



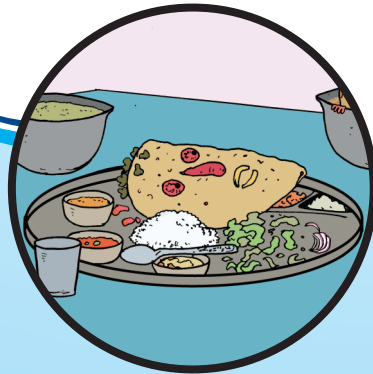
ENHANCING CIVIC
ENGAGEMENT



HYGIENE AND SANITATION

STUDENT BOOK

Class V



State Council of Educational Research and Training
Government of Goa

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Note for Teacher

Subject Linkages Sheet for Hygiene & Sanitation : Std-V

No.	ECE Activities	Subject Linkages Topic Name, Number And Page No
	Topic 1: Personal Hygiene	EVS - Part 01
1	1.1 Activity no 1: Summarizing the learning of personal hygiene.(Page no - 1&2)	1. EVS- PART 1-Chapter 3 - From Tasting to Digesting. Page no - 22 to 34 2. EVS PART-I Chapter 8 - A treat for Mosquitoes. Page no - 68
2	1.2 Activity no. 1 (class): Understanding the importance of personal hygiene through group work	
3	1.2 Activity no. 2 (school/community): Role-play on the importance of personal hygiene	
4	1.3 Activity no. 1 (class): Understanding personal hygiene practices through demonstrative Video	
5	1.3 Activity no 2: Displaying Chart and Poster of Personal hygiene. (Pg no 4)	
6	1.3 Activity no. 3 (school): Follow personal hygiene rules at the school level	
	Topic 2: Sanitation	EVS - Part 01
1	2.1 Activity no. 1 (class): Summarising the learning of sanitation	EVS -Chapter 8 - A Treat for Mosquitoes., Page no - 67
2	2.2 Activity no. 1 (class): Listing the practices of community/school sanitation	EVS -Chapter 8 - A Treat for Mosquitoes. Page no - 71 to 75
3	2.2 Activity no. 2 (school): Organise drawing competition	On any Special Day
4	2.4.2 Activity no. 1 (class): Understanding the importance of avoiding spitting in public places	
	Topic 3: Home Hygiene Practices	EVS - Part 02
1	3.1 Activity no. 1 (class): Understanding the importance of practising home hygiene	EVS, PART-2 Chapter 16 - Who will do this Work?, Page no - 147, Imagine, Page no - 150
	TOPIC 4. MOSQUITO AND RISKS	EVS - Part 01
1	4.1 & 4.2 Activity no. 1: Understanding lifecycle of a mosquito, diseases and preventive measures	EVS -Chapter 8 - A Treat for Mosquitoes. Page no - - 71 to 75
2	4.3 Activity no. 1 (community): Identify mosquito-prevalent areas through a transect walk	EVS -Chapter 8 - A Treat for Mosquitoes. Page no - - 71 to 75

A. Programmatic outcomes of Mulyavardhan - ECE

The following outcomes are expected to be achieved by the end of three years:

1. Schools would be able to raise awareness among students, teachers and parents about the problems and the potential solutions at the school and community level for sanitation, hygiene, waste management, traffic awareness and road safety.
2. Schools would be able to implement and promote safe and clean practices of sanitation and hygiene in the school and the immediate community.
3. Schools would be able to implement and promote effective practices of waste disposal, segregation, and recycling and reusing of various types of waste in the school and the immediate community.
4. Schools would be able to develop safe and responsible road habits among the students and the staff and also promote the adoption of safe and responsible road practices in the immediate community.

B. Expected student learning outcomes

TABLE 2: EXPECTED STUDENT LEARNING OUTCOMES

Themes	Long-Term outcomes (>=5 years)	Levels	Expected overall thematic outcomes (< 5 years)
Hygiene Sanitation and Waste management	The student will be able to consistently demonstrate desired standards of sanitation, hygiene and waste management and actively contribute towards the improvement of such practices in the larger community.	A. Cognitive 1. Awareness 2. Information/ Knowledge	<ul style="list-style-type: none"> • Is aware and informed about the importance of cleanliness of one's surroundings and waste management in day-to-day life
		B. Socio - Emotional 1. Belief 2. Attitude	<ul style="list-style-type: none"> • Develops a belief about the importance of cleanliness and hygiene • Has the right attitude about the importance of waste management
		C. Behaviour 1. Action	<ul style="list-style-type: none"> • Practises cleanliness and adopts preventive measures while using sanitary facilities • Cohesively works with the community and the government for cleanliness and waste management • Practises proper waste disposal and segregation, recycling and reusing wherever possible • Is able to conduct checks and audits for hygiene and sanitation • Can follow up with public institutions for waste management



TOPIC 1. PERSONAL HYGIENE

1.1 Introduction to personal hygiene

1.1 Activity no. 1 (class): Summarising the learning of personal hygiene

1. Meaning of personal hygiene

Personal hygiene refers to the practices of cleanliness that an individual adopts to care for his/her health and well-being. It involves cleaning all the areas of the body regularly to maintain good health. Example: Washing hands, taking a bath, brushing teeth, etc.

1.2 Importance of personal hygiene

1.2 Activity no. 1 (class): Understanding the importance of personal hygiene through group work

1. Why should you follow personal hygiene?

Maintaining proper hygiene is important for staying healthy. When you keep your body clean, you lower the risk of illness and infection from bacteria, viruses and other microorganisms. For example, when you wash your hands, you stop the germs on your dirty hands from going inside your mouth and leading to illness.

Here are two other important reasons to follow personal hygiene:

Improves social interactions

When you maintain personal hygiene, the people around you welcome and appreciate you. But if you have poor personal hygiene, then body odour, bad breath and uncleanliness will create a negative impression about you and affect your social interactions.

Improves psychological well-being

Having a clean and tidy appearance helps you feel more confident and good about yourself. It raises your self-esteem.



1.3 Personal hygiene practices

1.3 Activity no. 1 (class): Understanding personal hygiene practices through demonstrative video

1. Different personal hygiene practices

1.1 Have a bath daily:

- This is the best way to get rid of any dirt, sweat, and/or germs that your body may have accumulated throughout the day, and prevent hygiene-related diseases. As a plus, bathing daily helps you feel, look, and smell your best throughout the day.
- Use a sponge or hand towel to gently scrub your entire body, removing dead skin cells and dirt. Remember to replace these items regularly as bacteria can easily grow on them. Wash your hair with a good shampoo/soap as often as needed, depending on your hair type and how dirty it tends to get. Use shampoo, *shikakai* or soap to wash your hair and keep it clean.



1.2 Wash your face daily:

Remember that the skin on your face is more sensitive than the skin on the other parts of your body. Wash your face properly and regularly with soap or face cleaner as per your skin type - dry, oily or normal.

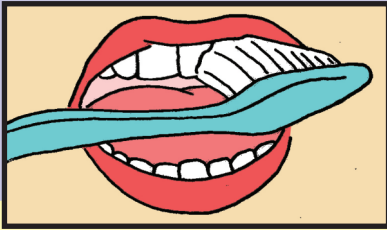


1.3 Brush your teeth every morning and evening:

Brushing the teeth regularly helps prevent gum disease, which has been linked to other illnesses elsewhere in the body, such as heart disease, stroke, and diabetes.



- To keep your gums extra strong, use a soft-bristle toothbrush and brush your teeth every morning and night (before going to sleep).
- Floss your teeth every night or gently massage your gums with your fingers to prevent gingivitis - a gum disease.



Place the toothbrush at a 45-degree angle to the gums.



Move the brush back and forth gently in short strokes. Brush the outer surfaces, the inside surfaces and the chewing surfaces of all your teeth.



To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.



Brush your tongue to remove bacteria and keep your breath fresh.

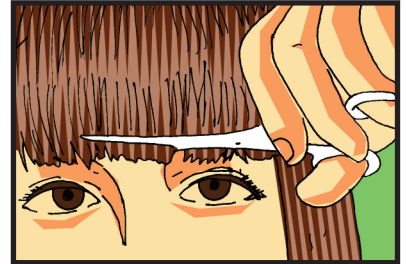
1.4 Wash your clothes after wearing them:

In general, shirts should be washed after every use, while pants, shorts and skirts can be worn a few times before they require washing. Wash your undergarments daily. Remove any stains, wrinkles, hair or lint from your clothes before wearing them.



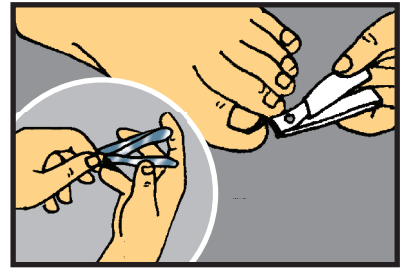
1.5 Trim your hair every 4-8 weeks:

Whether you are trying to grow your hair out or prefer to keep it short, trimming it will keep the hair healthy and get rid of split ends. It will give you an overall cleaner and healthier appearance.



1.6 Clip your fingernails and toenails regularly with a nail cutter:

Not only will this keep your hands and feet looking their best, but it will also prevent hangnails (torn skin around the fingernails or toenails), breakage, and other potential damage to your nails. Short nails can't trap dirt under them the way long nails do.



1.7 Wash your hands with soap and water or sanitiser:

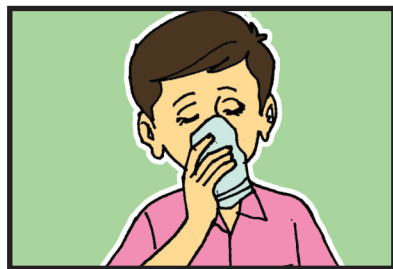
This is one of the most important ways to avoid getting sick and spreading germs to others. Wash your hands after using the toilet; before, during, and after preparing food; before eating food; before and after caring for someone who is sick; after blowing your nose, coughing, or sneezing; and after handling animals and/or animal waste.



Consider keeping a hand sanitiser with you at all times. It will help you in case you can't reach a bathroom/basin to wash your hands.

1.8 Cover your nose and mouth when you cough or sneeze:

This is extremely important if you want to avoid spreading germs to those around you. Be sure to wash your hands with soap and water after you cough or sneeze.



1.9 Don't share belongings, e.g. razors, towels, or toiletries, with others:

Sharing personal items like these with others increases the likelihood of spreading skin infections. If you do share your belongings, be sure to wash/sanitise them both before and after lending them to others.



1.10 Visit a doctor regularly:

Visiting your doctor regularly can help identify illnesses and infections early, making it much easier to treat them. Visit your local doctor/physician when you are feeling sick or think you may have an infection.



Source : "How to Be Hygienic" ([https:// www.wikihow.com/Be-Hygienic](https://www.wikihow.com/Be-Hygienic)) -- article provided by wikiHow. Content on wikiHow (<https://www.wikihow.com/Main-Page>) can be shared under a Creative Commons License.

Have a bath, brush your teeth, feel good from head to toe!



2. Ten steps of hand washing



Source: http://www.who.int/gpsc/5may/How_To_HandWash_Poster.pdf

Your health is in your own hands, so be sure to wash them.



1.3 Activity no. 3 (school): Follow personal hygiene rules at school-level

1. Standard rules of practising personal hygiene at school-level



All students should have a bath before coming to school every day.

1

2

All students should wear clean clothes.



All students should carry a personal napkin /handkerchief.

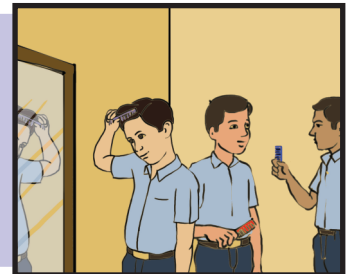
3

4

All students should carry a personal comb.

5

All students should comb their hair every day and as required during recess time.

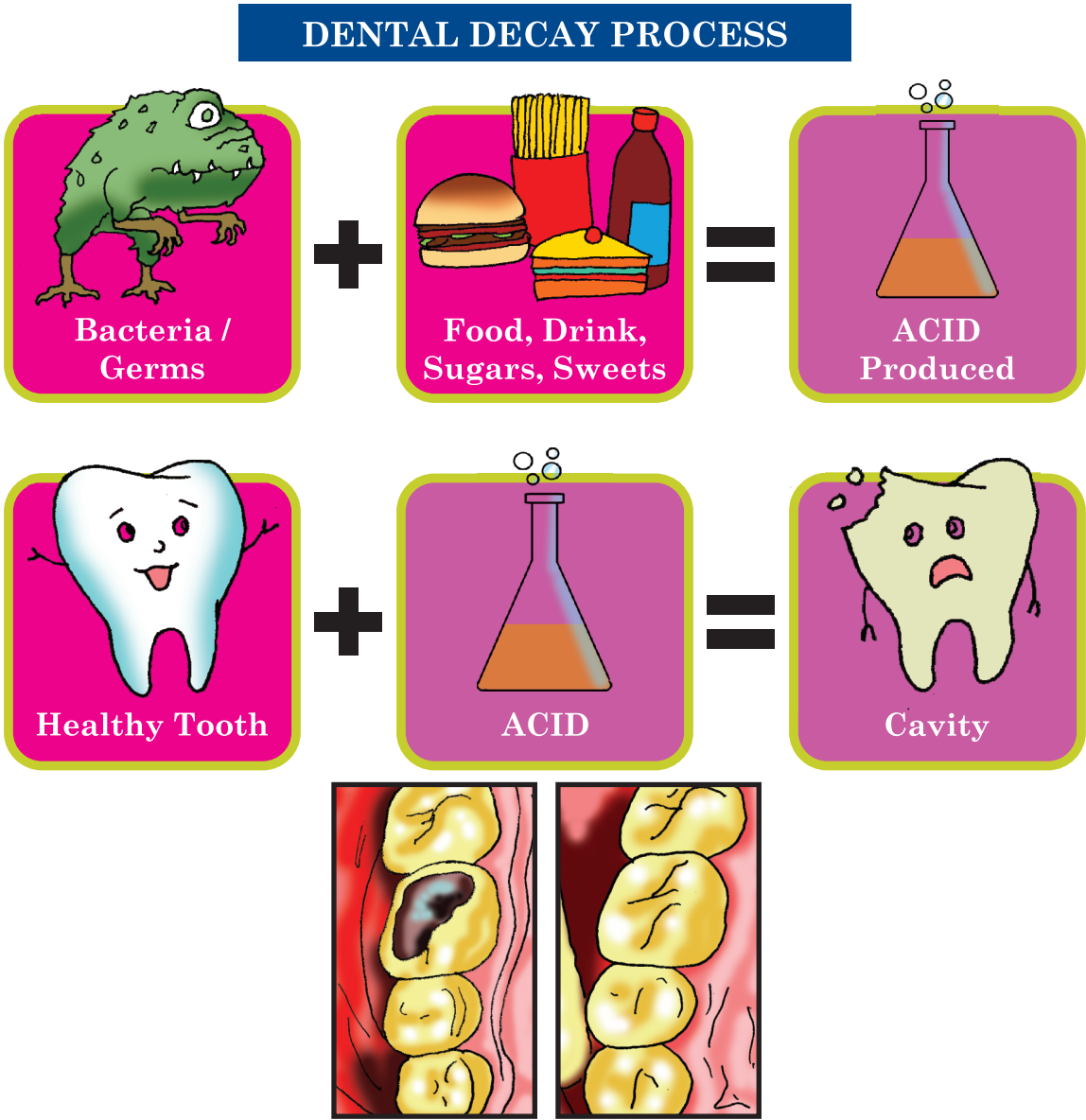


All students should wash/sanitise their hands before and after taking their mid-day meal, and after using the toilet.

6

1.4 Dental decay

Understand the process of dental decay by referring to the below chart



Do you like eating candy, bread, chips, potatoes, etc.? These foods contain sugar and starch. If you don't rinse your mouth after eating, plaque will form on your teeth. The bacteria in this plaque feed on the sugar and starch and change them into acids that damage your teeth's enamel. Prolonged damage leads to a hole or cavity in your teeth.

3) Golden rules for oral hygiene maintenance

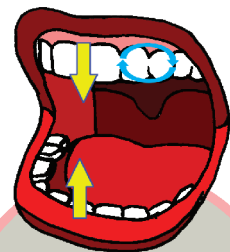
- Brush your teeth twice every day: in the morning and before bedtime.
- Use a fluoride toothpaste and a good-quality toothbrush (with soft bristles) to brush your teeth. You don't need too much toothpaste; a pea-sized amount is enough.
- Follow a proper brushing technique (as explained in the diagram on page 12) and brush for at least two minutes each time. Don't forget to brush your tongue to avoid bad breath.
- After you're done brushing, use floss to clean the areas between your teeth. Floss can reach the areas where your toothbrush cannot, making your mouth squeaky clean.
- Do not share your toothbrush with others. Also, remember to change your toothbrush every three months. If you have been ill with a common cold, flu or fever, replace your toothbrush.
- Avoid eating sugary, sticky foods and fizzy drinks, especially between meals. Ensure to rinse your mouth with water after every meal.
- Visit your dentist at least once a year to maintain proper oral hygiene.



Use circular strokes to brush the inner and outer surfaces of your teeth.



Use back and forth strokes to brush the chewing surfaces of your teeth.



Use vertical strokes (starting from the gum and moving upwards / downwards) to brush across your teeth. Repeat this with circular strokes.

Worksheets and Handouts

1.1 Introduction to personal hygiene

1.1 Activity no. 1 (class): Summarising the learning of personal hygiene

Identify the right practices of personal hygiene: put (✕) or (✓) in the boxes.

Worksheet 1.1(1)

- 1 Private parts can be washed once a week. ☐
- 2 Wash hands with water and soap after using the toilet. ☐
- 3 Cover your nose while sneezing. ☐
- 4 Share your personal comb, napkin with others. ☐
- 5 Brush your teeth twice a day - morning and afternoon. ☐
- 6 Spitting in public places is not a serious thing. ☐
- 7 Wash your hands before and after a meal. ☐
- 8 Wear clean clothes daily. ☐

Soap and water go hand in hand.



1.2 Importance of personal hygiene

1.2 Activity no. 1: Understanding the importance of personal hygiene through group work


Worksheet 1.2(1)

Write the advantages of practising personal hygiene and the disadvantages of not practising personal hygiene.


Parts of the body to be cleaned	Unhygienic practices could lead to		Advantages of good hygiene
	Consequences (ill effects)	Diseases	
Face and nose			
Hands			
Body, including legs and feet			
Teeth and mouth			
Ears			
Hair			
Covering face while coughing/sneezing			

1.3 Activity no. 1 (class): Understanding personal hygiene practices through demonstrative video

Make a list of personal hygiene practices based on the demonstrative video and your experiences and draw/stick printed pictures in the boxes.




1)



2)

[illegible]

3)



4)



5)



6) _____



TOPIC 2. SANITATION

2.1 Meaning and importance of sanitation

2.1 Activity no. 1 (class): Summarising the learning of sanitation

1. Meaning of sanitation

Sanitation refers to the proper treatment and disposal of waste material to prevent human beings (and other living organisms) from coming in contact with it. Many wastes can be hazardous to human health; they can be physical, microbiological, biological or chemical agents of diseases. Some wastes that can lead to health problems are excreta (human and animal), industrial wastes, domestic wastewater (sewage or grey water), and agricultural wastes.

Adequate sanitation in a community means that all the produced waste is treated and disposed of properly and not mixed with the water, air or the environment.

2. What is the difference between cleaning and sanitation?

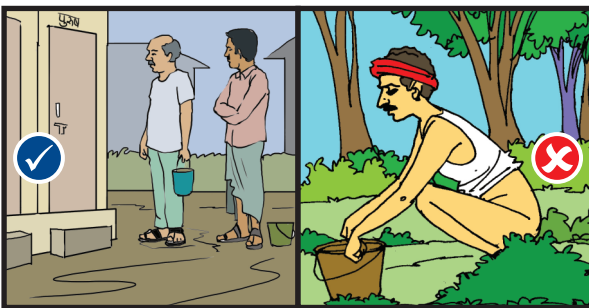
Cleaning and sanitation are different processes and should not be confused with each other.

When you clean an area, you remove dust particles and other dirt from the surface. But this does not disinfect the area completely and does not guarantee that the surface has become free of germs. When you sanitise an area, it guarantees a bacteria-free environment. Sanitisation is an advanced cleaning process that compulsorily involves disinfection.

2.2 Defining school/community sanitation

2.2 Activity no. 1 (class): Listing the practices of community /school sanitation

1. List of community/school sanitation practices



Using toilets instead of open defecation

1



2

Facilities for clean and safe drinking water system



Proper community sewage management system

3

4

Proper garbage and waste management system



Avoiding spitting in open spaces

5

Note: This is the master list of community/school sanitation practices. The teacher can make a specific list of sanitation practices by referring to this master list.

2.3 Importance of avoiding spitting in public places

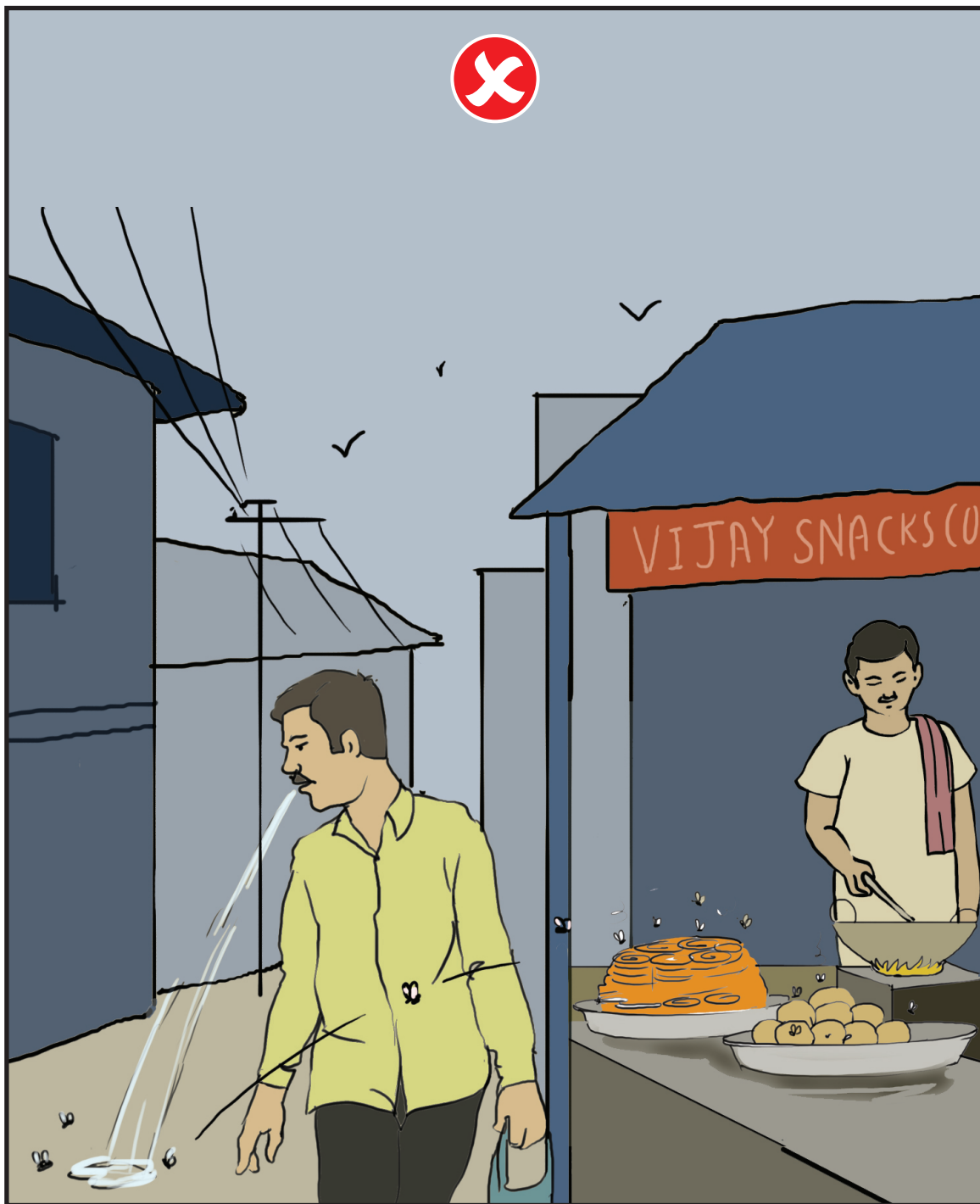
2.3 Activity no. 1 (class) : Understanding the importance of avoiding spitting in public places

1. Why should we avoid spitting in public/open places

Spitting in public places is a very bad habit. It makes the environment unhygienic and also spreads diseases like tuberculosis, common cold and influenza. This is because human saliva can carry many disease-causing germs, which get transferred to other people when you spit in public places.

Avoiding spitting in public/open places

2.3 Activity no. 1



Cleanliness is the best medicine for many diseases.



Worksheets and Handouts

2.1 Meaning and importance of sanitation

2.1 Activity no.1 (class): Summarising the learning of sanitation

Worksheet 2.1 (1)

Identify the unhygienic practices based on the screened video and the reasons behind them. List them down in the following table:

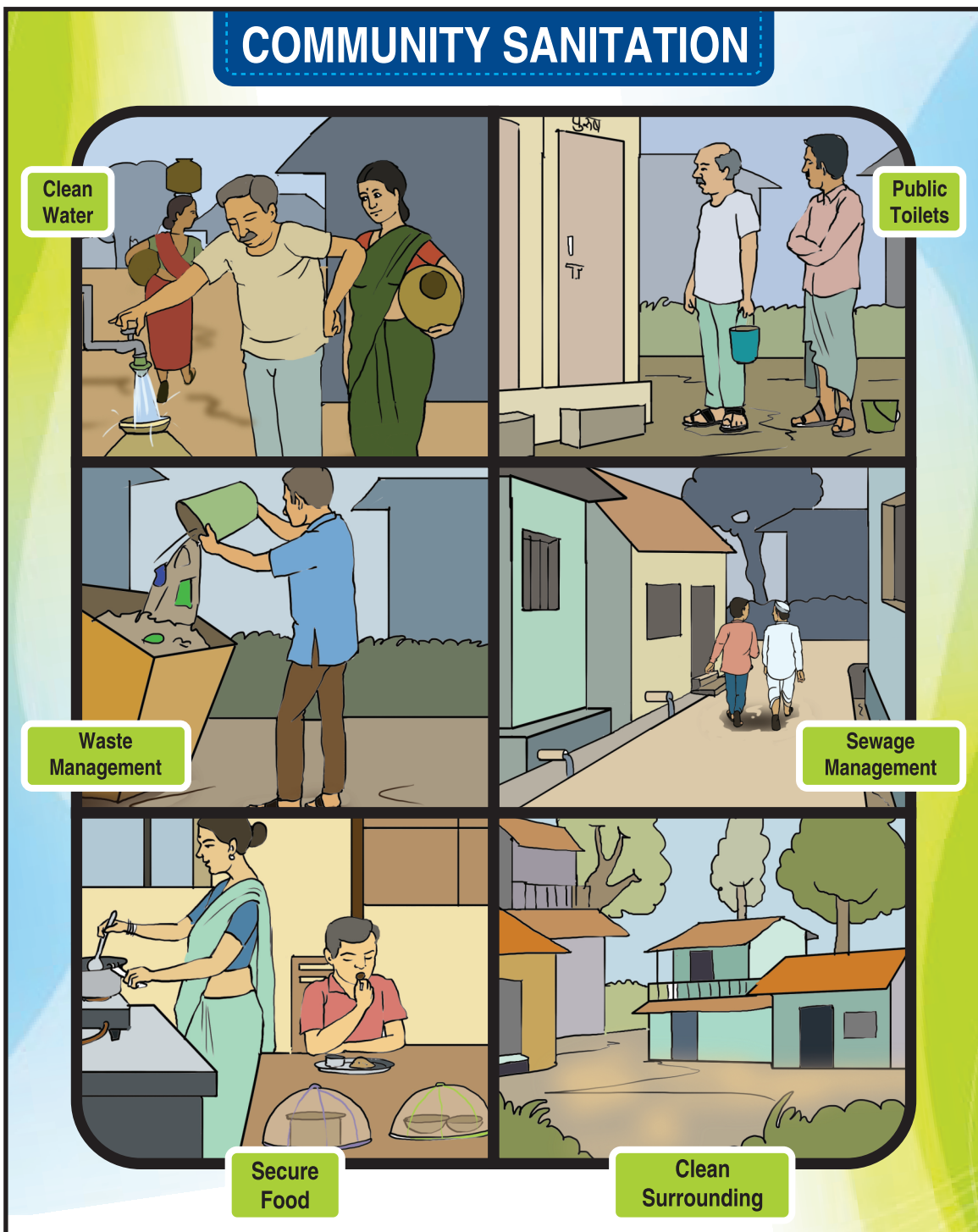
Sr. no.	Unhygienic situations/practices	Reasons for unhygienic conditions
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		



2.2 Defining school /community sanitation

Handout 2.2 (1)

Understand the important components of community sanitation and apply in your daily life.

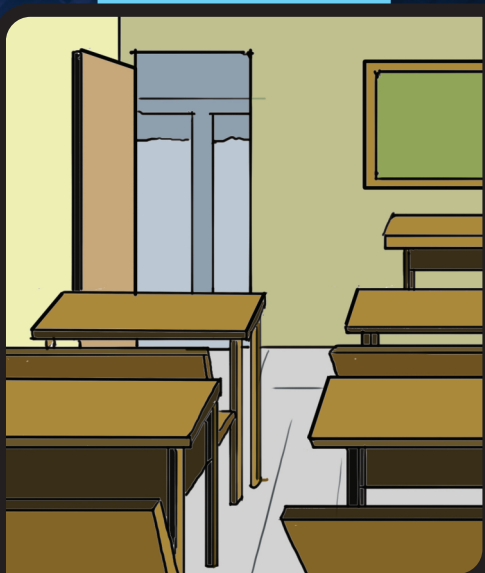


school SANITATION

Beautiful/clean playground



Clean/Neat classrooms



Clean school toilet



Segregation of Waste

Worksheet 2.2 (1)

List sanitation practices by referring to the community and school sanitation posters provided on the previous page. (Group work)

Sr. no.	List of community sanitation practices	List of school sanitation practices
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		



2.3 Importance of avoiding spitting in public places

2.3 Activity no. 1 (class): Understanding the importance of avoiding spitting in public places

Explore places around your school, neighbourhood and city which are being polluted by spitting.

Worksheet 2.3 (1)

Sr. no.	Location	Category of people who are spitting - (don't mention the names; mention broader categories like men/women, old people, etc.)	Investigate the reasons for spitting

TOPIC 3. HOME HYGIENE PRACTICES

3.1 Importance of practising home hygiene

3.1 Activity no. 1 (class): Understanding the importance of practising home hygiene

1. Why is home hygiene important?

Maintaining hygiene at home reduces the spread of infection within your family members and among the people you meet outside the house. Home hygiene is an excellent way to keep the entire family healthy. Two of the most important areas you must keep hygienic are, the kitchen and the toilet.

2. Problems due to unhygienic home conditions

Flies, bacteria and other invisible germs can breed in dirty places. If your home (especially the kitchen and the toilet) is unhygienic, these microbes can grow and enter your food, water, plates, etc. This leads to the spread of dangerous diseases in you and your family members.

3. Practices of home hygiene

a. Clean the floor, kitchen counters and corners

regularly: Floors carry a lot of germs because we walk on them. It is very important to sweep and mop the floors

regularly by using water or a disinfecting liquid like phenyl. Always clean the corners of the house. Most of the time, insects hide in the corners.

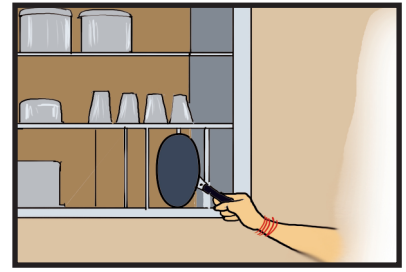


b. Putting away pots, pans, etc.: Pots, pans, plates, etc., should be stored in a cupboard, rack or woven basket in the corner of the kitchen and should be dried properly. Water containers should also be kept in a clean and easily usable place in or near the kitchen. The water container should

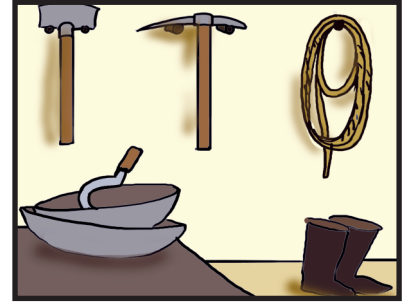
Light the lamp of cleanliness to spread the light of godliness.



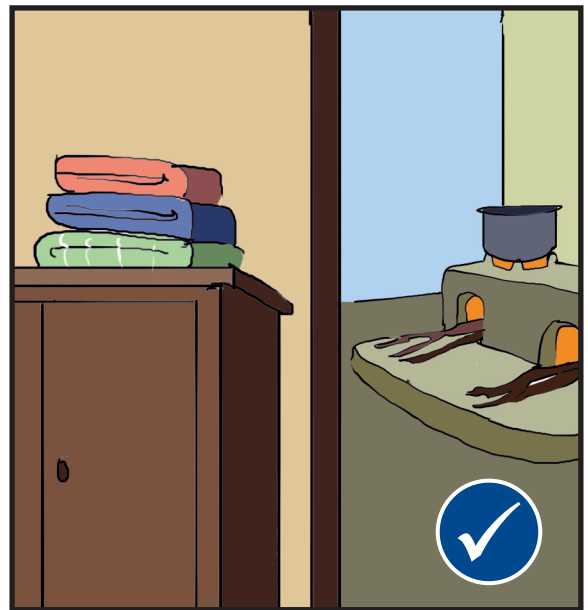
always be covered with a clean lid. The grinding stone should be cleaned and put away after use. Also, other appliances, especially the refrigerator, should be cleaned thoroughly at least once a month.



- c. Putting away cutting hooks, digging tools, ropes, etc.:** Cutting hooks, digging tools, ropes, etc., should be stored in a place easy to see and access by all the family members (except babies and small children).

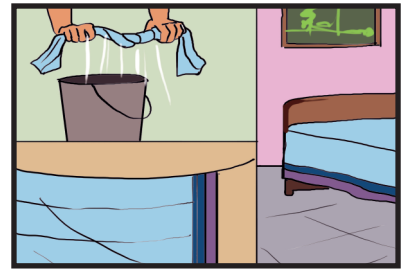


- d. Putting away clothes, bedding, etc.:** Clothes and bedding should be stored away from the kitchen. Otherwise, dust and smoke can make them dirty. They should be stored separately in a rack or cupboard. This prevents the dust on the clothes or bedding from getting into the food.



e. **Wash your bed sheets**

frequently: It is very important to wash our bed sheets and towel frequently. We use them regularly and thus, they get infected with our body sweat.



f. **Clean up after each meal:**

Meal preparation and eating can make a mess in the kitchen. One of the best ways to keep our kitchen clean is to clean food and dishes after each meal. That way, a mess doesn't pile up, and we can have a clean kitchen



to work with at the start of the next meal. After each meal:

- Clear the table.
- Transfer leftovers to airtight containers and store them in the refrigerator or freezer.
- Wash, dry, and put away all the dishes.
- Clean any spills, crumbs, and messes on the stove, floors, table, and counters.
- Wash out the sink.

g. **Clean your trash bin regularly:**

The trash bin can carry dangerous bacteria and unpleasant smells, but regular cleaning and washing will help prevent this. Clean the trash bin at least once a week.



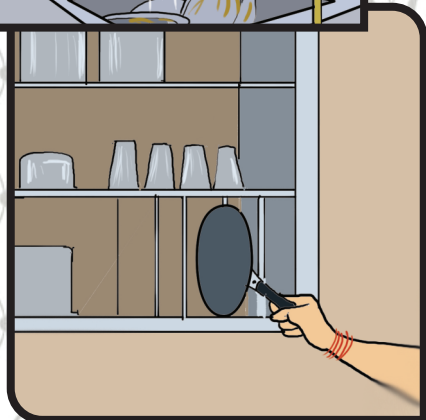
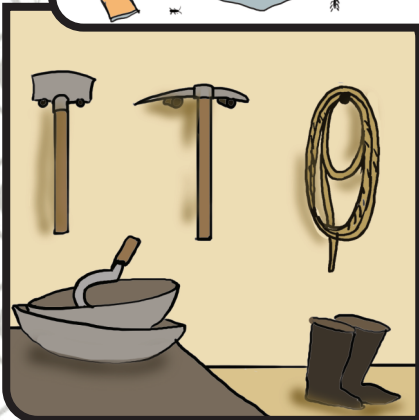
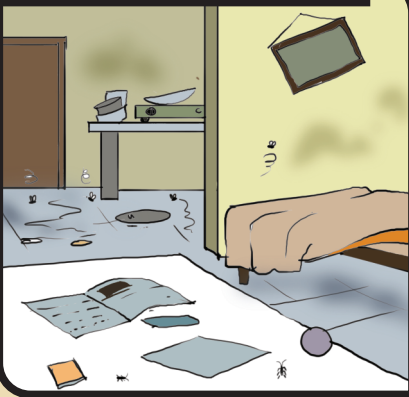
Source: "How to keep your kitchen clean and safe" (<https://www.wikihow.com/Keep-Your-Kitchen-Clean-and-Safe>) -- article provided by wikiHow. Content on wikiHow (<https://www.wikihow.com/Main-Page>) can be shared under a Creative Commons License.

Worksheets and Handouts

3.1 Importance of practising home hygiene:

3.1 Activity no. 1 (class): Understanding the importance of practising home hygiene

HOME HYGIENE PRACTICES



Work in a group and make a list of home hygiene practices based on the poster given on the previous page.

Worksheet 3.1(1)

Sr. no.	Home hygiene practices	Learning
1.		
2.		
3.		
4.		
5.		

TOPIC 4. MOSQUITO AND RISKS

4.1 Emergence of mosquito and mosquito-borne diseases

4.2 Eliminating/reducing mosquito breeding sites

4.1 & 4.2 Activity no. 1 (class): Understanding the lifecycle of a mosquito, diseases and preventive measures

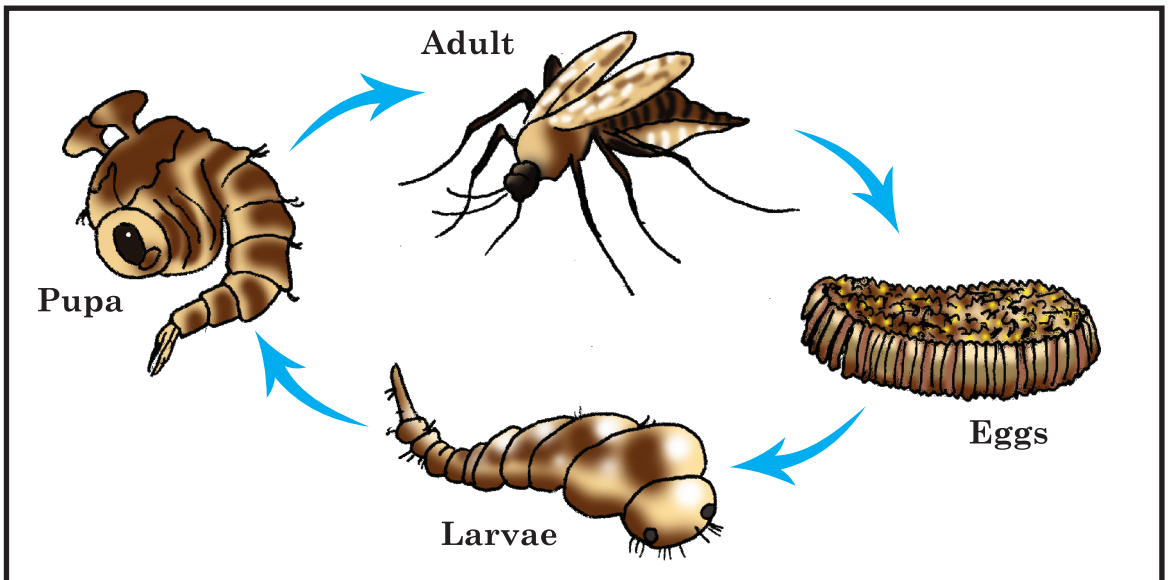
1. What is a mosquito?

A mosquito is a small fly belonging to the family Culicidae. It goes through four life stages - egg, larva, pupa and adult. Mosquitoes can carry the germs of several diseases which get transmitted to us when we get bitten.

2. Mosquito lifecycle

Mosquitoes undergo four stages in their lifecycle. The duration of these stages varies with the species and the environmental conditions.

1. Egg - The egg floats on the surface of water. Most eggs hatch within 48 hours but some eggs may take longer to hatch.
2. Larva (plural: larvae) - A larva lives in water and sheds its outer covering many times. Most species surface to breathe in air.
3. Pupa (plural: pupae) - A pupa does not feed. This is a transition stage just before emerging as an adult.



(Source: <http://bogorchid.com/articles/Life-cycle/96>)

4. Adult - It is a flying insect. Shortly after emerging and after its body parts have hardened, the adult mosquito starts flying.

The first three stages occur in water. This is why mosquitoes must have water to complete their lifecycle.

3. Some interesting mosquito facts

- There are over 2,500 different species of mosquitoes in the world.
- Only adult female mosquitoes drink blood. They need human and animal blood to develop eggs. All adult male mosquitoes drink only plant juices.
- A female mosquito can lay up to 500 eggs before she dies. This is why mosquitoes can breed very fast.
- Mosquitoes have a very short lifespan. While male mosquitoes live less than a week, the females live a couple of months. The length of a mosquito's life also depends on the temperature and humidity.
- Mosquitoes don't fly more than a mile from where they were hatched. They are not fast flyers either, with the maximum speed only about 1.5 miles per hour.

4. Mosquito-borne diseases

Mosquito-borne diseases are caused by bacteria, viruses or parasites that get transmitted by mosquitoes. These diseases include malaria, dengue, West Nile virus, chikungunya and yellow fever. Every year, many people suffer from mosquito-borne illnesses. According to the available data from the World Health Organisation, malaria alone causes more than 4,00,000 deaths annually in the world.

(Source: https://en.wikipedia.org/wiki/Mosquito-borne_disease)

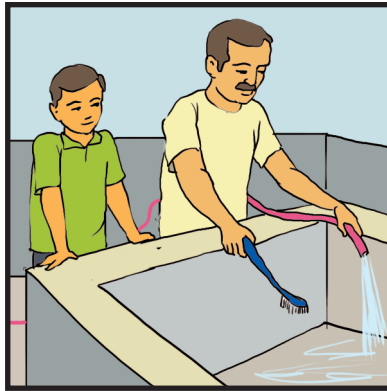
5. Preventive measures for a mosquito-free environment

a. Personal protection methods

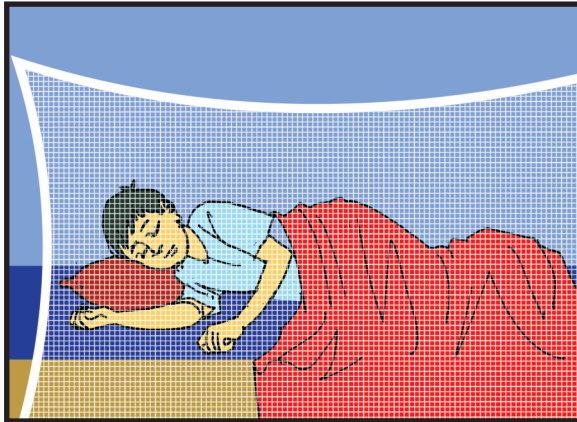
- i. Wear covered clothes if you are venturing out at times when mosquitoes are most active, for example, evenings, after rains, etc.
- ii. Keep your home and surroundings clean. Periodically remove debris, tyres, etc., to reduce the number of adult mosquitoes.
- iii. Keep water tanks, drums and buckets covered (both indoors and outdoors). Frequently wash water tanks to inhibit the breeding of mosquitoes.



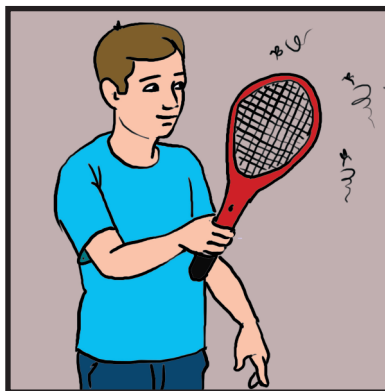
b. Frequently wash water tanks.



c. Use insecticide-treated mosquito nets.



d. Kill the mosquitoes immediately when you see them in your home by using an electric bat or any other convenient method.



Worksheets and Handouts

4.1 Emergence of mosquito and mosquito-borne diseases

4.2 Eliminating/Reducing mosquito breeding sites

4.1 & 4.2 Activity: Understanding lifecycle of a mosquito, diseases and preventive measures

Work in groups and list the precautions/actions which can be taken to make a mosquito-free environment at home and in the community.

Worksheet 4.1/4.2 (1)

Sr. no.	Precautions/actions at home	Precautions/ actions in the community
1.		
2.		
3.		
4.		
5.		

4.3 Mosquito and community sanitation

4.3 Activity no. 1 (community): Identify mosquito-prevalent areas through a transect walk

Worksheet 4.3 (1)

List the mosquito-prevalent areas in your community and their causes through a transect walk.

Sr. no.	Location	Causes of high prevalence of mosquitoes
1.		
2.		
3.		
4.		

