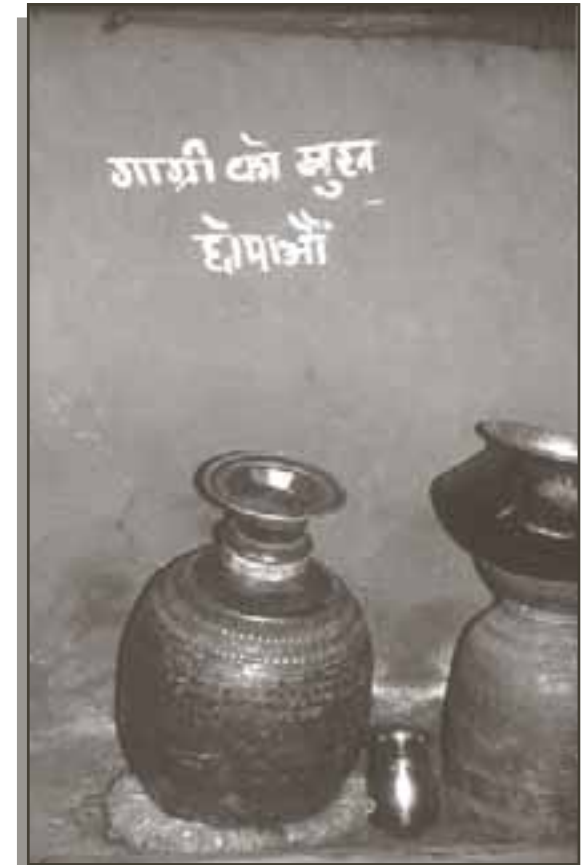


What is House Hygiene ?

The house shelters us from the sun, wind and rain. The house is also where we keep food, pots, pans and clothes necessary for our lives. Often, farm tools such as hooks, spades, ropes, and water containers are kept in the home. The home is also our place to live and sleep. So all members of the household should know about how to keep the house clean. There should be a custom of sweeping and plastering. After using any tools or equipment it's very important that they are cleaned and stored in their right place. And everyone needs to cooperate to make a good, clean household which is enjoyable and hygienic to live in.



The text on the wall says "Always cover the lid of the water pot".

Why Keep the House Clean ?

Problems leading to not keeping the house clean

- **Dirty Kitchen** :- flies and invisible bacteria like to live in dirty places. So disease can start in the kitchen and on the food there. If there's dirt on the floor it can spread to where the plates, food, water, etc. are.
- **Going to the toilet** :- it's wrong to use just any place as a toilet. Wherever this is done becomes dirty. This attracts flies which carry the dirt to our food.
- **Allowing dogs to eat babies' faeces** :- dogs shouldn't be allowed to eat babies' faeces because it's possible that the dog can then go and lick food plates.
- **Dogs licking plates** :- after eating waste meat, bones or even excrement, dogs can come and lick plates in the house. Many diseases can come from this.
- **Eating food without washing hands** :- we do most work with our hands. Doing this work makes our hands dirty. So before preparing food and eating it we should always wash our hands well with soap, ash or oil seed cake.

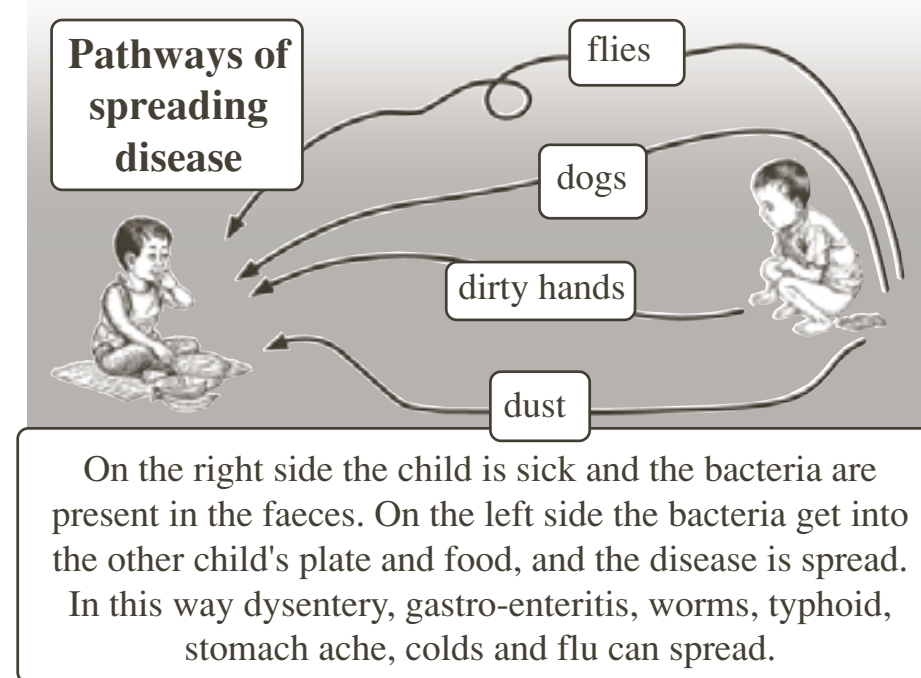
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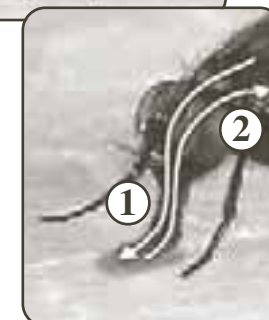


- **Eating stale (old) food** :- it's important to eat clean and fresh food to stay healthy. So when cooking, cook just the right amount and don't leave food to be eaten later. Old food can upset the stomach.

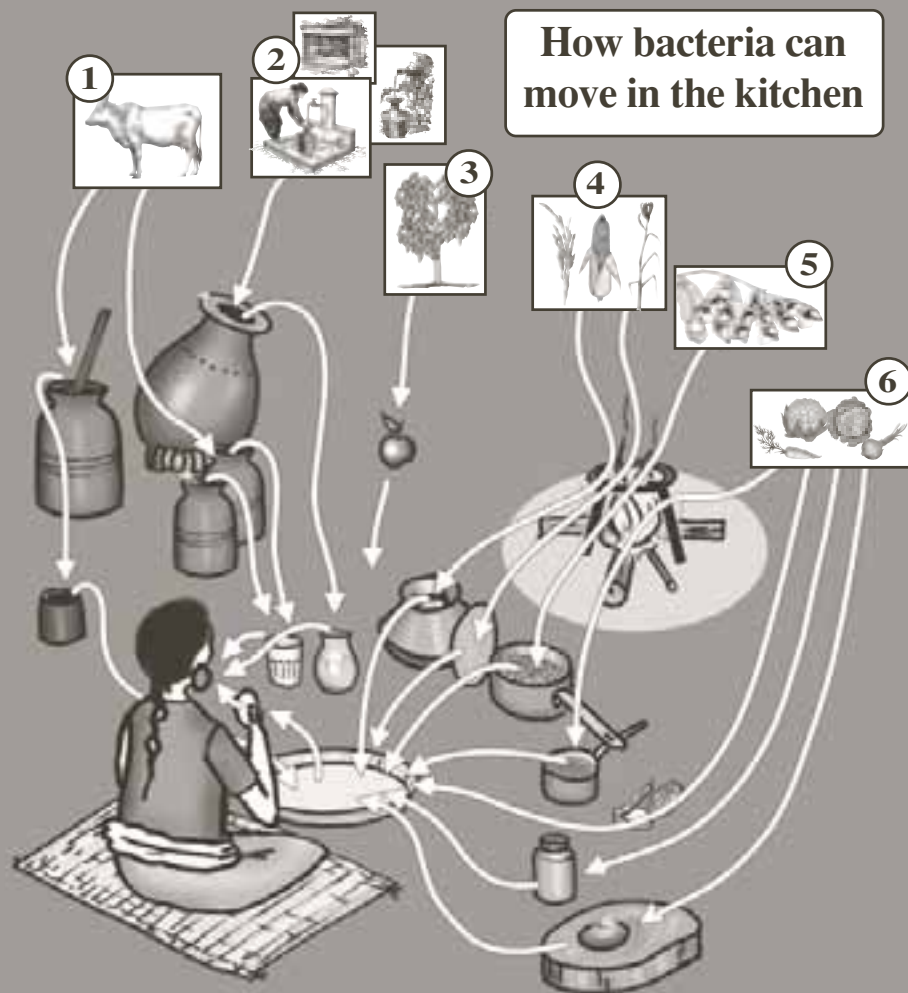


How do Flies Eat ?

- ① Flies vomit up the remains of their last meal onto our food. This starts to digest their new meal
- ② Then the fly eats the old remains and the new food. So, if the previous meal for the fly was faeces, it is mixed with the food on our plate for the fly to eat it. Can we stay healthy by eating that food ?



The picture below shows how bacteria can enter our bodies. In the upper part of the picture are small drawings of where the food comes from. From here arrows point lead to the person's mouth. The numbers given to the pictures below correspond to descriptions on the next page. Read these as you see the pictures.



① Milk :- milk is clean inside the cow's udder but if the person milking has dirty hands this will make the milk dirty. The hands and udder should be washed along with the milk bucket. The milk should be boiled and put in a clean container with a clean lid. Use clean water if making buttermilk or other dairy products, and the container these are put in must also be very clean.



② Water :- if possible do not use water from streams or rivers. Use water from wells, springs or drinking water taps. It's not enough just to use clean water. The containers it is put in must also be clean and have a good fitting lid. Finally, the cups, glasses, plates, etc. to drink from must also be clean.



③ Fruit :- fruit is clean on the tree but as soon as we pick it, it quickly becomes dirty. Before eating, hands should be clean, and fruit should be washed or peeled.



④ ⑤ Grains and Pulses :- cooked grains and pulses etc. will become dirty if left uncovered. Dirty utensils used to transfer or serve food will also make the food dirty. Keep utensils off the ground.

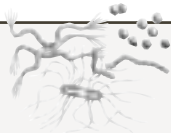


⑥ Vegetables :- just like 4 & 5 above, vegetables can become dirty. If chemicals are used in the garden vegetables should be washed well in water. Vegetables such as radishes, carrot and coriander are often eaten raw, so must be washed in clean water. Plates, bowls etc. used for eating should also be very clean. Grinding stones used for making pickles should be kept clean (see page 13).





Bacteria



Bacteria are tiny organisms that the eye cannot see. These micro-organisms can be beneficial or harmful. In the soil, without micro-organisms there would be no humus made, while in the stomach, if there were no micro-organisms we could not digest our food.

Usually, beneficial bacteria live off dead things, breaking them up and rotting them down, and helping in uptake (digestion) by plants' roots. As for harmful bacteria, they usually live on living tissues, and often damage them. If harmful bacteria get into wounds, or into our stomach, they can make us very sick.

Bacteria enjoy dirty, dark and moist places so if we want to be protected from possible harm, kitchen pots, pans, clothes, bedding, etc. should be kept clean, dry and as well aired as possible. Before and after any preparation, cooking or eating of food, hands should be clean. Hands should be washed after touching hair, animals (livestock/pets), soil, etc. and before touching food or food containers. Food should remain covered when not in use and old food should not be eaten, except by the chickens! If the hands have a wound then use soap to wash and keep it covered when preparing, cooking or eating food. No spitting in the kitchen, or if possible, anywhere in the house or courtyard. If attention is paid to all these things, then harmful bacteria can't enter and harm our bodies.



Bacteria seen close up

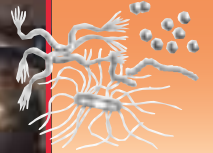


Let's see

How to keep the house clean



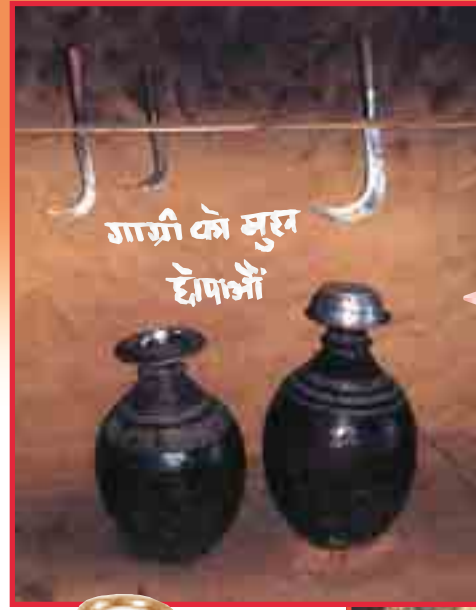
How many mistakes can you see in this picture?



In a well managed house keeping the pots and the kitchen clean is easy



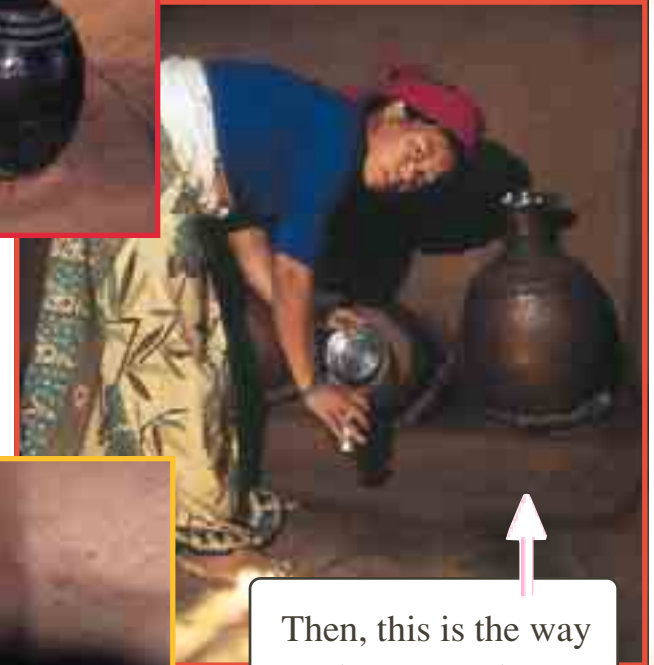
In a clean, dry and light kitchen there is less fear of disease



Water containers should always be covered. The text on the wall says "Always cover the lid of the water pot" in Nepali.



A basket for keeping pots made from local resources.



Then, this is the way to pour water



The grinding stone should be covered when not in use.



Dirt can also get into the milling stone so this should also be covered





How to clean the House ?

Cleaning and managing inside the house isn't difficult. Below are some things to pay attention to for cleaning the house well.

1. Putting away pots, pans, etc. :- pots, pans, plates, etc. should be stored in a cupboard, rack or woven basket in a corner of the kitchen. Water containers should also be kept in a clean and easily usable place in or near the kitchen. The opening of the water container should always be covered with a clean lid. The grinding stone should be cleaned and put away after use.

2. Putting away cutting hooks, digging tools, ropes, etc. :- cutting hooks, digging tools, ropes, etc. should be stored in a place easy to see and access by all the family (except babies).

3. Putting away clothes, etc. :- clothes and bedding should be stored away from the kitchen otherwise dust and smoke can make them dirty. Also, to prevent dust getting from clothes or bedding into the food these should be kept in a separate place, in a rack or cupboard.



Water Containers

Drinking water should always be kept clean. If water is dirty it can cause all sorts of diseases such as diarrhea, stomach aches, colds and flu, worms, etc. Many types of dirt can get into the uncovered drinking water container. While sweeping the house,

dust can blow into drinking water containers, and drinking that dirty water can then cause sickness. Being aware of some simple things can help to protect



us from these diseases. For example, the water container should always be covered. The water container's lid can be home made. For this, first measure the lid of the water container, and make a lid from wood or thick tree bark to fit the

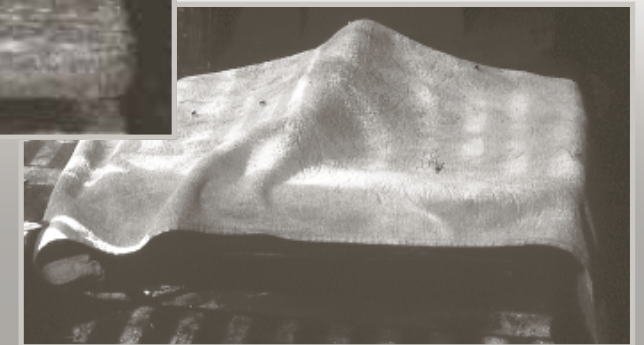


opening. Make a string to tie the lid to the container. Another method is to use a small plate or bowl to cover the lid. The lid of the container should never be put on the floor otherwise it could get covered in dirt, which could then get into the water inside the container.

The Grinding Stone

The grinding stone is a tool used many times a day in the kitchen. After it has been used, it should be washed and stored in a clean place. After the grinding stone has been used, for example to grind spices for pickle, and if it is left uncovered, then while sweeping or doing other work dirt can get onto it. We may bring dirt into the house from outside. This dirt can contain harmful bacteria. If the grinding stone is left out unwashed then these bacteria can then get into the spices etc. we are grinding on the stone. This can then cause illness such as diarrhea, dysentery, worms, and other types of illness. So we should get into the habit of always washing the grinding stone before use. After use, again wash the stone with clean water, dry it and store it covered or upright against the wall of the kitchen. If this is not possible (for example, if it is too big), then the stone should be kept covered by a large lid or bowl, plastic bag, clean cloth or even a plate made of leaves.

If we pay attention to the small ideas given above, we can protect ourselves from big diseases.



Other things to pay attention to

During the monsoon there is much more rain, it gets very muddy everywhere and it's a much busier time for farmers, so everywhere gets much more dirty. So we should pay much more attention to hygiene at this time, compared to other times of the year.



It's easier and cheaper to prevent disease than to cure it. Let's pay attention to this !!

If we don't keep the house clean we can cause many types of health problems. If we can stay healthy all household work is easier. But if we are always sick, how can we run a good household ?



Farmers' Experience

Mrs Atimaya Sunuwar

From Nepal, Surkhet district, Gumi VDC, Ratadada village and a member of "Hariyali" women's group, Mrs Atimaya Sunuwar has seen the benefits of good house hygiene. Now let's read about what she says



Mrs Atimaya Sunuwar

“ In 1998, I became a member of the local Women's Group and learned a lot, but first I started keeping the house clean. I use a bowl to keep the drinking water container covered, and clean it each day. I keep the pots and pans clean and covered, so they can't get dirty. I always wash the grinding stone. These things are easy, and they only seem difficult if you don't have the habit of doing them. It's the same for cleaning and putting away farming tools such as the cutting hook and digging tools. I put the dust swept out of the house into a sweepings pit. Apart from keeping the house clean, this makes good compost too. There's lots of benefits when we keep the house clean. If we can't keep ourselves clean, then what other work will we be able to do ? ”



Read On !

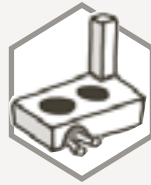


Subjects Related to House Hygiene



Improved Stove Chapter

In Nepal 95% of households use firewood for cooking food. Everyone knows the effects of too much smoke in the kitchen but what to do ? Now let's learn about an easy and successful method.



Diet and Nutrition Chapter

Many diseases can be prevented by a healthy diet, In this chapter, information is given about the benefits provided by different types of food.



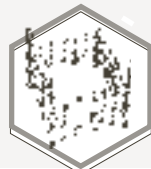
Waste Water Chapter

This chapter gives information on how to get irrigation for the garden from domestic waste water.



Sweepings Chapter

Information about making good compost from sweeping the house and yard is given in this chapter.



Pit Latrine Chapter

Everyone has a responsibility to use a proper toilet. Information about building and correct use of the pit latrine is given in this chapter.

