

PART I

Maintaining hygienic habits, health, mental health

People's right to access health care

Personal hygiene

Maintaining excellent personal hygiene is one of the most effective methods to maintain good overall health and wellness. Personal hygiene keeps you clean, raises your confidence, as well as lowers your risk of disease and unfavourable medical problems caused by poor hygiene.

Type of personal hygiene

Personal hygiene is how you care for your body. This practice includes bathing, washing hands, oral hygiene, and more.

1. Hand hygiene

During the day you touch lots of objects with your hands, and be sure that not all of them are clean. The problem, however, is not in just touching the objects. Namely, when you touch your eyes, nose, mouth, or any wound on your body with dirty hands, bacteria enter your body, potentially infecting you and damaging your immune system over time.

Therefore, do not forget to:

- Properly rinse your hands with soap and water. While washing your hands scrub your palms and clean properly between your fingers to make sure each and every portion of your hand and fingers are properly washed
- Wash your hands before and after making food, and/or before you eat
- Wash your hands with soap after using the toilet
- After you are treating sick person who is vomiting and/or suffering from diarrhoea make sure to clean your hands properly
- Always wash your hands after you handle your pets
- If you change your baby's diaper, do not forget to wash your hands
- Wash your hands whenever you touch something coming from outside such as parcels, vegetables and food packets
- Wash your hands if you handle garbage; when you sneeze

If you are at risk to be contaminated with body fluids such as stool, urine, blood, runny nose (e.g when changing nappy) always wear gloves! After removing the glove you must use hand rub!

2. Oral hygiene

Good dental hygiene is about more than just pearly white teeth. Caring for your teeth and gums is a smart way to prevent gum diseases and cavities.

- Brush your teeth at least twice a day for 2 minutes using fluoride tooth paste.

- If you can brush them after every meal
- Use floss to clean your teeth
- Replace tooth brush every 2-3 months
- Limit intake of sugar and include food that contains calcium
- Visit dentist at least twice a year

These steps can help you to prevent tooth decay and eliminate pockets where bacteria and germs can build up.

3. Bathing

- Bathing once or twice a week helps most seniors avoid skin breakdown and infections.. Washing your body eliminates dead skin cells, and is a prophylactic strategy to limit the risk and transmission of disease.

4. Menstrual and genital hygiene

- It is important to change sanitary products regularly and to wash the hands before and after changing tampons, pads, or any other sanitary products.

5. Nails Hygiene

- Dirt and germs can collect under fingernails, contributing to the spread of bacteria. Because dirt and germs build more easily under longer nails, keeping them short can help lower the chance of infection. The best time to clip your's and your kids' nails is after a shower, when the nails are softer.

Conclusion: Maintaining personal hygiene will not only keep you safe from bacteria and germs but also boosts your self-esteem. A clean appearance impacts your personality, social life as well as your mental health. Personal hygiene is our primary duty in our day-to-day life.

MENTAL HEALTH

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from the childhood and the adolescence to adulthood.

Over the course of your life, if you experience mental health problems, your thinking, mood, and behaviour could be affected. Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems

Mental health problems are common but help is available. People with mental health problems can get better and many recover fully, as well.

Early warning sings

If you or someone you know is experiencing one or more of the following feelings or behaviors it could be an early signs of a mental health problem:

- Eating or sleeping too much or too little
- Social distancing and pulling away from usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can't get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Inability to perform daily tasks like taking care of your kids or getting to work or school

Mental health and Wellness

Positive mental health allows people to:

- Realize their full potential
- Cope with the stresses of life
- Work productively
- Make meaningful contributions to their communities

Ways to maintain positive mental health include:

- Take care of your body - good diet, exercise and sleep. Limit the consumption of alcohol, and avoid cigarettes and drugs.
- Be involved in activities that make you 'feel good and happy...'
- Exercise your brain - learn and discover, take a class, visit the library, join a club, play a challenging game, work on a puzzle.
- Volunteer - being useful to others and being valued helps you to build your self-esteem.
- Enjoy the nature - a walk in the park can lower blood pressure and reduce stress.
- Leisure - hobbies and activities provide fun and makes you feel good.
- Manage stress - know your stressors and how to handle them
- Build new friendships and maintain contacts with your friends.
- Ask for support - talking about feelings and issues may reduce your stress.

Asking for help is NOT a weakness... early support can address problems before they become more difficult to handle.

PART II

What is gender-based violence?

Gender-Based violence refers to harmful acts directed at an individual based on their gender. It is rooted in gender inequality, the abuse of power and harmful norms.

Gender-based violence (GBV) is a serious violation of human rights and is a life-threatening health and protection issue. Gender-based violence is violence directed against a person because of their gender. Both women and men experience gender-based violence but the majority of victims are women and girls.

What are forms of Gender-based Violence (GBV)?

GBV can take various forms:

- **Physical:** it results in injuries, distress and health problems. Typical forms of physical violence are beating, strangling, pushing, and the use of weapons.
- **Sexual:** it includes sexual acts, attempts to obtain a sexual act, acts to traffic, or acts otherwise directed against a person's sexuality without the person's consent.
- **Psychological:** includes psychologically abusive behaviours, such as controlling, coercion, economic violence and blackmailing

The consequences of gender-based violence are devastating and can have life-long repercussions for survivors. It can even lead to death.

What can I do regarding SGBV?

You are to remember:

- **Prevention:** Support the people in need to stay safe, remind them to be careful
- **Protection:** Protect survivor, try to comfort and refer them.
- **Accountability:** Keep supporting legislation and its enforcement against GBV

If you or someone in your family are feeling threatened or in danger, you have the right to receive immediate help. You do not have to manage this on your own.

There is a support available including health support, psycho-social support, legal assistance and temporary shelters. You should not feel ashamed to seek for it.

Nothing can be excused for violence against women. Act as a leader in your community and say no to violence/harmful practices by showcasing solidarity against it.

Remember:

Only refer survivors/victims of violence when appropriate, accessible, and confidential services are available. Advertising but not delivering appropriate services will cause mistrust and even fewer survivors will come forward to seek help.

Keep yourself safe and healthy

Hygienic habits
Health
Mental health
Prevention of SGBV

