



Personal Hygiene <The Basics>

As of December 14, 2020

(Bilang <insert date>)

Introduction (Introduksyon)

Hello there! (*Translation*)

For this module, we will be talking about **personal hygiene!** You've probably heard this term being thrown around a lot, and its importance has been amplified even more in current times because of the COVID-19 pandemic, but what does this term really mean, and how is it incorporated into our daily lives?

To learn more, continue reading the rest of the module!

What is hygiene? (*Translation*)

Hygiene refers to the behaviors that lead to good health and improve cleanliness, such as consistent hand washing, face washing, and bathing with soap and water.
(*Translation of main sentence 1*).

- Hygiene helps maintain health and prevents the spread of diseases. There are a good amount of diseases that can be spread if the hands, face, or body are not washed at important times.
 - Washing your hands with soap and water may reduce diarrheal disease-associated deaths by an estimated 50%. (*Translation of subpoint 1*)
 - Washing your hands at the appropriate times consistently can reduce the risk of foodborne illness and other infections, since a large percentage of foodborne disease outbreaks are spread by contaminated hands.
(*Translation of subpoint 2*)

Importance of Hygiene (*Translation*)

Personal hygiene is important in order to improve health and sustain the benefits of interventions. (*Translation of main sentence 1*).



- Prevention is always key! You can help prevent diseases or infections by practicing personal hygiene.
 - A good example of this is to keep injuries or minor cuts clean to prevent infection and further health problems. (*Translation of subpoint 1*)
- Use the facilities that are available to you such as water supplies and sanitation facilities in order to practice personal hygiene. (*Translation of point 2*)
 - The presence of these facilities do not mean that you are practicing personal hygiene. You must utilize these facilities consistently and properly at the appropriate times, such as washing hands after pooping, storing water in safe places, cleaning clothes and utensils properly, and more. (*Translation of subpoint 1*)

The importance of personal hygiene has been highlighted even more due to the COVID-19 pandemic, especially since the main routes of transmission are respiratory droplets and direct contact.

(*Translation of main sentence 2*).

- The SARS-CoV-2 virus is highly contagious, especially if you have been in close contact with an infected individual or could have been exposed to infected surfaces. (*Translation of point 1*)
 - Because of its highly contagious nature, it is important that we must frequently and thoroughly wash our hands with soap and water as this is our first line of defense against COVID-19. (*Translation of subpoint 1*)

The implementation of WINS (*Translation*)

The Department of Education has implemented a program that aims to promote the practice of personal hygiene in schools. The DepEd Wash in Schools Policy (WinS) is a holistic program for personal health care and environmental sanitation through a set of standards for proper and correct health practices in schools. (*Translation of main sentence 1*).

- Improving access to and use of water and sanitation facilities within schools in order to enhance hygiene and sanitation practices. This will help prevent water and sanitation-related diseases. (*Translation of point 1*)
 - The Department of Education aims to address the gaps in the areas of hygiene and sanitation such as sanitation including food handling and



preparation, Menstrual Hygiene Management, health education, and capacity building. By doing so, this serves as a step towards the right direction in keeping children healthy. *(Translation of subpoint 1)*

- The 8 key components of WASH in schools include the following:
 1. Oral hygiene and proper handwashing
 2. Provision of safe and adequate water supply
 3. Provision of toilet, hand washing, and drainage facilities
 4. Environmental sanitation (including the elimination of breeding grounds for mosquitoes that carry the dengue virus) and solid waste management
 5. Food sanitation
 6. Menstrual Hygiene Management
 7. Deworming
 8. Hygiene and sanitation education

During COVID-19, the objective of WinS is highlighted even more. The provision of safe water, sanitation and waste management, and hygienic conditions is essential to preventing infectious disease outbreaks such as the coronavirus disease. *(Translation of main sentence 2).*

- Ensuring evidence-based and consistently applied WASH and waste management practices in communities, homes, schools, marketplaces, and healthcare facilities helps prevent human-to-human transmission of pathogens, which includes SARS-CoV-2, the virus which causes coronavirus.

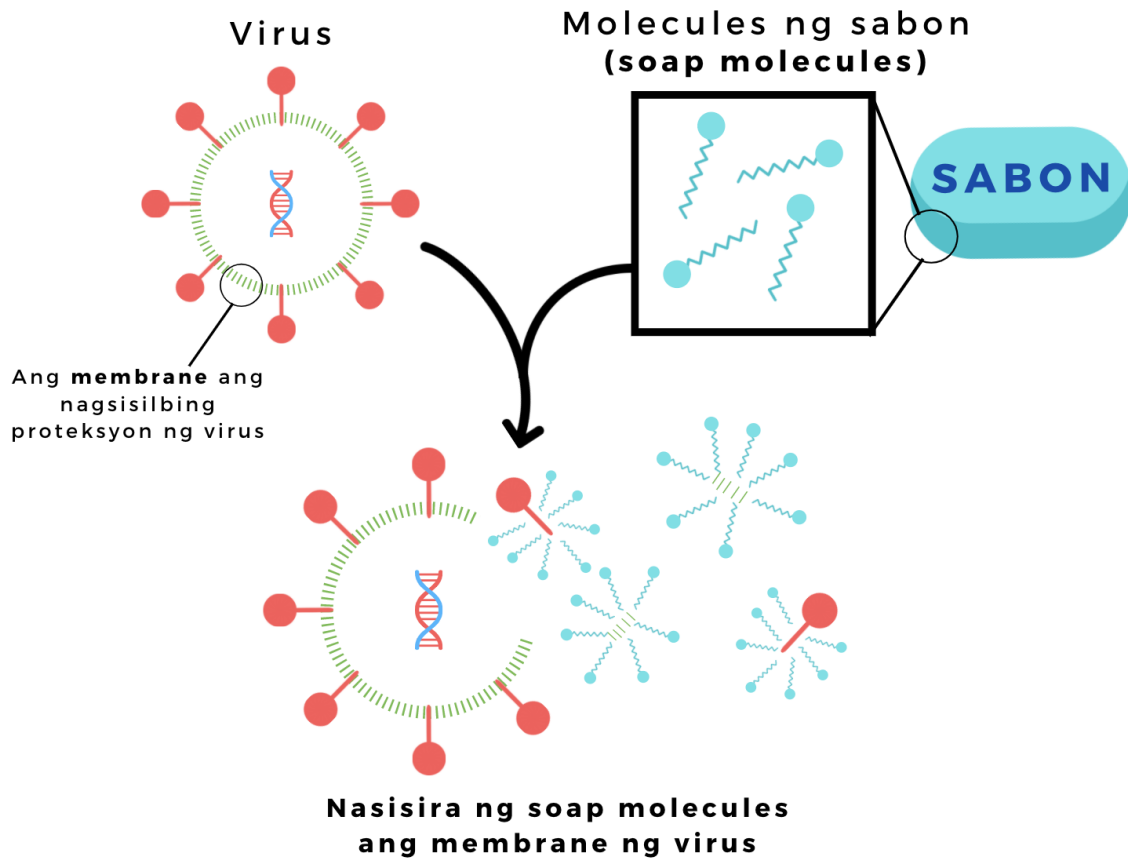
Key Components of WASH in Schools (*Translation*)

1.) Oral Hygiene and Handwashing

- **Oral hygiene is the practice of keeping mouths clean and free of disease and any other problems by regularly brushing the teeth and cleaning between the teeth. It is a part of overall health and well-being. *(Translation of main sentence 1).***
 - The most prevalent oral conditions are tooth decay and gum diseases, which are largely preventable by consistently brushing your teeth properly. The progression of oral disease can cause pain, infection, and sepsis, and treatment is expensive. *(Translation of point 1)*
 - Aside from primary prevention, in early stages the progression can be reversed or arrested with appropriate oral hygiene, fluoride exposure, dental sealants, changes in diet, and other measures.
 - A healthy oral cavity acts as a barrier against all kinds of diseases, which is also true for COVID-19.



- Dental prophylaxis strengthens the immunocompetence at the point of entry of the virus which helps avoid infection.



How soap works (Aoanan, 2020)

- **Proper handwashing, on the other hand, is one of the most effective ways to prevent the spread of respiratory and diarrhoeal diseases. (*Translation of main sentence 2*).**
 - It is advised for you to wash your hands not just with water but also with soap thoroughly for at least 20 seconds as water is not always enough to remove pathogens from our hands. The following are the steps to wash your hands properly:
 - Wet your hands with clean, warm or cold running water, turn off the tap, and apply soap.
 - Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
 - Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.



- Rinse your hands well under clean, running water.
 - Dry your hands using a clean towel or air dry them.
- The following are the key times on when to wash your hands to help ensure cleanliness and personal hygiene:
 - Before, during, and after preparing food.
 - Before and after eating food.
 - Before and after caring for someone at home who is sick with vomiting or diarrhea.
 - Before and after treating a cut or wound.
 - After using the toilet.
 - After changing diapers or cleaning up a child who has used the toilet.
 - After blowing your nose, coughing, or sneezing.
 - After touching an animal, animal feed, or animal waste.
 - After handling pet food or pet treats.
- Now that we are in the middle of a pandemic, there are now more key times on when to hand wash or sanitize to ensure our safety from the virus. Some of which are the following:
 - Touching your eyes, nose, or mouth.
 - Touching your mask.
 - Entering and leaving a public place.
 - Touching an item or surface that may be frequently touched by other people (door handles, tables, gas bumps, shopping carts, screens, etc.)

2.) Provision of safe and adequate water supply

- **In order to promote and ensure community health, there should be an easily accessible water supply readily available that provides the sufficient safe and clean water needed to meet a community's needs. (*Translation of main sentence 2*).**
 - In assessing whether or not a water source is reliable and low-risk, check if they possess the following characteristics:
 - The water source is fully enclosed or protected and no surface water can run directly into it.
 - People do not step into the water while collecting it.
 - Toilets are located as far away as possible from the water source and preferably on lower ground.
 - Solid waste pits, animal feces and other pollution sources are located as far as possible from the water source.
 - There is no stagnant water within 5 meters of the water source.
 - If wells are used, the collection buckets must be kept clean and off the ground. Otherwise, it is advisable for a hand pump to be used.



- Resources may sometimes be limited, so it might be necessary to decide what to prioritize: the quality of the water or its availability. Local health officials should be consulted about the quality of water provided and level of health risks when making a decision.
 - The members of a community must reach a consensus on whether or not they are willing to pay increased costs for better water and their willingness to treat water within their homes.
 - Should payment be required for water use, it must be affordable to the whole community.

3.) Provision of toilet, handwashing, and drainage facilities

- **Suitable facilities must be located near the necessary places in order to incorporate handwashing into the daily routine of a community.**

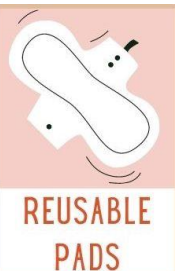
4.) Environmental sanitation (including the elimination of breeding grounds for mosquitoes that carry the dengue virus) and solid waste management.

- **Solid waste should be disposed of properly in order to reduce health risks and keep the community's environment clean, since untreated refuse may be smelly and degrades the quality of the environment and life in the community. Remember, an effective solid waste disposal system requires action at both household and community levels - meaning that everyone should do their part!**

5.) Food sanitation

- **Contaminated food represents one of the greatest health risks to a population and is a leading cause of disease outbreaks and transmission. In order to prevent this, food should be properly stored and prepared in order to promote good health.**

6.) Menstrual hygiene management

**DESCRIPTION:**

Worn externally to the body in the underwear, to absorb menstrual flow and held in place usually by snaps. Re-used for approximately one year.

MATERIAL USED:

A variety of natural or synthetic materials.

MAINTENANCE:

High

SUPPORTIVE SUPPLIES NEEDED:

Soap for handwashing, laundry detergent, bucket for washing, storage bag.

WEAR TIME:

3-6 hours.

AMOUNT NEEDED FOR ONE CYCLE:

A minimum of 5.

COST & AVAILABILITY:

Comes in different variants (e.g. regular, medium, heavy, etc.); no less than Php 25 per pad.

**DESKRIPSYON:**

Ikinakabit ito sa underwear gamit ang *snaps* o mga butones. Nagsisilbi ito upang i-absorb ang regla, at maaaring gamit nang paulit-ulit sa loob ng isang taon.

MATERYAL NA GINAMIT:

Iba't ibang uri ng natural or synthetic materials.

PANGANGALAGA:

Mataas/High Maintenance

KARAGDAGANG SUPLAY NA KAILANGAN:

Sabon para sa paghugas ng kamay, laundry detergent, timba para sa pagbanlaw, storage bag

ILANG ORAS SINUSUOT:

3-6 na oras

ILANG PIRASO KAKAILANGANIN SA ISANG SUOTAN:

Minimum ng 5.

COST & AVAILABILITY:

May iba't ibang klase (e.g. regular, medium, heavy, etc.); hindi hihigit sa Php 25 ang bawat pad.



**DISPOSABLE
SANITARY PAD**

DESCRIPTION:

Worn externally to the body in the underwear to absorb menstrual flow.

MATERIAL USED:

Blends of plastics, rayon and cotton.

MAINTENANCE:

Low

SUPPORTIVE SUPPLIES NEEDED:

Soap for handwashing, underwear, lidded bins.

WEAR TIME:

3-6 hours.

AMOUNT NEEDED FOR ONE CYCLE:

12-22.

COST & AVAILABILITY:

Php 5 to 15 per pad depending on variant/type of flow (regular, heavy, medium heavy, night, with or without wings, etc.)



**DISPOSABLE
SANITARY PAD**

DESKRIPSYON:

Idinidikit sa underwear upang i-absorb ang regla.

MATERYAL NA GINAMIT:

Halo ng plastics, rayon at cotton.

PANGANGALAGA:

Mababa/Low Maintenance

KARAGDAGANG SUPLAY NA KAILANGAN:

Sabon para sa paghugas ng kamay, underwear, basurahang may takip.

ILANG ORAS SINUSUOT:

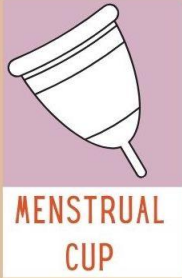
3-6 na oras

ILANG PIRASO KAKAILANGANIN SA ISANG SUOTAN:

12-22.

COST & AVAILABILITY:

Php 5 to 15 ang bawat pad, depende sa uri ng flow (regular, heavy, medium heavy, night, kung may wings o wala, etc.)

**DESCRIPTION:**

A non-absorbent bell-shaped device that is inserted into the vagina to collect menstrual flow. It creates a seal and is held in place by the walls of the vagina.

MATERIAL USED:

Medical-grade silicone.

MAINTENANCE:

Medium

SUPPORTIVE SUPPLIES NEEDED:

Soap for handwashing, container for boiling.

WEAR TIME:

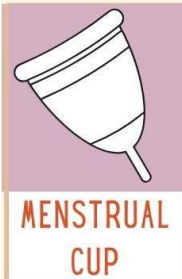
6-12 hours.

AMOUNT NEEDED FOR ONE CYCLE:

1.

COST & AVAILABILITY:

Local brands such as BeautyMNL and Sinaya cup range from Php 575 to 1,799 depending on the type and size. Foreign brands range from Php 1,000 to Php 2,100.

**DESKRIPSYON:**

Ito ay isang non-absorbent at bell-shaped device na ipinapasok sa vagina para kolektahin ang dugo sa regla. Hindi ito basta bastang malalaglag dahil naiipit ito sa walls ng vagina.

MATERYAL NA GINAMIT:

Medical-grade silicone.

PANGANGALAGA:

Katamtaman/Medium Maintenance

KARAGDAGANG SUPLAY NA KAILANGAN:

Sabon para sa paghugas ng kamay, lalagyan na pwedeng pakuluan

ILANG ORAS SINUSUOT:

6-12 na oras

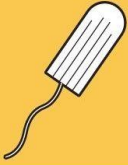
ILANG PIRASO KAKAILANGANIN SA ISANG SUOTAN:

1.

COST & AVAILABILITY:

Nasa Php 575 to Php 1,799 ang mga local brand tulad ng BeautyMNL at Sinaya cup depende sa klase at laki ng cup. Nasa Php 1,000 to Php 2,000 naman ang sa mga foreign brand.



 <p>TAMPON</p>	<p>DESCRIPTION: absorbent materials that are inserted into the vagina to absorb menstrual flow, expands with moisture to avoid leakage.</p> <p>MATERIAL USED: Cotton and/or rayon</p> <p>MAINTENANCE: Low</p> <p>SUPPORTIVE SUPPLIES NEEDED: Soap for handwashing, lidded bins.</p> <p>WEAR TIME: 6-12 hours.</p> <p>AMOUNT NEEDED FOR ONE CYCLE: 12-22.</p> <p>COST & AVAILABILITY: Php 125-135 in drugstores & supermarkets.</p>
 <p>TAMPON</p>	<p>DESKRIPSYON: Gawa ito sa absorbent materials na ipinapasok sa loob ng vagina upang i-absorb ang dugo mula sa regla. Lumalaki ang absorbent materials na ito kapag binasa para maiwasan ang pagtagos.</p> <p>MATERYAL NA GINAMIT: Cotton and/or rayon</p> <p>PANGANGALAGA: Mababa/Low Maintenance</p> <p>KARAGDAGANG SUPLAY NA KAILANGAN: Sabon para sa paghugas ng kamay, basurahang may takip.</p> <p>ILANG ORAS SINUSUOT: 6-12 na oras</p> <p>ILANG PIRASO KAKAILANGANIN SA ISANG SUOTAN: 12-22.</p> <p>COST & AVAILABILITY: Php 125-135 sa mga drugstore at supermarket.</p>

Understanding Menstrual Hygiene Materials

- **Menstrual Hygiene Management (MHM) refers to the management of hygiene associated with the menstrual process.**
 - The World Health Organization and UNICEF Joint Monitoring Programme has quite a long definition of Menstrual Hygiene Management, but to put it in simpler terms, it basically means being able to use and change a menstrual material to collect the menstrual blood while properly washing the body parts that need to be washed. Moreover, MHM also means that you are provided access to the necessary facilities needed.



- Additionally, this also means that women know the basic facts of the menstrual cycle and how to manage it without any discomfort or fear in talking about it.
- **If you are a woman, you've most likely experienced having to ask for a pad in secret because of the thought that it is embarrassing. Many women face discriminatory attitudes around menstruation, with it being regarded as a "taboo" topic in the social sphere, which lead women to experience their menstruations with shame and embarrassment.**
 - This should not be the case! Women should be able to participate in daily activities during their period without being ashamed of the fact that they have it.
 - In order to counter this practice and belief that experiencing menstruation is embarrassing, we must do the following:
 - Community involvement, which specifically involves men, and religious and community leaders, are key people to changing perceptions, practices, and national policies,
 - Menstruation should be an essential element of reproductive health and hygiene education, while also being age appropriate, culturally sensitive and interactive, and delivered as early as primary school through secondary school.
 - Create support systems and policies that ensure that girls who miss school due to their menstruation or anything related to that will not miss out on educational opportunities and advancement.

7.) Deworming

- **Worms are so widespread in the Philippines that some even believe that it is normal for children to have worms! But in fact, people with worms end up suffering from a lack of nutrients, weakness, impaired mental and physical development in growing children, and poor performance in school and work. In extreme cases, they might even end up in the lungs or obstruct the intestines which may lead to death.**
 - In order to address this problem, the Department of Education has combined deworming with daily toothbrushing and proper handwashing under one program in order to institutionalize good health and hygiene practices among students.
 - If you are concerned about this issue or want to learn more, feel free to check out the contact information noted below, or ask your teachers or parents about deworming!

8.) Hygiene and sanitation education

- **Promoting good personal hygiene also means that people within communities are also mobilized towards the goal of raising awareness on how to achieve it. Hygiene and sanitation education programs should not just lay out the facts,**



but also incorporate different methods to maximize community participation in programmes and to encourage people to promote good hygiene.

Important Contact Information

Should you want to know more or have any clarifications on the WASH program or personal hygiene, feel free to contact the following institutions and organizations: (translation)

- **DepEd Hotline:** (02) 636 1663
- **DOH Hotline:** (02)8-651-7800 loc 1149-1150

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