

HANDOUT 8.2. COUNSELLING CARD ON PRACTISING FOOD HYGIENE AND SAFETY

THEME 3 PREVENTING INFECTIONS

3.1 PRACTICE FOOD HYGIENE AND SAFETY

Food hygiene and safety is one of the main ways of preventing infection



1. Explain that maintaining food hygiene and safety is one of the most important ways to prevent infection in PLWHA.
 - Food can be a source of infection if it is not properly handled, prepared and stored.
 - Most infections from poor food hygiene and safety cause diarrhoea and vomiting, which reduce food intake and absorption.
2. Discuss the following important food safety and hygiene practices shown in the picture:
 - Wash hands thoroughly before handling, preparing and eating food.
 - Keep food and drinking water covered and store it away from insects, rats and other animals.
 - Wash fruits and vegetables with clean water before eating, cooking and serving them.
 - Use clean, safe water to prepare food.
 - Wash the area where you prepare food.
 - Keep utensils you use to cook and eat clean.
 - Keep cooked food away from contact with raw food.
3. Stress that PLWHA should avoid the following:
 - Mouldy, spoilt or rotten food
 - Raw eggs or food that contains raw eggs
 - Raw fish
 - Meat that is not well cooked
 - Juices made with water that has not been boiled

PERSONAL HYGIENE AND HOUSEHOLD WASTE

Counsel the client on personal hygiene.

- Always wash hands thoroughly with running water and soap or ashes before preparing, handling and eating food and after using the toilet or changing diapers or nappies.
- Cover any wounds and cuts on hands before handling and preparing food.
- Keep clothes clean.
- Bathe regularly.

Counsel client on managing household waste.

- Keep toilets covered and the toilet area clean.
- Place garbage in a covered container until you can dispose of it.
- Dispose of garbage away from the house and far from the water source.
- Bury garbage in a hole in the ground or compost heap.

CLEAN UTENSILS AND FOOD PREPARATION AREA

Counsel the client to:

- Wash all utensils used to prepare and serve food with water and soap and rinse with clean running water.
- Keep the food preparation area clean.
- Keep animals away from the food preparation and eating areas.

PREVENTION OF FOOD POISONING

Counsel the client to:

- Buy only uncracked eggs, even if cracked eggs are cheaper.
- Buy and eat only fruits and vegetables that are not rotten or bruised.
- Check expiry dates on all pre-packaged foods and buy only foods that have not expired.
- Buy pre-packaged foods only if the seal is not broken.
- Buy tinned foods only if they are not dented.
- Store all perishable foods and leftovers in a refrigerator if available.
- Store raw meat and fish separate from other foods to avoid contamination.
- Avoid re-freezing food once it has thawed.
- Avoid leaving cooked food out of the refrigerator for more than 2 hours.
- Cook food until well done, especially fish, meats and chicken. Meats should not show sign of blood after cooking.
- Store leftovers properly, preferably in a refrigerator if available.
- If possible, prepare enough food for one meal at a time so there are no leftovers, especially if proper storage is not possible.
- Wash fruits and vegetables properly using plenty of running water before eating raw.
- Use different chopping boards for raw meats and fish and vegetables or clean the cutting surface after chopping meat and before chopping vegetables.
- Avoid raw eggs or food that contains raw eggs.
- Avoid cereals or other foods with fungus growing on them.

DRINKING WATER

Counsel the client to:

- Boil clean water for drinking or add chlorine drops to water according to instructions.
- Store boiled water in a clean covered container in a cool place protected from rodents, insects and other animals.
- Use a clean container with a handle to pour water or get water out of a water pot.
- Use clean boiled water to make juices or ice cubes.

EATING OUTSIDE THE HOME

Counsel the client to:

- Always wash hands before eating away from home.
- Avoid eating street foods because they may not be safely or hygienically prepared.
- Avoid eating undercooked meat, fish, chicken or eggs.
- Avoid eating raw foods, especially raw fruit and vegetable salads.
- Peel the skin off fruits before eating.
- Drink only water that you know has been boiled or drink bottled drinking water if available and affordable.
- Make sure food is hot when served.