

**A Clean And Healthy
Environment
Is Our Responsibility**



HEALTHY ENVIRONMENT

A healthy environment is one which is free from elements which endanger health. These elements include disease-carrying pests such as mosquitoes, flies, cockroaches and rats. Besides these, other elements which can pollute water, food, air and land can also endanger health.

An unhealthy environment threatens our health and well-being. Therefore, it is the obligation of every individual to understand, value and contribute towards a clean and healthy environment.



Why a clean and healthy environment is important?



- Ensures the basic necessities of life, such as water, air and land are always clean and sustainable.
- Creates a pleasant and peaceful environment.



- Contributes towards emotional well-being.
- Reduces the danger and risk of diseases because it directly reduces the breeding of mosquitoes, flies, cockroaches and rats.



Mosquitoes
Carriers of dengue fever, Japanese encephalitis, malaria and filariasis.



Flies and cockroaches
Carriers of dysentery, diarrhoea, typhoid, food poisoning, worm infestation and enteritis.



Rats
Carriers of bubonic plague, typhus and leptospirosis.

- Facilitates individuals to engage in physical activities such as sports and recreation.
- Fosters interest and provides conducive surroundings to work diligently.
- Enhances work performance and productivity.
- Fosters harmony in the family and society.



A Clean and Healthy Environment Is Our Common Responsibility

Cleanliness is an important virtue in life and every religion upholds this virtue.

A clean and healthy environment should be protected so that we can continue to enjoy a blissful life.



What can we do to create a clean and healthy environment?

- Practise proper disposal of rubbish.
 - Do not litter.
 - Dispose of domestic/household rubbish into plastic bags and tie them firmly. Throw the plastic bags into a rubbish bin which is properly covered.
- Rubbish can also be buried. Avoid open burning.
- Recycle waste materials like bottles, cans and paper to reduce rubbish.
- Identify and destroy breeding grounds of disease carriers such as mosquitoes, flies, cockroaches and rats.





Measures to create and sustain a clean and healthy environment

We are responsible to safeguard the cleanliness of the environment wherever we are.

At Home

- Ensure the floor is always clean.
- Keep toys, kitchen and gardening utensils in a safe place.
- Ensure that toilets are always clean.
- Cover containers used to store water such as water jars to prevent the breeding of Aedes mosquitoes.
- Dispose of rubbish properly.
- Clean drains and ensure they are not clogged.
- Plant flowering trees around the house compound to beautify and add greenery to the environment.





At School

Pupils, teachers and the school administrators should:

- Keep the canteen, classrooms and teachers' room clean.
- Clean toilets as frequent as possible and maintain them regularly.
- Cut the grass regularly.
- Throw rubbish into the rubbish bins provided.
- Ensure that rubbish bags are collected regularly by the relevant authority.
- Identify and destroy the breeding grounds of Aedes mosquitoes.
- Create a pleasant atmosphere in school by planting flowering trees to beautify and add greenery to the school environment.

At Workplace

Employee's Role

- Ensure that the workplace is free from cigarette/tobacco smoke.
- Throw rubbish into the designated places.
- Keep canteen and food preparing areas clean.

Employer's Role

- Ensure the overall cleanliness of the workplace.
- Ensure that employees do not smoke while working.
- Ensure that the floor, tables, chairs and equipments at workplace are clean, neat and safe as well as maintained regularly.
- Ensure that the toilets are clean and maintained regularly.
- Ensure adequate lighting and ventilation.
- Identify and destroy breeding grounds of Aedes mosquitoes.

CLEAN AIR SHOULD BE FREE FROM CIGARETTE SMOKE



- Cigarette smoke is one of the main air pollutants in homes/ buildings and contributes to 80% of indoor air pollution.
- **Passive cigarette smoke** is a combination of side-stream smoke released from the lit end of cigarettes and mainstream smoke that is exhaled by the smoker.
- A person who does not smoke but is exposed to passive smoke is known as a **passive smoker**.
- Cigarette smoke affects the health of both smokers and non-smokers as they contain 4000 chemicals of which 200 are poisonous and 63 are carcinogenic.
- Passive smokers face a higher risk of suffering from various diseases related to cigarette smoke than people who are not exposed to cigarette smoke.
- Among the diseases related to passive cigarette smoke are:-

Lung Cancer



Cancer

Heart Diseases



Artherosclerosis Heart blood vessel

Chronic Obstructive Respiratory Diseases



Who are frequently exposed to passive cigarette smoke and what are the consequences?

Women especially wives of smokers



- Their risk of suffering from lung cancer is 30% higher than that of the wife of a non-smoker.
- If they are pregnant they face the risk of giving birth to low birth weight, premature, malformed and stillborn babies, miscarriages and Sudden Infant Death Syndrome.

Children especially those whose parents are smokers

- They are vulnerable to infection of the respiratory tract, ear, lungs and often suffer from asthma.



Co-workers, housemates or roommates of smokers

- They will experience the following effects:
 - Cough
 - Irritation of the eyes
 - Disturbance due to bad odour
 - Allergy
- If they are heart patients, they are vulnerable to heart attacks while asthma patients will be vulnerable to serious asthma attacks.

**INSIST ON YOUR RIGHT TO BREATHE CLEAN AIR
WHICH IS FREE FROM CIGARETTE SMOKE**



At Public Places

- Ensure that no one smokes at no-smoking areas.
- According to the Control of Tobacco Products Regulations (Amendment) 1997, no-smoking areas are as follows:

- Entertainment centres or theatres
- Air-conditioned eating places
 - Hospitals and clinics
- Air-conditioned shops
 - Public lifts
 - Public transport
 - Airports
- Shopping complexes
 - Government premises
 - Public halls
- Institutions of higher learning
- Daycare centres, nurseries and kindergartens
 - Stadiums
 - Schools
 - Sports complexes
 - Petrol kiosks
 - Service counters
 - Banks/financial institutions
 - Public transport terminals



A person who smokes in no-smoking areas can be compounded up to RM1,000. If convicted in a court, the offender can be fined up to RM5,000 or jailed up to a maximum of 2 years.

In Vehicles

Public Transport

- Observe no-smoking regulations in public transport.
- Non-smoking passengers should voice their rights to enjoy clean air which is free from cigarette smoke.

Private Vehicles

- Avoid smoking while driving as this not only endangers the health of passengers but also can cause road accidents.

CLEANLINESS OF FOOD PREMISES



A CLEAN AND HEALTHY ENVIRONMENT
INCLUDES CLEAN FOOD PREMISES

What are the benefits of eating at clean food premises?

- Consumers will have the satisfaction of enjoying food in a hygienic and comfortable environment which ensures food safety.
- Consumers will not suffer from food and water-borne diseases such as cholera, typhoid, food poisoning, diarrhoea and hepatitis A.

What are the benefits of maintaining clean food premises for food handlers?

- Enhances the image of the food premise and customer satisfaction.
- Increases profits because of the ability to attract more customers.
- Prevent customers from suffering from food and water-borne diseases.
- Prevent the breeding of flies, cockroaches and rats.
- Reduce food spoilage by proper handling.
- Avoid legal action by the authorities.



What actions should be taken by owners/food handlers to maintain the cleanliness of food premises?

- Clean regularly the external and interior of food premises.
- Provide sink/basin and soap for washing hands.
- Display no-smoking signs, as well as advising customers and employees not to smoke within the food premises.
- Ensure food premises are free from flies, cockroaches and rats.
- Do not allow animals to loiter in and around the food premises.
- Dispose of rubbish properly by throwing rubbish into plastic bags, which are securely tied and thrown into rubbish bins which are covered.





What actions should be taken to ensure the cleanliness and safety of food?

- 1 Food handlers must practise good personal hygiene by:
 - Washing hands with soap and clean water before handling food and after going to the toilet.
 - Trimming nails regularly.
 - Wearing clean clothing, apron, headgear and shoes.
 - Avoid sneezing or coughing at food.
 - Refraining from smoking, chewing betel leaves, licking fingers, touching the nose, hair and mouth while preparing/serving food.
 - Refraining from handling food if suffering from the following diseases:
 - Respiratory tract infection/coughing
 - Diarrhoea
 - Skin diseases

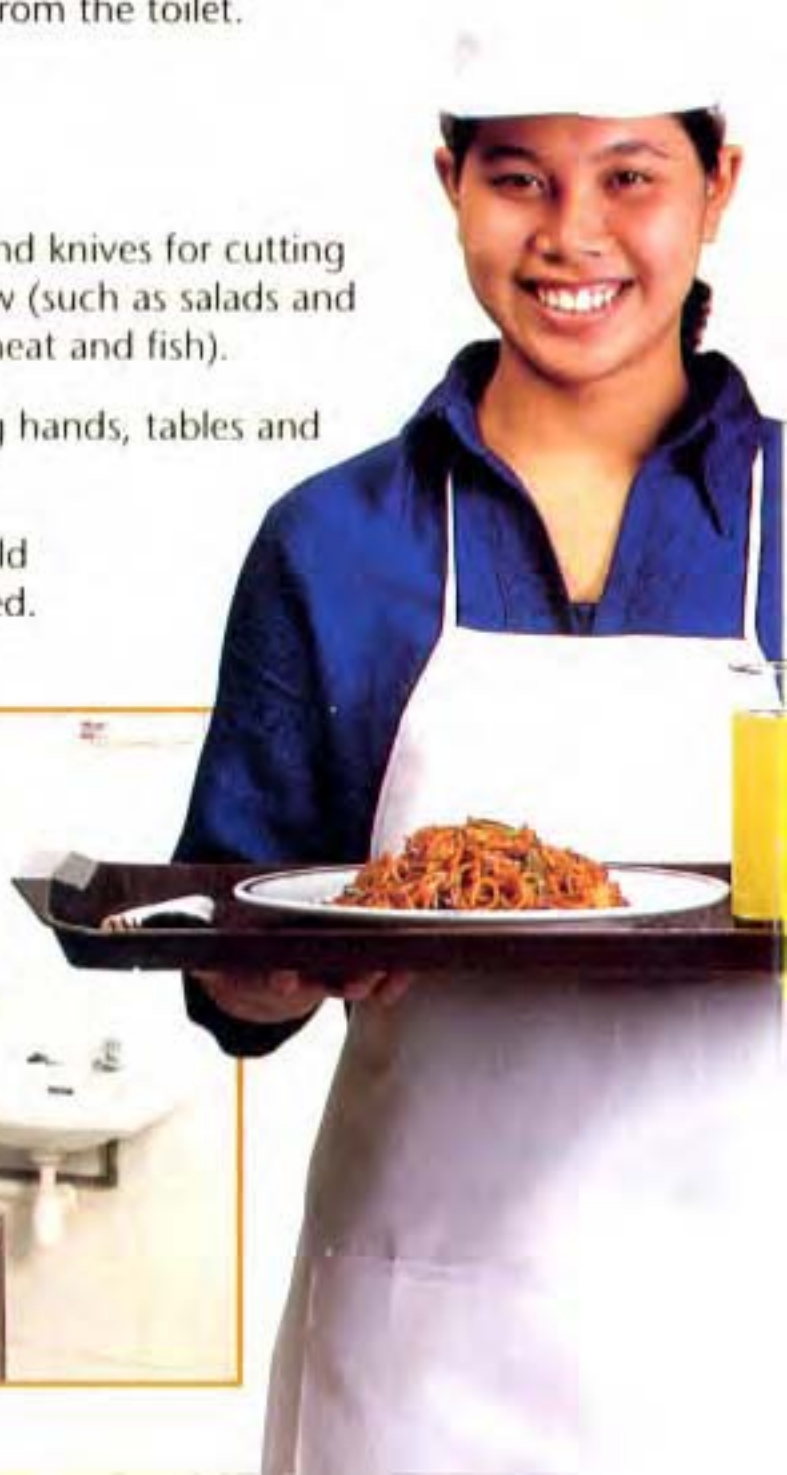
- 2 Owners of food premises should ensure that all employees:
 - Undergo medical examination.
 - Vaccinated against typhoid.
 - Attend food handling training which is endorsed by the Ministry of Health Malaysia.



- 3** Food handlers should handle food in a clean and safe manner while preparing, storing and serving food.

While preparing food

- Preparation of raw ingredients should be done on a high, clean table top far away from the toilet.
- Use clean utensils.
- Cook food properly.
- Use separate chopping board and knives for cutting foodstuffs that can be eaten raw (such as salads and fruits) and raw meat (such as meat and fish).
- Use separate towels for cleaning hands, tables and utensils.
- The food preparation area should constantly be wiped and cleaned.



While storing food

- Cooked food and raw food items should be kept separately in the refrigerator. Cooked food should be stored above, and raw food store below.
- Store cooked food at a safe temperature that is below 4°C or above 60°C, if not being served immediately.
- Do not keep cooked food for more than 4 hours at room temperature.
- Do not store food in an exposed manner. Cover all cooked food before serving.
- Do not store food in containers that have been formerly used for chemicals.



While serving food

- Use utensils like ladles, tongs and spoons to serve food.
- Do not stack plates containing food.
- Do not serve food on chipped, cracked or broken utensils.
- Do not expose food to dust and flies.





AS CONSUMERS WE HAVE THE RIGHT TO ENJOY SAFE FOOD AT CLEAN FOOD PREMISES

If you and your family wish to eat out, take note of the following aspects:-

Ensure Food Is

- Cooked properly.
- Still warm, fresh and free from foreign bodies such as hair, cockroaches and flies.
- Properly covered.
- Handled with clean utensils such as fork, spoon and ladle.
- Packed in clean and waterproof materials.

Ensure Food Premises Are

- Equipped with basic facilities such as clean water supply, sink/basin, electrical supply, good drainage system and rubbish bins.
- Operated by food handlers who wear clean clothing, apron, headgear and shoes.
- Free from animals and disease carriers such as flies, cockroaches and rats.
- Not littered with rubbish and food scraps.
- Not located beside main roads and rubbish dumps unless they are enclosed and air-conditioned.



A Clean And Healthy Environment Is Vital For Our Well-being



Practise Proper Rubbish Disposal



Let's Create A Smoke-free Environment



Choose Hygienic Food Premises

