



GENERAL HEALTH AND HYGIENE

NACO

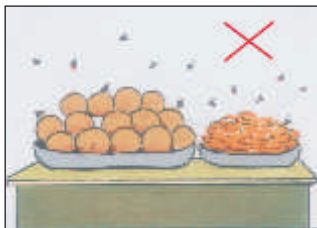
1. DRINKING WATER



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- i. Collect drinking water from a safe source.
- ii. If you doubt the safety of water, boil the water for 20 minutes before use.

2. FOOD



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- i. Eat home-cooked food as far as possible.
- ii. Outside food is not always prepared in hygienic conditions.
- iii. Eating unhygienic food can make us sick.
- iv. One can get stomach infection and vomiting which can sometimes be serious.

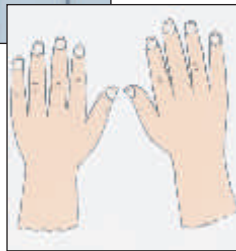
3. INTOXICATION



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- i. Stay away from alcohol and tobacco.
- ii. Using these can cause diseases such as cancer, insomnia, jaundice etc.
- iii. If we are intoxicated we may not always be able to insist on our partner wearing a condom. This can put our lives in danger.

4. PERSONAL HYGIENE



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- i. Take a bath every day.
- ii. Change clothes, especially undergarments every day.
- iii. Wash hands with soap before and after a meal.
- iv. Cut and clean the nails.
- v. Take care that sanitary pads are clean and thrown at a proper place after use. If a cloth is used during menstruation, then wash and dry it in sun.

5. CLEANLINESS OF SURROUNDINGS



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- i. Keep your surroundings clean by disposing waste in bins.
- ii. Avoid having pools of stagnant water collected in your area. This can lead to breeding of mosquitoes and as a result spread diseases like malaria.
- iii. Do not spit in open and public places. Use spittoons.
- iv. Always dispose used condoms in garbage after wrapping it in a piece of paper.



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