

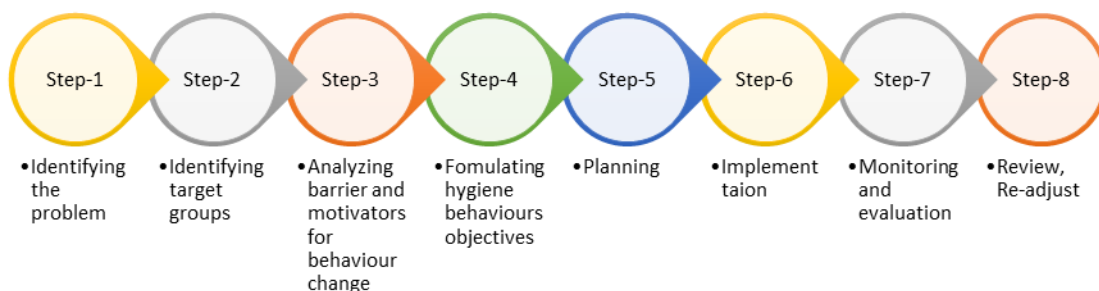


## Hygiene promotion in emergency guideline

Every year disasters occur in different communities which needs prompt response as per available sectoral assistance. In every disaster there will be a specific response mechanism, which cover 70-80 % of the WASH sector directly or indirectly. Water, sanitation and hygiene promotion is a very computable sector, having eight (8) sub-competence areas where hygiene promotion is one of the major.

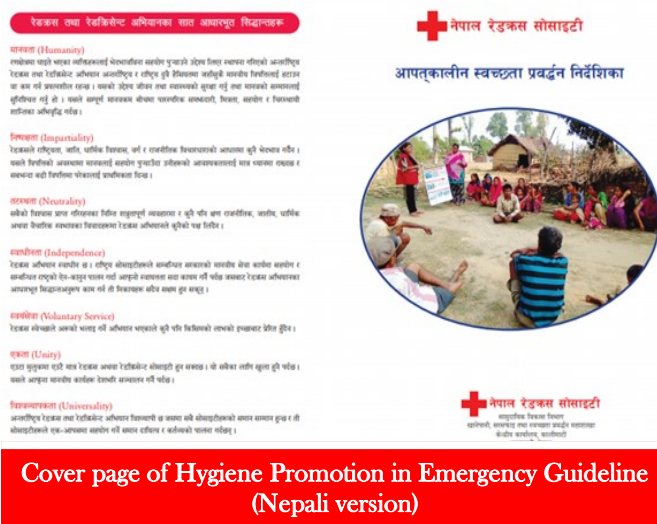
Additionally, this guideline will support the hygiene promoters in analyzing the existing taboos and myths which are the barriers and help them find the motivators for the promotion of hygiene with community peoples. This guideline will assist conceptual readers, motivators and practitioners for the practical operation of the hygiene promotion in any emergency. This guideline will cope with the individual reader's, motivators and practitioners for the development and management of hygiene promotion activities. The guideline highlights eight (8) different steps of hygiene promotion which will guide systematically for the proper promotion of hygiene to the people in need.

## 8 Steps of Hygiene Promotion in Emergency



**H**heavy rainfall since mid of June triggered flood in various rivers across several districts of Nepal, particularly Sindhupalchok, Lamjung and Manang were affected the most. The flood damaged several settlements along the riverside affecting along downstream communities. The rainfall also triggered landslides in the upstream area of Melamchi river which blocked the river flow forming a dam, which later entered into settlements of Helambu to Melamchi Bazaar causing massive damage to properties and also causing human casualties in Sindhupalchok district. Similarly, floods in Marshyangdi river have displaced more than 90 families from Tal village in Nason and Chame Rural Municipalities in Manang district. The district is also disconnected due to damaged roads in many sections of Lamjung district opting airlifting as the only means of transportations of relief goods to the affected areas.

As the COVID-19 has further complicated the response mechanism, it is now more crucial to maintain personal hygiene and follow mandatory safety protocol, for which it is important to distribute masks, sanitisers, soaps, buckets along with management of handwashing stations. NRCS has been responding to these needs from the existing stockpile in the respective district.



**Cover page of Hygiene Promotion in Emergency Guideline  
(Nepali version)**



## WASH and food relief item airlifted to Manang District (PC: Rabin Dahal, NRCS, HQs)



## ✱ Nepal Red Cross Society (NRCS) in Action



"Where is your mask?" campaign led by health volunteers and UAT (PC: NRCS, Rautahat)



Health volunteers supporting disable person for vaccination (PC: NRCS, Lalitpur)



Bottled water distribution to returnee from India in PoE (PC: NRCS, Rupandehi)



UAT members supporting in vaccination camp (PC: NRCS, Surkhet)



NRCS Secretary General and IFRC Head of Delegation in conversation with health volunteers (PC: NRCS, Rupandehi)



IFRC handed over health safety equipments to NRCS (PC: NRCS, HQs)



Conducting hand washing practice session by UAT member (PC: NRCS, Udayapur)



Participants of Pre-Construction Management Training (PC: Purna Prasad Hamal, NRCS, Salyan)



## ✦ Highlight stories

### Sanitation & hygiene practice in Sada community



**Bhuliya Devirishidev**  
(PC: NRCS, Sunsari)

According to Bhuliya Devirishidev, 65 of Sada community of Bhokranarishings RM, Sunsari, a year before, this community could not pay attention in safe hygienic practices with their limited knowledge. During the corona crisis, COVID -19 preparedness and response program has been conducting by NRCS in support of UNICEF. Unit Action Team (UAT) members and programme supervisors disseminated COVID-19 related awareness activities several times in the community. One of the representatives of this community, Bhuliya Devi learnt a lot about proper sanitation and hygiene behaviours and started to practise hand-washing with soap, several times a day. She also knew when to use a mask, especially while going out. She practised social distancing by staying two-meter away from strangers by wearing a mask. She has a lot of changes in her behaviour regarding wearing a mask, cleaning hands and other hygiene practices.

Community people after these awareness activities knew how corona was spread and also knew about protection measures. Thus, the change in the hygiene and sanitation behaviour of people is seen clearly in the community. In this way, rapid change in the behaviour of the community is seen which will likely have a long term impact on public health.

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## ✦ Coordination and collaboration

All NRCS actions related to COVID-19 are in-line with GON MOHP, HEOC guidelines and initiatives. NRCS province offices, district chapters and sub-chapters have remained in close contact with local authorities and has supported their plan for quarantine, isolation and holding site assessment, establishment and management. Participation in district disaster management committee meeting in all districts. Participation in WASH cluster meeting (national and provincial) and other meeting such as media interaction program.

## ✦ Upcoming/participated event

- ◆ WASH literature club meeting every Friday
- ◆ UNICEF Partners meeting 2nd August, 2021
- ◆ NDRT curriculum writeshop 2nd to 4th August, 2021
- ◆ CVA and WASH TWG meeting 5th August, 2021
- ◆ MHMPA meeting 12th August, 2021

(Click on the link to donate: <https://bit.ly/3nXndUh> or use the QR code)



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## Home isolation with positive mind set made me win over COVID-19



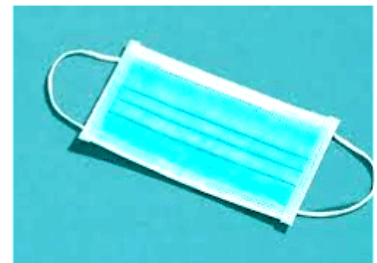
**Kamala Oli, SM**  
(PC: NRCS, Salyan)

I am currently working as a Social Mobilizer (SM) in Integrated Community Resilience Project, which is being implemented in Darma Rural Municipality of Salyan district. Effect of COVID -19 second wave was also hitting Salyan district. One day while returning home after finishing the usual activity, I felt a sudden headache, fatigue and pain in my eyes and joints. I felt nausea with fever the whole night. The fever was under control for some time after medication but in no time temperature starts rising followed by aggravated pain in the body, eyes and severe headache.

Feeling and facing these COVID like symptoms, I was in panic and consulted the local doctor. After Antigen test, I was diagnosed positive of COVID-19. However, after consultation of doctor, I stayed in home isolation. During my home isolation some negative thoughts came to my mind and I was worried that I might die as the symptoms were more prominent physically. As per the consultation of doctor, I started to be strong mentally, started the medication (even local herbs), followed safety protocol, maintained safe hygienic practices. With all the above activities conducting in regular basis, after 10th day, medical team of Darma health post checked my status and told me that I am recovering well. Right after, 18th day visit from the same team suggested me to return back to family after 20th day and start my life normally.

I would like to thank the Darma RM Chairman, health branch and the entire local government. Likewise, I would like to thank the NRCS Salyan family, my relatives, friends and well-wishers. I am with you today because of your support.

**महामारी रोकथाममा मेरो प्रतिबद्धता  
मास्क लगाउनु आजको आवश्यकता**



**नेपाल मास्क अभियान**

**म पनि मास्क लगाउँछु र अरुलाई पनि मास्क  
लगाउन प्रेरित गर्छु**

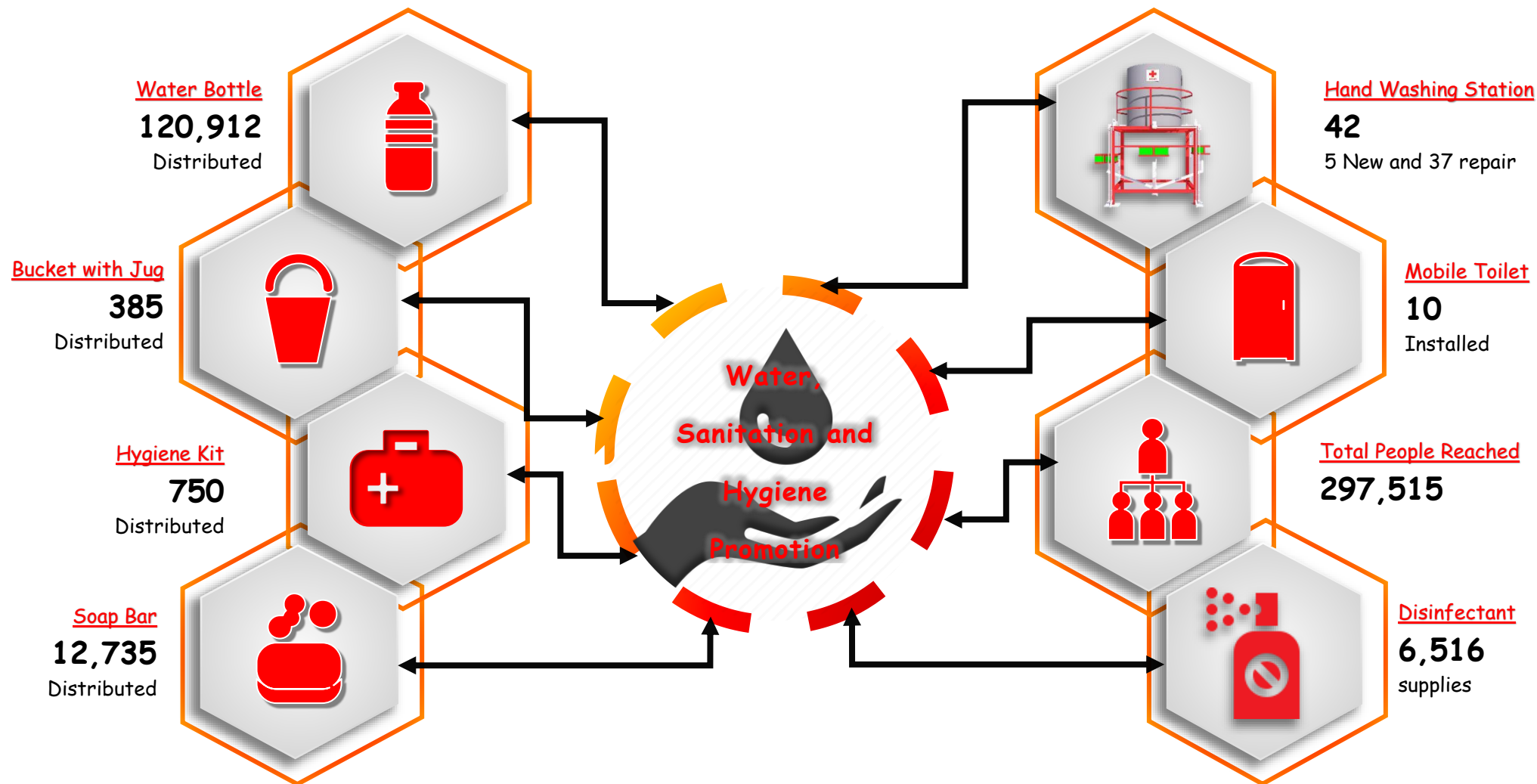
**#मजिम्मेवारनेपाली**



**नेपाल रेडक्रस सोसाइटी**

# WASH

## COVID-19 PREPAREDNESS AND RESPONSE OPERATION (Second Wave)



Update as on 21<sup>st</sup> August, 2021

Source: <https://mis.nrccs.org/>