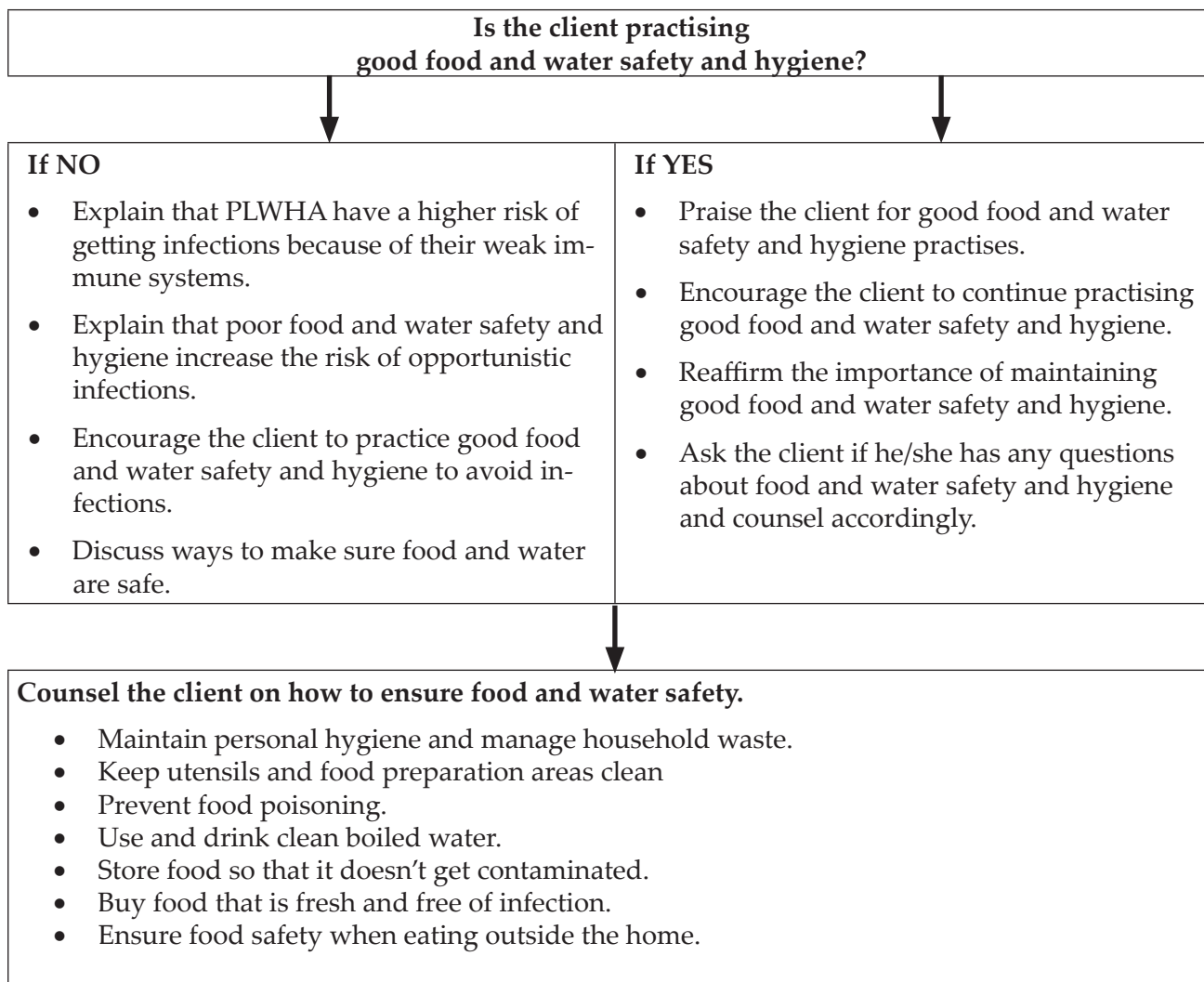


HANDOUT 8.3. JOB AID 5: COUNSELLING PLWHA ON FOOD AND WATER HYGIENE AND SAFETY



PERSONAL HYGIENE AND MANAGING HOUSEHOLD WASTE

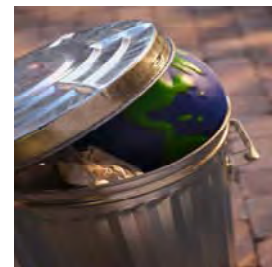
Counsel the on client on personal hygiene.

- Advise the client to 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.
- Advise the client to cover any wounds and cuts on hands before food handling and preparation.
- Advise the client to bathe regularly and keep his/her clothes clean.



Counsel the client on managing household waste.

- Advise the client to keep toilets covered and the toilet area clean.
- Advise the client to put garbage in a covered container until he/she can dispose of it.
- Advise the client to throw garbage away from the house and far from the water source.
- Advise the client to bury garbage in a hole in the ground or compost heap.



KEEPING UTENSILS AND THE FOOD PREPARATION AREA CLEAN

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.



PREVENTING FOOD POISONING

Counsel the client to:

- Cook all food thoroughly until well done, especially fish, meats and chicken. Meats should not show sign of blood after cooking, and eggs should be cooked until hard.
- Store leftovers properly, preferably in a refrigerator if available.
- If possible, prepare food enough for one meal at a time to avoid leftovers, especially if proper storage is not possible.
- Wash fruits and vegetables that will be eaten raw, using plenty of running water.
- Use different chopping boards for raw meats and fish and vegetables or clean the cutting surface after chopping meat and before chopping vegetables.
- Avoid eating raw eggs or foods that contain raw eggs.
- Avoid eating cereals or other foods that have fungus on them.
- Avoid eating half-rotten fruits and vegetables



USING AND DRINKING WATER

Encourage the client to:

- Boil clean water for drinking, use commercial bottled drinking water 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 only clean and boiled water to make juices or ice cubes.



STORING FOOD

Counsel the client to:

- Store all perishable foods in a refrigerator if available.
- Store raw meat and fish separate from other foods to avoid contamination.
- Avoid refreezing food once it has been thawed.
- Avoid leaving cooked food out of the refrigerator for more than 2 hours.



BUYING FOOD

Counsel the client to:

- Avoid buying eggs with cracks even if they are cheaper.
- Avoid buying fruits and vegetables with bruises or that are rotten.
- Check expiry dates on all pre-packaged foods.
- Avoid buying pre-packaged foods if the seal is broken.
- Avoid buying dented canned/tinned foods.



EATING OUTSIDE THE HOME

Counsel the client to:

- Always wash hands before eating
- Avoid eating raw foods, especially fruit and vegetable salads if not sure of cleanliness.
- Peel the skin off fruits before eating.
- Avoid drinking water if you are not sure whether it is safe and boiled. Instead, drink commercial bottled water if available and affordable.
- Avoid eating street foods because they may not be prepared safely and hygienically.
- Ensure that food is hot when served.
- Avoid eating under-cooked meat, fish or chicken or eggs.