

Topic: Family Health (I)

Sub-topic: Sanitation

Introduction

Health is not only the absence of disease, but a state of **complete physical, mental, and social well-being**.

One of the most important ways to maintain good health is through **proper sanitation**.

1. What is Sanitation?

- **Sanitation** is the process of keeping places clean and free from dirt, germs, and other harmful substances to promote good health.
 - It includes **disposing of waste properly, keeping the environment clean, and maintaining good hygiene**.
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2. Types of Sanitation

| Type of Sanitation | Description |
|--------------------------|---|
| Personal Sanitation | Keeping the body clean (bathing, brushing teeth, washing hands, etc.) |
| Environmental Sanitation | Keeping our surroundings (home, school, street) clean |
| Food Sanitation | Handling, preparing, and storing food in a clean and safe way |
| Water Sanitation | Ensuring drinking water is clean and safe |
| Waste Disposal | Proper disposal of human waste, garbage, and sewage |

3. Effects of Poor Sanitation

Poor sanitation leads to:

- Spread of **germs and diseases** (e.g. cholera, typhoid, malaria).

- Dirty and smelly environment.
 - Contamination of food and water.
 - Increased **healthcare costs**.
 - Death in serious cases.
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4. Good Sanitation Practices

At Home and School:

1. Always wash hands after using the toilet and before eating.
2. Bathe daily and wear clean clothes.
3. Clean the toilet and bathroom regularly.
4. Sweep and mop floors frequently.
5. Properly dispose of refuse in covered dustbins.
6. Avoid open defecation.
7. Boil or treat drinking water.
8. Cut grass around the house to prevent mosquitoes.

In the Community:

- Participate in community clean-up days.
 - Report or fix leaking pipes and blocked drains.
 - Avoid littering public places.
 - Educate others on hygiene.
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5. Importance of Sanitation to Family Health

1. Prevents **illnesses and infections**.
2. Keeps the environment clean and attractive.
3. Promotes **mental well-being**.
4. Reduces spread of **pests** like flies and rats.

5. Saves money spent on treating avoidable diseases.
6. Encourages a healthy and **productive lifestyle**.