



Republic of Namibia
Ministry of Health and Social Services

GOOD HYGIENE KEEPS YOU HEALTHY

PEOPLE WITH HIV AND AIDS ARE MORE LIKELY TO GET SICK IF THEY ARE EXPOSED TO GERMS.

KEEPING YOUR SURROUNDINGS CLEAN REDUCES YOUR CHANCES OF GETTING SICK.



Germs in and around the house can cause sickness.

- Prevent stagnant water from collecting near the house.
- Clean and cover toilets.
- Cover or bury faeces/stool.
- Burn or bury your garbage.
- Keep domestic animals away from the cooking area.

Germs in the cooking area can cause sickness.

- Wash dishes and pots thoroughly with soap and clean water.
- Keep the cooking area or kitchen clean.
- Store eating and cooking utensils in a clean, dry, covered place.



USAID's Hygiene Improvement Project

Germs on your hands can cause sickness.

- Wash hands with running water and soap, ash, or sand
 - Before and after preparing food
 - Before eating
 - After using the toilet
 - After disposing of a child's or adult's stool

Germs in food can cause sickness.

- Wash fruits and vegetables with clean water before eating or cooking.
- Eat cooked meat, fish, chicken, or eggs.
- Serve cooked food while hot.



Germs in water can cause sickness.

- Only drink safe and clean water (either boiled, filtered, or chlorinated).
- Cover drinking water containers.