

## Lesson Plan 8: Emergency Hygiene


**45 minutes total**

### Lesson Description



The focus of this lesson is to provide participants with critical information about hand washing and hygiene during emergencies to prevent the spread of disease

### Learning Outcomes



At the end of this session participants will be able to:

1. Explain the importance of hygiene in emergencies.
2. Describe critical times for hand washing.
3. Demonstrate how to properly wash hands using soap or sanitizer.

### Materials



- Flip chart paper
- Markers
- Hand-washing station (water, soap, sanitizer)
- Optional: Hygiene kits

### Preparation



- Write the learning outcomes or lesson description on flip chart paper
- Arrange a hand-washing station
- Optional: Prepare hygiene kits for demonstration and explanation

### Introduction

**5 minutes**


1. Read aloud *Amita's Story*. Ask participants to think about the story as you read it.

#### ***Amita's Story***

Since the emergency, Amita and her family live in tents outside the building where her family used to live. They had a working toilet before, but now the pipes have broken so Amita is using a temporary latrine nearby. After using the latrine, Amita goes back to her shelter and changes her baby's diaper. After changing the diaper, Amita takes her baby and goes outside to the market to buy some fruit. She hands the money to the vendor and goes back to her shelter. There, she cuts the fruit into pieces and feeds it to her baby. Baby gets sick (diarrhea). Amita takes her baby to nearby health facility just to find the health facility is closed. Now she is facing another disaster in her life.

2. In a large group, ask participants different questions to make them realize the importance of hand washing.

- What promoted the issue/ sickness of the child?
- What could have prevented the issue/ sickness of the child?

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### Importance of Hand Washing

10 minutes



1. Tell the participants that you are going to show the importance of hand washing. For this, ask two participants to volunteer.
2. Make one volunteer to wash hand (properly with water only) and make another one to pour the water for hand washing. Collect the washed water in a clean basin.
3. Pour the collected water into a clean glass to check whether clean or not. If the water is clean then, hand is clean enough or vice versa.
4. After showing the result, tell the participants that this is the reason (hand that seems clean might not be clean enough and may contain germs and dirt) that hand should be washed properly with soap and water.
5. Clarify it more with the example of hand washing with water only after toileting that the hand may smell if not washed properly with soap and water which means the presence of germs (pathogens).
6. Make sure the following points are covered in the discussion of importance of hand washing:
  - a. *If people do not wash their hands after going to the bathroom they can transmit feces onto food, contaminate water with dirty hands, or spread pathogens to surfaces that other people touch.*
  - b. *Hand washing plays a vital role to stop fecal transmission and prevent sickness and diarrheal disease.*
7. Explain to participants that in emergency situations changes in people's WASH behaviors can occur more quickly than in normal conditions. If people feel they are at risk they are more open to change their behavior. For this reason, promoting proper hygiene and hand washing during emergencies is especially important.

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### Proper Hand Washing and critical time of hand washing

10 minutes



1. Demonstrate/ video show on hand washing techniques by the trainer and say participants to follow the same techniques. (**Six steps**)
2. After demonstration ask two to three participants to demonstrate it in large group and ask rest of participants to follow.
3. Tell the participants that in time of emergency people might not remember the steps of hand washing or they may not follow it so ask them to rather than focusing on step by step instructions for hand washing techniques, focus on the general principles of proper hand washing, that is lather the soap and wash hands for 10-15 seconds, wash entire hand, front and back.
4. Ask participants about critical (the most important) times of hand washing.
5. After the response of the participants, show critical time of hand washing poster (**AATI and PATI**) before eating, before cooking, before feeding baby and after using toilet, after cleaning baby feces, after touching waste.

6. Add up the information of setting up a hand washing station near toilet and keep soap (soap hole, soap in rope) so that people can use it immediately after use of toilet.

**Trainer Note:** Hand washing station can be constructed by locally available materials big stones, wood, pieces of brick and stone, etc.

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## Food Hygiene and Menstrual Hygiene

**15 minutes**

1. Tell the participants that maintaining food hygiene and menstrual hygiene is also important in the time of emergency.
2. Ask the participants what is food hygiene.

*Food hygiene means keeping in proper place, operate and equipment clean and handling and storing food safely. Food should be prepared as safely as possible to lower the risk of illness. Good practices should always be followed.*

3. Similarly ask participants what is menstrual hygiene and importance of it.

*Maintaining hygiene during menstrual period is menstrual hygiene and lack of menstrual hygiene result in infection, uneasy feeling, bad smell, pressure, irritation.*

4. Tell the participants that they are going to do a group work.
5. Divide the participants into four groups.
6. Ask one group to write down the 'Dos' of maintaining food hygiene and the other group the 'Don't'.
7. Similarly, ask the third group to write down the 'Dos' of maintaining menstrual hygiene and the fourth group the 'Don't'.
8. Give five minutes to the participants to work out.
9. Ask all groups to present their work and summarize the group presentation as the groups present.

### Trainer Note:

Food Hygiene	
Do	Do not
Keep clean (wash your hand before cooking)	Not washing hand before cooking
Keep food covered or in closed container	Keeping food open
Keep raw and prepared food separate	Storing all food together
Wash fruits and vegetables especially if eaten raw	Not washing food properly before eating
Proper cooking (cook food thoroughly)	Not storing food properly and eating left over foods
Baby's bottles and feeding equipment should be properly sterilized	

Menstrual Hygiene	
Do	Do not
Proper and safe disposal of pad	Flush pad in toilet
Drying napkins in direct sunlight	Dry napkins in cool and dark place
Washing hand after using pad	Not washing hand after using pad

	Throw away used pad (not proper or safe disposal of pad)
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**Review**

**5 minutes**



1. Ask participants to find a partner and discuss what the topics that were discussed in the session are.

*Answer include: Importance of hand washing, critical times for hand washing, proper hand washing, food hygiene and menstrual hygiene*

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**Reflections on Lesson**