

4. PERSONNEL HEALTH AND HYGIENE AWARENESS PROGRAM (DENGUE, CHIKUNGUNYA, SWINE FLU AND PERSONAL HYGIENE)

➤ DENGUE

Dengue is a dangerous illness, it can cause much suffering, and in some cases death.

More than 5,000 cases had been reported in the New Delhi in 2010.

➤ CHIKUNGUNYA

Chikungunya, known as Sandhi Jwara, is comparatively unusual form of viral fever which is caused by an ALPHAVIRUS that is spread by mosquito bites from the Aedes Aegypti mosquito. Chikungunya is not life threatening, but those affected could be **physically weak for a fairly long time before recovery. THE CHIKUNGUNYA VIRUS DESTROYS THE RESISTANCE SYSTEM OF THE BODY, DUE TO WHICH ANY UNDERLYING MEDICAL CONDITION IS INTENSIFIED. THAT'S WHY MANY DEATHS OF CHIKUNGUNYA PATIENTS HAVE BEEN REPORTED.**

➤ SWINE FLU

Swine flu is the common name for a variety of influenza called H1N1. So-called "swine flu," the common name for 2009 A/H1N1 influenza originating from pigs, is an emerging pandemic that has spread via travelers to all corners of the globe, with cases reported in countries from Canada to Israel to New Zealand. **The current outbreak of H1N1 virus can be transmitted from person to person. Unlike most flu outbreaks, it is especially dangerous for young, healthy adults. These facts have led many around the world to fear that swine flu is dangerous to them.**

Some Vital Stats

Total Confirmed Cases in India	44101	Total Deaths in India	2679
Total Confirmed Cases worldwide	over 622482	Total Deaths Worldwide	At least 18366

➤ PERSONAL HYGIENE

Personal hygiene is the first step to good grooming and good health. Elementary cleanliness is common knowledge. Neglect causes problems that you may not even be aware of. Many people with bad breath are blissfully unaware of it. Some problems may not be your fault at all, but improving standards of hygiene will control these conditions. Dandruff is a case in point. More often than you know, good looks are the result of careful and continuous grooming.

Every external part of the body demands a basic amount of attention on a regular basis. Here are some grooming routines and some complaints associated with neglect.

COURSE CONTENT

DURATION OF THE COURSE - THREE HOURS

- ❖ Introduction to Dengue, Chikungunya, Swine Flu and Personnel Hygiene
- ❖ Difference Between Dengue, Chikungunya, Swine Flu Fevers
- ❖ Causes - Dengue, Chikungunya, Swine Flu Fevers
- ❖ Preventions from Dengue, Chikungunya, Swine Flu Fevers
- ❖ Do and Don't for Dengue, Chikungunya, Swine Flu Fevers
- ❖ Importance of Personnel Hygiene
- ❖ You, Your Home and Surrounding Hygiene
- ❖ Do and Don't – Personnel Hygiene
- ❖ Benefits of Personnel Hygiene

Location: At your work place

Medium of Instruction: English/Hindi

Teaching Methodology: Audio-visual presentation of emergency scenarios. The training will be based on some simulated emergency incidents, so that participant can easily visualize the things when required. Adequate practical training is provided on bandaging, transportation of patient and handling during critical moments.