



WASH- WATER SANITATION AND HYGIENE

Education Training for
Orphans and Vulnerable
Children Aged 0-18 YRS

**Creativity,
Health, and
Wellbeing for
OVC On and
Off the
Streets of
Bamenda**

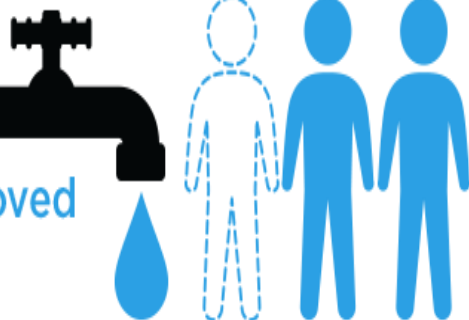
Compiled by Peace Corps
Volunteer Chelsea Grant
with texts from UNICEF and
USAID.

MON

Each day
an average of
5,000
PEOPLE DIE
due to water and
sanitation diseases
that are
EASILY
PREVENTABLE

ABOUT 1 IN 3

Lack access to an improved
sanitation facility



WHO (WORLD HEALTH ORGANIZATION)

WORLD CONNECT

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Teacher Resource Sheet 1

Importance of washing hands

Hands spread an estimated 80% of common infectious diseases like the common cold and flu. For example, when you touch a doorknob that has the flu virus on it and then touch your mouth, you can get sick. But these disease-causing germs slide off easily with good hand washing technique. Hand washing is easy to learn, cheap and incredibly effective at stopping the spread of disease-causing germs. Hand washing is a simple habit, something most people do without thinking. Yet hand washing, when done properly, is one of the best ways to avoid getting sick. This simple habit requires only soap and water.

Good, frequent hand washing is the single best way to prevent the spread of many common diseases. Washing your hands is the best way to STOP germs from spreading. Schools are full of germs and students have some power in stopping the germs from spreading. A germ reduced classroom will reduce students from missing school and learning.

The dangers of not washing your hands

Despite the proven health benefits of hand washing, many people don't practice this habit as often as they should — even after using the toilet. Throughout the day you accumulate germs on your hands from a variety of sources, such as direct contact with people, contaminated surfaces, foods, even animals and animal waste. If you don't wash your hands frequently enough, you can infect yourself with these germs by touching your eyes, nose or mouth. And you can spread these germs to others by touching them or by touching surfaces that they also touch, such as doorknobs.

Infectious diseases that are commonly spread through hand-to-hand contact include the common cold, flu and several gastrointestinal disorders, such as infectious diarrhea. While most people will get over a cold, the flu can be much more serious. Inadequate hand hygiene also contributes to food-related illnesses, such as salmonella and E. coli infection, which can cause symptoms of nausea, vomiting and diarrhea.

When should you wash your hands?

Although it's impossible to keep your bare hands germ-free, there are times when it's critical to wash your hands to limit the transfer of bacteria, viruses and other microbes.

Always wash your hands:

- after using the toilet
- after changing a nappy — wash the nappy-wearer's hands, too
- after cleaning up a child who has gone to the bathroom
- after touching animals or animal waste
- before and after preparing food, especially before and immediately after handling raw meat, poultry or fish
- after blowing your nose
- after coughing or sneezing into your hands
- before and after treating wounds or cuts
- before and after touching a sick or injured person
- after handling rubbish
- when using public restrooms
- after playing outside
- before eating food



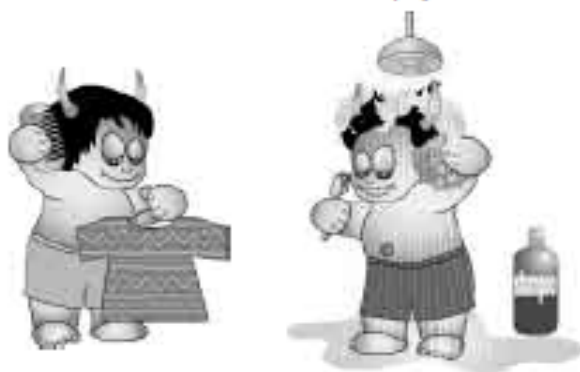
Teacher Resource Sheet 1

Importance of Good Hygiene in Children

Teaching children to keep their body's clean is an important part of keeping them and their families healthy and helping them to feel good about themselves. Teaching children to care about the way they look is important to their self esteem (i.e. what children think about themselves).

Parents and teachers can influence the way in which children approach personal hygiene, which will stay with them for life. Educating children on good hygiene is the best way to avoid the spread of infection and disorders and not just for childhood complaints; teaching the principles of correct hygiene at an early age can help keep individuals remain healthy in later life, and be taught to future generations. Principles of hygiene should be made part of everyday life and the best way for parents to teach their children about good hygiene is to lead by example.

The incidence of illness relating to areas of personal hygiene is more noticeable in children as they are learning to take care of themselves and are exposed to many germs whilst in the school environment or in a play area.



Important Considerations

Smelling clean

According to the experts young kids may sweat but they don't start having body odour until they reach puberty. That's when special sweat glands start pouring out sweat which smells!

Clothes

Even if you do not sweat heavily, clothes can get stained, dirty and generally grubby, so children need to change them often.

Underclothes are right next to skin and collect dead skin cells, sweat and possibly other unmentionable stains. Overnight bacteria start to work on these stains

so clothes do not smell as nice on the second day of wearing. Therefore students should change clothes and underclothes often.

Feet

Students need to wash their feet well at least once a day and then dry them carefully, especially between the toes where more bacteria collect than anywhere else.

If students use public toilets, they need to be particularly careful to wash their feet and dry them well. It is a good idea to wear shoes on their feet too. Lots of other people walk in bare feet in these places and students can easily pick up fungal infections or other problems, such as warts!

Shoes

Students spend a lot of time on their feet and their shoes are very close to the place where the largest collection of sweat glands lives – on feet! Sweat gets into their shoes and then bacteria arrives which love the moist leather or fabric so much that they start multiplying quickly.

If students have one pair of shoes then try to get them off as soon as you get home so that they can air and dry out overnight. If students have more than one pair then use them on alternate days to give them a better chance of drying out.

Students may want to use foot powder on their feet and inside their shoes. This can help too. Most school shoes or running shoes will survive being washed by hand or even in the washing machine. Keep shoes clean by brushing, polishing or washing. They will look better, last longer and be less likely to smell.

Oral Hygiene

Students' milk teeth are likely to fall out and so they must know how to prevent this happening to their adult teeth. Along with good brushing technique, the importance of dietary influences should be explained and alternatives to sweets, biscuits and fizzy drinks should be made available. Students should brush their teeth twice a day - after breakfast and before going to bed. During the day, students should fill their mouth with water and swish it around to get rid of anything sticking to their teeth.

When students cough or sneeze they should be encouraged to put their hand over their mouth, to try and minimize germs passing into the air. Once the germs are in the air, they can be easily passed on to other students. Also if students are sick, they should be encouraged to stay at home, to minimize the risks to other students.



Hand Washing

Hand-washing is the single most important factor relating to the spread of infection, not just for children but for adults of all ages. Children should be encouraged to wash their hands before eating, after using the toilet, after handling animals, if they are ill or if they are spending time with a newborn.

When a child is ready to go to school, they are expected to be able to use the toilet themselves and wash their own hands; parents must make sure this is happening or infections and diseases can spread.

Fungal Infections

Athlete's foot and ringworms are also less likely to spread if correct hand washing is achieved. Children should be taught how to effectively wash their hands, including between the fingers and under the nails; employ the use of a nail brush if needed. Drying properly is also important to prevent fungal infections from becoming worse. Children should understand the importance of these actions also, as well as using an individual towel if they have a fungal infection.

Nails

Nail biting should be discouraged, particularly if the nails are being swallowed. The nails and nail beds offer a perfect environment for germs to live and breed. Nail biting allows the transfer of these bugs to the mouth which can then lead to the digestive tract causing many problems. An incidence of diarrhoea can badly affect a child and they can become quite ill from dehydration; this can happen very quickly in the young. Even if correct hand washing takes place, there will continue to be some germs under and around the nail, if left they will not normally cause any harm, but transfer to the mouth can cause problems. Keeping nails short will help to reduce the amount of germs under the nail.

Hair Care

A suitable hair length and style, such as a bun, is a very easy way of minimizing the risk of nits. These creatures are spread by contact so by reducing the amount of hair available to have contact with others will decrease the chance of transmission. Hair does not have to be washed daily as this can induce flaking of the scalp, itching and removal of the natural oils.

The hair follicles (which the hair grows from) produce oil which keeps the hair smooth. Students also have sweat glands in your scalp, and dead skin cells come off the scalp. The oil, sweat and dead cells all add together and can make the hair greasy and look dirty unless washed regularly.

There is no harm in bathing every day, but it is more sensible to wash the hair every other day, using a frequent use shampoo.

To keep hair clean:

- wash regularly with shampoo (cheap ones are often as good as very expensive ones)
- massage scalp well to remove dead skin cells, excess oil and dirt
- rinse well with clear water
- conditioner is helpful for longer hair as it makes the hair smoother and easier to comb, but hair doesn't need to have conditioner
- use a wide toothed comb for wet hair as it is easier to pull through.

Food Hygiene

Children should be encouraged to wash their hands before meals and snacks, and should be discouraged from eating off the floor; this is especially important if there are pets in the house. Using cutlery allows the child to learn table manners and will lessen the chance of the transfer of germs from the hands to the mouth.

Teaching the correct principles of hygiene should begin at as early an age as possible. It will help to prevent the spread of infections and diseases. Children will follow the example set to them, so adults should lead by example. Less incidence of illness means fewer absences from school.

1. UNICEF and Live and Learn Environmental Education. 2008. Training Manual: Good Water, Sanitation, and Environmental Hygiene Practices for Primary Schools. Maldives.

DISPOSAL OR CLEANING OF MENSTRUAL BLOOD SOAKED MATERIAL

Counselling Card

NOT RE-USED

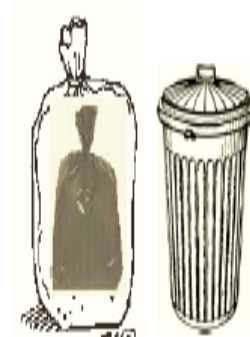
Soiled rags that **will not be used again** and sanitary pads and banana fibers should be disposed of by:



Burning (preferred method for urban and rural areas)



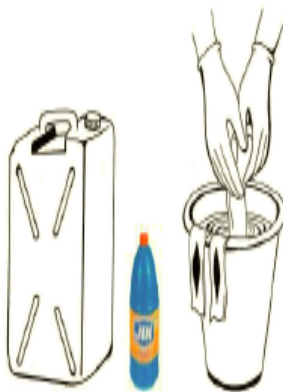
Put in latrine (rural areas only)



Double bagged and put in trash (least preferred method for urban and rural areas)

RE-USED

Soiled cloth that **will be re-used**:



Soak soiled cloth for at least 20 minutes in a mixture of nine parts water to one part Jik (if available)



Wash with soap and water



Dry in the sun

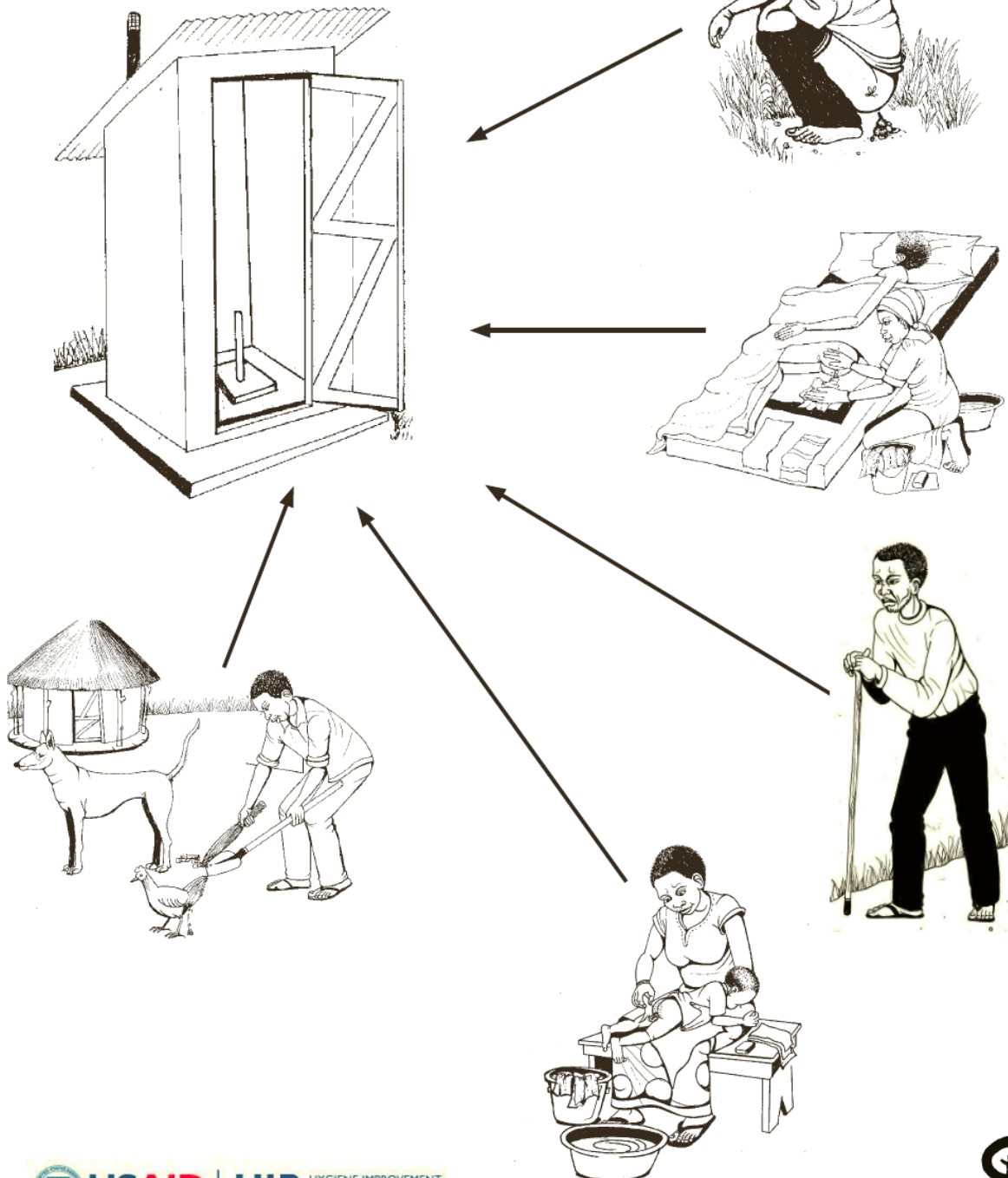
NOTE:

Always wear gloves or plastic material when handling blood and wash hands afterward.

FAECES DISPOSAL

Counselling Card

**Put faeces of sick people, adults,
children, babies, and animals
(including birds) in a latrine.**



WHERE TO PUT A HAND WASHING STATION

Counselling Card



Water and soap (or ash) near cooking and eating area



Water and soap (or ash) near latrine



Water and soap (or ash) next to patient's bed

BUILDING A HANDWASHING DEVICE CAN HELP TO WASH HANDS AT THE CRITICAL TIMES EVEN WHEN WATER IS SCARCE



TO MAKE A HANDWASHING DEVICE,
FIND AN AVAILABLE VESSEL



.... AND A HOLLOW TUBE to make the spout....
...you can use a pen casing, a pawpaw stem, or anything that is hollow.

You will also need a sharp knife, a nail, or a screw driver to make a hole in the vessel for the tube.



1. Decide on the design of your handwashing station before you begin working. Will your tippy tap sit or hang and tip?
2. Wash the container and tube so they are free from visible dirt.
3. Heat the knife, nail or screwdriver to pierce a hole easier.
4. Make a small hole for inserting the tube. Make it as low on the container as you can, about 2 cm. (two finger widths) from the bottom. Be careful to make the hole smaller than the tube.
5. Slowly and carefully push the tube into the hole. Be very careful not to make the hole so big that it leaks.
6. Test the water flow!

Set up the handwashing station:

- Set up the station right by the latrine. Make another near where you cook and eat, if possible!

After you have tested your handwashing bottle to make sure it functions, “set it up” by hanging it from a string around the neck, or setting it on a stable platform.

- Hang or place an old, shallow can or plastic bowl for soap for washing.

DIFFERENT KINDS OF TIPPY TAPS

Counselling Card

Tin Can

- Make hole on side of tin can near bottom
- Hang can
- To start water flow: pour cup of water in can
- To stop water flow: let water run out



Hollow Tube

- Make hole in container
- Insert hollow tube (pen casing, pawpaw stem...) in hole
- Find plug/cover for tube (pen cap, stick, ...)
- To start water flow: remove plug/cap
- To stop water flow: cover/plug tube



Screw Top with Hollow Tube

- Make hole in side of screw top bottle
- Insert tube into hole
- To start water flow: loosen screw top
- To stop water flow: tighten screw top



Hole in Cap

- Make hole in container cap
- Hang container so can tip over
- To start water flow: tip container
- To stop water flow: put container upright



Tilting Jug

- Make hole in jug side or handle
- Hang so can tilt
- To start water flow: tilt container
- To stop water flow: put container upright



HOW TO WASH YOUR HANDS

Counselling Card

1

Wet your hands and lather them with soap (or ash).



2

Rub your hands together and clean under your nails.



3

Rinse your hands with a stream of water.



4



Shake excess water off your hands and air dry them.

HOW TO WASH

1. To wash, wet hands with running water.
2. Rub your hands with the soap for about 30 seconds, about the time it would take to sing the Happy Birthday song.
3. Clean between the fingers, under your fingernails, and up to your wrists to help control germs.
4. It is the soap or ash combined with the scrubbing action that helps dislodge and remove germs.
5. Rinse your hands well with running water
6. Dry them in the air to avoid recontamination on a dirty towel.



IMPORTANT INFORMATION: You can wash your hands with 'dirty' water, and still get clean hands, as long as you POUR it over your hands (no dipping in a bowl!) The soap or ash "lifts" the dirt, and the water then washes off the visible and invisible germs.

HOW TO TAKE CARE OF DRINKING AND COOKING WATER

Counselling Card

TRANSPORT



Carry your water home in a container with a lid



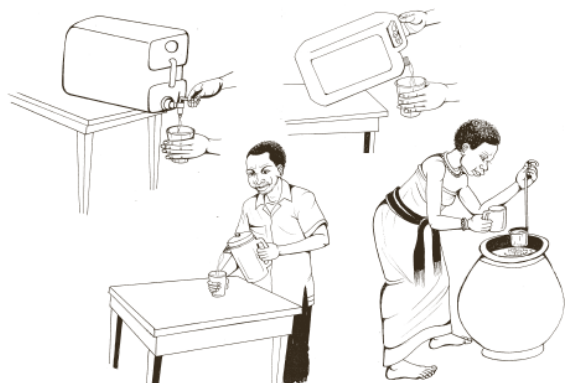
Do NOT transport it in a container without a lid



SERVING



Serve the water without letting anything dirty (such as your hands or a cup) touch it



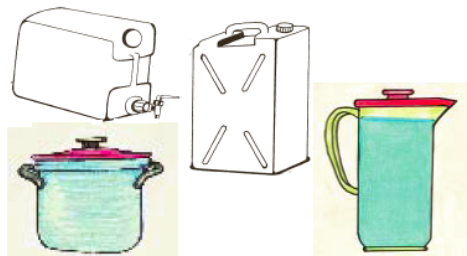
Do NOT scoop the water out with a cup or a bowl



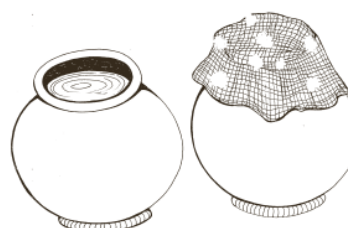
STORAGE



Store water in a container with a tight fitting lid



Do NOT store water in a container without a lid or with a lid that does not fit tightly



WaterGuard™ LIQUID INSTRUCTIONS

Counselling Card



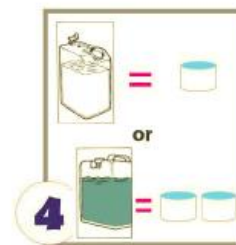
1
Fill a clean 20 litre jerri can with water filtered through a clean cloth.



2
Fill the bottle cap with WaterGuard.



3
Pour the capful into the 20 litres of water.



4
For clear water use 1 capful.
For dirty water use 2 caps full.



5
Close the jerri can and shake.



6
Wait 30 minutes before using.



7
The water is now ready to drink.



8
Store it away from children and sunlight.

Remember: Water treated with WaterGuard that is stored in a narrow neck container with a tight fitting lid can be drunk for up to seven days. Treated water in a wide mouth container or without a tight fitting lid can be drunk for only 24 hours.



WATERGUARD = BLEACH = LE CROIX

HOW TO BOIL AND STORE WATER

Counselling Card

1

“Dirty” looking water:

Let it settle until it is clear and pour it into a new container, leaving the dirt behind.



OR

Filter it through a cloth.



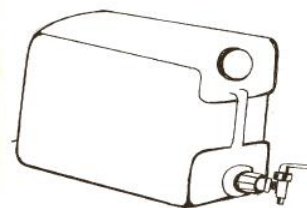
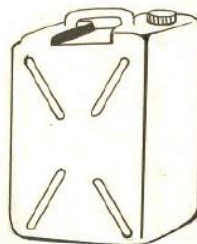
2

Boil the water until **LARGE BUBBLES** appear.



3

Let boiled water cool, then store in a safe container with a tight fitting lid and, if possible, a tap (spigot).



4

Do not drink boiled water stored for more than 24 hours.



USAID
FROM THE AMERICAN PEOPLE

HIP

HYGIENE IMPROVEMENT
PROJECT

