

Key messages to be conveyed Community Health days

Keeping hands clean is most important to avoid getting sick – When to wash hands?

- Before eating and cooking.
- After using the bathroom.
- After touching animals, including family pets.
- Before and after visiting sick people.
- After being outside (playing, gardening, walking the dog, etc.).
- After blowing your nose, coughing or sneezing in hand.



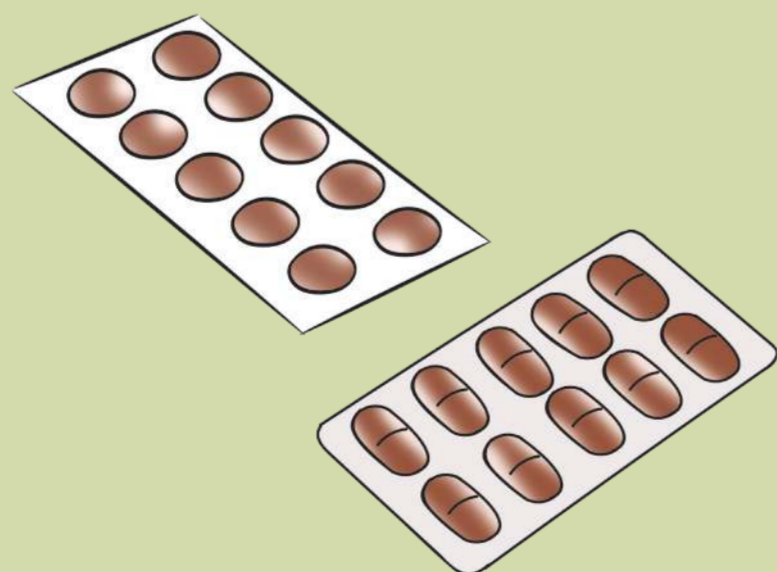
Safe drinking water and cleanliness

- Use safe drinking water and keep it covered to prevent infections and diseases.
- Stop open defecation and prevent diseases to spread in your village.
- Keep yours and your children's hands clean and wash hands with soap.



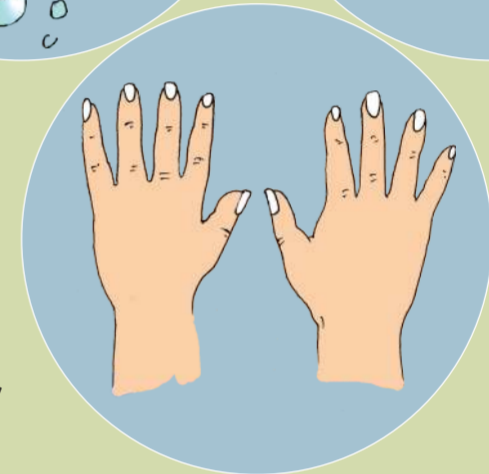
Take deworming medicine and avoid worms in stomach

- Worms in stomach can cause anemia in both mother and child.
- Worms in a child's stomach can cause loss of appetite and hamper her physical and mental development.
- Give deworming tablets to pregnant women at the time of ANC.
- Anganwadi Centers and schools distribute deworming tablets to children. Administer deworming tablets to children every six months.



Technique of washing hands

- **Wet:** Wet your hands with running water (either warm or cold) and apply soap.
- **Lather:** Rub the soap in your hands and lather. Rub well behind palms, between fingers and beneath nails.
- **Rub:** Rub your hands vigorously and clean for at least 20 seconds.
- **Rinse:** Rinse your hands well under running water.
- **Dry:** Air-dry your hands or wipe hands with a clean towel; do not wipe with saari or worn clothes.



Hygiene at home and public places

- Cover with handkerchief when coughing or sneezing to reduce spread of diseases.
- Wash fruits and vegetables before consumption.
- Take care of personal hygiene (take bath, wash scalp/hair, wear clean clothing, brush teeth, cut finger nails)
- Ensure water stagnation-free and garbage-free surroundings in your village/town.



Guidelines for events organizing Community Health days

Prior preparations (at least 2-3 days in advance)

1. Invite women and men of the village from all age groups.
2. **Invite everyone:**
 - (a) ASHA, ANM
 - (b) PRI members, VHSNC members
 - (c) Members of SHGs and local committees/ other women
 - (d) Adolescent girls
3. Thoroughly study the key information to be given during the event.

Preparation on the day of the event

1. **Clean the AWC/or place of event** and ensure adequate space for participants.
2. **Arrange and keep the following ready:**
 - (a) Choose an appropriate place for demonstration of hand washing. If possible, choose a place where running water is available
 - (b) Soap for hand washing
 - (c) If running water is not available then arrange for enough water in buckets, and keep mugs
 - (d) Clean towel to wipe hands
 - (e) Deworming tablets.
 - (f) Relevant IEC material for counseling, as per availability
 - (g) Mat for sitting
 - (h) Refreshments for the participants
3. **Read-through the key messages** to be given during the event to refresh memory.

Key activities during the event

1. **Welcome all participants.**
2. **Explain the purpose** of organising this event. **Communicate key messages** and ask everyone to remember and bring into practice the points mentioned in the programme. Ensure that participants receive all the key messages.
3. Show deworming tablets to everyone, and explain its importance.
4. Provide information on cleanliness and personal hygiene:
 - (a) Need of hand washing and when to wash hands
 - (b) Demonstrate the technique of hand washing; encourage people's participation
 - (c) Cleanliness at home and clean surroundings
 - (d) Emphasis on personal hygiene

Engaging participants

1. **Ask** the participants about the behaviors followed regarding personal hygiene and cleanliness in the community;
 - (a) Habit of hand washing
 - (b) No open defecation
 - (c) Regularly bath, wash hair, brush etc
 - (d) Availability of safe drinking water and its hygienic use
2. **Ask everyone** - do they remember the messages given in the programme?
3. **Ask everyone** - how will they contribute in keeping their homes and surroundings clean?
4. **Ask everyone** - what role will they play in making their children and other members of the family to inculcate a habit of cleanliness?

Wrap up

1. **Seek commitment** from participants to follow the advice.
2. **Inform** participants about the next celebratory event.
3. **Take attendance and record** in relevant register/format.
4. **Close the event** with traditional song.
5. **Offer refreshment** to participants.

Remember to follow up next week

During the field visit next week, find out if the messages given in the event are being followed or not. Ascertain if people have adopted practices related to hand-washing and cleanliness.