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Hygiene And Sanitation
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ABSTRACT

Issue of sanitation affects every aspect of life – health, nutrition, development, economy, dignity and empowerment. In December 2006, the United Nations General Assembly Declared 2008, “The International Year of Sanitation”. The year aimed to develop awareness and more actions to meet the target. For any social and economic development, with good sanitation facilities with good hygiene and safe water are essential for good health. If there is lack of proper sanitation it leads to various diseases. Main reason for this is poverty. It is estimated that inadequate sanitation is responsible for 4.0 percent of death and 5.7 percent of diseases burden worldwide. Hygiene poses another global health challenge. Hygiene has not been given importance on the international development agenda, being the fact that hand washing with soap could save 300,000 people annually. Though hygiene’s health benefits are well documented, there is no global development target or monitoring framework to check the uptake of improved hygiene practices. This paper discusses various issues relating to hygiene and sanitation and emphasizes to prioritize it according to the need of the country.

HYGIENE AND SANITATION

As we all know now a days age limit of people is maximum 75 years. But decades before the figure was in 100’s. The reason behind it is very simple, the change in our habits. The habits are of many types and one of them is the way we take care of ourselves. All of us must once have street food in our lives. But have we ever seen how clean they keep the place where they cook the food? The hands of the person who cooked our food? The utensils in which they cooked the food? We know that the cars exhaust smoke and dust, which settles on the food we eat. These are just some common questions. Hygiene means the habits that we follow to keep our surroundings and ourselves clean and healthy. Hygiene are of many types like: Personal hygiene, Social hygiene and Psychological hygiene.

Personal hygiene

Personal hygiene means to keep ourselves healthy. It involves practices performed by an individual to care for one’s bodily health and well being, through cleanliness. We can do certain things to keep ourselves hygienic like:

- Have bath at regular intervals, which is, in morning, after coming from work and at night before sleeping. This will keep you clean and fresh.
- Brush twice a day, in morning and at night after dinner. Use a tongue cleaner to keep your tongue clean.
- Wash your hands everytime you have food.

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- Keep your nails short and clean as long nails may carry dirt under it.
- Wash your hairs atleast twice a week.
- Wash utensils and clothes at regular intervals
- Keep naphthalene ball in cupboards as clothes starts smelling after sometime.

This are just some of the ways which comes under Personal hygiene.

Social Hygiene

Social hygiene refers to the cleanliness and the hygiene in our society. Means the step we take to make our surroundings hygienic and safe for all to live. It includes many things like water, air, sewage, proper food and diet habits. We can follow some of this ways like:

- The factories and industries must dispose the chemicals at proper disposal place.
- Several hygiene promotion methodologies should be develop at regular interval of time.
- Can make awareness by targeting audience at large or small area ect.

Inadequate access to sanitation and clean water kills 4000 vulnerable children each day. Survey shows that 2.6 billion people in the world lack adequate sanitation (the safe disposal of human excreta. Significant impacts if improved sanitation can be seen on health, social, economic development of any country. Thus the health sector has a strong role to play in improving sanitation in any country through policy development and implementation of sanitation programming.

Medical Hygiene

It relates to hygiene practice related to the administration of medicine and medical care that prevents or minimizes the spread of disease. It includes sterilization of instrument used in surgical procedures, proper bandaging, and dressing of injuries, safe disposal of medical waste etc.

HomeHygiene

It includes kitchen, bathroom and toilet. It refers to hygiene practices that prevent or minimize the spread of disease at home. Main sources of infection in the home are the carriers or the infected one. It also includes stagnant water which is accumulated in sinks, toilets, waste pipes, face cleaning cloth ect. All this are secondary reservoirs of infection.

Respiratory Hygiene During cold and flu season proper respiratory system and use of hand hygiene while coughing and sneezing reduces the spread of germs.

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Oral Hygiene

It is recommended that all healthy adults brush twice a day with correct technique, also replacing their toothbrush every few months. It is also advice to visit dentist for a checkup every year.

SANITATION

The Human Right to Water and sanitation was recognized by the United Nations General Assembly in 2010. Sanitation is the global issue and the subject of Sustainable Development Goal. The main challenges is to provide sustainable sanitation specially in developing countries. Sanitation infrastructure has to be adapted to several specific contexts including consumers expectations and local resources available. Lack of access to sanitation has an impact on public health and also on human dignity and personal safety.

Sanitation system aims to protect human health by providing clean environment that will stop the transmission of diseases. A wide range of sanitation technologies also exists like community-led total sanitation, container – based sanitation, ecological sanitation, emergency sanitation etc. Sanitation system also includes the capture, storage, transport, treatment and disposal or reuse of human excreta and waste water. This reuse activities under sanitation system may focus on the nutrients, water, energy or organic matter contained in wastewater and excreta which is referred as the “sanitation value chain” or “sanitation economy.” The purposes of sanitation is to provide healthy environment for all and to protect natural resources such as surface water, ground water, soil. It has been recognized through human rights treaties, declarations and other standards. In the year 2016, the sustainable developments goals replaced the millennium development priority and the subject of sustainable development goal 6. The target is to ensure everyone everywhere has access to toilets by 2030, paying special attention to the needs of women and girls and those in vulnerable situation.

One of the unhygienic environment in India is due to historic neglect of public health services. In densely populated country the absence of an effective public health network has resulted in an extraordinarily high diseases burden. According to the UNICEF, by washing hands with soap after contact with excreta, can be reduce diarrhoeal diseases by over 40% and respiratory infections by 30%. Hand washing by birth attendants before delivery has been shown to reduce mortality rates by 19% while a 4% reduction in risk of death was found if mothers washed their hands prior to handling their newborns.

BENEFITS OF SANITATION

Provision of household sanitation fulfills the desire for privacy and to avoid embarrassment. It's also convenient and avoid discomforts or dangers of the bush (e.g, snakes, rain, pest etc). Also women's safety is maintained and it reduces risk of rape or attack by using public latrines. By providing provisions of school sanitation facilities, girls student

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are less likely to miss school by staying at home during the menstruation period. Through improved sanitation there is also economic benefits like there can be lower health system costs.

- Proper treatment and disposal of excreta and wastewater leads to better ecosystem management.
- If proper disposal of human excreta is done then it reduces flow of it into waterways and helps to protect human and environmental health.
- Sanitation includes excreta management systems, water management systems and drainage systems for rainwater.
- The sanitation chain involves the experience of the user, excreta and waste water collection method transporting and reuse or disposal.
- The reason to open defecation is the lack of suitable toilets. Private bathing facilities are not available and people use river or a pond which are also used for washing clothes. Also women have very little voice in decision – making to ensure their own needs and meet.
- We also observe that poor wash facilities are maintain and dirty in many schools, workplaces and market places generally, there is neither soap, nor water available for hand washing.

Thus safe and clean wash facilities should be available at home and public institution such as wide doors, handle bars for support, good lighting, commodes etc. Which can be accessed by elderly and disabled persons too.

Recommendations

- Education should be provided to adolescent girls on menstrual hygiene management.
- There should be inclusion of voices of marginalized communities in planning and decision making bodies, so that they can inform the design, operation and maintenance of wash facilities. They should also be represented on village health communities, the village water and sanitation communities, the school management communities etc.
- Training should be provided to masons, so that they can provide proper, cost and effective toilets designs that meet the specific needs of persons with disabilities and needed.
- Laws should be specifically enacted for the personal safety and financially security of sanitation workers.
- Media campaigns should be done to make aware the marginalized groups highlighting the sanitation needs.
- And lastly a collective campaign should be done focusing on the awareness on hygiene and sanitation to ensure adaptation of practices by all.

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Survey states that India's pollution of 1.3 billion constituted 60% of the world's open defecation in 2014, but became only 20% by 2018. Thus an effective programme should be made and investment should be done in sanitation and hygiene promotion so that the overall target of development of society is fulfilled.