

# Jockey Club S.A.T.H. Project for Healthy Families

## HOUSEHOLD HYGIENE

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**Hygiene** refers to behaviors that can improve cleanliness and lead to good health such as frequent **handwashing** and **bathing with soap and water**. **Many diseases can be prevented** through proper hygiene practices.



This is especially useful **when your family member is sick** or **someone sick has visited**.

### WHY IS HOUSEHOLD HYGIENE IMPORTANT?

1. Hygiene promotion is the **most cost-effective health action** to reduce disease.
2. Regularly cleaning surfaces in your home helps **prevent the spread of germs that can make you sick**, such as Salmonella.
3. Clean household is related to **improved cognitive ability in children**.



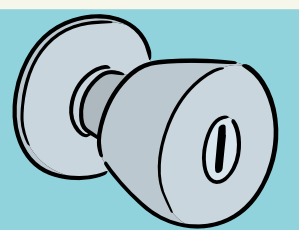
### CLEANING

removes most germs, dirt, and impurities from surfaces. Clean with **water (preferably hot), soap, and scrubbing**.



Clean high-touch surfaces such as light switches and doorknobs regularly.

Clean more often if your family members are more likely to get sick, such as young children.



**Follow instructions on the product label!!**