

1. Handwash:When and Why

Dear Rohingya brothers and sisters, Asslamualaikum . Now I will give you some information regarding hand washing. This information is very essential for the sound lives of you and your family. We have to know when and why we must wash our hands-

- Most of the germs enter our body through contaminated hands.
- If germs enter your body through the contaminated hands you may suffer from: Diarrhea, cholera, Skin diseases etc. Thus, wash your hands particularly at specific times.
- Make sure to use soap and water to thoroughly wash your hands up to the wrists after coming out of toilet or after cleaning up a child who has defecated.
- In addition, before and after preparing food, before eating and serving the food to others, make sure to use soap and water to thoroughly wash your hands up to the wrists.
- Let me remind you the specific times you should wash your hands: After using toilet, after cleaning up a child who has defecated, before and after preparing food, before eating, serving and feeding the food; wash your hands up to the wrists thoroughly with soap and safe water.

2. Handwashing: How?

Dear Rohingya brothers and sisters, Asslamualaikum. Washing hands with soap in random manner is not enough. Now I will tell you the proper technique of handwashing.

- Wash your hands with soap and safe water
- First wet your hands with safe running water
- After taking required amount of soap in your hands
- Rub your palms, the other sides of the palms, spaces between your finger gaps, your fingertips and the ends of your fingers to wash your hands thoroughly.
- Most of the dirt is stuck beneath the finger nails. Thus, while washing your hands make sure to clean the spaces beneath your finger nails, so that the dirt is washed off in the process.

3. Personal Hygiene

Dear Rohingya brothers and sisters, Asslamualaikum. You all know personal hygiene is part of our 'IMAAAN'. Now I want tell you some important thing about personal hygiene,

- Simply, washing your hands properly with soap and water can minimize the risk of infectious diseases. Thus, whenever you touch dirt or handle garbage, make sure you wash your hands thoroughly with water and soap. Also, while taking bath use clean

water and soap. Necessary items like soaps for bathing, washing clothes and kitchen utensils are provided to you.

- Always remember the specific times when you should wash your hands. Like - you need to wash the hands before preparing your food, serving food to others, eating or feeding the food to children. Similarly, you need to wash your hands thoroughly with soap and clean water after using a toilet and after cleaning the children who used the toilet. \
- You must cut your nails regularly. The dirt stuck beneath your finger nails upon entering your body might cause diseases like diarrhea, cholera. Thus, follow the proper handwashing techniques when you wash your hands and clean the spaces beneath your finger nails. Young children, who use the toilet, must build the habit of washing hands properly.
- Besides washing your hands, you also need to wear clean clothes. Sunlight can help kill the germs. Thus, make sure to dry your washed clothes in sunlight.

4. Cleanliness Around You

Dear Rohingya brothers and sisters, Asslamualaikum. Beside of your personal hygiene and cleanliness we have to care about our environment, and the places where we live. We have to keep our surroundings clean to live a healthy life too.

- Feces or garbage that often lies in your house, around your house or in front of your house might release bad odor and become a source for germs to spread. So dump them in a dustbin and keep the dustbin covered. Or bury the feces and garbage the under the soil.
- Do not defecate in open spaces, instead always use latrine. Always ask your children to do that. If the latrine is broken, or the ring of the latrine is full and faces are overflowing, inform the UN or NGOs or the majhi.

5.Safe Water Management

Dear Rohingya brothers and sisters, Asslamualaikum. The other name of water is life. But if the water is not safe then it might be the source of various diseases and infections. By safe water we identify the water that is free of germs and harmful chemicals. Now we will learn how we can get clean water.

- Tube wells are installed inside the camp to supply water.
- The water from tube well is safer than the water from ponds and canals. Only use the water from tube wells.

- If you notice that the water from the tube well is dirty or identify any waste materials in that water, do not use it. In that case use water from another tube well.
- Make sure to collect the water in a clean jar. Cover the water while fetching the water. Do not touch the water while storing them.
- By boiling, using water filters or by using aqua tablets you can purify the water.
- However, in the camp context the best way to purify your water is by using water purification.
- This tablet is distributed in the camps for free.
- Contact the volunteers or majhi to collect the water purification tablets. You can also visit the nearest info centers to know about the place/s where you can get these tablets.
- Store the water in a covered jar and make sure to cover it. Also, discard the water after 24 hours.
- Drink water in a clean glass/pot

6.Safe Food Preparation:

Dear Rohingya brothers and sisters, Asslamualaikum. Stomach ache is a chronic problem in the camps. Even after washing your hands in the proper technique, you might suffer from diseases like diarrhea, cholera. Primarily, these diseases are prevailing in the camps due to the consumption of unsafe food.

Simply by being aware of 5 things you can get rid of these problems. How?

- Our hands are often contaminated with germs that can cause diseases. Thus, while cooking or touching the raw food items and ingredients, make sure to wash both hands thoroughly using the proper hand washing technique. Make sure to wash the raw food items like vegetables, rice, pulses, meat etc. prior cooking. Every utensils being used to cook the food such as: chopper, bowls etc. are need to be washed and wiped before and after cooking. Always keep the place near your kitchen clean and make sure to cover your food o that insects, ants or any other animals do not contaminate it.
- Always keep the raw meat and fish separate from the cooked food. Even while storing the food, store the cooked food and the raw food separately.
- Meat, egg, fish and any other raw food items are cooked properly. Cook duck, chicken beef or mutton in full flame so that the meat is fully cooked. Cooked food should be warmed properly before you can eat it again.
- Do not leave the food without eating for more than two hours. Before serving the cooked food make sure to warm it completely in high heat.
- Always use clean and safe water while cooking. Always choose the fresh and healthy food for cooking. Make sure to wash the fruits, vegetables and spinaches and other raw food thoroughly before cooking. Never eat expired, stale and rotten food. Remember, to stay healthy there is no alternative to safe food. Stay aware on this issue and aware your family members as well.