

## MODULE CONTENT

### **Structure of the Presentation**

A standard presentation on personal hygiene for United Nations peacekeepers should cover:

- ♦ Hygiene and United Nations goals
- ♦ Maintaining your personal hygiene
- ♦ Securing your food supply
- ♦ Maintaining your personal space
- ♦ Maintaining hygienic bathing and toilet facilities
- ♦ Maintaining hygienic communal areas and camp.

#### SLIDE 1

- ♦ **Hygiene and United Nations goals**
- ♦ **Maintaining your personal hygiene**
- ♦ **Securing your food supply**
- ♦ **Maintaining your personal space**
- ♦ **Maintaining hygienic toilet, bathing facilities**
- ♦ **Maintaining hygienic mess, communal areas**
- ♦ **Maintaining a hygienic camp**

### **Hygiene and United Nations Goals**

The concern of the Organization for good personal hygiene among peacekeepers stems from the

- ♦ United Nations pledge to combat communicable diseases.
- ♦ United Nations interest in promoting optimal health and well-being of staff members.
- ♦ Need to ensure optimal state of operational readiness.

The Organization's credo in this respect may be stated as "The sum of individual and collective hygiene in a community influences the life of all!"

The most important elements of personal hygiene are

- ♦ How to maintain your body and personal fitness.
- ♦ How to store and handle food and drink.
- ♦ How to maintain your sleeping and living quarters.
- ♦ How to use bathing and toilet facilities hygienically.
- ♦ How to maintain the messes and communal areas.
- ♦ How to avoid creating breeding grounds for animals and insects that spread disease.

#### SLIDE 2

#### **Community concerns for peacekeepers' hygiene**

- ♦ **Combat communicable diseases**
- ♦ **Promote optimal health, well-being**
- ♦ **Ensure operational readiness**

### **Maintaining Your Personal Hygiene**

Personal hygiene describes ways to promote your health and physical well-being by modifying conditions in your environment.

Personal hygiene is your best means of preventing disease in yourself and its spread to others.

### SLIDE 3

#### **Good personal hygiene is best way to prevent disease**

##### **Maintaining yourself**

- ◆ When washing, use clean water to avoid infecting breaks in your skin.
- ◆ Eat healthy and varied foods.
- ◆ Exercise regularly to maintain strength, stamina and a healthy mental outlook.
- ◆ Cover exposed limbs and use repellent against mosquitoes after sunset.
- ◆ Use protective clothing against insects and animals that spread disease.
- ◆ Avoid touching bird nests and animal droppings.
- ◆ Wash your skin daily with soap and water.
- ◆ Inspect your skin for bite marks; keep bite marks clean and covered.
- ◆ Keep your hair short and wash it regularly.
- ◆ Brush your teeth regularly to avoid oral infections and tooth decay.
- ◆ Clean your hands before eating, after toilet use or whenever you have handled something that leaves an undesirable residue.
- ◆ Wash your feet regularly; inspect them for sores, skin breaks or signs of infection; expose them (without wearing socks and shoes) for a time every day; and use recommended foot powders to absorb moisture.
- ◆ Air and dry your boots regularly to prevent bacteria from breeding in them.
- ◆ Change your underwear and socks regularly.
- ◆ Iron all clothes regularly, if possible, to kill bugs, insects and bacteria.
- ◆ Be prudent in using alcohol and refrain from using recreational drugs.
- ◆ Abstain from unprotected sex, to avoid sexually transmitted infections and HIV/AIDS.

### SLIDE 4

##### **Maintain your body**

- ◆ **Wash with clean water**
- ◆ **Eat healthy, varied foods**
- ◆ **Exercise regularly**
- ◆ **Dress protectively**
- ◆ **Avoid animal and bird droppings**
- ◆ **Inspect skin for bite marks**
- ◆ **Keep hair short and clean**

### SLIDE 5

##### **Maintain your body**

- ◆ **Wash hands regularly, especially after using the toilet**
- ◆ **Keep underwear, socks and bed linen clean**
- ◆ **Iron clothes to kill bugs**

- ◆ **Maintain foot hygiene**
- ◆ **Drink alcohol prudently**
- ◆ **Don't have sex without a condom**

### **Securing Your Food Supply**

- ◆ Always know what you eat and drink!
- ◆ Drink water only in bottles or from containers marked as drinking or “potable” water. If none is available, boil your water for at least 10 minutes, or use water purification tablets, allowing enough time for the tablets to work.
- ◆ Never keep opened bottles of drink more than 6 hours.
- ◆ Meat must be thoroughly cooked (“well done” and not medium or rare).
- ◆ Eggs must be fully coagulated before eating.
- ◆ Store only chocolate, candies, dry food, soft drinks or tinned foods.
- ◆ If you store food, keep it in tightly closed containers.
- ◆ Eat only food produced in controlled or approved facilities.
- ◆ Never store food that has been heated and never eat reheated food.
- ◆ To control the rodent population, eat only at designated eating areas.

### **SLIDE 6**

#### **Food**

- ◆ **Eat varied food!**
- ◆ **Peel it!**
- ◆ **Boil it!**
- ◆ **Cook it!**
- ◆ **Or forget it!!!!**

### **Slide 7**

#### **Water? Drink only:**

- ◆ **Bottled water**
- ◆ **“Potable” water**
- ◆ **Water boiled for 10 minutes**
- ◆ **Treated with purification tablets**

### **SLIDE 8**

#### **Refrain from eating outside catering facilities!**

### **Maintaining Your “Personal Space”**

- ◆ Use mesh screens or netting to cover doors and windows at all times.
- ◆ In malarious areas, always sleep under a mosquito net.
- ◆ Keep all surfaces clean (tables, floors, walls and ceilings) by washing them regularly.
- ◆ Do not eat or keep food on and around beds, so rodents and insects will not be attracted.
- ◆ Ventilate your quarters every day.
- ◆ Ventilate your bedding regularly in direct sunlight, to kill bugs and bacteria.
- ◆ Change and wash your bedding regularly.

## SLIDE 9

### **Your personal space — Take care of it!**

- ♦ **Use screens, sleep under net**
- ♦ **Wash surfaces, don't keep food**
- ♦ **Ventilate rooms, bedding in sunlight**

### **Maintaining Hygienic Bathing and Toilet Facilities**

- ♦ Use only designated toilet facilities for urinating or defecating.
- ♦ Be clean and neat in your bathing and toilet practices.
- ♦ Flush and clean the toilet bowl after each use.
- ♦ Do not wash or dry clothes in facilities meant for personal bathing.
- ♦ Keep your soap in its own container; do not leave it exposed, because old soaps may become breeding grounds for bacteria.
- ♦ Clean, clean and clean again!

## SLIDE 10

- ♦ **Use designated toilet facilities, nowhere else!**
- ♦ **Be clean and neat in bathing, toilet practices**
- ♦ **Don't wash items in personal bathing places**

### **Maintaining a Hygienic Camp and Communal Areas**

- ♦ Keep facilities and communal areas clean and tidy at all times.
- ♦ Ensure proper disposal of leftover food
- ♦ Clean eating utensils by washing them in detergent and hot water after use.
- ♦ Ensure sanitary disposal of liquid and solid wastes.
- ♦ Keep all rooms clean, ventilated and protected against rodents and insects.
- ♦ Eliminate breeding areas for disease-carrying animals or insects; for example, drain pools of stagnant water and puddles after rain.

## SLIDE 11

- ♦ **Maintain camp cleanliness!**
- ♦ **Dispose of leftover food properly**
- ♦ **Wash utensils in detergent and hot water**
- ♦ **Ensure sanitary disposal of liquid and solid wastes**
- ♦ **Protect against rodents, insects**

### **Summary**

- ♦ Prevention is better than cure!
- ♦ Respect the health of others, and do your best to protect it.
- ♦ Treat the environment with respect.
- ♦ Be law-abiding; understand and follow regulations!
- ♦ Recognize health and safety threats in operational areas.

- ◆ Maintain workplace safety.

**SLIDE 12**

- ◆ **Prevention is better than cure!**
- ◆ **Respect, protect the health of others**
- ◆ **Treat the environment with respect**
- ◆ **Understand and follow regulations**
- ◆ **Recognize threats in operational areas**
- ◆ **Maintain workplace safety**