

# HYGIENE



European  
Environment  
and Health  
Youth Coalition



Check me out on ~~SE~~



Toilet paper wanted  
-URGENT!!

# SMAL

50/100






Schools and Hygiene. Is there a connection between those two? Yes there is!

When you think about school, the first thought popping in your head isn't about hygiene.

Once we realize that, we can ask ourselves one question-

**WHY NOT?**



Water, sanitation and hygiene (**WASH**) conditions are playing a big role in our everyday life.

Having information and knowledge as well as caring about hygiene can not only save lives and ensure better health but it could also help us achieve educational, social and economic improvement.

As we see it, schools, being a place of knowledge, are in a good position to get a message across about the importance of clean sanitation facilities and appropriate hygiene behaviour. That being the case, this brochure addresses you, students of all age classes to help us establish a strong connection between schools and hygiene. Let's talk about the topics that maybe some of you haven't even thought about!

### **What does Hygiene mean?**

The definition of Hygiene refers to conditions and practices that help us maintain good health and prevent the spread of nasty diseases.

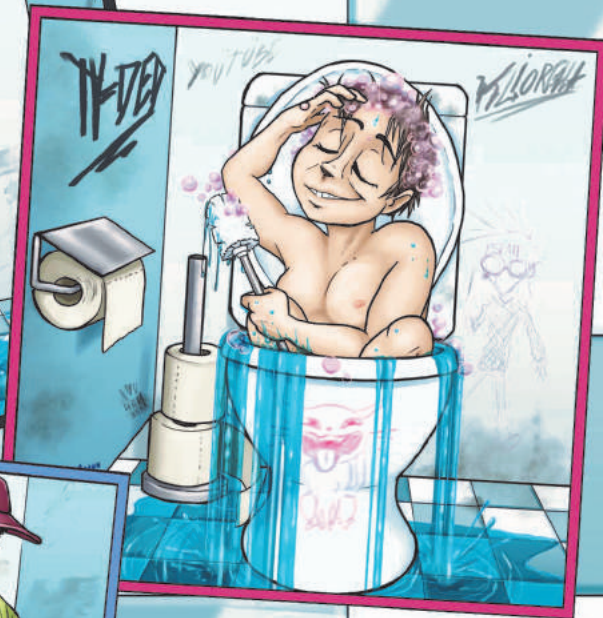
When we talk about hygiene in schools or universities, it's not only the existence of toilets, sinks and showers that matters but also privacy during the toilet visit, presence of lockable doors, a bag applicator for sanitary napkins at the ladies restrooms, access to soap and clean water for washing our hands. All these together with proper hygiene behaviour are needed in order to sustain good physical, mental and social health.

This brochure wants to talk about these topics which happen to be a part of our everyday life but still haven't got enough of our attention.

**What about you? How much do you care about Hygiene?**







🟢 The fly sitting on the dump you just left could easily follow you home to sit on your food.

🟢 Students aren't always the cleanest bunch, especially while using the restroom (we have to admit that!). BUT we have to try to keep our toilets clean all the time.

🟢 Your poo is not dangerous to you! Clean it and let your friends to feel comfortable on that throne too!

🟢 Flush with success and don't forget to wash your hands afterwards!



## Toilet – everyday necessity!

Toilets are our everyday opportunity to sit on a little throne– yet, it seems that they don't get the attention they actually deserve.

When you think about your toilet visits at your school, what are the images that pop up? Long waiting lines, unlockable doors, unavailable toilet paper and lack of sanitary bins. Also you may think of a horrible smell the toilets are fogged in.

For these, any many other reasons such as lack of gender separation and bullying, students understandably avoid using school toilets, even though they need them on every school day!

We believe that by talking about toilets and the issues that come with using them, one big step towards change is already made!

So go out there and talk to your colleagues, your parents, your teachers and your headmaster about the problems that you face with the restrooms at your school.



🟢 In the WHO European region, 69 million people have no access to improved sanitation and safe means to dispose of human faeces (yes, their poo). It is of particular concern that 2 million people in the Region still practise open defecation.

🟢 Keeping toilet seats clean have many benefits:

- 🟡 Fewer children missing school days because of sicknesses acquired by germs in restrooms and on toilet seats.
- 🟡 Fewer illness for children especially diarrhea, vomiting and respiratory illness.

🟢 Restricting toilet access and practicing “holding on” behavior can have negative impact on bladder and bowel, concentration and learning outcomes.

🟢 In case you want to cross check in your school, there should be one toilet cubicle for every 25 female students and one toilet plus one urinal per 50 boys.



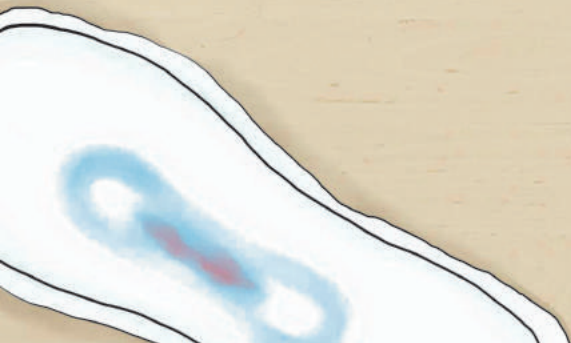


— There are still many taboos and myths - but by talking openly about menstruation and vaginas we will accomplish getting rid of them

**NO TABOOS!**



— Boys, this topic concerns you as well! We want to break your negative perceptions about menstruation!





## Menstruation – Full disclosure!





Menstruation is a natural part of the reproductive cycle, in which blood is lost through the vagina.

Poor menstrual hygiene not only affects physical health, but also social and mental well-being. Even though it's super important, menstruation is rarely talked about.

In some countries, 70% of woman use tampons in their menstrual period. Yet, commercial menstrual pads can be too expensive for low-income girls and women to afford. Already there are alternatives for tampons such as sanitary napkins, menstrual cups or washable napkins.

We know that pain and physical discomfort due to menstrual cramps are a common reason for missing school. But we have good news! There are many natural ways to help alleviate period pain including applying warmth to the lower belly, following a healthy diet low in salt, sugar, alcohol and caffeine and practicing relaxation techniques such as yoga.

Trying out different items and techniques helps finding out which ones suit you best and feel comfortable with!


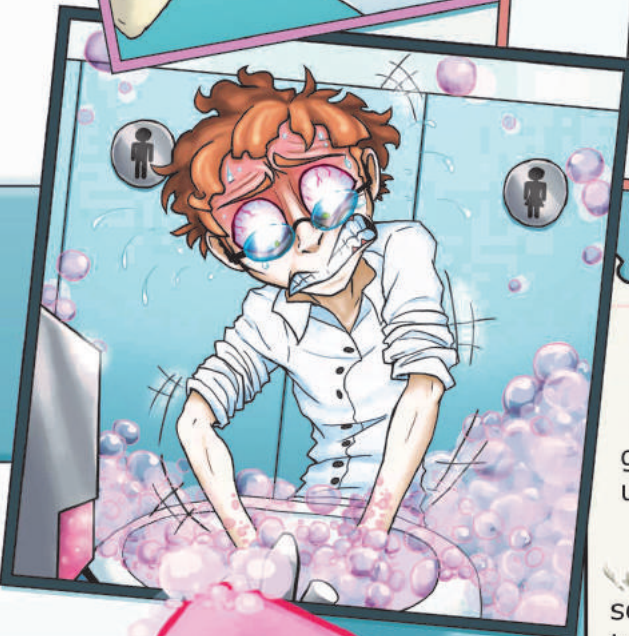
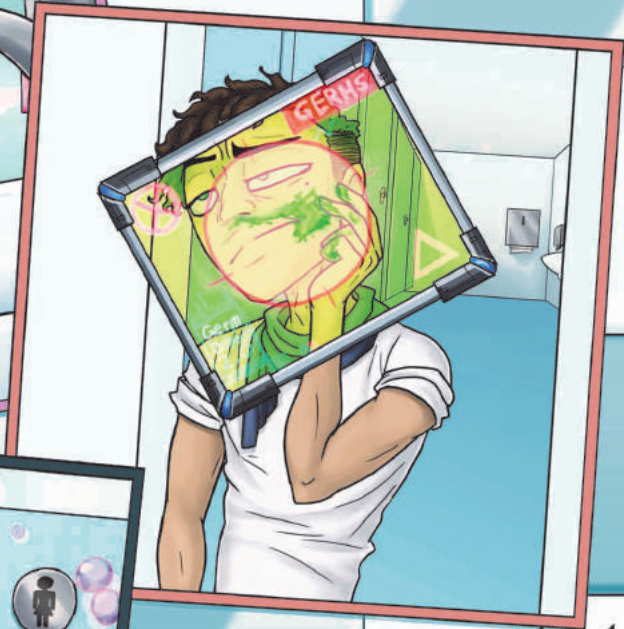
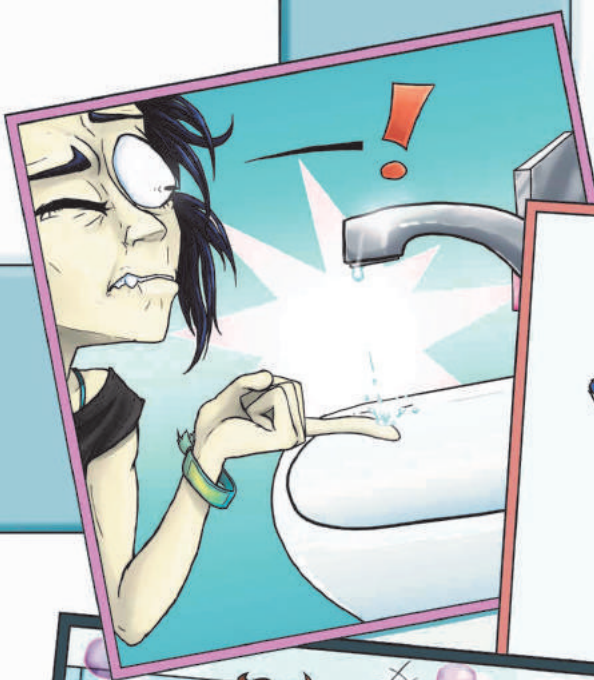
-  Girls' right to education is being violated through inadequate menstrual hygiene education, insufficient water and sanitation facilities, and poor access to sanitary menstrual materials.
-  Changing your sanitary napkin or your tampon in regular intervals is important. The standard time to change a sanitary pad is once every six hours, while for a tampon is once every two hours. However, this depends mostly on how intense your bleeding is.
-  It's essential to discard your used napkins or tampons by wrapping them up in toilet paper or sanitary bags and throwing them in a sanitary bin. This is because they are capable of spreading infections plus they start smelling really foul.
-  And of course, don't forget to wash your hands afterwards!













Washing your hand regularly does not only have hygienic pros. It also helps getting rid of the nasty dirt under your fingernails.



Washing your hands with soap after you have been to the toilet is not only good because of sanitary reasons. Your hands smell great as well!



There is a strategy on how to wash and rub your hands properly – you think we`re joking? Just google "HandRub-Wash" and see for yourself!













## Hand washing - important business!


Hand washing is simple but serious! It's particularly important in schools, where lots of things are shared: desks, books, pencils, food and even germs. Without proper hand washing, a single infection can quickly spread among students, teachers, family and friends. Think about all of the things that you touched today — from the telephone to the toilet.


To wash your hands properly, you should have access to clean water and soap together with something to wipe your hands afterwards - like paper towels. When should you do it?

-  Before eating or touching food
-  Before and after treating a cut or wound
-  After using the toilet and public transportation
-  After touching garbage
-  After changing sanitary towels
-  After blowing your nose, coughing, or sneezing
-  After touching an animal

If your school toilet isn't equipped with some or even any of these items, let your headmaster, janitor, teachers and parents know and make them aware of the problem.

 If you need to sneeze and you have no tissue with you, sneeze into your elbow instead of your hand! This is how you avoid transferring a common cold to your classmates.

 According to the WHO, almost 80% of all sicknesses due to infection are transmitted because bacteria get from your hands to mouth, nose and face. Whatever you did today, you came into contact with germs!

 Evidence suggests that washing hands for about 15-30 seconds removes more germs from your hands than washing for shorter periods.



28.5

**Playlist HYGIENE MUCH?!**

- 🗑️ **Pixies** - I bleed
- 🗑️ **Dolly Parton** - PMS Blues
- 🗑️ **Tacocat** - crimson wave
- 🗑️ **Pj Harvey** - happy and bleeding
- 🗑️ **Dirty Elegance** - Washing Away The Dirt
- 🗑️ **Psychostick** - shower song
- 🗑️ **Cameron J.** - Wash My Body Song
- 🗑️ **Bouncing souls** - the toilet song
- 🗑️ **Brad Paisley** - ode de toilet





## What is the WHO?

The World Health Organisation (WHO) is a specialized agency within the United Nations system mandated for protection of global health. This means that it directs and coordinates international health work by providing leadership on global health matters, shaping the health research agenda, setting norms and standards, articulating evidence-based policy opinions, monitoring and assessing global health trends by providing technical support to countries in addressing priority health issues.

## What is the EEHYC?

The European Environment and Health Youth Coalition (EEHYC) is the first European youth participation network that emphasizes and promotes the understanding of the inherent links between environment and health. Youth participation in the decision making process is central to the Coalition's activities and is supported by ministers of health and environment through commitments made in the Declaration of the WHO Ministerial Conference on Environment and Health held in Parma, 2010.

## Check out for more:

-  <http://www.eehyc.org>
-  <http://www.unicef.org/wash/schools/>
-  <http://www.menstrupedia.com/>
-  <http://www.germantoilet.org>
-  <http://www.euro.who.int/>
-  <http://www.sccyp.org.uk/education/flushed>
-  <http://www.wash-united.org/>
-  <http://www.washinschoolsmapping.com>

## Save the date!

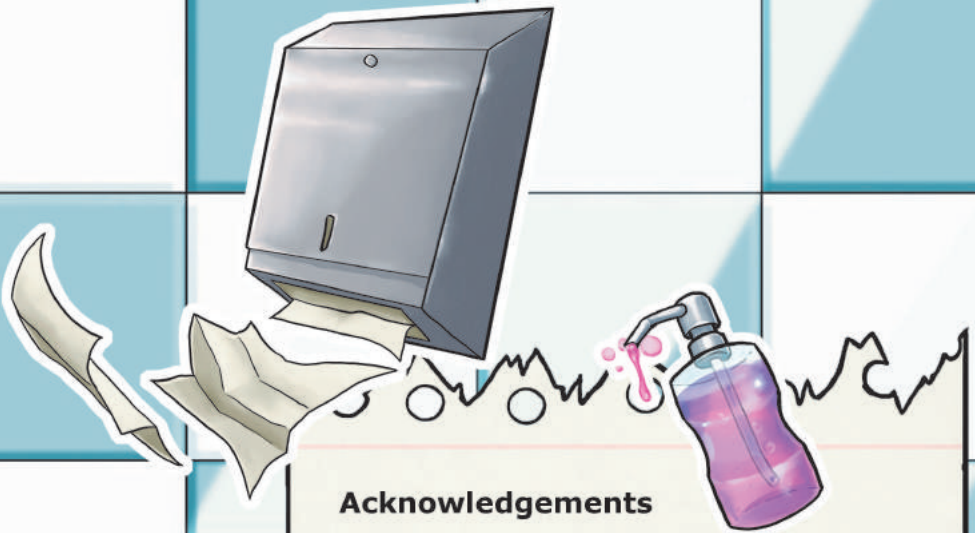
**World toilet Day** - 19th of November  
(<http://worldtoilet.org/>)

**Global Handwashing Day** - 15th of October  
(<http://globalhandwashing.org>)

**Menstrual Hygiene Day** - 28th of May  
(<http://menstrualhygieneday.org/>)







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