

HYGIENE PROBLEM IN SCHOOL

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Introduction

School hygiene or school hygiene education is a healthcare science, a form of the wider school health education. The primary aims of school hygiene education is to improve behavior through useful practices connected to personal, water, food, domestic and public hygiene.[1] Also, it aims to protect water and food supplies and to safely manage environmental factors. Schools have a central place in the health of a community. Inappropriate hygiene in schools can cause many diseases. If there are no school sanitation and hygiene facilities, or if they aren't maintained and used adequately, schools become places where diseases are likely to be transmitted.[1]

Diseases associated with inadequate water supply and poor sanitation and hygiene are especially common within developing countries. Most diarrheal diseases in these areas are caused by inadequate and unsafe water supply and poor sanitation and hygiene facilities.[15] Children who have adequate water, sanitation and hygiene facilities at school are more able to integrate hygiene education in their daily lives and are effective behavior change communicators' in their communities. While, communities whose school children have been exposed to disease risk due to inadequate supply of water, sanitation and hygiene services are more at risk. Families are left to bear the burden of their children's illness due to bad conditions at school

What is Hygiene?

The practice of keeping yourself and your living and working areas clean in order to prevent illness and disease is known as Hygiene.

- Hygiene education is necessary to create awareness.
- It means helping individuals, families and communities to become aware of the links between poor hygiene behaviours and disease.

- It also means encouraging and helping people to improve those behaviours which, if changed, will lead to the greatest reduction in disease.

“Prevention is better than cure”

Importance of Hygiene

- After the family, schools are most important places of learning for children; they have a central place in the community.
- Schools are a stimulating learning environment for children and stimulate or initiate change.
- If sanitary facilities in schools are available, they can act as a model, and teachers can function as role models.
- Schools can also influence communities through outreach activities, since through their students, schools are in touch with a large proportion of the households in a community.

Focus on children

- Childhood is the best time for children to learn hygiene behaviours.
- Children are future parents and what they learn is likely to be applied in the rest of their lives.
- They have important roles in the household, taking care of younger brothers and sisters, and depending on the culture, they may also question existing practices in the household.
- If children are brought into the development process as active participants, they can become change agents within their families and a stimulus to community development.
- Children are eager to learn and help, and if they consider environmental care and their role in this as important, they will take care of their own health and the health of others.
- Being tomorrow's parents, children are also likely to ensure the sustainability of a programme's impact.

Problems related drinking water

- The place of the water tank is not maintained properly.
- Absence of a sufficient taps, compare to number of students in school.
- No proper appropriateness or the design and accessibility for small children.
- No safe water handling and storage.
- No regular cleaning of water bodies.
- Water is of low quality and supply is insufficient.

- Broken, dirty and unsafe water supply.
- No substitute water body for drinking.

Remedial Measures

- Teachers have to be motivated and well informed including on the basic workings and maintenance needs of installed facilities.
- A reliable drinking-water point is accessible for staff and schoolchildren, including those with disabilities, at all times.
- The water source must be cleaned from time to time.
- Drinking water points should be increased in the campus.
- Water that is provided for drinking must be of good quality and must be sufficient.

Problems related sanitation

- Insufficient latrines, toilets and washrooms.
- Toilets and urinals are not clean.
- They are not well lighted and ventilated.
- There are puddles of water around the toilet pan and smelly.
- No hand wash or soaps for washing hands.
- No proper disposal facilities.
- No regular cleaning of toilets and urinals.

Problems related classroom

- Poor indoor-air and light quality.
- No solid waste is collected from classrooms and disposed of safely.
- No daily sweeping is carried out.
- Lot of dust in classroom leads to different respiratory disease like asthma etc.
- No dustbins to collect garbage etc.
- No regular cleaning of classrooms.

➤ Remedial Measures

- Daily sweeping must be carried out.
- Dustbins must be there to collect garbage etc.
- Class rooms must be well illuminated and ventilated.
- Instructions to the students should be given to practice cleanliness.

➤ Problems related food

- Food handlers don't wash their hands when necessary which lead to contamination.

- Food storage and preparation areas are not kept clean.
- **Remedial Measures**
- Oil used in cooking must be of good quality.
- Food storage and preparation areas must be neat and clean.

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