

# “MIKIKIR” CARD FOR HYGIENE & SANITATION

Father's/Mother's Name: \_\_\_\_\_ Name of the Health Worker: \_\_\_\_\_

Village: \_\_\_\_\_ Dates of visits: \_\_\_\_\_

1. Assess with the householder what they are doing now for each of the key behaviors and mark a check in the corner of the current practice.
2. Based on the improved behavior discuss on the behavior next to the current practice. During your discussion, ask.....
  - What problem the family will face to change the current practice to the improved behavior?
  - Discuss if there is any one in the family who oppose to change the current behavior due to culture or other reason.
3. Circle one, two or three behavior/s that you agreed upon to practice.
4. Seal the agreement as a commitment and make an appointment to see the improved behavior.
5. Finally, hand this card to them to put it securely on a wall or store in the family health card.

**“It is all our responsibility to end open defecation, unhygienic practices and the diseases they bring!”**

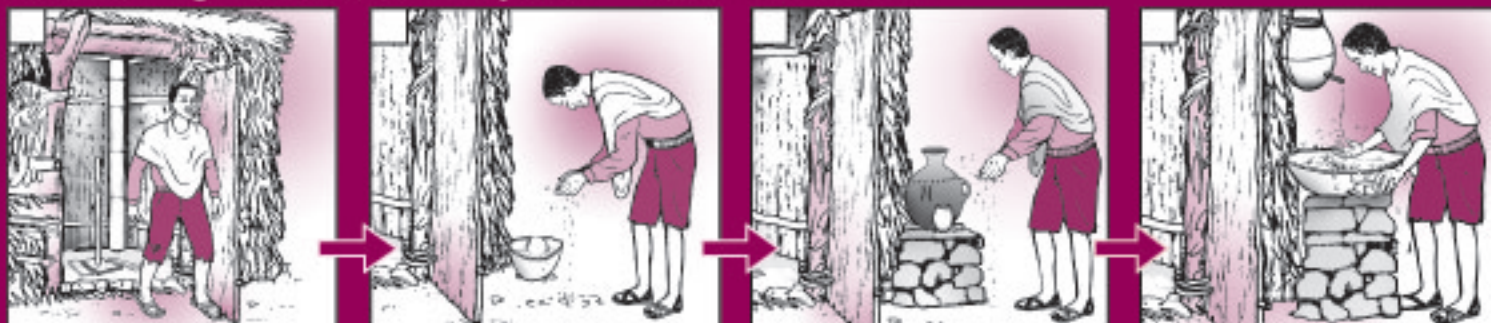
## A. Disposal of feces



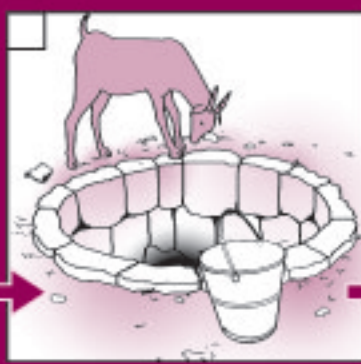
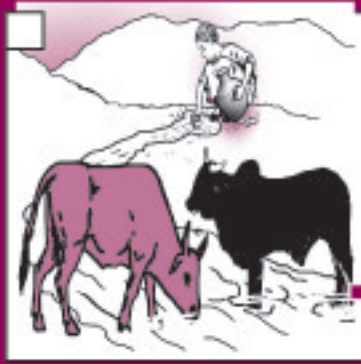
## B. Safely disposing of baby's feces



## C. Washing hands with soap/ash after defecation



### D. Keeping water source clean



### E. Safe water handling



### F. Cleaning your house and compound



### G. Face washing



## Essential times for hand washing

