

Food - Contaminated food and drinks

Situation 1 - Poor Water Quality: Using contaminated water for washing, cooking, or diluting beverages can introduce pathogens or chemicals into food and drinks.

Situation 2 - Inadequate Processing or Cooking: Insufficient cooking, processing, or reheating of food can leave harmful microorganisms alive and capable of causing illness when consumed.

Situation 3 - Unsanitary Equipment and Surfaces: If cooking and serving equipment, as well as food preparation surfaces, are not cleaned and sanitized properly, they can become breeding grounds for harmful microorganisms.

Fingers - Unwashed hands and dirty fingernails

Practice on hand washing - Wash your hands by wetting them, applying soap, lathering and scrubbing for 20 seconds, cleaning under nails, rinsing, drying with a clean towel, and turning off the tap with a towel.

Practice on maintaining fingernails - Every week, I trim my fingernails and then wash my hands with soap.

Faeces - Sewage contaminated foods

Picturaise the trend 1 - Washing using sewage water



Picturaise the trend 2 - Roadside vending near sewage drainage



Fomites - Unclean utensils, door knobs etc.

Picturaise the trend 1 - Unclean utensils



Picturaise the trend 2 - Door knobs or other bad practices



Flies - Pests like houseflies, cockroaches, rats etc.

Picturaise the trend 1 - Flies



Picturaise the trend 2 - Cockroaches



Picturaise the trend 3 - Rat entries