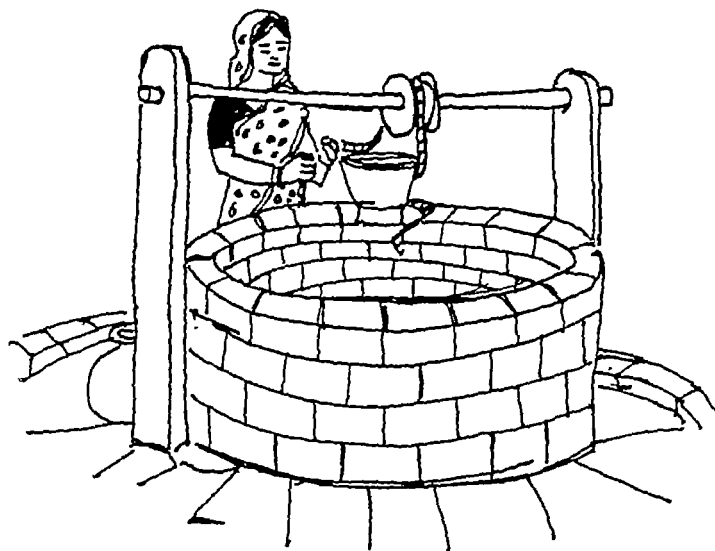
Food and water borne diseases like diarrhoea, dysentery, jaundice, typhoid and worm infestations can occur by consuming contaminated water and food. This can be avoided by observing the following preventive measures.

1. Take water for drinking and cooking from a safe source.
2. Select site for digging wells or hand pumps away from toilets and cattle sheds and at higher levels.
3. Dig deep wells since these are safer than shallow wells.
4. Make water source safe, wherever safe sources of drinking water like hand pump are not available, open wells can be made safe by:-
 - a) Building a parapet wall one meter high to prevent seepage of surface water back in to the well
 - b) Waterproofing of inner walls of the well.
 - c) Covering all wells with concrete lids or wooden lids.
- 4) Area of 2 metre around the well should be cemented/pucca.
5. Draw water with hand pump/ single bucket with nylon/ plastic rope.
6. Do not bathe, wash clothes, utensils near the well.
7. Wash clothes and utensils in a separately constructed area with drainage channeling water away from the well.
8. Always keep vicinity of well clean and fill up holes and pits.
9. Fence tanks and ponds to keep cattle away.
10. Remove weeds and algae from tanks and ponds periodically.
11. Dig tube wells deep.
12. In piped water supply systems use GI pipes instead of iron pipes.
13. It should be ensured that toilets are constructed well away from the source of water, the min distance of 3 m between the source of water and toilet should be kept.
14. Use of deep well or tube well water for farming, washing and cooking.
15. Use only approved levels of chemical fertilisers and permissible pesticides.
16. Treat sewage, before discharging in ponds, rivers, tanks etc.
17. Purchase goods from Government approved shops.
18. Check feed of animals with respect to quality.

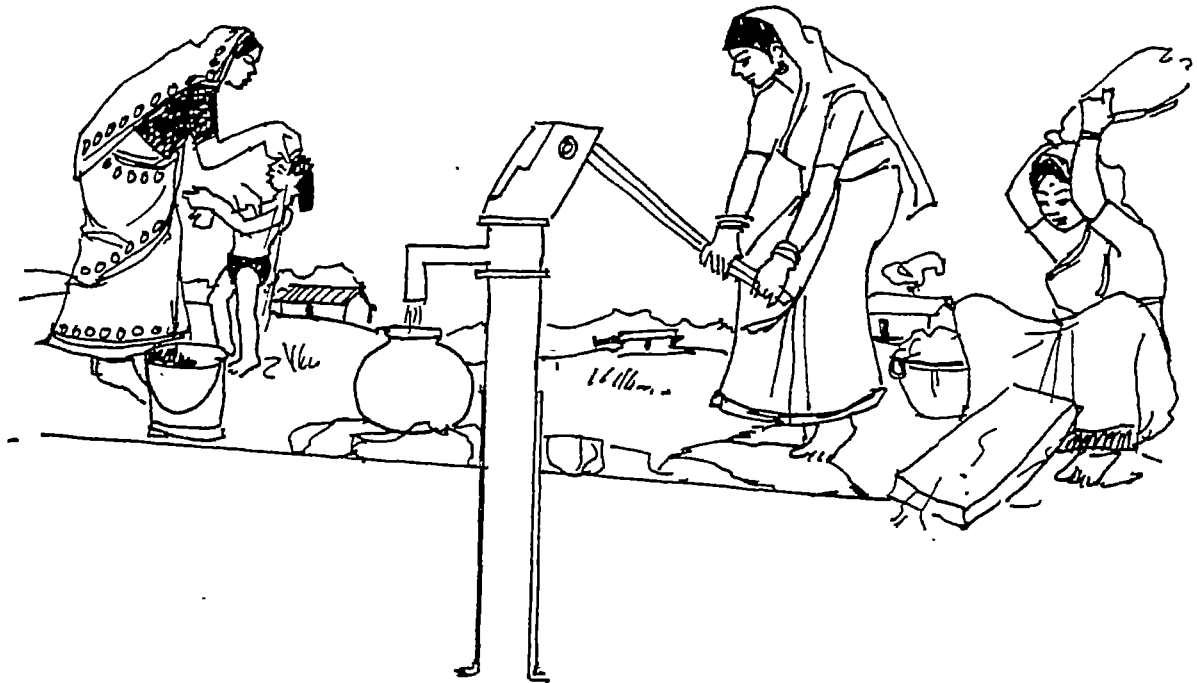
19. Do not slaughter diseased animals/ dead animals for meat.
20. Do not use cracked eggs.
21. Select fresh fish from uncontaminated waters.



ALWAYS FILL DRINKING WATER FROM A HAND PUMP
TUBEWELL OR OTHER CLEAN SOURCE,



MAKE SURE THERE IS A FENCE AROUND THE WELL. THIS WILL
PREVENT ANIMALS FROM COMING NEAR IT AND DIRTYING IT.

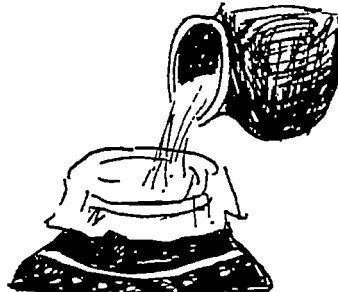


AVOID THIS

Scarcity of water is a problem often faced during periods of drought specially. This leads to not only inadequate availability of water but also the available water may be unfit for consumption.

What will you do if water source is unsafe for consumption?

- 1) Purify it by using alum, or chlorine tablets or bleaching powder in measured quantities.
- 2) Boil and filter it using a clean, fine muslin cloth.
- 3) Boil the water with clean neem leaves for an antiseptic effect.



FILTER WATER THROUGH A CLEAN, FINE MUSLIN CLOTH

1.3 COLLECTION, TRANSPORTATION AND STORAGE OF WATER AND FOOD

Contamination of water and food can also occur during collection, transportation and storage.

The choice of equipment to transport water and food is as important as the choice of storage utensils. Metallic and plastic containers are popular as are earthen pots, cement concrete or sintex tanks. Irrespective of the choice, containers should be regularly cleaned, always kept covered and water changed daily. Improper maintenance of water containers encourages growth of algae, rust, develops a metallic, flat or muddy taste depending on the type of container.

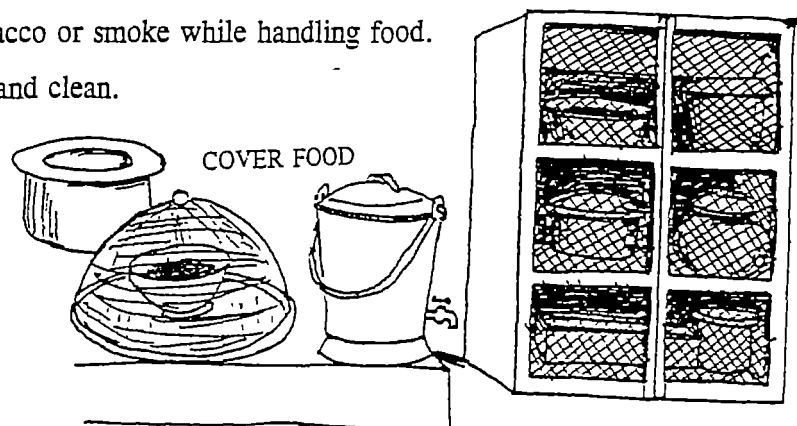
Food stored in uncovered containers is exposed to flies, cockroaches, rodents and other air borne diseases through unguarded sneezing, coughing, and spitting etc.

PREVENTIVE MEASURES

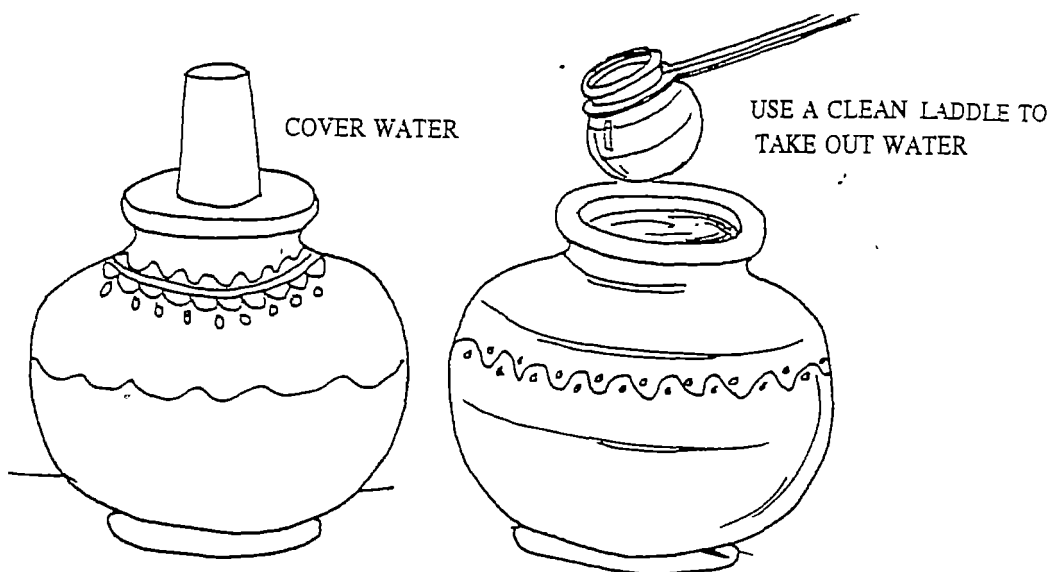
Water:-

1. Do not use iron containers for collection, transport or storage of water. Use galvanised iron buckets.
2. Wash the containers daily with good cleaning agent.
3. Use unused water for other purposes.
4. Buy wide mouthed pots and keep them covered
5. Prefer pots with taps.
6. Remove water with long handled scoops.
7. Place at safe height above ground level.
8. Place in a clear airy spot.
9. Filter unclear water before kitchen use especially during rainy season.
10. Discard base water if sediment is formed.
11. Purchase fresh food only from reliable Government approved shops (for meat).
12. Buy only uncut fruits and vegetables.
13. Buy as per requirement.

14. — Store covered in cool, airy areas ;
15. Store above floor level.
16. Store for short duration.
17. Store in uncut form.
18. Store in cane baskets/dug pits/rural refrigerator ;
19. Use appropriate methods like frequent heating for milk to prevent spoilage.
20. Use dried neem leaves while storing grains.
21. Prevent unhygienic practices in kitchen.
22. Do not buy cooked food from outside as far as possible.
23. Prefer clean shops, selling fresh, good quality foods.
24. Use as soon as possible after purchase.
25. Do not use left over cooked food.
26. Protect cooked food from further contamination.
27. Do not chew tobacco or smoke while handling food.
28. Keep nails short and clean.



COVER ALL FOOD AND DRINKING WATER, SO THAT
FLIES CANNOT SIT ON IT AND PUT DIRT ON IT,

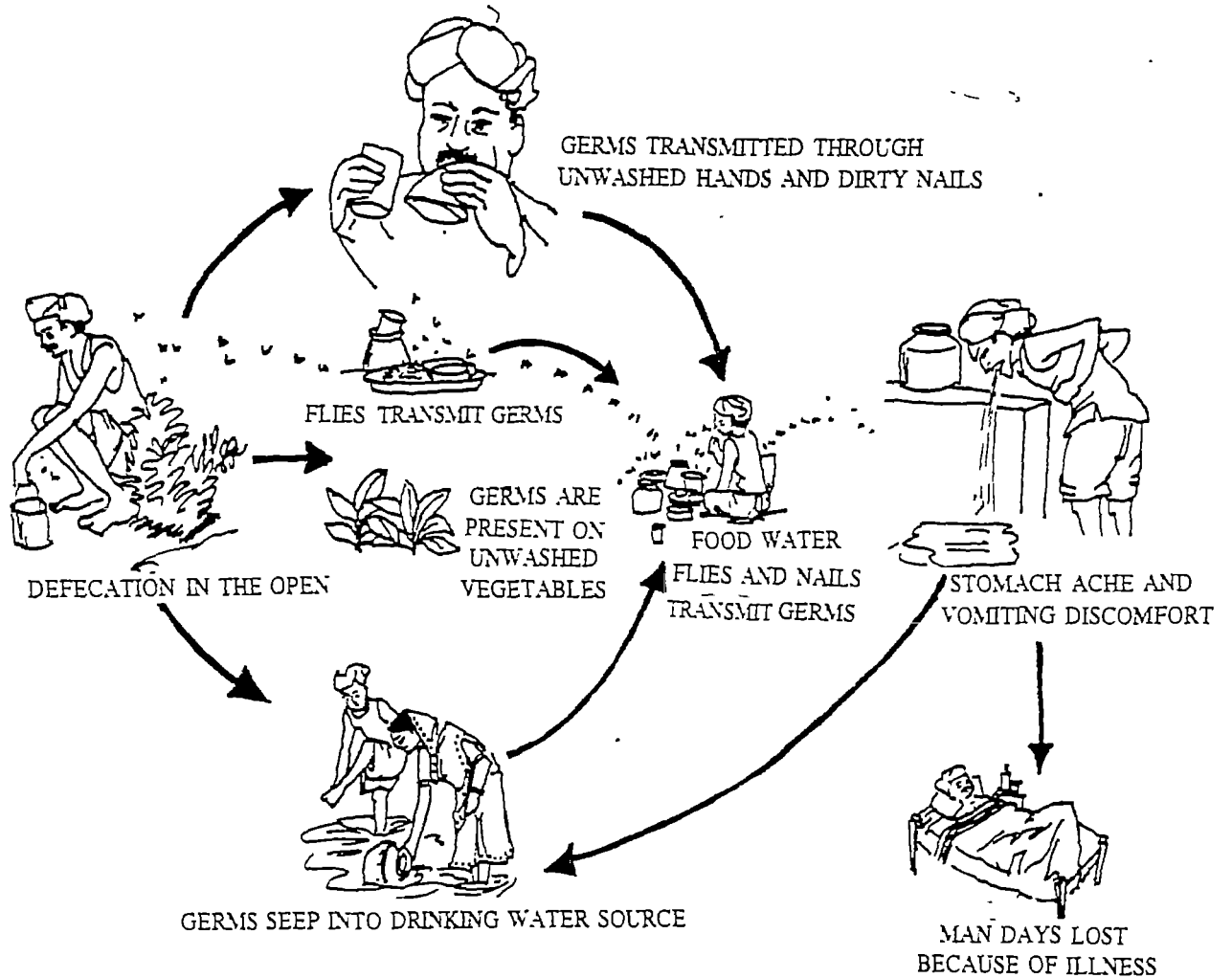


FOOD HYGIENE

	SOURCE OF PURCHASE	FEATURES	MAINTENANCE	SOURCES OF CONTAMINATION	PREVENTION
UNCOOKED FOOD	1) Local market 2) Farms	1) Situated in clean surroundings, with no toilets/ open drains in the vicinity.	1) Containers and area should be washed regularly. 2) Storage containers should be washed and dried.	Flies, cockroaches, rodents, dust & dirt.	1) Purchase fresh food only from reliable Government approved shops (for meat specially). 2) Bring only uncut fruits and vegetables. 3) Buy as per requirement. 4) Store covered in cool, airy areas. 5) Store above floor level. 6) Store for short duration. 7) Store in uncut form. 8) Store in cane baskets/ dug pits/ rural refrigerators. 9) Use appropriate methods like frequent heating for milk to prevent spoilage. 10) Use dried neem leaves.
COOKED FOOD	Local Market	1) Covered display especially for cut food 2) Hygienic surroundings 3) Freshly cooked 4) Reliable source 5) Appropriate serving tools used by shop keeper	1) Clean containers and covers, 2) Clean surroundings 3) Dry containers with clean dish cloth	i) Flies, dust, dirt, rodents, pests, hands and clothing of shopkeeper ii) Unguarded sneezing, nose blowing, coughing, spitting, iii) scratching of body parts. iv) Uncleaned containers, v) dirty clothes/ vi) contaminate d/ spoiled food and water used for cooking	1) Prevent unhygienic practices in kitchen. 2) Do not buy cooked food from outside as far as possible. 3) Prefer clean shops, selling fresh, good quality foods. 4) Use as soon as possible after purchase. 5) Do not use left over cooked food. 6) Protect cooked food from further contamination. 7) Do not chew tobacco or smoke while handling food, keep nails short and clean.

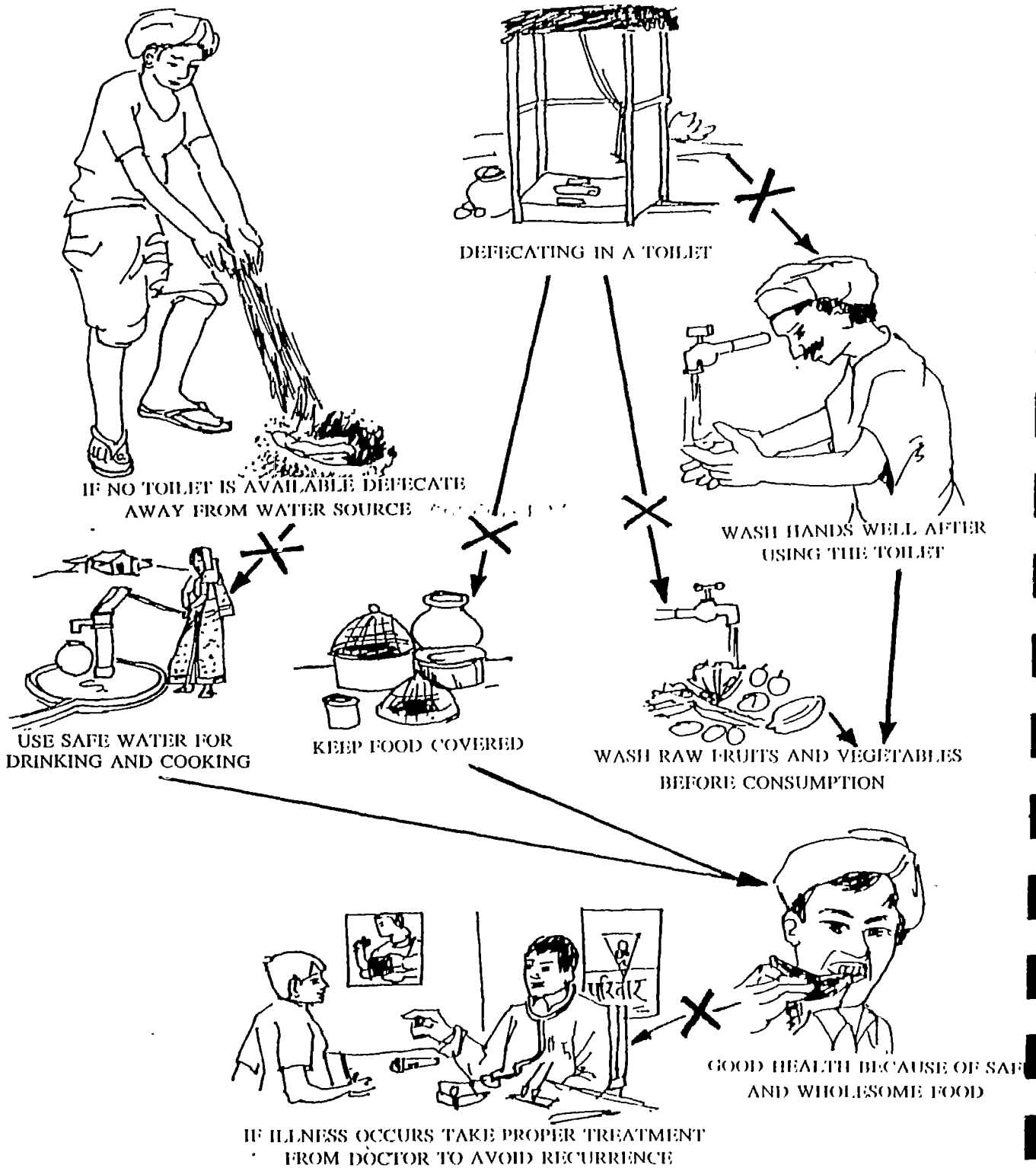
1.4 THE HYGIENE - HEALTH LINK

There is an unbreakable bond between hygiene and health. It follows that good hygiene leads to good health and lack of hygiene obviously results in disease and poor health.



THE FAECAL - ORAL CYCLE



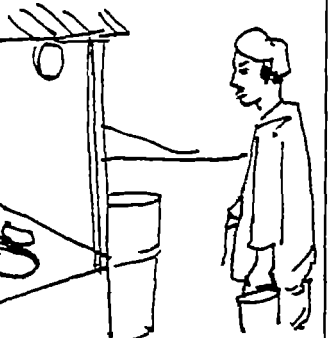
THE FAECAL ORAL CYCLE CAN BE BROKEN BY



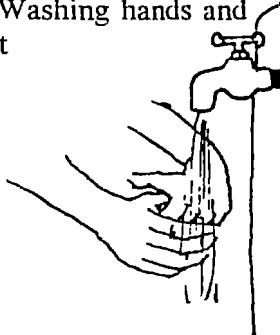




The health cycle begins at personal hygiene and culminates in environmental hygiene. The link between each aspect of hygiene is very important as negligence of any one would have a consequent effect on the others.

Develop habits that ensure sound health for the whole family.

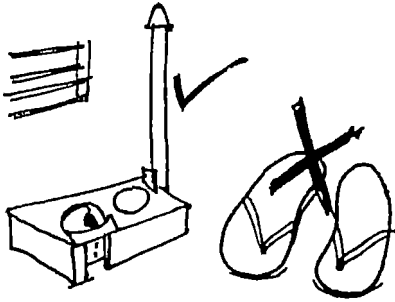
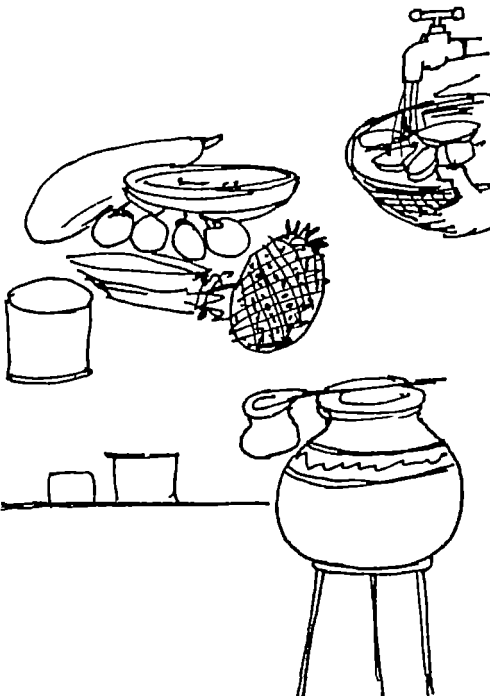
PERSONAL HYGIENE RELATED ISSUES

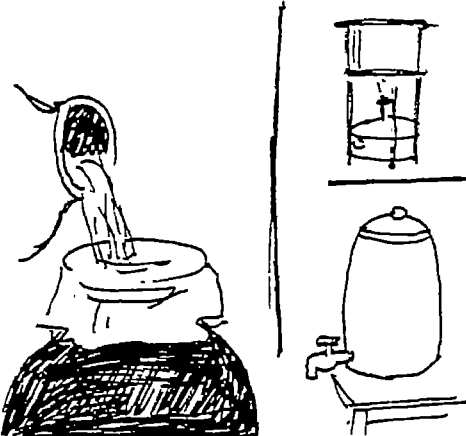
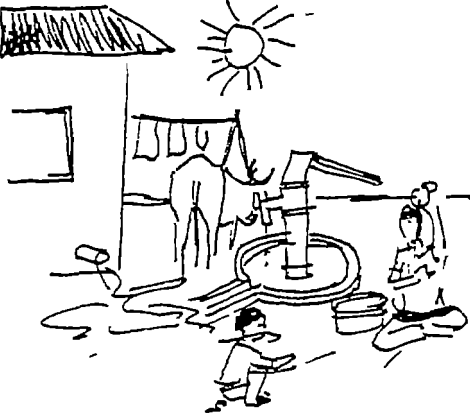

PERSONAL HYGIENE	PRECAUTION
<p>1. Brushing Teeth</p> 	<p>- Brush teeth daily with a fine tooth powder or neem stick and clean water.</p>
<p>2. Bathing</p> 	<p>- Have a bath daily with a good soap and adequate clean water. Use soapnut, shikakai and neem if available locally.</p>
<p>3. Toilet</p> 	<p>- Visit the toilet daily and wash body parts and hands well after each visit. Use waste water to flush excreta or cover waste with lime in areas of water scarcity.</p>

PERSONAL HYGIENE	PRECAUTION
<p>4. Washing clothes</p> 	<ul style="list-style-type: none"> - Use clean water and a good cleaning agent. Do not contaminate water source. Waste water should be drained. - Dry clothes on a clothes line in the sun. - Wash children's clothes in ample clean water with a good soap and always dry in the sun. - Do not use wet under garments for children, clothes should be washed with soap and dried.
<p>5. Nails and hair</p> 	<ul style="list-style-type: none"> - Keep nails short and always clean. Do not use a rusted blade for cutting nails. Do not bite nails. - Cut hair short (for boys), wash regularly (at least once in a week), and check for lice, dandruff. - Oil hair regularly. - Do not scratch head.
<p>6. Washing hands and feet</p> 	<ul style="list-style-type: none"> - Wash with soap and water after each visit to the toilet, before and after cooking, after touching garbage/dung, unsanitary work.

PERSONAL HYGIENE	PRECAUTION
<p>7. Coughing, sneezing spitting, blowing nose</p> 	<ul style="list-style-type: none"> - Do not cough over food. - Do not sneeze over food. - Cover mouth with clean cloth/ hand kerchief, when coughing and sneezing. - Do not blow nose directly onto ground . - Wash hands after blowing nose . - Do not pick nose, wipe nose on shirt sleeve, or saree pallu. - Do not spit, smoke inside the house and in the open vicinity.
<p>8. Cuts, burns, wounds, skin infection.</p> 	<ul style="list-style-type: none"> - Clean and cover wounds and cuts. - Use turmeric powder as an antiseptic if other antiseptic is not available. - Protect burns from infection. If severe, consult village health centre PHC , - Consult PHC for chronic skin infections, rashes. - Do not scratch rashes or infected skin.

FOOD HYGIENE RELATED ISSUES

FOOD HYGIENE	PRECAUTION
<p>1. Kitchen and Utensils</p> 	<ul style="list-style-type: none"> - Do not use foot wear in cooking and eating areas. - Keep knives clean. - Keep kitchen clean and ventilated, use smokeless chullah (if using fire wood), keep utensils washed.
<p>2. Food</p> 	<ul style="list-style-type: none"> - Wash fruits and vegetables before cutting and peeling. - Cut just before cooking. - Cook just before serving as far as possible. - Always cover food during and after cooking. - Avoid reheating food often. - Consume fresh food as far as possible. - Do not consume left over food from weddings/ other festive occasions. - Discard food suspected of being spoilt/ mishandled. WHEN IN DOUBT - DISCARD. - REMEMBER- Spoilt food does not improve in quality on reheating/ freezing or cooling. - Use leftover food, if in good condition only after thorough reheating for long time. - Wash cereals and pulses before cooking. - Drink only clean water. - Do not discard soaking water - use it for cooking or grinding. - Sprout and use pulses as far as possible. - Restrict entry of animals and poultry in kitchen. - Keep pests away.

FOOD HYGIENE	PRECAUTION
<p data-bbox="300 217 528 254">3. Drinking water</p> 	<ul style="list-style-type: none"> - Store separately in containers with tap and lid/ use long handled scoops. - Boil and filter before use, especially during illness, convalescence, rainy seasons and for infants and preschoolers. - Use two layers of fine clean muslin cloth, plastic/ stainless steel filters, Zero-B as filters before use.
ENVIRONMENTAL HYGIENE	PRECAUTION
<p data-bbox="300 782 687 848">4. Areas around water sources, Washing cattle, stables etc.</p> 	<ul style="list-style-type: none"> - Avoid stagnation of water near houses, water point etc. - Do not defecate, spit, wash self/ animal/ clothes/ utensils around sources of water and storage areas. - Establish proper sewer system with covered drains/ pipelines. - Channelise waste water away from houses, sources of water and storage areas.
<p data-bbox="300 1312 544 1348">5. Garbage disposal</p> 	<ul style="list-style-type: none"> - Keep household and kitchen waste in covered bins/ basket till disposed - Dispose garbage daily away from house preferably. - If burnt, do it away from living area - Recycle water and waste through multiuse wherever possible through soak pits and biogas plants etc. - Cattle and poultry should be housed separately.

COMMON WATER BORNE DISEASES

Diarrhoea	Major routes of transmission	Major actions for prevention
Diarrhoea (1) Cholera (2) Dysentery	- Contaminated water - Contaminated food - Contaminated hands, flies	- Safe disposal of human excreta - use latrine - Washing hands with soap or ash before handling food and after defecation - Use of protected water sources.
Worm infection (1) Roundworm (2) Hookworm (3) Guinea worm	- Contaminated water - Contaminated food - Contaminated hands	- Safe disposal of human excreta- use of sanitary latrine - Washing hands with soap or ash before handling food and after defecation - wearing shoes - Use of protected water sources
Skin & Eye infections (1) Scabies (2) Trachoma	- Personal contact - Flies	- Good personal hygiene - clean clothes and bedding - keep flies away from eyes
Insect related diseases (1) Malaria (2) Filariasis	- Mosquitos	- remove water stagnation by proper disposal of waste water

	SIGNS OF DEHYDRATION	NO SIGNS OF DEHYDRATION	SOME SIGNS OF DEHYDRATION	SEVERE DEHYDRATION
ASK	Diarrhoea	Less than 4 loose motions per day	4-10 loose motions per day	More than 10 loose motions per day
	Vomiting	None or small amount	Some	Very frequent
	Thirst	Normal	More than normal	Unable to drink
	Urine	Normal	Small amount dark	No urine for 6 hours
LOOK	Condition	Well, alert	Unwell, sleepy or irritable	Very sleepy, unconscious floppy or having fits
	Tears	Present	Absent	Absent
	Eyes	Normal	Sunken	Very dry and sunken
	Mouth and Tongue	Wet	Dry	Very dry
	Breathing	Normal	Faster than normal	Very fast and deep
FEEL	Skin	Pinch goes back quickly	Pinch goes back slowly	Pinch goes back very slowly
	Pulse	Normal	Faster than normal	Very fast, weak, Cannot be felt
	Fontanelle (in infants)	Normal	Sunken	Very sunken
TREATMENT		Mild diarrhoea Train Mother to give plenty of fluids to prevent dehydration ORS packet may be given Continue feeding	Moderate diarrhoea Health worker to give ORS packet to correct mild to moderate dehydration. Special drink to be prepared if ORS packet not available Continue feeding	Severe diarrhoea Give ORS and go to Health Centre to give I.V. drip to treat severe dehydration. Continue feeding

WASTE DISPOSAL

	METHOD OF DISPOSAL	TYPE OF WASTE	PRECAUTIONS
1.	Drianage	Waste water, Toilet water	1) Covered/ Pucca drains or GI Pipelines. 2) Channelise waste water to a common drainage system. 3) Pipelines/ drains should be sloping away from living areas/ houses.
2.	Recycling	Waste water Kitchen waste, paper twigs, leaves, plastics and polythene	1) Use waste water for permitted crops only 2) Use kitchen waste for producing manure for farming through sericulture. Do not mix with garbage, collect separately
3.	Incineration	Dry garbage, leaves twigs, paper	1) Burn away from houses. 2) Use ash for cleaning utensils
4.	Burial	Dry garbage, wet garbage, dead animals	1) Dig deep trenches 2) Deposit garbage daily, cover adequately with soil
5.	Soak pits	Waste water	1) Dig deep pits 2) Keep pits covered
6.	Composting	Dry plant matter, toilet waste and garbage	1) Area should be located away from houses 2) Use compost as manure in fields.

1.5 COMMON DISEASES AND THEIR PREVENTION

Unsafe drinking water, poor hygiene, unsanitary conditions and contaminated food may cause some of the following diseases.

1. WORM INFESTATION

Caused by unsanitary disposal of human excreta, worm infestations are mainly due to five types of worms.

- Round worm
- Hook worm
- Guinea worm
- Whip worm
- Pin worm

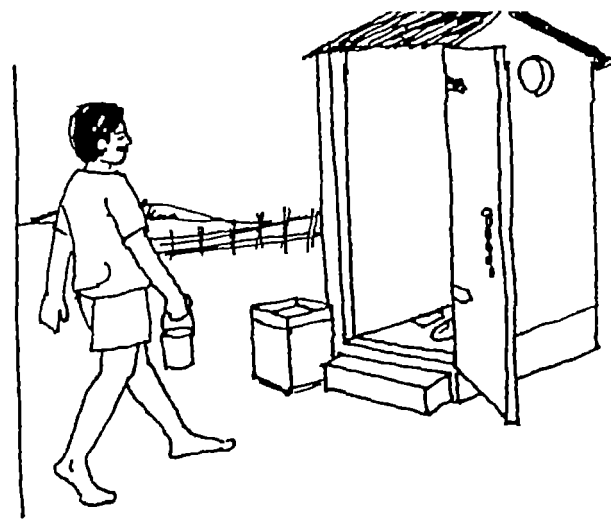
The eggs of these worms are excreted through stool and enter the body through mouth enroute unclean fingers and improperly washed raw vegetables and fruits. The hookworm enters the body through the skin of bare feet. Guinea worm infestation is transferred by direct contact with an infected limb or infected water from a pond or tank.

Safe disposal of all faeces and personal hygiene are of utmost importance for prevention of infection by these worm. A few of the preventive measures are:-

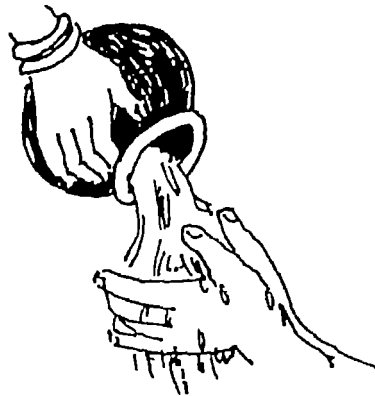
- Use toilet for passing stools.
- If there is no toilet, pass stool in the field far away from home and drinking water sources.
- Cover stool with earth to keep flies away.
- Wash hands well with soap or ash.
- Use footwear outside the home.
- Discourage step wells.



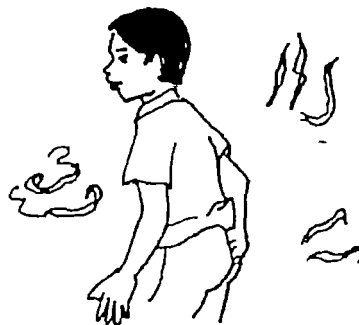
IF DEFECATING OUTSIDE COVER
FAECES WITH EARTH



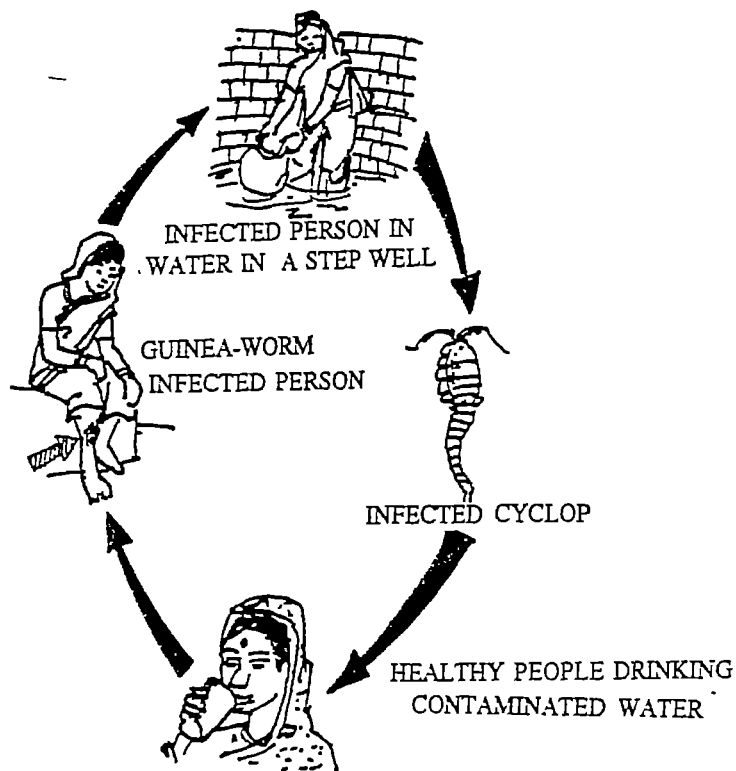
USE A TOILET FOR PASSING STOOLS



WASH HANDS AFTER USING THE TOILET WITH
SOAP/ ASH AND SUFFICIENT WATER



SYMPTOMS OF PINWORM INFESTATION



THE GUINEA-WORM CYCLE

Unsanitary disposal of human excreta can lead to contamination of water and food. Some common diseases are diarrhoea, dysentery, jaundice, typhoid and cholera. The germs are excreted through stool and vomit.

The disease germs are transferred to man through unclean food, flies, rats, cockroaches, dirty utensils, dust, contaminated water and through unclean hands and poor personal hygiene.

Some of the preventive measures are:-

- Practice personal hygiene, especially wash hands after defecation and before handling food.
- Dispose excreta properly.
- Keep food covered.
- Keep pets away from food.
- Use potable water for cooking.
- Do not allow patients to handle food.

CARE OF CHILDREN SUFFERING FROM DIARRHOEA



GIVE O.R.S. TO COMBAT DEHYDRATION

- GIVE ADEQUATE FLUIDS TO DRINK
- ADD O.R.S. TO WATER TO PREVENT DEHYDRATION
- IF ORS IS NOT AVAILABLE, TO A GLASS OF WATER, ADD A TEASPOON OF SUGAR AND A LARGE PINCH OF SALT. GIVE THIS LIQUID - ONE TEASPOON AT A TIME AFTER EVERY LOOSE MOTION ALONGWITH OTHER FLUIDS.
- IF SYMPTOMS LIKE VOMITING AND FEVER PERSIST, CONSULT THE P.H.C. OR DOCTOR.

CHAPTER II

COMPETENCY 2

ACQUIRE PROFICIENCY IN COMMUNICATION SKILLS USING LOCALLY COMPATIBLE MEDIA.

INTRODUCTION

Communication is the basis of all social interaction. The role of communication is to break down the barriers in the way of human interaction in order to achieve mutual understanding. In order to promote health, hygiene related awareness amongst people, its essential that one has to be a good and effective communicator.

Communication is either verbal meaning with words or non-verbal meaning without words. The verbal communication is speaking, writing, reading, listening, and thinking. While Non-verbal communication consists of all methods of communication other than the sending of words and receiving of words, such as signs, body language, visuals etc.

A good communication should be persuasive, which means the intention should be that the receiver understands it and accepts it or be influenced by the message.

One must safeguard against unintentional communication, often our tone or voice, facial expression, or body motion convey messages entirely different from the spoken words.

If we are not careful, or lack communication skills, the messages may go astray.

The reasons for this may be attributed to either the sender or the receiver. Some of the reasons may be:-

Sender related:

- i) Message not clear or ambiguous;
- ii) Associated non-verbal communication is faulty;
- iii) Inappropriate selection of medium;
- iv) Too much information;
- v) Lacks confidence or emotional stress.

Receiver related:

- i) The listener does not like the sender;
- ii) Engrossed in some other thing;
- iii) The listener might have made up his/her mind on something else.
- iv) Lack of faith or trust in the speaker.

Who to Communicate ?

It is important that the message which one would like to communicate is simple and clear. It is essential if one plans in advance as to what one wants to communicate, and ensures that the listeners interest in the process is held. This can only happen if it is a two way process that means the communicator is a good listener to.

Impartiality in listening to points of view is a great aid to the making of judgements about what is being discussed and this requires that we honestly to try see things through the other persons eyes.

COMMUNICATION FOR CREATING AWARENESS

1. The speaker has a comprehensive and correct knowledge about health/ hygiene related matters on which he/ she is going to talk .
2. The speaker has confidence and correct poise.
3. The speaker establishes a friendly environment, and is able to hold the attention of the people.

4. The speaker gains the confidence of the people by encouraging lively interaction.
5. Uses a conversational tone, as if talking rather than lecturing.
6. The speaker responds well to questions.
7. Understands the occasion and the environment.
8. Uses audio-visual media to supplement what he/she wants to convey.
9. Encourages people to interact, ask questions, give their opinions etc.
10. Uses locally available folk media to give the message subtly.

When and where to communicate ?

Since the purpose is to create awareness amongst people, one has to seek opportunities, It would be good to organise a small exhibition where posters, photographs, films etc can be used.

Use of Mahila mandal meetings Youth club, Panchayat meetings can also be availed off. Schools also provide a very good place for creating awareness amongst children.



VILLAGE FAIR

PANCHAYAT MEETING

How to Communicate?

Since the objective of the communication is to create awareness about health and hygiene the communicator should organise his/her content/message in keeping with the interest and attitude of the listeners.

Lectures as far as possible should be avoided as these do not hold the interest of the audience for long. Simple and frank conversation with people in a friendly informal setting is important.

Try to convey the message, using local media such as (i) bhajans (ii) puppet show (iii) street plays etc. Exhibitions and demonstrations during village fair provide good opportunity for communication.

When attempting to communicate, it is essential that rapport is established first. Often this can be done through showing interest in the listeners activity rather than passing your message to him. Do not admonish or belittle what they are doing. Your communication should be persuasive and positive in nature. Try to involve the listener by answering his/her questions in a friendly way.

CHAPTER III

COMPETENCY 3

BRING ABOUT AN ATTITUDINAL CHANGE IN VILLAGERS THROUGH COUNSELLING AND GROUP ACTION.

INTRODUCTION

Creating awareness only is not enough to ensure that the people will change their habits easily. It is essential that an attitudinal change is brought about. There are a number of ways in which this can be done. Some of them are:-

1. Development of peer group pressure through social action groups.
2. Counselling individuals and groups.
3. Organising demonstrations such as construction of a simple garbage pit, disinfection of wells, making a open well safe, construction of bathing cubicles, toilets. safe keeping of eatables, cleaning of hands with soap etc.
4. Encouraging villagers to prepare a health calender, so that they can see how better practices improve their health.

ACTIVITY 1

Identify the social action groups existing in the village and understand their functioning, key members their interests. Approach these groups and try to convince them about health, hygiene related issues and its effect on their health.

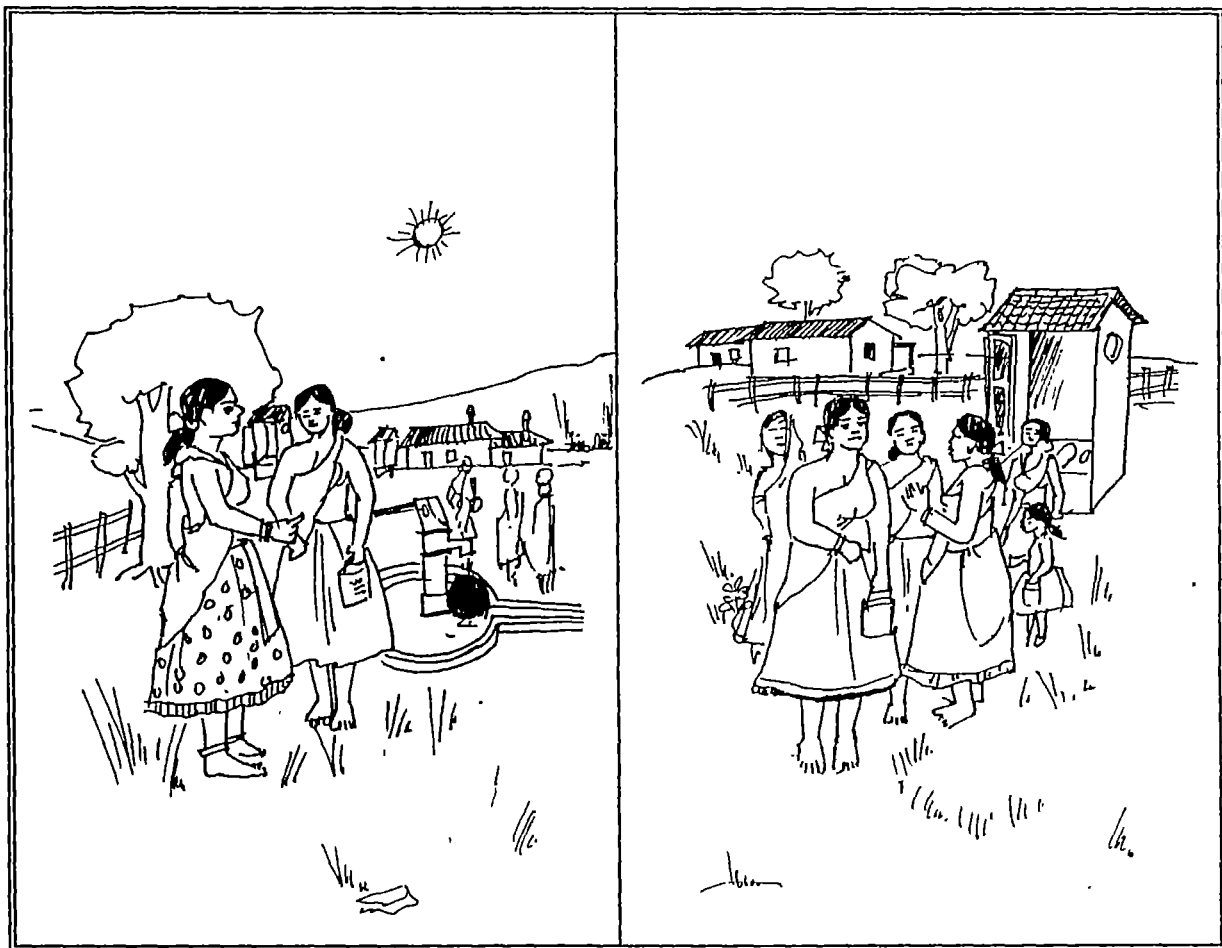
Organise social marketing of your ideas through the group, to build peer group pressure on the villagers.

It has been experienced that peer group pressure helps in bringing about attitudinal change in people. Review the strategy with the group members and encourage them for greater involvement.

ACTIVITY 2

Often it helps in bringing about attitudinal change through effective counselling. Where individuals have reservations or some mind set, it is better to counsel them individually. Groups can be counselled, when it becomes essential to build a peer group pressure on the people.

Although counselling is an art, but one who is a good communicator and prepared to listen can become a good counsellor. With practice one can sharpen the skills. If one is not a good communicator, and there are better communications or natural leaders in the group, try to use them for this purpose.



Counselling Individuals

Counselling a group

ACTIVITY 3

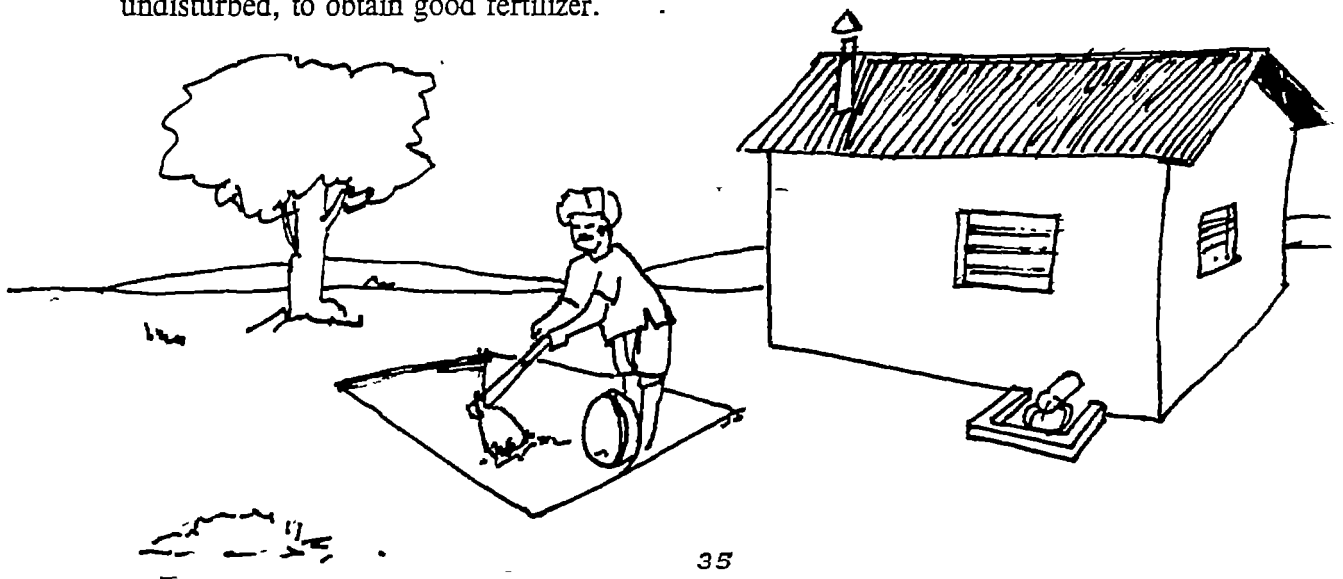
Many people get convinced and interested when they see something demonstrated. Try to link your programme when some live demonstration is taking place such as (i) construction of a toilet (ii) construction of a soakage pit (iii) construction of drain etc.

You can mobilise some people to construct a simple garbage pit in the village. Construction and other details are given below (as an example).

CONSTRUCTION OF A SIMPLE GARBAGE PIT

To keep the household and the vicinity clean, it is essential to dispose garbage correctly. In the absence of a garbage disposal system, a simple pit could be constructed to prevent accumulated garbage from rotting and infecting the surroundings.

1. Select a site located away from the premises for the construction of the pit.
2. The size of the pit should be approximately 4 to 5 meters long, one meter wide, and at least 0.8 m deep.
3. A compact earth bank of 10 cm high should be made around the pit to prevent rainwater from flowing into the pit.
4. The inner walls of the pit should be lined with clay and cowdung.
5. The garbage in the pit should be levelled and compacted with a layer of earth.
6. When the pit is full it should be covered with a layer of firm clay, and left undisturbed, to obtain good fertilizer.



ACTIVITY 4

In a group, inform about the health calender, how to prepare it and the advantages of such a calender.

Encourage an active participant to fill a sample form and inform others how it can be filled using one such filled foam as an example, try to convince them if the villagers use the correct practices as told they can see for themselves that the health of their family members has improved and substantial savings in family budget has come about.

FORMAT
HEALTH CALENDER

NAME OF HEAD OF FAMILY _____

NO OF MEMBERS. _____ Children' _____ Adults _____

S No	MONTH	PARTICULARS 1.No of persons 2.Man days lost 3 Expenses incurred	DISEASES								TOTAL
			Diarrhoea	Dysentery	Typhoid	Jaundice	Fever	Malaria	Filaria	Any other. please specify	
1	JANUARY										
2	FEBRUARY										
3	MARCH										
4	APRIL										
5	MAY										
6	JUNE										
7	JULY										
8	AUGUST										
9	SEPTEMBER										
10	OCTOBER										
11	NOVEMBER										
12	DECEMBER										
13	TOTAL NO OF ATTACKS IN THE YEAR										

ACTIVITY 5

It is essential that some catchy posters are pasted at important places which can act as reminders. Periodic meetings, exhibitions, and local folk art can help in bringing about an attitudinal change.

Services of PHC staff and health workers should also be used for promotional backup.

CONSTRUCTION OF DRAIN

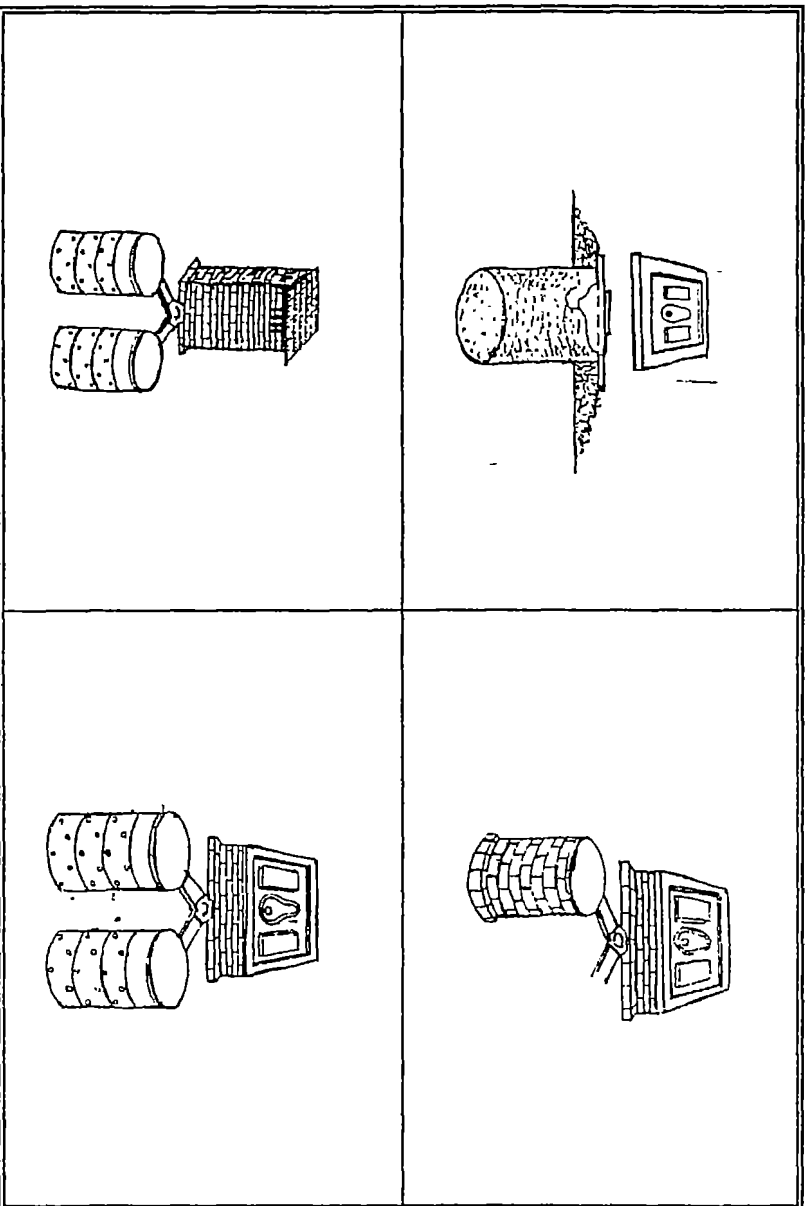
Water should not be allowed to accumulate near the house or on roads, it causes insanitary conditions and breeds mosquitoes. Hence it is essential that drains are constructed, which will clear the waste water to nearby fields or nallahas.

While constructing the drain the natural gradient should be kept in mind, so that the water flows smoothly. The depth of the drain should be according to the volume of water which is likely to be handled. Generally 30-50 cm deep and 30-50 cm wide drain is used.



CONSTRUCTION OF POUR FLUSH LATRINES

According to affordability a number of options are available for low cost pour flush latrines. Some of these options are given below:-



A trained mason constructing a two pit latrine is shown in the diagram.

