

- Avoid insect bites by using screens, mosquito netting, insect repellent, and remaining indoors at dusk and dawn.



PURPOSE

Worthy Village, Inc. is a nonprofit organization. Our mission is to build pathways out of poverty for women and children in Guatemala by providing economic opportunity, healthcare, and education.

The purpose of this guidebook is to provide you with knowledge (or supplement existing knowledge) of basic practices that will help keep you and your family healthy!

Disclaimer: This guidebook is not intended as a substitute for medical advice from a physician or health care professional. The information provided is current as of May 2015, but may become invalid as new information from research emerges. Seeking the most current health information from your physician or health care professional is advised.

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- Sneeze or cough into your elbow or cover your nose and mouth with a tissue and throw the tissue into the trash after it is used.



- Practice good health habits such as:
 - ⇒ Getting plenty of sleep
 - ⇒ Staying hydrated with clean water
 - ⇒ Eating healthy food
 - ⇒ Exercising
 - ⇒ Reducing stress
 - ⇒ Avoiding tobacco use

GOOD HABITS TO PREVENT DISEASE TRANSMISSION

- Wash your hands (see pages 4-5 for proper hand washing instructions).
- Prepare food safely by keeping kitchen areas and counters clean and cooking foods fully. Wash fruits and vegetables before consumption.
- Minimize touching your eyes, nose, and mouth.
- Unless you are a caretaker, try to avoid close contact with sick people.
- Stay home if you have a fever, diarrhea, or vomiting.
- Don't share personal items such as toothbrushes, razors, needles, combs, nail-clippers, towels, and eating or drinking utensils.

References for Good Habits to Prevent Disease Transmission:

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References for Hand Washing Section:

Show Me the Science - Why Wash Your Hands? Retrieved from <http://www.cdc.gov/handwashing/why-handwashing.html>

Show Me the Science - How to Wash Your Hands. Retrieved from <http://www.cdc.gov/handwashing/show-me-the-science-handwashing.html>

Hand-washing: Do's and don'ts. Retrieved from <http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/hand-washing/art-20046253>

Guatemala: WHO Statistical Profile. Retrieved from <http://www.who.int/gho/countries/gtm.pdf?ua=1>

References for Oral Hygiene Section:

Periodontal Disease. Retrieved from http://www.cdc.gov/oralhealth/periodontal_disease/index.htm

Carr, A., D.M.D. When and how often should you brush your teeth? Retrieved from <http://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/brushing-your-teeth/faq-20058193>

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WHO calls on countries to reduce sugars intake among adults and children. Retrieved from <http://www.who.int/mediacentre/news/releases/2015/sugar-guideline/en/>

References for Healthy Food Habits

Healthy Eating. Retrieved from http://www.cdc.gov/healthyweight/healthy_eating/index.html

Healthy Diet. Retrieved from <http://www.who.int/mediacentre/factsheets/fs394/en/>

HAND WASHING

Save Lives & Stay Healthy with Clean Hands!

WHY?

- To avoid spreading germs to others and to avoid getting sick
- To help prevent two leading causes of death in Guatemala
- Respiratory infections
- Diarrheal infections & diseases
- To help prevent skin and eye infections

WHEN?

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage or other household items

HEALTHY FOOD HABITS

WHY?

- Eating healthy foods helps prevent malnutrition
- Eating healthy foods helps prevent at least four leading causes of death in Guatemala:
 - ⇒ Diabetes
 - ⇒ Heart disease
 - ⇒ Some cancers
 - ⇒ Malnutrition
- Consuming appropriate portions helps prevent unhealthy weight gain

HEALTHY NUTRITION

According to the *Dietary Guidelines for Americans 2010*, a healthy eating plan:

- Emphasizes vegetables, whole grains, and fat-free or low-fat milk and milk products
- Includes lean meats, poultry, fish, beans, eggs, fruits, and nuts
- Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars
- Stays within your daily calorie needs

Added sugars are sugars that were added during processing and/or preparation. According to the American Heart Association, these should be limited to 6-9 teaspoons (25-37.5 grams) of sugar per day. This is roughly the equivalent of one can of soda.

Examples of foods to limit or avoid:

¡SALUDABLE!
¡COME MÁS!



¡NO ES SALUDABLE!
¡COME MENOS!





HOW TO WASH YOUR HANDS

HOW TO BRUSH YOUR TEETH

As recommended by the ADA

Recommended Tooth Brushing Time: 2 minutes

1. Put toothpaste on your toothbrush.
2. Angle your toothbrush towards your gums.
3. Gently move your toothbrush back and forth in tooth-wide strokes.
4. Brush all outer, inner, and chewing surfaces of your teeth.
5. Tilt your toothbrush vertically and brush with several up-and-down strokes to clean the in-

1. Wet hands with clean warm or cold running water.* Warm water is best.
2. Apply soap.
3. Lather and scrub soap all over the back and front of your hands, between fingers, under nails, and on your wrists for at least 20 seconds (count or sing Happy Birthday twice).
4. Rinse hands thoroughly under clean, running water.
5. Dry hands with a clean towel or shake and air-dry them.
6. If possible, use a towel or elbow to turn off the faucet.

ORAL HYGIENE

Stay Healthy & Prevent Cavities with a Clean Mouth!

WHY?

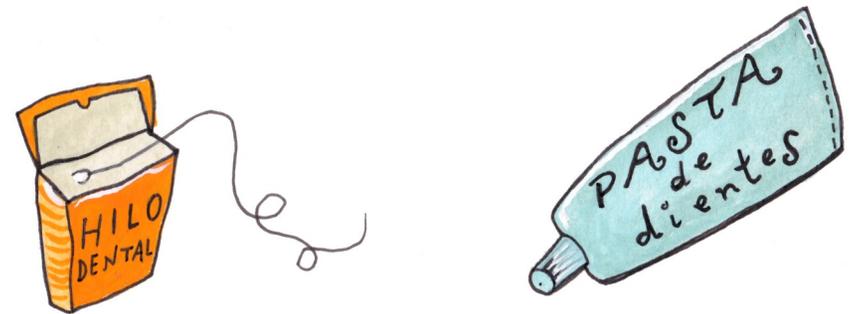
- To remove plaque from food
- To prevent cavities
- To keep tooth enamel strong and healthy
- To prevent oral gum diseases

WHEN?

- Twice daily (after waking up and before going to bed are common times)
- If you've eaten an acidic food or drink, avoid



- Floss daily after meals.



- Eat a healthy diet and reduce snack intake between meals.
- Avoid sugary foods and drinks or reduce sugar consumption.