1. **Hygiene Practices Infographic (WASH)**

Maintaining proper hygiene is one of the simplest and most effective ways of preventing diseases in our communities. Many illnesses such as diarrhea, cholera, typhoid, and even common colds spread quickly when people fail to observe hygiene. Every person children, youth, and adults has a role to play in maintaining cleanliness. This resource highlights practical steps that can be easily adopted at home, school, and in the community.

The first and most critical practice is handwashing with soap and running water. Hands should be washed for at least 20 seconds, especially before eating, after using the toilet, after handling animals, and when returning home from outside. Clean hands protect against disease transmission. Another key practice is safe food handling washing fruits and vegetables before eating, cooking food thoroughly, and ensuring raw and cooked foods are kept separate to avoid contamination. Families should also embrace clean sanitation facilities, ensuring toilets are well-maintained, children’s feces are properly disposed of, and the environment around homes remains clean.

Personal hygiene also matters. Bathing regularly, trimming nails, washing clothes with soap, and covering food properly prevents the spread of germs and parasites. At the community level, collective responsibility is necessary. Communities should keep water sources clean, avoid dumping waste in rivers, and support campaigns for cleanliness.

In conclusion, hygiene is not a one-time practice but a lifestyle. By maintaining daily cleanliness, families reduce medical expenses, children stay healthier and attend school regularly, and the entire community prospers. A clean environment is a healthy environment and health is wealth.