

WASH

WATER, SANITATION AND HYGIENE PROGRAM

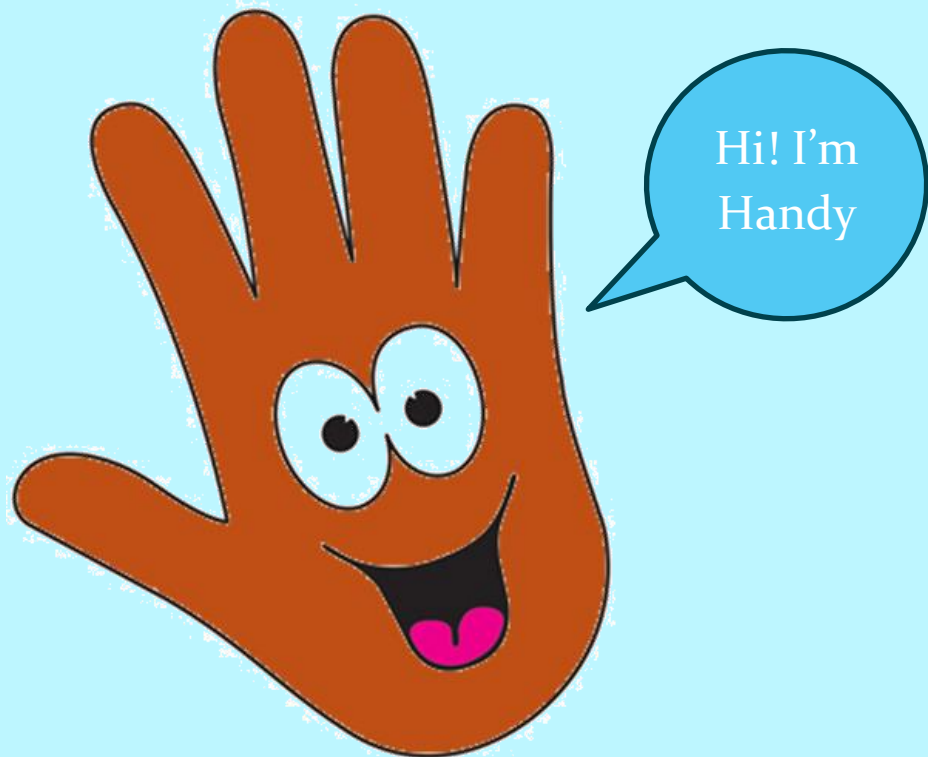


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Introduction

Using the latrines instead of going to the toilet in the open, and washing our hands, are important for a happy, healthy life.

Our hands are very important parts of our bodies. We use our hands to eat, to write, to hold things, to clean ourselves and to wipe our bottoms.

Hands carry dirt, germs, bacteria, viruses, parasites and other nasty things that cannot be seen with the naked eye. Often we do not pay attention to them. If we don't keep our hands clean, they can cause disease, we can get very sick.



Washing hands properly with soap and water is a very good way to help protect us from getting sick, by removing dirt, and killing germs and other nasty microorganisms on our hands, fingers and under our fingernails. If we wash our hands properly, with soap and clean water, we can help save the lives of our children, by preventing the spread of diseases that spread from our hands.

It is not enough to just know that we should wash our hands with soap. We must do it regularly, when our hands are dirty, when we go to the toilet, and before we eat. Washing our hands must become a habit.

By teaching ourselves and our children to use the latrines and how and when to wash our hands, we show our love for them, and help make for them healthier lives and a brighter future.



Let's Make Aladura Primary School a WASH-friendly school

A WASH-Friendly School is a school that ...

- is clean and safe
- has adequate, well-maintained toilets or latrines for girls and boys and for teachers, with water, paper, or other material for anal cleansing
- has a place to wash hands with soap/ash and running water after using the toilets
- has enough treated, safely stored drinking water for the school community

A WASH-Friendly School is a school where...

- teachers give lessons on good hygiene practices in the classroom
- students participate actively in making and keeping their school WASH-friendly
- teachers, students, parents, and the whole community work together to promote good hygiene by ensuring that there are facilities and conditions for practicing improved hygiene in school and at home
- more girls will remain in school because they have separate, private, and clean sanitation facilities and don't have to leave school when menstruation begins

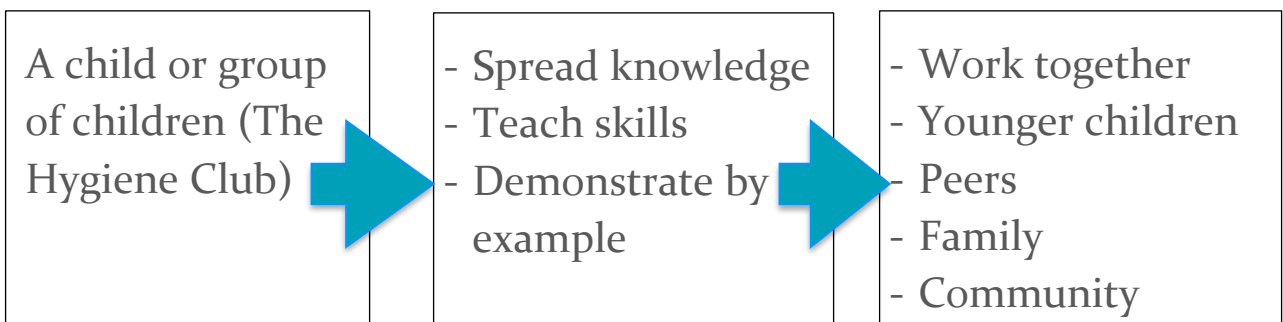


WASH in Schools

Three main principles ...

- **Visible:** The messaging must be consistent, repetitive, visible throughout the school. WASH messaging impacts **school culture**.
- **Inclusive:** The messaging must reach every child at an appropriate level. Involve families, teachers and the wider community.
- **Sustainable:** WASH principles incorporated into the school curriculum with regular classes, and good examples set by school leaders.

Hygiene **Education** vs Hygiene **Promotion**





WASH in Schools

Use Curriculum Standards to Promote Hygiene Habits...

WASH Activities

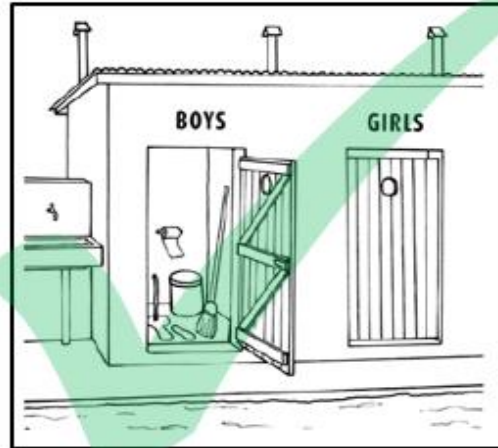
- Hand Washing
- Use the toilet, latrine
- Drink safe water
- Personal Hygiene

Grade 2 Curriculum Standards

- Practice hygiene habits to keep you and your community healthy
- Bath daily, wash hands, keep clean
 - Identify cause & effect of common illnesses in your community
 - Use preventative basics to prevent gastrointestinal illnesses
 - identify forms of water contamination
 - Use natural resources carefully, understand the importance of the water cycle
- Demonstrate listening comprehension skills in various contexts
- Interview others to learn information
- Use oral & written language to express opinions
- Use informative or creative writing to share and explain information
- Present information in different ways

Why do we need to use the latrine instead of going to the toilet in the open field? *Ugh!!*

Worms!!!



- What happens when someone defecates in the open?
- Where do the faeces go?
- What happens when it rains?
- How do the faeces get from this person/that spot into our mouths?

Possible answers:

- The rain carries faeces into fields and streams, ponds or our well
- People drink contaminated water
- People can walk through fields and track the faeces into homes
- Flies can land on the faeces and then land on food
- Hands can touch the faeces and then touch others, or touch food
- Someone who has worms may spread it to others



Why do we need to use the latrine instead of going to the toilet in the open field? *Ugh!!*

Worms!!!



GIARDIA



LIVER FLUKE



TAPEWORM



WIPWORM



HOOKWORM



COCCIDIA



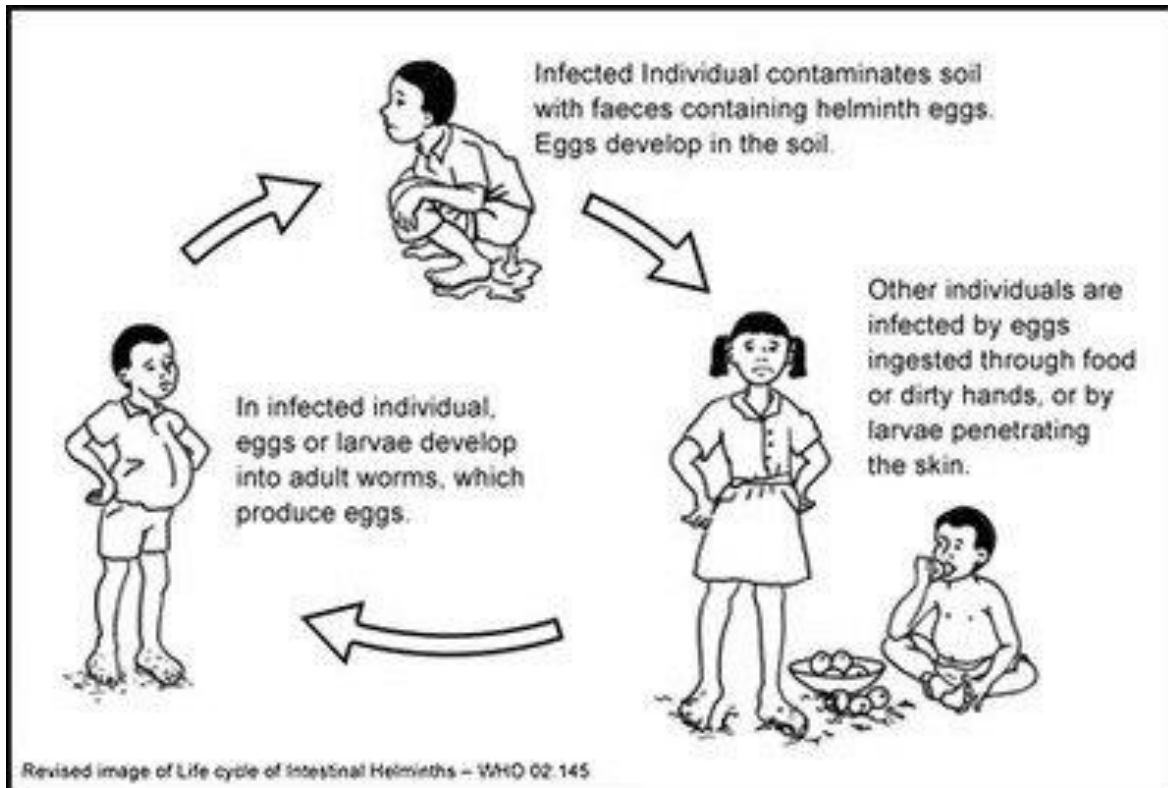
- Worms are parasites that live in human faeces (shit!)
- When a person with worms goes to the toilet in the open, the soil is contaminated with worm eggs.
- Contamination of our school grounds with human faeces can spread worms from one boy or girl to another, especially if the children are not wearing shoes. They enter our bodies through our feet or, if we touch the soil with our hands, through our hands or mouth.
- When the worms get into the children they live and grow by absorbing the nutrients that the children need.
- Worms stay in our stomach, where they grow, rob our body of nutrients, and cause stomach pain.
- Worms are awful!!!!
- So we don't poop outside!



We use the latrine and wash our hands!!!



Worms can spread by defecating in the open and by not washing our hands properly



Worms are very dangerous for children

- Cause malnutrition
- Cause anaemia
- Lead to children having a small body, slowing growth and development
- Children are constantly hungry
- Cause loose and watery poo, vomiting and stomach pain
- Children are unable to learn well and fall behind at school



Why do we wash our hands?

Dirty hands spread disease and worms



Our hands are very important parts of our bodies. We use our hands to eat, to write, to hold things and we use our hands to meet our human needs when we go to the toilet.

Hands carry dirt, germs, bacteria, viruses, and parasites that are so tiny we cannot see them with our naked eye. Often we do not pay attention to our hands and, if they don't look dirty, we make the mistake of assuming they are clean. But they may not be clean at all!



- Touching a person when you have dirty hands spreads germs and worms
- We can make ourselves very ill by eating with dirty hands
- Germs can enter our bodies through our mouth
- Germs clinging to unclean hands can easily get in food and from food into mouths



- The number of germs on our hands soars after going to the toilet



How do we wash our hands?

We use plenty of soap and clean water!

We wash our hands with soap and water to remove dirt and killing the germs, viruses and other unpleasant things that are on our hands, fingers and finger nails

Hands carry dirt, germs, bacteria, viruses, and parasites that are so tiny we cannot see them with our naked eye. Often we do not pay attention to our hands and, if they don't look dirty, we make the mistake of assuming they are clean. But they may not be clean at all!

We Wash our Hands Properly

1. Wet hands with clean running water
2. Rub your hands and fingers well with soap – **at least three times.**
3. Clean between the fingers and under your fingernails, and up to your wrists.
4. It is the **soap** combined with the **rubbing action** that helps dislodge and remove germs.
5. Rinse your hands well with running water (from a jug or tap).
6. Dry your hands in the air. Don't use a towel. Towels carry germs.

That's
how we
get rid of
germs!





How do we wash our hands?

WASH YOUR HANDS



Water and Soap



Rub Palm to Palm



Clean Between fingers



Wash Thumb Base



Clean Back Of Hands



Wash your Wrists



When I wash my hands properly I protect myself, my family and my friends from germs and from getting sick.



When must we wash our hands?

We always wash our hands thoroughly when.....

1. We have just gone to the toilet!
2. Before we prepare food.
3. Before we eat food.
4. After disposing of garbage, large or small.
5. After coughing or sneezing into our hands or wiping our runny nose.
6. After playing with an animal, dog, cat, bird etc.
7. After handling dirty things at home, work or school.
8. Before breastfeeding our baby.
9. After you play
10. And especially after we have just gone to the toilet!





Where can we wash our hands at the Aladura Primary School?

At the Aladura Primary School, after we have been to the toilet, we always wash our hands under the tap on the water tank at the front of our toilet block!



Or we use the Veronica bucket installed near the wall!





How to build a Tippy Tap

Instruction Sheet: Build a Hand Washing Device to Help Wash Hands *(even when water is scarce)*

Follow the easy steps below...

FIND AN AVAILABLE VESSEL

- An empty 1.5 liter bottle
- A gourd
- An old jerry can

AND A HOLLOW TUBE to make the spout...

- A pen casing
- A pawpaw stem
- Anything that is hollow

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

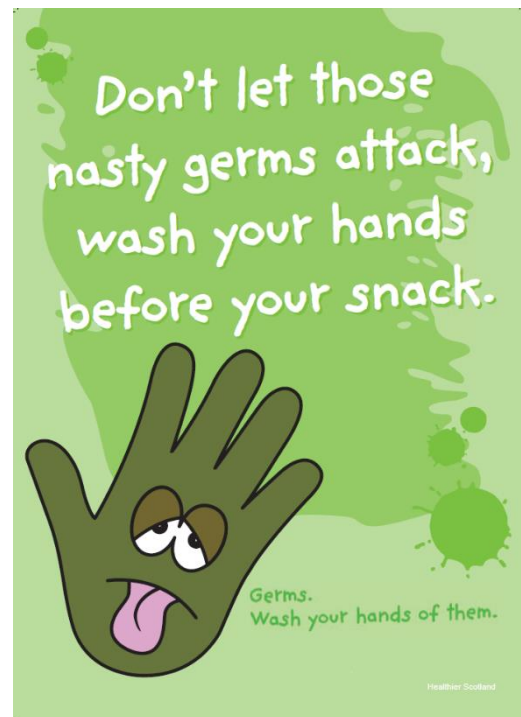
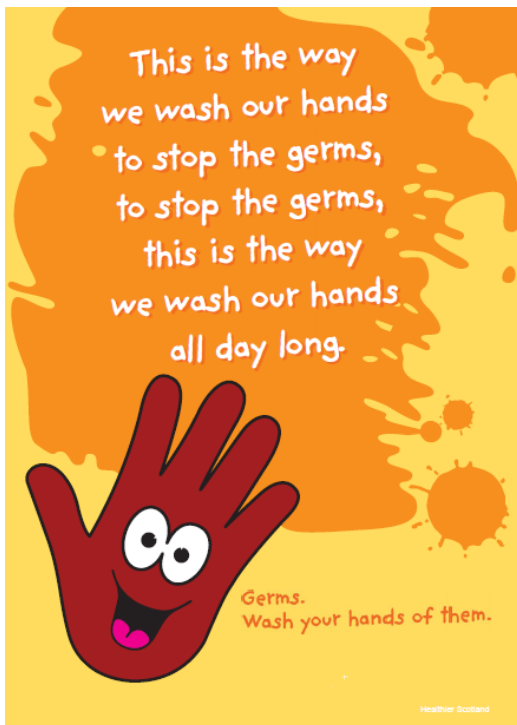
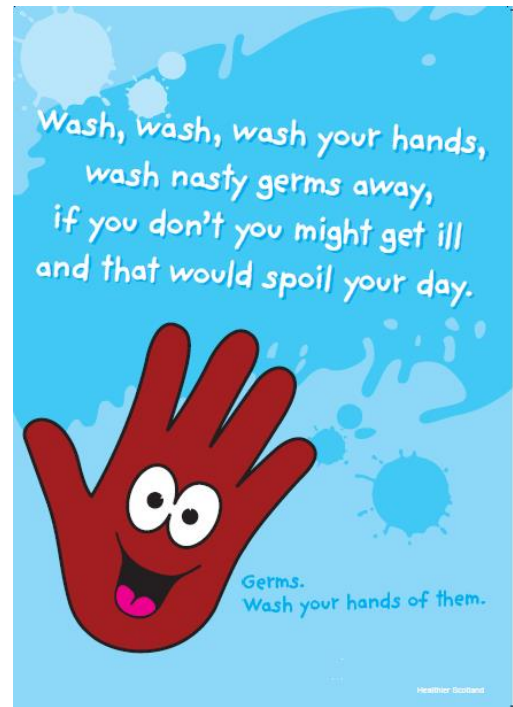
1. Decide on the design of your hand washing station before you begin working. Will your tippy tap sit, hang, hang and tip?
2. Wash the container and tube so they are free from visible dirt. Heat the knife, nail, or screwdriver to make piercing a hole for the tube easier.
3. Make a small hole for inserting 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 it smaller than the tube.
4. Slowly and carefully push the tube into the hole. Be very careful not to push the hole so big that it leaks.
5. Test the water flow:
 - When using a water bottle, unscrewing the cap allows water to flow, and it continues until it runs out or when the cap is tightly shut.
 - When using a jerry can or gourd, water comes out when the cap on the pen or plug in the tub is removed. If you don't have the original cap, just find an old stick to "plug" the flow.

Prepare a hand washing stand:

Water-saving devices such as the one shown in the picture below can be made from a calabash, plastic bottle, or clay pot. The important thing to consider is that a hand washing facility must be available near the latrine so that latrine users will be able to access it easily. It should remind the user of the need for hand washing after defecation. Soap should be placed in a small dish on the stand.



We have Handy posters to remind us how important it is to wash our hands, especially after we have been to the toilet





We have posters to remind us how and when to wash our hands and why we wash them, using clean water and soap

Hi! I'm Handy
Be a soapy hero with me.

Hygiene

Education

Clean Hands = Good Health

How to Wash Your Hands Properly

- 1** WET YOUR HANDS WITH WATER
- 2** APPLY ENOUGH SOAP TO COVER ALL HAND SURFACES
- 3** RUB HANDS PALM TO PALM
- 4** SCRUB BETWEEN YOUR FINGERS
- 5** RUB THE BACK OF YOUR HANDS
- 6** RUB THE BACKS OF FINGERS ON THE OPPOSING PALMS
- 7** CLEAN THUMBS
- 8** WASH YOUR FINGERNAILS AND FINGERTIPS
- 9** RINSE HANDS

Rotary
www.rotary.org

With thanks to the Caribbean Food Students Trust

Hi! I'm Handy
Clean hands are happy hands!

Hygiene

Education

When should you clean your hands?

- Before eating
- After touching rubbish
- After coughing, sneezing or blowing your nose
- When they look dirty
- After touching animals
- After using the toilet

Sing the 'This is the way we wash our hands' song!

Rotary
www.rotary.org

With thanks to the Caribbean Food Students Trust

Hi! I'm Handy
If you don't wash your hands you might get ill, and that would spoil your day!

Hygiene

Education

Top benefits of correct hand-washing

- Lowers survival rate for lingering bacteria
- Less foodborne illnesses
- Reduce infections through eyes, nose and mouth
- Keeps kids healthier
- Keeps your home and workplace healthier
- Helps combat the rise in antibiotic resistance

Clean Hands = Good Health

Rotary
www.rotary.org

With thanks to the Caribbean Food Students Trust





We play games to help us learn how and when to wash our hands

Hand washing games

Germ Tag: In this fun game, one squirt of hand soap represents a 'tag,' and the child must scrub away the 'germs' before they can tag someone else.

Pass the Germ: Children pass a "germ" around a circle while singing a rhyme, and the child holding the "germ" at the end of the song must wash their hands.

Submerge a toy: Children put their hands in soapy water to find a submerged toy, then use the same water and soap to wash their hands.

Handprints: Children make handprints on paper and observe their prints, then practice washing their hands to reach all the spots

Hand Washing Bingo: Children complete prompts on a bingo card, such as washing their hands for a set amount of time, singing a song, or blowing a bubble.

- wash hands for 20/25/30 seconds
- wash hands and sing Happy Birthday
- wash hands and sing the ABC's
- wash hands and blow a soap bubble
- wash hands and give yourself a compliment



We play games to help us learn how and when to wash our hands

Handy Tips.



To make your life easier, here are some suggestions of ways to integrate hand washing into the normal school day. These ideas are intended to help raise children's awareness of hand washing.

We've included some of the key activities that'll involve washing hands and you'll also find some new ideas that are specifically related to hand washing. Please do remember though, that this pack is for a range of different age groups and abilities (from Nursery through to Primary 2). As a result, not all of the activities may be suitable for all children.



Baking

Hand washing is important before any food preparation and baking is always a useful activity. If you'd like to bake some Handy biscuits, hand-shaped cutter guides are widely available (you can buy these at most kitchenware shops).



Hand printing

Using dough or clay, children could compare their fingerprints or the lines on their hands.



A-tissue, a-tissue

Along with hand washing, catching a sneeze in a tissue is an important way to help prevent colds and flu spreading. To get children into the habit, the best thing is to show them what you do when you sneeze or cough. Just remember to cover your mouth and nose with a tissue. Then simply put the tissue in the bin and wash your hands.



Handy puppets

Children could make their very own Handy glove puppets using old gloves.



Examining hands

Using a magnifying glass, the children could take a closer look at their own hands and nails.



Plays and rhymes

There are some plays and rhymes that specifically involve hands and fingers. For example 'Tommy Thumb' and 'This Little Finger'.



We play games to help us learn how and when
to wash our hands

Soapy Hero Colouring Sheet

Be a Soapy Hero!





We celebrate when we have completed our
WASH training



I completed my
Soapy Hero
training

Name: _____ Date: _____

Every child is recognised when they complete their WASH training, and their achievement is celebrated. The certificate matches their new WASH tee-shirt.



Be a soapy hero!



For Teachers.....

Integrate WASH training into the school curriculum

Language Arts (reading, writing, listening, speaking)

- write stories (big books, little books) to share information (what was taught - a good way to check for understanding)
- read books about the topics
- dramatize what you've learned (share with younger students or the community)

Civics, history, social sciences

- national sanitation policies
- water influence on community growth or policies
- traditional practices about water, hygiene

Schools play an important role in hygiene practices, in the home and in the village

Hygiene messages in school curricula, community outreach activities and school health clubs can play a pivotal role in promoting good hygiene practices, together with the provision of safe sanitation and drinking-water. When children are included in programs as **active participants** and **active learners**, they become powerful agents of change in their own households and in their communities by passing on messages about good hygiene practices. As future generations of adults, children are critical to ensuring the sustainability of behaviour change.



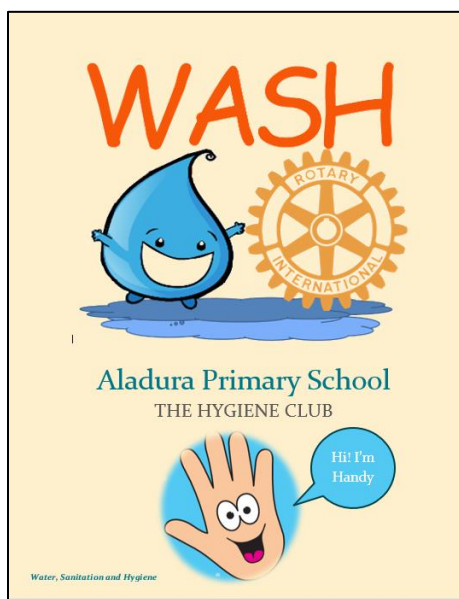
Our Hygiene Club

Soapy Hero WASH Training



Soapy Hero WASH training teaches me how to wash my hands, when to wash them, and why I need to wash them. It is aimed at keeping me safe from disease and worms and helps protect my family and friends too! Because I don't want to pass on germs or worms to my friends and family.

Aladura Primary School Hygiene Club



If I'm old enough, I can volunteer to be a member of the Hygiene Club. Hygiene Club members will help keep the toilets clean, make sure that there is water and soap available in all the containers, and will help the teachers teach the younger children about the importance of hygiene. We will be a good example for the younger children to follow.

Acknowledgements

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