**NAME: OGOPOLENG BATISI**

**STUDENT ID: UD39916HPU48596**

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**1.0 INTRODUCTION**

The family is the basic unit of nations. What a cell is to an organism or plant, is what the family is to the nation; families make up a community whilst several communities make up a nation. Several family systems define the character of the community which in turn defines that of the nation; the knowledge, attitudes and practices of a family will be reflected in the community and nation. Family practices are influenced by attitudes which stems from the knowledge it has in all areas of life. Family practices directly affects the family health outcomes which will be reflected in the community and nation, hence the importance of prioritizing a family when developing measures of health promotion.

The objective of this essay is to define what a family is and point out the influence it has on nation’s health status. The security on families against diseases depends upon adherences to the principles of disease prevention. And if the same principles are adopted by the rest of the community members and later on by other communities, the particular nation will experience an improved health outcome with ultimate elimination of morbidity and debility. It would also have a lower mortality rate and a higher economic status hence an increased life expectancy rate. Other nations may come to benchmark and this would result in an improved global health outcome and general quality of life. On the other hand if these health principles are not adhered to by the family, diseases or a compromised health status will be a lot of that particular family experience. In the case that the disease is infectious, the condition would spread if not identified early and properly isolated. Should the infection be not properly managed at this level, it would grow into an outbreak translating into a pandemic. Thus the family should be made the primary targets of health intervention measures.

This paper will cover the overview of family health in chapter 2, chapter 3 covers the components of family health activities where special attention will also be given to vulnerable family members, those who because of health status or the role they play, their health is placed more at risk than the rest of the family members. Chapter 4 will focus on the role of family planning in family health. The family health in my community will be covered in chapter 5 and in chapter 6 will be discussed the role of hygiene in the prevention of disease. Chapter 7 will discuss diseases that can be prevented by personal hygiene while in chapter 8 will look into the state of hygiene in my own community and the associated problems. The cultural change in hygiene that improved my community life will be covered in chapter 9 whilst chapter 10 will focus on the differences between family hygiene and community hygiene and their associations. The conclusion will highlight the lessons learnt and this will be covered in chapter 11.

1. **THE OVERVIEW OF FAMILY HEALTH**

**2.1 DEFINITION OF FAMILY**

Family is a social unit composed of group of individuals who are related by blood or marriage or adoption, live under the same roof and share a common kitchen, and/or share common social responsibilities. Such social unit is defined primarily by reference to relationships which pertain to arise from reproductive process and which are regulated by law or custom, especially relationship established between a couple by marriage and those existing between a couple as parents and their children. (Gebrezgi Gidey, 2006)

However, it has to be differentiated from household. Household consists of a group of individuals who share living quarters, take their principal meal from the same kitchen, i.e. live under the same roof, and eat from the same kitchen. There are two types of households private households (or family households) and institutional (or non-family) households like hostels, jail, etc. Nuclear family includes a male and female couple related by marriage or living together by common consent, with or without children. Extended family is multigenerational and consists of the nuclear family and relatives of both parties, whether or not living in close geographic proximity. The extended family provides a broader basis of mutual support. (Gebrezgi Gidey, 2006)

**2.2 THE ROLE OF FAMILY HEALTH IN THE HEALTH SYSTEM**

Family Health deals with problem of health of the whole family as a single and fundamental social unit. Special and great emphasis is given to family health since the problems of rapidly growing populations have important consequences at the family, community and the national level. Problems of maternal and child health, and human reproduction, including family planning, are now seen as aspects of the greater problem of the health of the whole family. In developing countries like Ethiopia, families often consist of large numbers of children born to poorly educated parents living in poverty. The father or less commonly the mother may be absent for long periods while working in a distant place. This can create serious health hazards for all family members. In societies where death of adults occurs from civil wars, famine, or infectious diseases such as AIDS, raising of children by single parents, neighbors, or older siblings is common. Abandonment of children is also common in such situations. (Gebrezgi Gidey, 2006)

Why do we focus on family health? The family structure provides an important foundation for physical and emotional health of the individual and the community. A healthy family is a basis for a healthy society and healthy nation. Marital and family status and interaction among family members affect each person's health and the well-being of the community and nations. (Gebrezgi Gidey, 2006)

**3. 0** **THE COMPONENTS OF FAMILY HEALTH ACTIVITIES.**

Family health mainly focuses on maternal (mother’s) heath and child health. Both at the national level and internationally, maternal and child health are among the major priorities with special focus on primary health care, since women and children have health needs different from those of the general population. Public health must be sensitive to the special needs of the family by providing appropriate health promotion, disease prevention, and medical care and support programs for each member of the family and the family as a whole. Maternal health deals with insuring safe mother hood for all women of the world. This includes care for females starting from their conception through various stages of growth and development with special emphasis to women of childbearing age. Here pregnant mothers will get great emphasis towards care before delivery (prenatal care), care during labor and delivery (childbirth), and care after delivery (postnatal care) and family planning. (Gebrezgi Gidey, 2006)

Women’s health issues relate to their many roles: as individuals, workers, wives, mothers, and daughters. This demand for life long responsibilities for knowledge, self-care, and family leadership in health related issues, such as nutrition, hygiene, education, exercise , safety, fertility, child care, and care of the elderly. Changes in the social roles of women create extra demand and risks in health. (Gebrezgi Gidey, 2006)

**4.** **0 THE ROLE OF FAMILY PLANNING IN FAMILY HEALTH**

Family Planning is a conscious effort on the part of a couple in planning the size of the family and thus consists of the restrictions of births or limitation of births either temporarily to achieve the planned interval between successive births or permanently to prevent more births than planned by the usage of various contraceptive techniques. Family planning and spacing of pregnancy is a vital issue in developing countries, where the burden of frequent pregnancies contributes to high maternal and infant mortality rates. It enables women to determine the time, spacing, and frequency of pregnancy, as well as adoption of children. Accordingly, it prevents Too Early (e.g. Teenage), Too Soon (e.g. Short inter pregnancy interval), Too Many (e.g. Too many pregnancies and children) and Too Late (e.g. in older women >35 years) pregnancies. It includes a range of methods for preventing or terminating pregnancies, while maintaining a normal sex life. Male’s involvement is of paramount importance in family planning especially in the decision making. (Gebrezgi Gidey, 2006)

Child health Public health has long played a major leadership role in improving the health of children by provision of care and regulation of conditions to prevent disease, provide early and adequate care of illness, and promote health. Child health includes care for newborns, breast feeding and feeding practices, Immunization, growth monitoring and well-baby clinics, treatment of common childhood infections, school health activities and advocating for the rights of children. (Gebrezgi Gidey, 2006)

**5.0 THE FAMILY HEALTH IN MY COMMUNITY**

**5.1 BOTSWANA HEALTH SYSTEM**

The family health in my community is actually a reflection of the national health system as is delineated as follows, ’The Health system in Botswana is delivered through a decentralized model with primary health care being the pillar of delivery system. Botswana has an extensive network of health facilities (hospitals, clinics, health posts, mobile stops) in the 27 health districts. Public Sector healthcare services are almost free for citizens whilst foreigners pay a subsidized fee. Primary Health Care services in the country have been integrated within the overall hospital and healthcare services, and are provided in the respective outpatients departments of hospitals. It is through these facilities that comprehensive health services are provided.’ (Ministry of Health and Wellness, 2018)

A significant percentage of families, particularly in the rural areas are influenced by traditional medicine as is reflected, ‘ Although not part of the modern health care system almost all traditional health practitioners (95% of 3100 registered as complementary/alternative medical professionals under the Medical, Dental, and Pharmacy [Amendment] Act of 1987) reside in rural areas where they command a lot of influence and respect among the majority of the rural populace.’ (Ministry of Health and Wellness, 2018). This influence negatively affects the family health as decisions made are not based on scientific validation, hence unrealistic.

**5.2 THE HEALTH PROMOTION SET UP**

Health education and promotion remains an integral part of public health. Each district has a district health team led by a public health specialist who is responsible for the administration and supervision of a number of public health orientated diseases such as Tuberculosis and HIV. Each district has an average of 3 or more posts for health promotion officers depending on the size of the district. In addition to government-sponsored institutions, faith based organizations, non-governmental organizations, and mining companies provide a parallel system of private health care through a complementary network of clinics and hospitals. (Ministry of Health and Wellness, 2018)

At the lowest level Botswana health system has Health Education Assistants, who carry out health promotion activities. Their main activity is to deliver basic health care guidance and health education information to homes and communities, to save lives through strengthening health-community linkages, improving health outreach to the hard to reach and up scaling the implementation of high impact interventions. (Ministry of Health and Wellness, 2018). Table one below shows the number of Health education assistants who are graduates from the 2 training institution to serve a national population of more than 2 million. Even though their demand is very high, a significant percentage of them remains unemployed and this further limits their services to be availed to families.

**Table 1.**

Number of Health Education graduates produced by the two Colleges. (Ministry of Health and Wellness, 2018)

| **College** | **Boitekanelo College** | **Institute of Health Sciences** | **Trained outside Botswana** |
| --- | --- | --- | --- |
| Certificate holders trained | 600 | 435 | 6 |
| Diploma holders trained | 259 | 184 | 0 |
| Undergraduate Degree holders trained | 30 | None | 35 |
| Postgraduate degree holders trained | None | None | 7 |

**5.3.0 THE POPULATION NUTRITION STATUS**

**5.3.1 THE CHILDREN NUTRITION STATUS**

Children in the rural areas are more likely to be underweight and stunted than other children. Those children whose mothers have secondary or higher education are the least likely to be underweight and stunted compared to children of mothers with no education. Boys appear to be slightly more likely to be underweight, stunted, and wasted than girls. The age pattern shows that a higher percentage of children aged 12-23 months are undernourished according to all three indices in comparison to children who are younger and older. (Central Statistics Office, 2009)

Initiation of Breastfeeding Early initiation of breastfeeding is important for both the mother and the child. Early suckling stimulates the release of hormones that help in the production of milk. Colostrum, the first liquid to come from the breast after delivery provides natural immunity to the infant. Among Batswana children aged below two years who were ever breastfed, 40 percent of women aged 12-49 years with a birth in the 2 years preceding the survey began breastfeeding within an hour of birth, 65.7 percent started breastfeeding within the first day after delivery. (Central Statistics Office, 2009)

**5.3.2 THE AVERAGE POPULATION NUTRITION STATUS**

The study also shows that the 36.1 percent of the sampled population was in the normal weight range. This is followed by 34.8 percent in the underweight category. Furthermore, third highest proportion of the sampled population was in the overweight proportion while the very overweight and morbidly overweight constituted a marginal proportions of 3.9 percent and 3.4 percent respectively. (Central Statistics Office, 2009)

1. **THE ROLE OF HYGIENE IN THE PREVENTION OF DISEASES**

**6.1** **THE** **HYGIENE CONCEPT**

The concept of hygiene dates back to the time when the first man has moved in to the caves to protect himself from the forces of nature that act against his survival. The known religious leaders, Prophet Moses and Prophet Mohammed have stated to their followers to wash their body before religious practices and even before meal. This practice is more probably true to the other religions and sects of the world. Hygiene is a word derived from hy.ge.ia the goddess of health in Greek mythology meaning the science of health and embraces all factors, which contribute to healthful living. Hygiene is also defined as the science that deals with the establishment and maintenance of health in the individual and the group, conditions and practices conducive to health. (Gebrezgi Gidey, 2006)

Hygiene is science of health preservation. Originally, it deals with all factors affecting the physical health and psychic well-being of man. Relating to man’s health it includes the quality of water and other drinks, food and nutrition, clothing, working conditions and physical strain as such, sleep, cleanliness of the body, bad habits like tobacco, alcohol and the other drug abuse, and mental health . As to the public aspects, it covers climate, soil, sorts of building materials and housing arrangements, heating, ventilation, waste disposal, medical knowledge of disease incidence and prevention, down to burial of the dead. The firm link of hygienic theories and practice with health status of the population remained preserved in the original form only in infectious diseases, later on in the self-contained epidemiology the remarkable course of which to present day epidemiology of non-communicable diseases is sufficiently well known. (Bencko, 2019)

**6.2.0 THE HYGIENE CLASSIFICATION**

**6.2.1 COMMUNITY HYGIENE**

Hygiene can be classified into community hygiene and personal hygiene. Community hygiene might include industrial hygiene, social hygiene, food hygiene, etc. (Gebrezgi Gidey, 2006)

**6.2.2.0 PERSONAL HYGIENE**

**6.2.2.1 DEFINITION OF PERSONAL HYGIENE**

Personal Hygiene is part of hygiene, which tells us how an individual preserves, improves and maintains the health of his own mind and body. It is taking care of yourself every day, from your hair to your feet, by following the rules of proper washing and grooming, healthful nutrition, and getting enough physical activity and rest. Personal hygiene and health are greatly affected by heredity and environment; it can be discussed in terms of constitution, posture, habit, sunshine, rest and sleep, fatigue, exercise, emotions, cleanliness of the body, mental hygiene and nutrition. (Gebrezgi Gidey, 2006)

**6.2.2.2 BODY CONSTITUTION AND HYGIENE**

Constitution means physical make-up of the body in relation to one’s health vitality or condition of mind, which may greatly be influenced by the environment. The human body is constituted of several systems of organs. They work together although they perform a particular job to keep the human body alive and active. (Gebrezgi Gidey, 2006)

**6.2.2.3 POSTURE AND HYGIENE**

Posture is attitude/ way of holding the body. Good posture is highly appreciable and a social asset because of its aesthetic value. Poor posture interferes with respiration and diaphragm movement, flow of blood, circulatory and digestive system. Congenital structure, ill fitted footwear and high heels occupation which keeps body in incorrect posture for a long time and poor nutrition are some of the causes of incorrect posture. (Gebrezgi Gidey, 2006)

**6.2.2.4 HABITS AND HYGIENE**

Habit is settled or regular tendency or practice, especially one that is hard to give up. Habits grow out of our routines. Some habits are acquired from parents through unconscious imitation. Forming of good habits will determine a child’s actions and thinking. Training in good habits both physical and mental has a definite effect on life. Sunlight and fresh air have double beneficial action. They stimulate one’s mind and produce important effects on skin, thus improving the metabolism of the body. (Gebrezgi Gidey, 2006)

**6.2.2.5 LIFESTYLE AND HYGIENE**

Rest and sleep are needed for maintaining health. During sleep mind is set at rest. Repair and growth of the tissues take place during sleep because during working hours our tissues and nerves are constantly subjected to wear and tear. To take rest and have sufficient amount of sleep is necessary. Fatigue is the feeling of tiredness or weariness form muscular activity. It also means weariness resulting from either bodily or mental exertion in response of stimuli to any organs’ over activity. Exercise is the basis for the healthy body for majority of people. It is important for maintaining health and vigor and to promote growth. Ability to think and perceive is enhanced by means of exercise. Without exercise, the whole body becomes sluggish. (Gebrezgi Gidey, 2006)

Emotion is a “stirred up” state of the organism; it is a subjective feeling state, which can influence perception, thinking, and behavior; usually accompanied by facial and bodily expressions; an excited state of mind based on a physiological departure from homeostasis. It includes love, hate, fear, grief, angry or joy experienced unconsciously due to some drive. Nutrition is defined as the series of processes by which an organism takes in and assimilates food for promoting growth and replacing worn out and injured tissues. (Gebrezgi Gidey, 2006)

Cleanliness of the body includes both, care of hair, teeth, eyes, ears, nails, care of the feet, hand etc. Menstrual hygiene means taking care of the sanitary condition of the vulvae. Menstruation is a normal physiological process of a normal womanhood. Keeping personal cleanliness costs very little when it is compared with its importance. In this case, everybody can practice it at home with available materials. Hands and fingers nails: unclean hands considered important routes of transmission for diseases. Fingernails, if not properly cleaned and trimmed are suitable for accumulation of dirt and microorganisms. As a result, food can be contaminated during preparation and pathogens can directly transfer into the mouth when eating. (Gebrezgi Gidey, 2006)

**6.2.2.6 CONTROL MEASURES TO PREVENT DISEASES**

Control measure to prevent the transmission of diseases form hands and fingernails:

• Keep fingernails always clean and short

• Use detergent (soap) for the hand before food preparation and eating

• Use hand washing after eating and toilet visit including some other activities

Improper hand washing is not better than hand washing not at all. Proper hand washing reduces the microbial load though it is not as remarkable as washing using soaps. (Gebrezgi Gidey, 2006)

The sweat and oily secretions from the skin cause dust to stick on its surface. This clogs the skin pores and interferes with the natural function of the skin. Human skin serves as physical barrier and also has self-disinfectant power. The disinfectant power of skin increases when the skin is clean Moreover, the bacteria can readily breed on unclean surface of the skin to cause various diseases and undesirable odor. Therefore, proper skin cleanliness is very relevant to break the transmission of disease. (Gebrezgi Gidey, 2006)

Clothes help to protect our body from harsh weather conditions. However, unclean cloths contribute to the multiplication of pests and the spread of pests born disease like relapsing fever. To prevent such health problems regular day and night clothes washing and ironing is advisable. (Gebrezgi Gidey, 2006)

The mouth and teeth can harbor microorganisms when food particles left between the teeth. The microorganism uses this food as a nutrient, multiplies in larger numbers, and (Bencko, 2019)can cause gum and tooth disease as well as bad breath. Therefore, to prevent the problem regular tooth brushing is relevant. (Gebrezgi Gidey, 2006)

The head with unclean hair and scalp can harbor different microorganisms and pests, like lice, which can transmit disease. Therefore, to prevent the problem regular washing with soap and warm water is highly encouraged. (Gebrezgi Gidey, 2006)

The nose contains hairs in the nostrils that filter dirt and microorganism from the air. Thus, the nose serves as a protecting devise against the entrance of harmful substances in to lungs and circulatory system. For this reason, the nostrils should at all times be kept clean by using a clean handkerchief or blowing at intervals to remove the accumulated dusts and spores. (Gebrezgi Gidey, 2006)

Dirty eyes attract common housefly. Microorganisms carried by the flies’ legs can be deposited in or near the eyes and may cause disease like trachoma, which eventually lead to blindness. Regular face washing with soap can break the transmission of such diseases. (Gebrezgi Gidey, 2006)

Shaving hair in the genitalia is one of the main control measure for the genital hygiene. It helps to avoid the harborage of pests and make cleaning of the genital organ easier. Cleaning of the genital areas can be done during general body cleaning or taking shower. However, there are conditions when one needs special cleaning of genital areas. These are before and after sexual intercourse, during menstruation period, before and after delivery. (Gebrezgi Gidey, 2006)

1. **DISEASES THAT CAN BE PREVENTED BY PERSONAL HYGIENE**

There are many misunderstandings about how people acquire pathogens and become ill. Disease, the actual outcome of infection, is only a small part of the story. Numerous social, political, economic, and ecological influences guide the possibility and the path of infection. Diseases are processes, not things, and they exist within an ecological and social context. In order to understand the influence of disease on populations, we must understand the conditions under which infection occurs and endangers health. (Hutchinson, 2016)

Hygiene practices play a big role in preventing or aggravating diseases. The diseases that can be prevented by hygiene are called communicable diseases and these can be passed from one person to another either by contact, or air. These diseases are caused by germs, which include but not limited to bacteria, viruses or fungi. Examples of communicable diseases include but not limited to diarrhea, influenza, pneumonia, HIV, Corvid’19, etc. By keeping our bodies and the environment clean we ensure we do not get infected or pass the germs to other people.

**7.1 HIV/AIDS**

HIV/AIDS is a communicable disease caused by a human immune deficiency virus through contacts of body fluids. These body fluids include semen during sexual intercourse; blood on open wounds, infected needles and blades. Good hygiene practices would reduce risks of body fluids contacts. A poor hygiene practice would compromise body immunity making one susceptible to spread HIV or getting sick.

A study done on HIV/AIDS and Hygiene reveals as follows, ‘..the importance of hygiene on health, focusing on individuals who lack the bare minimum to survive, which heightens the urgency of the issue and incites further research, particularly in terms of strategies that promote hygiene practices for people with low education and socioeconomic status. It stresses the role of health professionals to maintain the quality of life of people with HIV/AIDS, especially nurses, who play a decisive role as educators in the healthcare context. It must be borne in mind that health education activities related to proper hygiene practices require scientific knowledge and personalized interventions that involve the patient's family and that can be applied to each situation or context.’ (Cunha, 2014)

**7.2 GASTRO ENTERITIS**

Good hygiene practices are vital in the preparation of food in order to prevent diarrhea. These practices include clean hands, clean cooking environment, clean well cooked food, clean cooking utensils, serving plates and cutlery. These practices would help prevent germs entering one mouth to cause sickness. The implementation of these practices would prevent the germs from spreading to others as well.

**7.3 SKIN DISEASES**

The need for good hygiene practices in maintaining healthy skin cannot be emphasized; “the sweat and oily secretions from the skin cause dust to stick on its surface. This clogs the skin pores and interferes with the natural function of the skin. Human skin serves as physical barrier and also has self-disinfectant power. The disinfectant power of skin increases when the skin is clean Moreover, the bacteria can readily breed on unclean surface of the skin to cause various diseases and undesirable odor. Therefore, proper skin cleanliness is very relevant to break the transmission of disease.” (Gebrezgi Gidey, 2006)

**7.4 .0 AIRBORNE INFECTIONS**

Hygiene is not complete without good ventilation, pure air is important in order to maintain a healthy respiratory system. And when there is a sick person, then good ventilation becomes the more important in order to prevent complications, promote healing as well as minimizing the spread of the infection. Other measures such as isolation of cases, use of masks and social distancing are vital in order to minimize polluting the air.

**7.4.1 TUBERCULOSIS AND PNUEMONIA**

Tuberculosis and Pneumonia are respiratory diseases caused by airborne infections. Tuberculosis is caused by bacteria that spread from person to person through microscopic droplets released into the air.Tuberculosis (TB) is caused by a type of bacterium called Mycobacterium tuberculosis. Pneumonia on the other hand can be caused by viruses, bacteria, and fungi. A common cause of bacterial pneumonia is Streptococcus pneumonia (pneumococcus). Maintaining good hygiene and ventilation will keep the air unpolluted and hence prevent infection. (Prevention, 2020)

**7.4.2 COVID-19 PANDEMIC**

COVID-19 spreads when an infected person breathes out droplets and very small particles that contain the virus. These droplets and particles can be breathed in by other people or land on their eyes, noses, or mouth. In some circumstances, they may contaminate surfaces they touch. People who are closer than 6 feet from the infected person are most likely to get infected.

COVID-19 is spread in three main ways:

* Breathing in air when close to an infected person who is exhaling small droplets and particles that contain the virus.
* Having these small droplets and particles that contain virus land on the eyes, nose, or mouth, especially through splashes and sprays like a cough or sneeze.
* Touching eyes, nose, or mouth with hands that have the virus on them. (Prevention, 2020)

So far it is clear that, by maintaining good hygiene practices as well as proper hand washing, use of sanitizers, early identification and isolation of cases, social distancing and avoiding crowded places would drastically reduce the spread of COVID-19 with its ultimate elimination.

**8.0** **THE STATE OF HYGIENE IN MY OWN COMMUNITY AND PROBLEMS ASSOSCIATED**

Sanitation Inadequate disposal of human excreta and personal hygiene is associated with a range of diseases including diarrheal disease and polio. Sanitary means of excreta disposal include: flush toilets connected to sewage systems or septic tanks, other flush toilets, improved pit latrines, and traditional pit latrines. The results indicate that 20.2 percent of the population of Botswana was using unimproved sanitation facilities. (Central Statistics Office, 2009)

Sanitation and Drinking Water; 99.6 percent of the Botswana population in cities/towns and urban villages used improved source of drinking water compared to 91.1 percent in rural area. The proportion of households using sanitary means of excreta disposal in urban areas is higher (76.3 percent) than of those in urban villages (50.6 percent). Figure 3 further shows that almost all household members who have access to safe drinking water also use sanitary means of excreta disposal in all areas. (Central Statistics Office, 2009)

Refuse Disposal; the collection of the garbage disposal in Botswana is predominantly done in urban areas especially in Cities and Towns. Ninety percent of the household in Cities/Towns had their waste collected while in urban villages and rural areas it was 18.6 and 11.6 respectively. About 36 percent of households in urban villages and 34.3 percent in rural areas burn their waste. Households in urban villages 36.3 percent and 43.2 percent in rural areas put their garbage into a rubbish pit. Some households are still dumping their garbage along the roadside. Table 3.14 shows that in Cities and Towns 4.1 percent of the households, 8.2 percent in urban villages and 9.9 percent in rural households dump their garbage waste along the roadside. (Central Statistics Office, 2009)

1. **CULTURAL CHANGE IN HYGIENE THAT IMPROVED LIFE IN MY COMMUNITY**

**9.1 FAMILY SUPPORT SYSTEM VS INSTITUTIONALISATION**

A flooding number of orphans which resulted in the aftermath of HIV/AIDs became a lot of many, Botswana family experience, and this called for need for institutionalization. This change did not come easy in that Botswana culture, like other African countries, is immensely inclined to the extended family support system and far from institutionalization. However, study done in Botswana showed that, ‘children who had been admitted in an orphanage for more than a year were less malnourished, and in addition children s illness were reported to be higher in the non-orphan group, especially diarrheal diseases which occurred in 30% compared with 10.8% of village orphans and 6.6% of orphanage children. (Tshitswana, 2003)

**9.2.0 COVID-19 PROTOCOL MEASURES VS COMMUNITY LIFESTYLE**

No other health condition affecting my community called for culture change than did the COVID-19 pandemic. In order to curb the spread of CORVID-19, the following protocol measures were introduced to my community: frequent hand washing, no handshakes, social distancing, limiting number of people during funerals and celebrations and sometimes gathering was completely prohibited more especially during lockdowns.

**9.2.1 HAND WASHING**

Hand washing is a hygienic habit practiced in my community particularly just before food or after visiting the restrooms. Now with the call for increase in the frequency of hand washing it became easier to adopt and even more preferred since it is more economical compared with the use of sanitizers.

**9.2.2 NO HAND SHAKES**

Like other African countries, hand shake in Botswana is cultural way of showing care and love when exchanging greetings more especially among close relatives. The call to stop it did not come easy among my community, as some associated the suggested elbow greeting with lack of love. However as the number of new infections got on the rise and with more education given people began to adopt this new greeting style as a healthier measure.

**9.2.3 SOCIAL DISTANCING**

Humans are social in nature, and this always include the human element of touch, where (FPRCE, 2021)people hug each other, kiss, and walk hand and in hand. This was not uncommon in my community more especially during wedding celebrations, parties, etc. The use of touch is also practiced in funerals to show love and care to those who have lost their loved ones. Now with social distancing this was impossible and made funeral experience a burden both for those grieving and even for those giving support. However after much education efforts, people began to appreciate the development and this change in behavior contributed to curbing the virus.

**9.2.4 LIMITING/PROHIBITING NUMBER OF PEOPLE DURING GATHERINGS**

Whenever there is a celebration or funeral, people come together to express their appreciations, joy, or sympathy, compassion and empathy in the case of a loss of a loved one. Now the call to limit number of people during gatherings was ‘blow on the face of social culture’; exchange of vows which was usually performed before a crowd, could now be done in the presence of only 2 to 4 witnesses, others postponed their weddings in the hope the future dates would be better. The most painful moments was a funeral attended by only a handful of close relatives with no one to give a shoulder for support as adherence to social distancing protocol was to be maintained. This new development was denounced as heartless by many of community members, however most people soon embraced the protocol measure as they realized that it helped in curbing the number of cases which had earlier escalated.

After effective implementation of the above COVID-19 protocol measures, Botswana experienced a drastic decline in the number of cases from 7,354 in 02/08/21 to 0 new cases on 12th December 2021. (FPRCE, 2021)

**10.0 THE DIFFERENCES BETWEEN FAMILY HYGIENE AND COMMUNITY HYGIENE AND THEIR ASSOSCIATION.**

**10.1 DEFINITION**

Hygiene can be classified into community hygiene and personal hygiene. Community hygiene might include industrial hygiene, social hygiene, food hygiene, etc. Personal Hygiene is part of hygiene, which tells us how an individual preserves, improves and maintains the health of his own mind and body. It is taking care of yourself every day, from your hair to your feet, by following the rules of proper washing and grooming, healthful nutrition, and getting enough physical activity and rest. Personal hygiene and health are greatly affected by heredity and environment; it can be discussed in terms of constitution, posture, habit, sunshine, rest and sleep, fatigue, exercise, emotions, cleanliness of the body, mental hygiene and nutrition. (Gebrezgi Gidey, 2006)

Family hygiene is a product of different individual personal Hygiene in a family setting. Each family member’s personal hygiene status contributes to the overall family hygiene, hence the importance of taking everyone aboard when educating family members on hygiene issues.

**10.2 FAMILY HYGIENE AND COMMUNITY HYGIENE AND THEIR ASSOSCIATION**

A community is a group of different families living together in a social setting with commonality such as norms, religion, values, customs, or identity; hence community hygiene is a product of different families’ hygiene status in community locale. Each family hygiene status contributes to the overall community hygiene. As such the association between family hygiene and the community hygiene is very strong in that community hygiene is simply a reflection of each individual family making up the particular community. With this understanding in mind, it is of paramount importance to take every family aboard when doing community mobilization on health issues.

**11.0 CONCLUSION**

The importance of hygiene cannot be emphasized; its health benefits are beyond computation; and these include but not limited to reduction in disease burden with its mortality venom, improved health outcome as well as increased life expectancy rate. These would impact positive changes in the nation’s economy; funds which would otherwise been used to relieve disease burden or burial could then be channeled into new economic development projects.

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