

Public Health Education Station Directions

March 2015: Hygiene & Handwashing

1. **Station Setup at Beginning of Clinic:** Prior to the beginning of clinic, set up a small waiting area (5-8 chairs/benches) located between the consult and pharmacy stations. Be sure to read through these directions thoroughly and ask your trip leader if you have any questions.
2. **Station Structure:**
 - a. Gather 5-8 patients seated in the Public Health Education station waiting area using help from the interpreter working with this station
 - b. The class should last approximately 10 minutes. If two or more volunteers are teaching this session, discuss who will lead which pieces. Feel free to rotate as you see fit depending on Spanish-speaking abilities and comfort with the lesson.
 - c. You may wish to practice the lesson once or twice before teaching to a group of patients.
3. **Lesson Plan for each 10-min Class:**
 - a. (1 minute) **Introductions:** Prior to the beginning of the lesson, discuss introductions with the interpreter and health promoter working with you. Ideally, the health promoter/community member should introduce your teaching team and get the class started.
 - b. (3 minutes) **Skit:**
 - i. **Material (s):** “Teaching Good Hygiene” skit script
 - ii. Divide skit roles between student and interpreter based on Spanish-speaking proficiency and comfort
 - c. (5 minutes) **Lesson:** This lesson will be focused on basic hygiene and handwashing. Using the flipbook provided, follow the script on the back of each page to teach your group of patients.
 - i. **Material(s):** “Higiene para Salud Buena” flipbook
 - ii. While teaching the last page of the flipbook, how to effectively wash your hands, display the correct method while walking through the steps.
 - d. (2 minutes) **Questions for Patients:** Ask participants the following questions to see what they have learned:
 - i. *Cómo te proteges de enfermedades con buena higiene?/How do you protect yourself from disease with good hygiene?*
 - ii. *Cuáles prácticas enseñarás a sus hijos?/Which practices will you teach your children?*
 - e. (variable) **Answer Patient Questions:** If you do not understand a question, ask the community health promoter for clarification or to answer the question for you.



Higiene para Salud Buena

Hola todos! Hoy vamos a hablar sobre la importancia de la higiene buena para mejorar su salud.

- Entonces, cuales son algunas buenas practicas de higiene?/
So, what are some good hygiene practices?
- Possible answers:
 - Lavar las manos/ *Handwashing*
 - Cubrir la comida y agua/ *Covering food and water*
 - Enseñar las practicas a sus hijos/ *Teaching practices to your children*



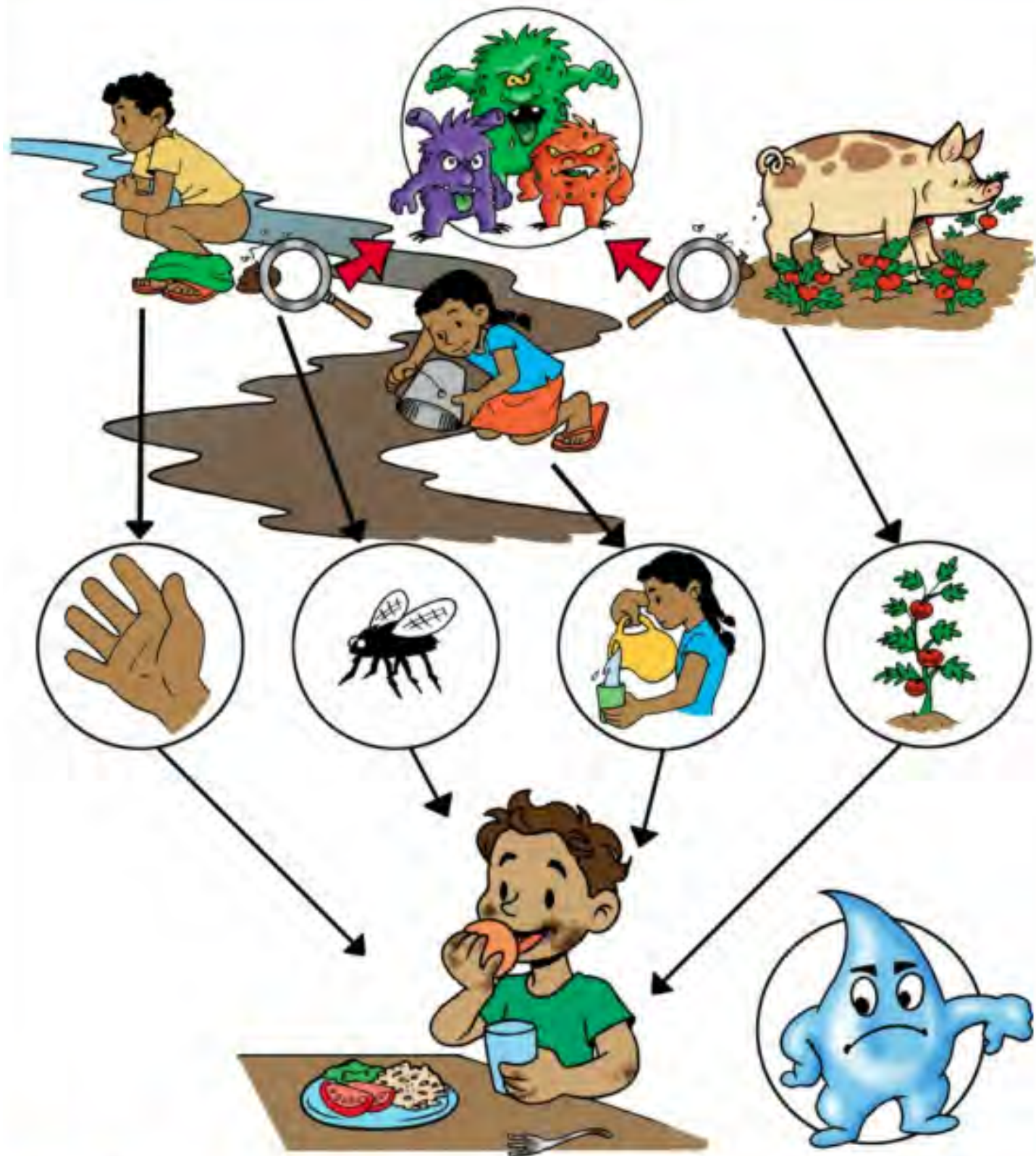
Entonces ahora vamos a hablar sobre los microbios./ *Now we will talk about germs.*

- Quien sabe lo que es un microbio?/*Who knows what a germ is?*
- Los microbios son organismos chiquiticos que puedan entrar nuestros cuerpos y hacernos enfermos./ *Germs are tiny organisms that can enter our bodies and make us sick.*
- Cuando los microbios entran nuestros cuerpos no sabemos hasta que nos de alguna enfermedad como diarrea o gripe./ *When germs enter our bodies, we do not realize it until they give us an illness like diarrhea or cold/flu.*
- Los microbios viven en muchos lugares– en la casa, afuera, el bano, las puertas, el piso, y en otras personas./ *Germs live everywhere– in the house, outside, the bathroom, the door, the floor, and other people.*



Ahora vamos a hablar sobre como los microbios entran el cuerpo./ *Now, we will talk about how germs enter the body.*

- En esta foto, pueden ver la ruta que pasa el microbio./*In this picture, you can see the route the germ takes.*
- Los microbios viven en el excremento de nosotros y de los animales. Si no lavamos las manos despues de usar el bano o tocarlo, puede hacernos enfermos. Tambien podemos pasar los microbios entre personas./*Germs live in human and animal feces. If we do not wash our hands after touching feces, it can make us sick. We can also pass germs to one another.*
- Las moscas les gusta el olor del excremento y cuando lo tocan, llevan los microbios al proximo lugar. Si despues tocan nuestra comida o agua, dejan los microbios y enfermedades./*Flies like the smell of feces and when they land on them, they carry germs to another area. If next they land on our food or water, they may infect it.*



¿Entonces como podemos protegernos de estas enfermedades?/ *How can we protect ourselves from these diseases?*

- Possible answers– highlight any answers not mentioned:
 - *Limpiar al baño/* Cleaning the bathroom
 - *Lavarnos las manos/* wash our hands
 - *Cubrir la comida o agua si no estamos comiendola/* Cover food or water if it is not being eaten
 - *Lavar las frutas y verduras con agua limpia antes de comerlo/* Wash fruits and vegetables with safe water



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Entonces...cuando lavamos nuestras manos?/

So when do we wash our hands?

- Despues de usar el bano/ *After using the bathroom*
- Despues de cambiar el panal del bebe/ *After changing the baby*
- Antes de comer o dar comer a los ninos/ *Before eating or feeding children*
- Antes de cocinar o preparar la comida/ *Before cooking or preparing food*



Como lavamos nuestras manos bien?/*How do we wash our hands well?*

A lo mejor, usar jabon para lavar sus manos. Si no tiene jabon, puede usar la ceniza de un fuego. Si no tiene ninguno, puede frotarse sus manos rapidamente para quitar la mayoria de los microbios. */It is best to use soap to wash your hands. If you do not have soap, you can use ash from a fire. If you don't have either, you can rub your hands briskly to remove most of the germs.*

1. Mojase ambas manos con agua/*wet both hands with water*
2. Con jabon o ceniza si tiene, se frota al frente y fondo de sus manos y en medio de sus dedos por lo menos tres veces. Tambien limpia debajo de las unas. */With soap or ash if available, rub the front and back of your hands and in between your fingers at least three times. Also clean beneath your finger nails.*
3. Enjuagase las manos/*Rinse your hands*
4. Secase las manos en el aire/*Air-dry your hands*

