

# ACTIVITY BANK

## COMPARATIVE HYGIENE DISCUSSION

### PURPOSE

To compare hygiene practices and norms in the United States to refugees' countries of origin and/or protection.

### INSTRUCTIONS

1. Ask participants to define the term "hygiene." Explain that for this lesson, hygiene includes personal cleanliness, maintaining the home, and respecting public spaces.

2. Ask participants to consider hygiene practices in their countries of origin and/or protection. Ask them: What did it mean to be clean in these places? How did people keep their homes clean? What about public spaces? Why was it important to have proper hygiene? Record the responses on a flip-chart.

3. Use the Hygiene in the United States Guided Worksheet to guide participants in learning about hygiene in the United States. See Appendix for [Hygiene in the United States Guided Worksheet](#). As appropriate, provide participants with the Hygiene in the United States fact sheet or play the podcast.

4. If participants are already familiar with hygiene norms in the United States, invite them to share that information.

5. Finally, ask participants to compare their countries of origin and/or protection with the United States. What is similar about hygiene? What is different?

6. Ask if participants have any questions about hygiene practices in the United States. Address questions as time permits and make note of any questions that may require additional follow-up.

### MODIFICATIONS & TIPS

- Create a safe and comfortable environment.
- Ensure that participants know that it is okay to ask questions.
- Remind participants to respect each other's answers.
- As possible, include information specific to different genders and consider delivering this lesson in a **gender-segregated CO session**.
- As time permits, and as appropriate, include additional exercises that allow participants to practice good hygiene; for example, how to properly wash hands and/or dispose of feminine products.

## SCENARIOS ACTIVITY

### PURPOSE

To identify positive and negative hygiene practices and benefits and consequences of practicing proper hygiene in the U.S.

### INSTRUCTIONS

1. Provide participants with different scenarios (and corresponding images) and either guide them through the discussion points, or have the participants work in groups to respond (depending on the group and the participants' abilities and level). See [Appendix for Scenarios Activity](#).

2. Review responses of the scenarios together. As appropriate, make lists on flip-chart paper for positive and negative hygiene practices, as well as a list of benefits and consequences of practicing proper hygiene in the United States.

### MODIFICATIONS & TIPS

- You can adapt and alter scenarios, including images and/or use of realia, to best fit the context for the group of participants. For example, consider showing real hygiene products and asking learners when, how, and why they should use them.
- You do NOT need to use all scenarios provided, and may elect to only use one scenario.
- Depending on participants, CO provider can conduct this as a group activity.
- If applicable, this activity provides an opportunity to link back to the Comparative Hygiene Discussion.

# APPENDIX

## HYGIENE IN THE UNITED STATES GUIDED WORKSHEET (PROVIDER VERSION)

If using the [fact sheet](#) or [podcast](#), the following worksheet can be used to guide participants in understanding the materials. Providers may add additional statements and information based on client needs.

### PART I: TRUE OR FALSE/AGREE OR DISAGREE

Ask participants to answer the following questions. You may first ask them to answer without the fact sheet (or podcast), and then provide them with the fact sheet (or podcast) to check themselves. You may give them the statements to complete independently, or in groups, or read them out loud.

1. Hygiene does not include cleaning your home. (False)
2. Proper hygiene can prevent the spread of diseases. (True)
3. Bad hygiene has no impact on your ability to get and keep a job. (False)
4. You can go to a laundromat to keep your clothes clean. (True)
5. You can be evicted for not maintaining a clean home. (True)
6. Having a clean home prevents pest infestations. (True)
7. It is illegal to urinate in public. (True)
8. It is your responsibility to know the laws on littering in public spaces. (True)

### PART II: DISCUSSION QUESTIONS

Depending on the group, ask participants the following discussion questions. They may generate responses in pairs or groups and report back, or you can have them respond directly to you. The answers provided are based on the Fact Sheet and Podcast, but you may add to the lists.

1. How can you practice proper personal hygiene in the United States?

#### Answers:

1. Wear clothing that is clean.
2. Brush your teeth twice a day.
3. Clean and clip fingernails regularly.
4. Groom facial hair on a regular basis.
5. Put on deodorant daily.
6. Shower or take a bath using soap regularly.
7. Wash and groom hair regularly.
8. Wash hands when they are dirty, after using the bathroom, and before and after eating.
9. Cover your mouth when you cough to prevent the spread of germs.
10. When you have a runny nose, use a tissue, not your hand or the sleeve of your shirt.
11. Do not spit in public.
12. Do not urinate in public.
13. Follow dress code rules at work.

2. What can you do to keep your home clean?

**Answers:**

1. Cover and refrigerate perishable food. Leaving food out and uncovered can attract insects and mice.
2. Put all trash in a trash can, lined with a plastic garbage bag. Full trash bags should be placed in designated garbage cans or dumpsters.
3. Recyclable materials should be rinsed and placed in designated bins.
4. Do not put egg shells, bones, or fruit or vegetable peels down the sink drain or disposal.
5. Do not put objects, such as hair, down the bathroom sink, bathtub drains, or toilets.
6. Only toilet paper should be flushed down the toilet.
7. When showering, keep water in the shower or bathtub by closing shower doors completely or placing the bottom of the shower curtain inside the tub. Also use bathmats on the floor outside the bathtub or shower. Puddles of water can damage floors.
8. Clean every room in your home regularly: dust furniture, wash windows, wipe down counters and other surface areas with proper cleaning disinfectant, sweep, vacuum, and mop floors, as appropriate.
9. Wash sheets, pillow cases, other bedding, and towels regularly.

# HYGIENE THE UNITED STATES GUIDED WORKSHEET (PARTICIPANT VERSION)

## PART I: TRUE OR FALSE/AGREE OR DISAGREE

Identify whether the following statements are True or False. Circle the correct answer.

1. Hygiene does not include cleaning your home.    **True**     **False**
2. Proper hygiene can prevent the spread of disease.    **True**     **False**
3. Bad hygiene has no impact on your ability to get and keep a job.    **True**     **False**
4. You can go to a laundromat to keep your clothes clean.    **True**     **False**
5. You can be evicted for not maintaining a clean home.    **True**     **False**
6. Having a clean home prevents pest infestations.    **True**     **False**
7. It is illegal to urinate in public.    **True**     **False**
8. It is your responsibility to know the laws on littering in public spaces.    **True**     **False**

## PART II: DISCUSSION QUESTIONS

Use the [fact sheet](#) or [podcast](#) to answer the following questions.

1. How can you practice proper personal hygiene in the United States?

2. What can you do to keep your home clean?