

# 7 KEY HYGIENE BEHAVIOURS :



## 1.Safe use of Toilets

A welcoming toilet must encourage hygiene behaviour and provide privacy. And must have :

- Easy access (close to class room).
- Suitable dimension with enough capacity;
- A hand washing place with soap and water and anal cleansing materials.
- Operation and maintenance plans with budget.
- Proper foot paths, gardens and brightly painted walls.
- Should not keep hazardous items.
- Girls' toilet should have changing room with adequate supply of sanitary pads.
- Dustbins/pits must be emptied regularly.



## 2.Hand washing with Soap and Water

- Hand washing with soap and water prevents diarrhoea and pneumonia.
- Hand washing with soap can reduce diarrheal incidences by 44%.
- Hand washing with water alone is not enough. Hands must be washed with soap in running water for at least 20 seconds.
- Always wash hands before and after handling food after using toilets, after working, playing and after handling pets/animals.
- Tippy taps are easy and effective in providing running water.
- Institutionalize daily mass handwashing in schools before meals.



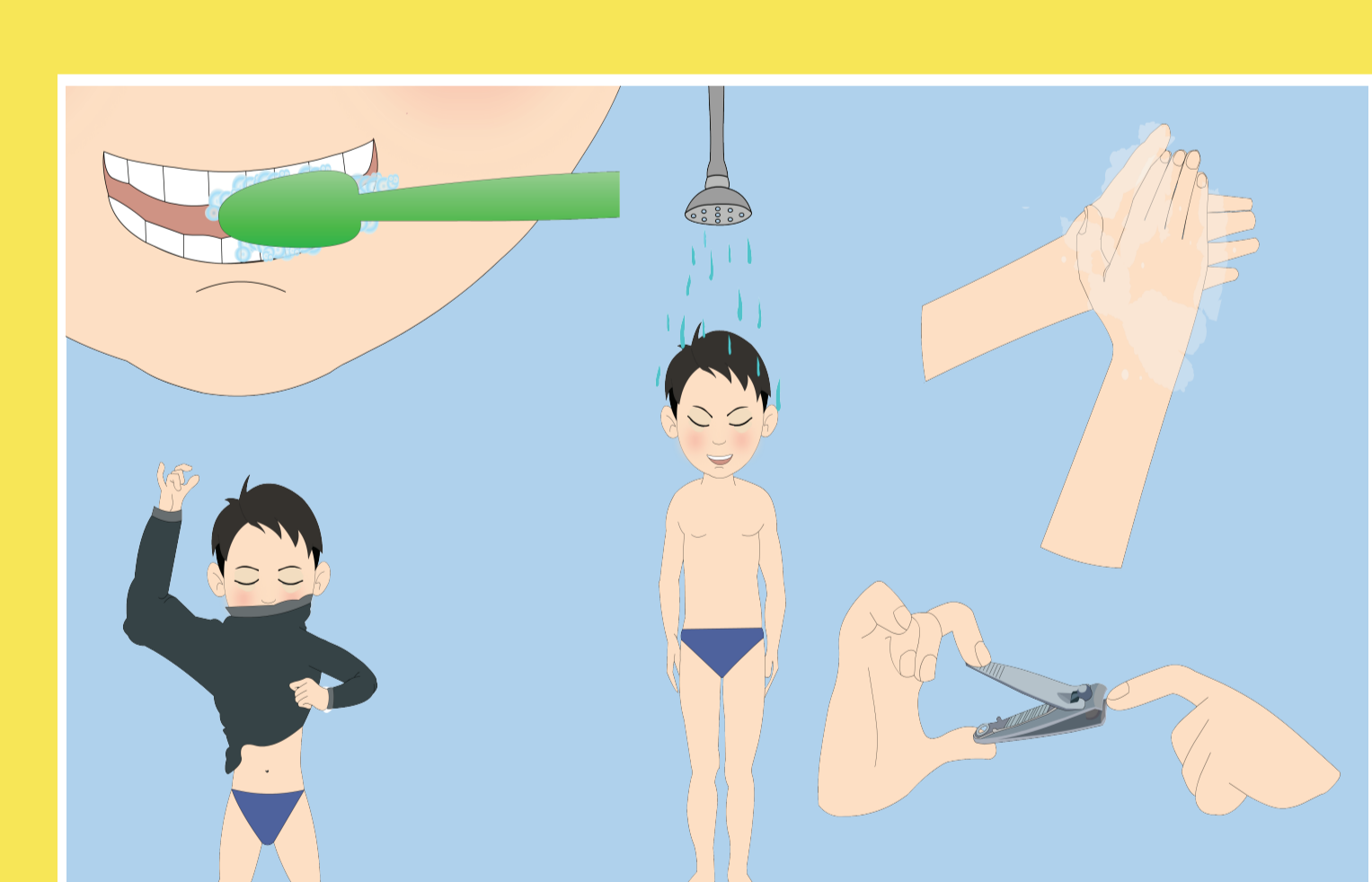
## 3.Use of Safe Drinking Water

- Regular cleaning and sealing of leakages is must to ensure water quality.
- Boil water for atleast 3 minutes as it is the most effective way to kill germs.
- Use ceramic filtration or candle filters which have 99.9999% fecal coliform removal efficiency.
- Always use clean container to store drinking water.



## 4.Waste Management

- Reduce, Re-use and recycle waste – and practice waste segregation.
- Dispose solid and liquid waste quickly and safely.
- Clean classroom and surroundings regularly.



## 5.Personal Hygiene

- Promote regular brushing, bathing, cutting nails, washing and wearing clean clothes.



## 6.Food Hygiene

- Wash hands before preparing food.
- Wash vegetables and cook food regularly.
- Use safe water for cooking and drinking.
- Food must be stored properly.
- Plates, mugs, ladles and utensils must be washed properly.



## 7.Menstruation Hygiene Management

- Pre-menstrual symptoms are pain in abdomen, bloated and puffy feeling, headache, emotional and psychological change.
- School girls are affected psychologically and physically due to various issues such as cleanliness of toilets, privacy, availability and disposing of sanitary pads.
- School should make changing rooms available which offer privacy with soap, water and sanitary pads.
- School should provide education on menstruation hygiene management.

15 years

BOY HEIGHT (cm)	GIRL HEIGHT (cm)
168	161
BOY WEIGHT(kg)	GIRL WEIGHT(kg)
62.6	51.4

14 years

BOY HEIGHT (cm)	GIRL HEIGHT (cm)
162	159
BOY WEIGHT(kg)	GIRL WEIGHT(kg)
47	48

13 years

BOY HEIGHT (cm)	GIRL HEIGHT (cm)
153	155
BOY WEIGHT(kg)	GIRL WEIGHT(kg)
40.9	44

12 years

BOY HEIGHT (cm)	GIRL HEIGHT (cm)
147	148
BOY WEIGHT(kg)	GIRL WEIGHT(kg)
37	36.7

11 years

BOY HEIGHT (cm)	GIRL HEIGHT (cm)
140	142
BOY WEIGHT(kg)	GIRL WEIGHT(kg)
32.2	33.7

10 years

BOY HEIGHT (cm)	GIRL HEIGHT (cm)
137.5	138.5
BOY WEIGHT(kg)	GIRL WEIGHT(kg)
31.4	32.5

9 years

BOY HEIGHT (cm)	GIRL HEIGHT (cm)
132.2	132.2
BOY WEIGHT(kg)	GIRL WEIGHT(kg)
28.1	28.5

8 years

BOY HEIGHT (cm)	GIRL HEIGHT (cm)
127	126.4
BOY WEIGHT(kg)	GIRL WEIGHT(kg)
25.3	24.8

7 years

BOY HEIGHT (cm)	GIRL HEIGHT (cm)
121.7	120.5
BOY WEIGHT(kg)	GIRL WEIGHT(kg)
22.9	21.8

6 years

BOY HEIGHT (cm)	GIRL HEIGHT (cm)
116.1	114.6
BOY WEIGHT(kg)	GIRL WEIGHT(kg)
20.7	19.5

5 years

BOY HEIGHT (cm)	GIRL HEIGHT (cm)
109.9	108.4
BOY WEIGHT(kg)	GIRL WEIGHT(kg)
18.7	17.7

4 years

BOY HEIGHT (cm)	GIRL HEIGHT (cm)
102.9	101.6
BOY WEIGHT(kg)	GIRL WEIGHT(kg)
16.7	16