Manual REFUGIUM Hygiene (Englisch)

Time (Min)	Targets	Contents	Methods	Medien/ Materialien
	Arrival	Participants write name tag (crepe tape, felt pen)		crepe tape, felt pen
10	**Welcome** **Introduction** Introduction of the members and the peer facilitators	Peer facilitators introduces her/himself and tells his/her experiences about the topic hygiene at refugee accommodation. Members introduce themselves, and tell one point about hygiene at their accommodation (positive or negative). At this time a connection to the hygiene poster “stay healthy – protect yourself” is possible as well. The members may point out one problem through figuring this out at the poster.	Introduction The exchange about our experiences and resources encourages interactive elaboration of the seminar content.	
	Information phase Participants know, that hygiene is important to protect them and their family and friends from diseases. They are educated, that they have to keep their environment clean and their rooms aired to avoid the spread of germ and the development of mould. They know how they protect themselves, their families and friends. They know, that the situation is not their fault, but accommodation and organisational conditions contribute too. They know that they are not alone with their problems and do not have to conceal them – it is necessary to search for help. They know helpful contacts. They are not ashamed of	Hair hygiene: ✓ Wash your hair regularly ✓ Do not share hairbrushes and combs, protect yourself from lice. Oral hygiene: ✓ Brush your teeth 2-3 times a day ✓ Use toothpaste with fluoride ✓ Do not share your toothbrush ✓ You protect yourself from caries and gum diseases. Body Hygiene: ✓ Wash body and clothes regularly ✓ Do not share clothing ✓ You protect yourself from scabies. Hand hygiene: ✓ Wash your hands before food intake, after toilette, after animal or human contact. ✓ You protect yourself, your family and friends from influenza and gastric diseases. Toilet hygiene: ✓ Dispose no food or rubbish in your toilet. ✓ Use the flush ✓ Use sanitary bags during menstruation. ✓ You protect yourself, your family and friends from gastric diseases. Kitchen hygiene: ✓ Cooling fresh food. ✓ Store food in an air-tight container. ✓ Keep your working place and hands clean. ✓ You protect yourself, your family and friends from gastric dis-	Presentation of poster from top to bottom (head to toe) After each topic (input) short discussion. Problems at the accommodation settings should be discussed. The situation should be discussed and solutions developed by everybody. For the toilet hygiene the members separate by sex and visit the toilet rooms. The facilitator tries to build an interactive exchange to talk about the problems at accommodation – maybe they find solutions. Hereupon the facilitator group motivates his/her members.	Poster Flyer

	their situation at accommodation anymore and are able to make the best of their situation,	eases and food poisoning. Room hygiene: ✓ Dispose rubbish. ✓ Close your rubbish bin. ✓ Air your rooms 2 times a day for 15 minutes. ✓ You protect yourself, your family and friends from bugs (rats, insects) and mould, which causes respiratory diseases. Advice to the conditions: ✓ In case of mould: call your landlord or camp management. ✓ In case of vermin (scabies, lice, bedbugs) visit a doctor or social management. ✓ Public toilet rooms should be equipped with desinfectants, use this disinfectant.		
15	**Action** Participants know how germs spread. They know how to wash their hands properly.	Germs are invisible. We use glitter to demonstrate the spread of germs. Virus and bacteria is the main trigger for diseases. Pictures of infection ways on flipchart are described by the facilitator. Germs reach the whole body through hand – mouth or hand – nose contact. Typical diseases: ✓ common cold ✓ gastric diseases ✓ influenza A higher infection risk is possible at public places (for example public toilets, bus poles or public gathering), through animal and human contact and through contact to raw meat or eggs.	The facilitator spreads glitter on his/her hands. Then he/she shakes hands with a participant. This member shakes hands with the other participants. Finally the facilitator simulates a sneeze by blowing glitter from his/her hand into the air. For hand washing the participants and separated by sex and visit the sanitary rooms. They receive gender specific information about toilet and sexual hygiene, and hand washing. The process of hand washing is facilitated in case of need until the glitter is totally removed.	glitter powder
5	**Take Home Message**	**Feedback** **“Protect Yourself - Stay Healthy”**	Closing Feedback Input Flyer is handed out.	Flyer Ball
	Farewell	Giving thanks and saying goodbye		