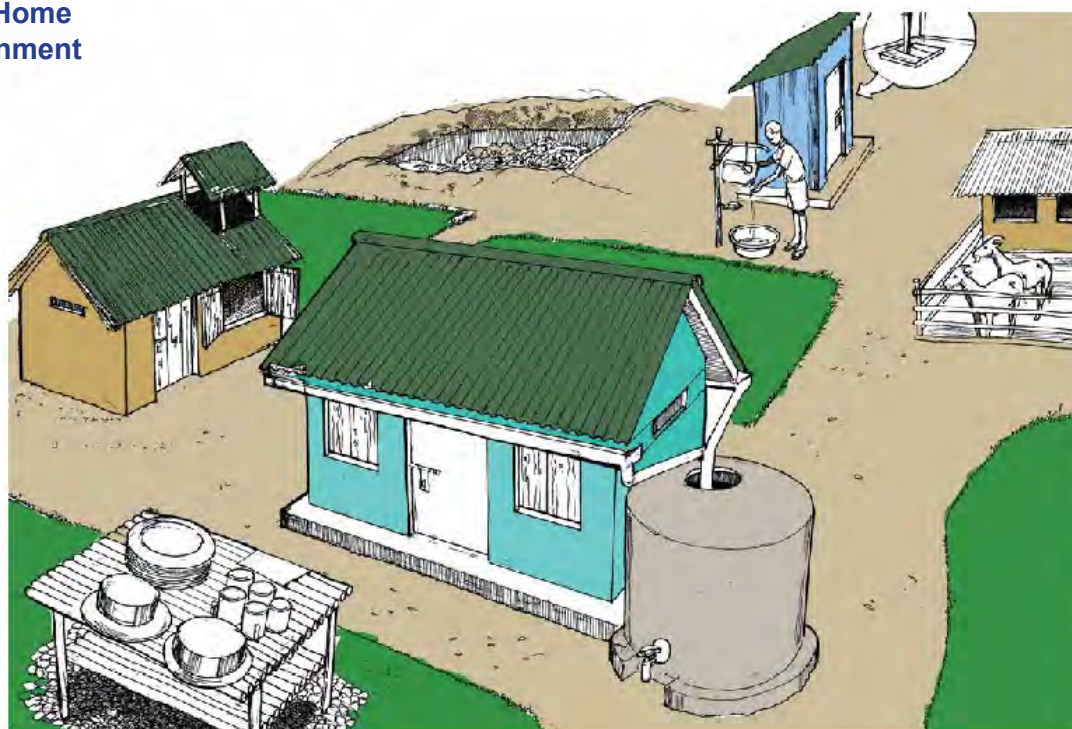


HANDOUT 8.1. COUNSELLING CARD ON KEEPING SURROUNDINGS CLEAN

THEME 3 PREVENTING INFECTIONS

3.1 KEEP SURROUNDINGS CLEAN

Clean Home Environment



1. Explain that it is important for PLWHA to prevent infections to stay healthy.
 - Infections may cause loss of appetite, vomiting or diarrhoea, which reduce food intake and absorption.
 - Infections also increase the body's nutrient requirements.
 - PLWHA therefore should try to prevent getting infections and get treatment immediately for any infections.
2. Explain that PLWHA can reduce their risk of getting infections by avoiding exposure to disease-causing germs.
3. Ask the client to look at the picture and identify some practices that could prevent illness.
 - Keep the home environment clean.
 - Have a toilet and keep it clean and covered.
 - Keep water outside the toilet so you can wash your hands with water and soap after using the toilet.
 - Keep animals away from the cooking area.