

## TOPIC: SANITATION

### The meaning of sanitation

Sanitation is the removal of all kinds of waste that could be considered unpleasant from our immediate environment, in order to keep ourselves and our environment clean and healthy.

### Types of sanitation

- i. Environmental sanitation
  - ii. personal cleanliness
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- a. **Environmental sanitation:** this refers to practice or ways of keeping our surroundings clean and
  - b. healthy. This is achieved by removing all kinds of waste from the rooms, kitchen, bathroom and
  - c. **Personal cleanliness:** this is the keeping of one's body and personal belongings neat, clean and tidy always. Personal cleanliness is important for health because it prevents very tiny organism (micro-organism) which can cause diseases.

### How to carry out personal cleanliness

- i. **Bathing the body:** regular bathing will always keep the body free from diseases and infections. Sponge, soap, water and clean towels should be used while bathing and drying the body.
- ii. **Care of the hair:** it is important for your hair to be washed and combed regularly. If your hair is plaited, it should be washed regularly. Keeping the hair clean helps to stop parasites o
- iii. **Cleanliness of the teeth:** cleanliness of the teeth helps to remove food particles left in-between them after meals. These food particles can decay and encourage the
- iv. **Cleanliness of the hand and nails:** the hands become dirty or may harbour harmful micro-organisms after performing various activities. Washing of the hands regularly helps to prevent these organisms.
- v. **Cleanliness of clothes:** our clothes should be changed regularly and they should be washed and ironed as clothes absorb sweat which may harbour micro-organisms.

### Advantages of *observing* personal hygiene

- 1. It entails good health.
- 2. It promotes emotional stability.
- 3. It boosts your self-esteem.

4. It saves money.
5. It leads to social acceptability.

#### **Disadvantages of not observing personal hygiene**

1. You will have poor state of health.
2. You are very likely to have skin diseases (scabies, craw-craw, boils and ringworm) which will infect others.
3. It will result to body odour.
4. You can easily be affected by disease and germs hence fall ill often.

**Environmental sanitation:** different parts of the home require different cleaning methods in order to maintain the cleanliness of the entire home.

- i. Cleaning of the floor inside the home is should be done by sweeping it every morning.
- ii. Wooden furniture should be dusted with soft cloth every day.
- iii. A long broom or a brush with a long pole should be used to remove cobwebs, dust, spiders and ants on the walls and ceilings. Stains on walls can be removed with cloth soaked in water containing detergent.
- iv. The floor of the kitchen should be mopped about once a week.
- v. Windows should be cleaned with cloth soaked in soapy water.
- vi. The floor of the toilet should be swept with a broom daily, and mopped about once- a week. The water-closet (WC) bowl should be cleaned after use with a cleaning chemical such as (*harpic*), and rinsed with water.
- vii. The compound in the home must be swept or weeded atleast once a week.

#### **HOME WORK**

1. State three importance of sanitation.
2. State the diseases associated with poor hygiene of the following parts of the body
  - i. Teeth
  - ii. Hands
  - iii. Hair
  - iv. Skin
  - v. Nails

