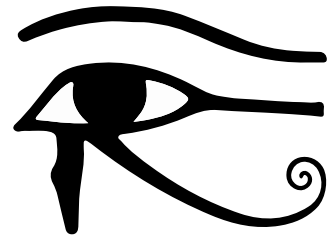


Household Hygiene Book



FRANCIS I. PROCTOR FOUNDATION
FOR RESEARCH IN OPHTHALMOLOGY
UNIVERSITY OF CALIFORNIA SAN FRANCISCO

THE
CARTER CENTER



OCRS

English

Trachoma, diarrheal disease, and intestinal worms are major public health problems in the Amhara region. The Amhara Regional Health Bureau and NGOs have been implementing interventions to prevent and eliminate these diseases. In line with these efforts, the F.I. Proctor Foundation at the University of California San Francisco and The Carter Center, in partnership with Amhara Regional State Health and Education Bureaus and Catholic Relief Services, have been conducting a study titled Sanitation, Water and Instruction in Face-Washing for Trachoma (SWIFT) in three woredas of WagHimra zone. This hygiene book, which concentrates on Water, Sanitation and Hygiene (WASH) messages, was developed as part of the SWIFT study.

The hygiene book aims to actively engage families in personal hygiene and environmental sanitation activities, as a mechanism to decrease the spread and prevalence of trachoma, diarrheal disease, and intestinal worms in the WagHimra zone of Amhara National Regional State. This hygiene book is designed to empower health outreach workers to deliver face-washing, hand-washing, and latrine use focused lessons, with the ultimate goal of building families' capacity to prevent disease and promote health in their community. The information delivered through the hygiene book aims to foster positive and long-lasting behavior change in the larger community, with the intention of protecting WagHimra residents from soil-transmitted helminths, diarrheal disease, and active and blinding trachoma.

Published: 2016

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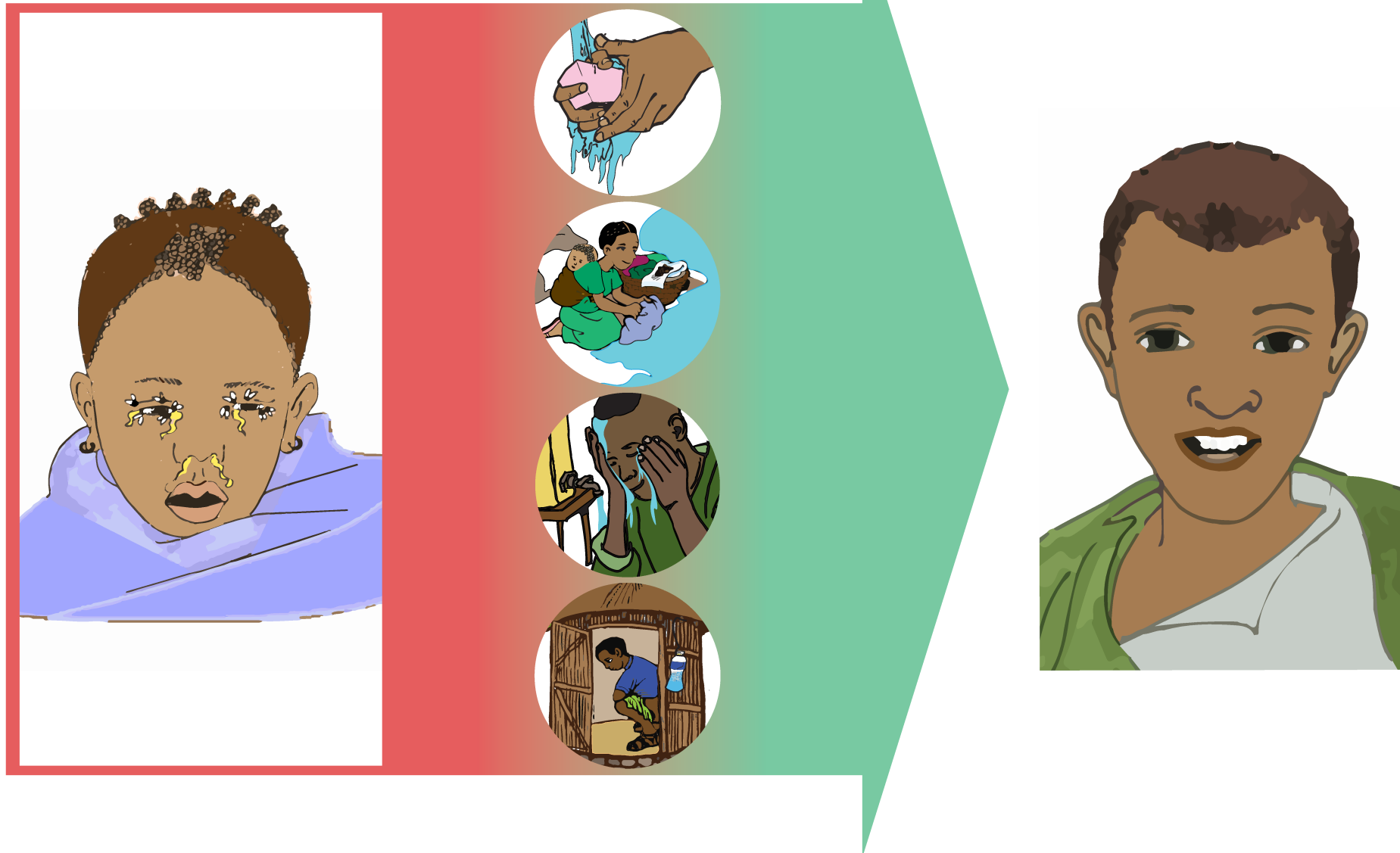
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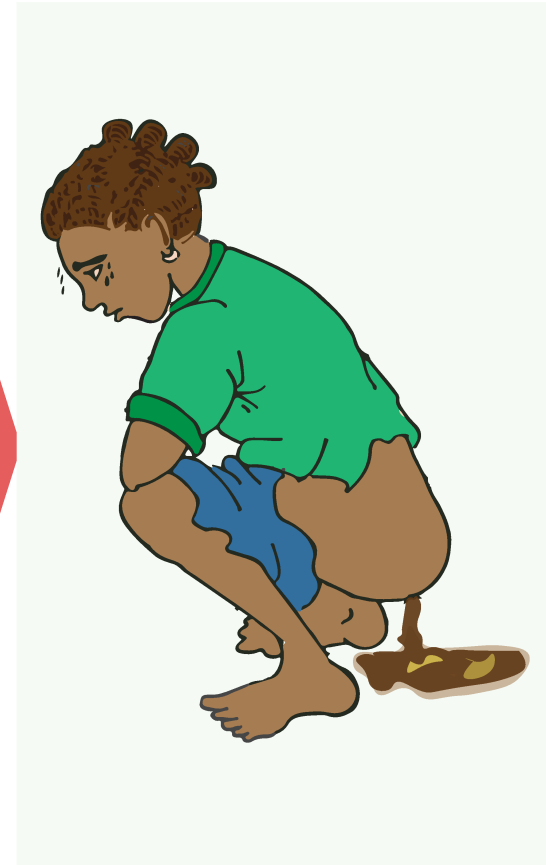
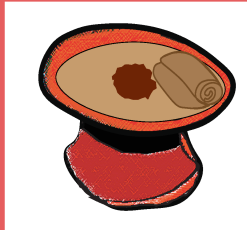
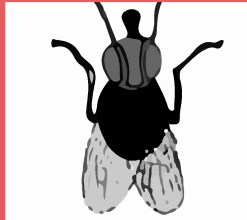
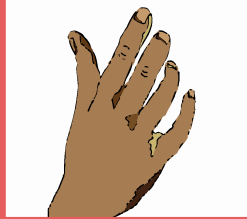
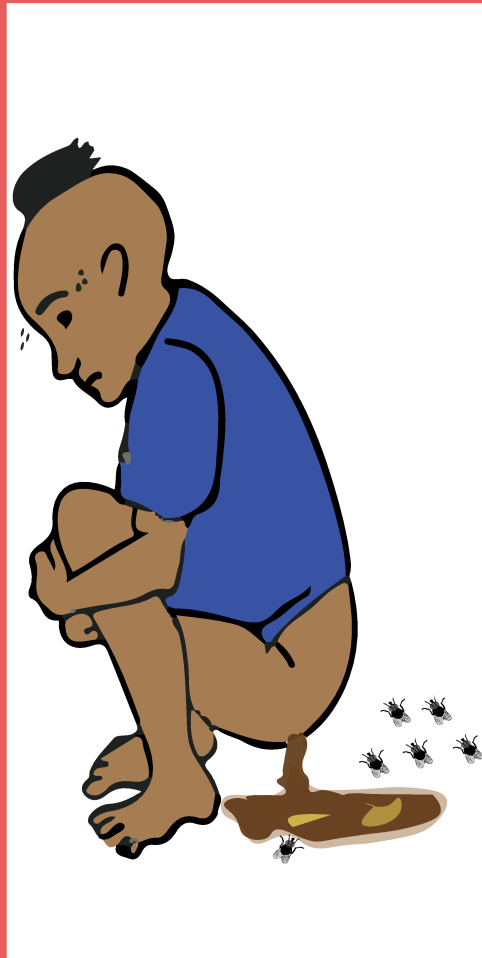
HOW TRACHOMA SPREADS



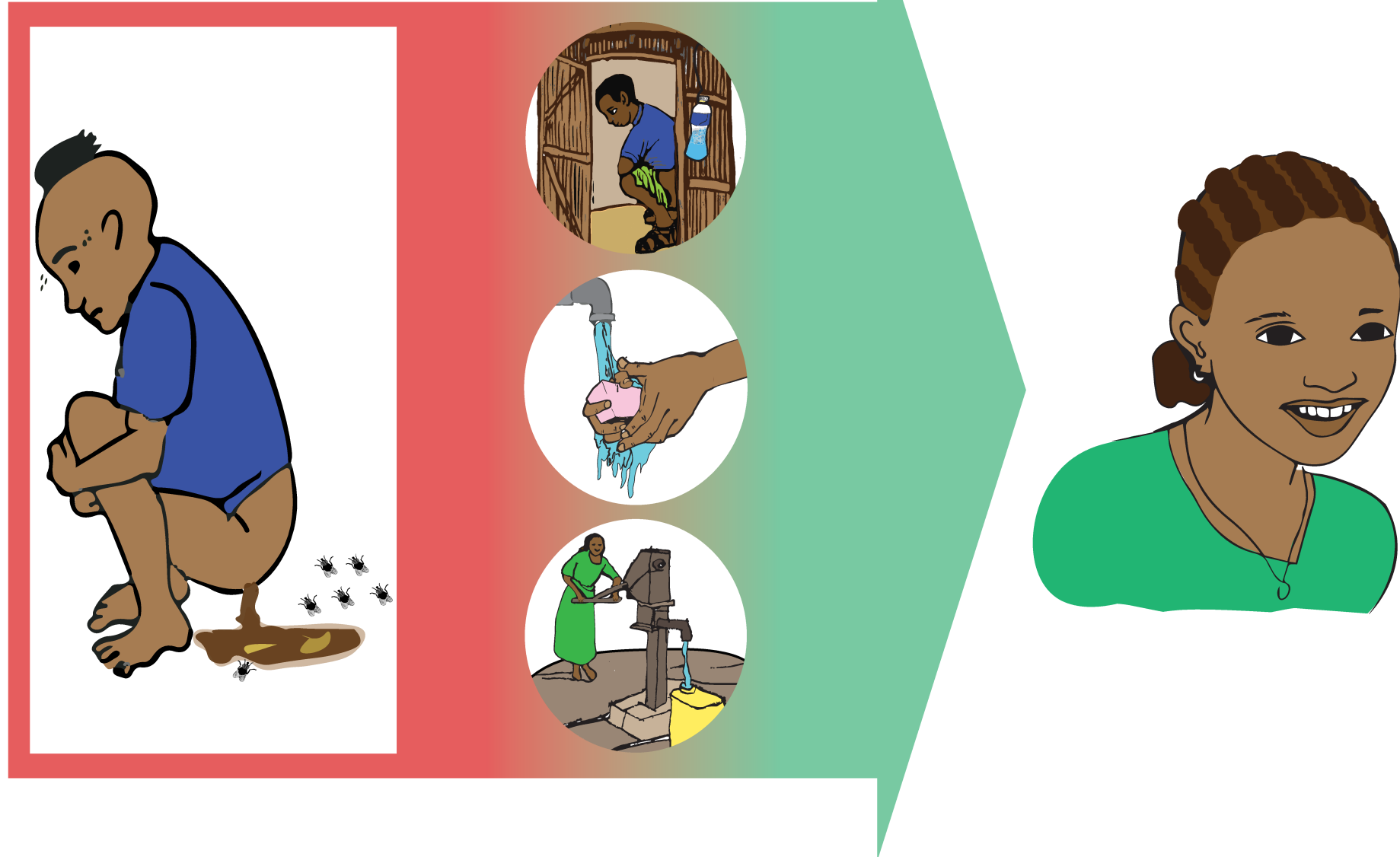
HOW TO PREVENT TRACHOMA



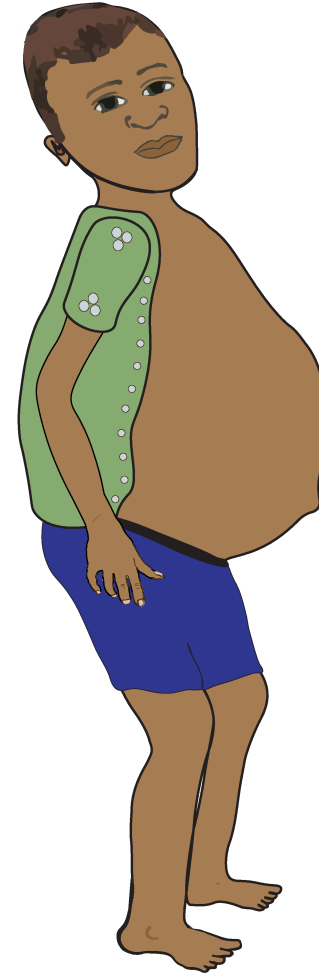
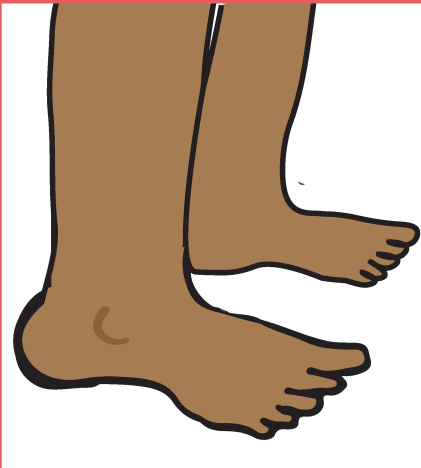
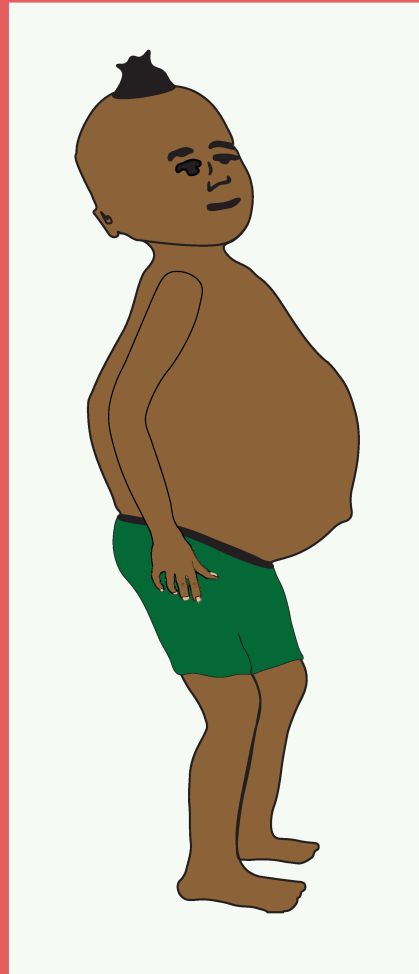
HOW DIARRRHEA SPREADS



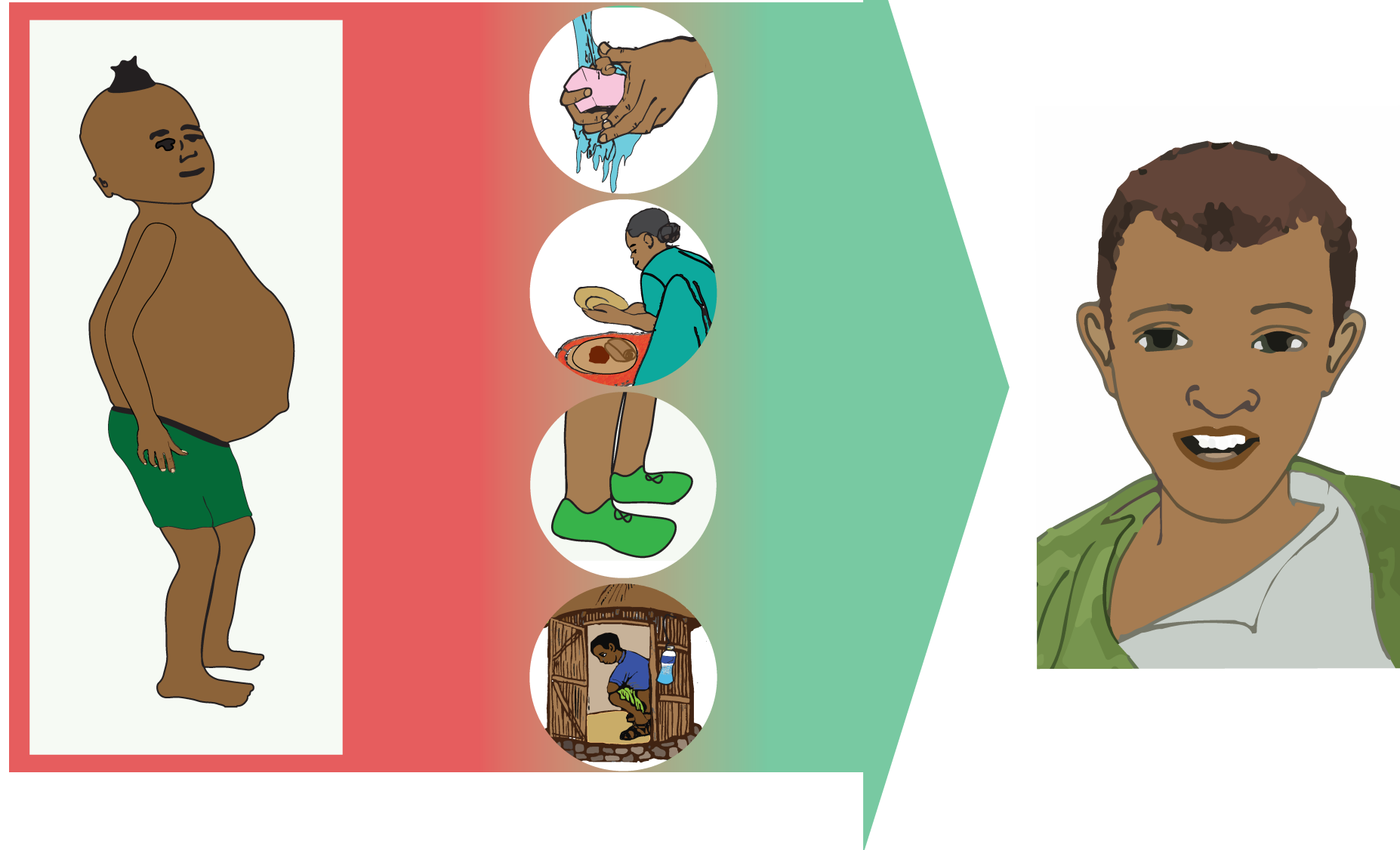
HOW TO PREVENT DIARRRHEA



HOW INTESTINAL WORMS SPREAD



HOW TO PREVENT INTESTINAL WORMS

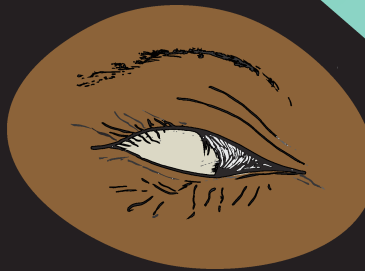




In children, trachoma can sometimes cause a pink eye.



Often, trachoma does not cause any symptoms



After many years of infections, the eyelashes turn inwards. They touch the eyeball. This is painful.



These lashes scratch the front of the eye causing scarring. This causes blindness.

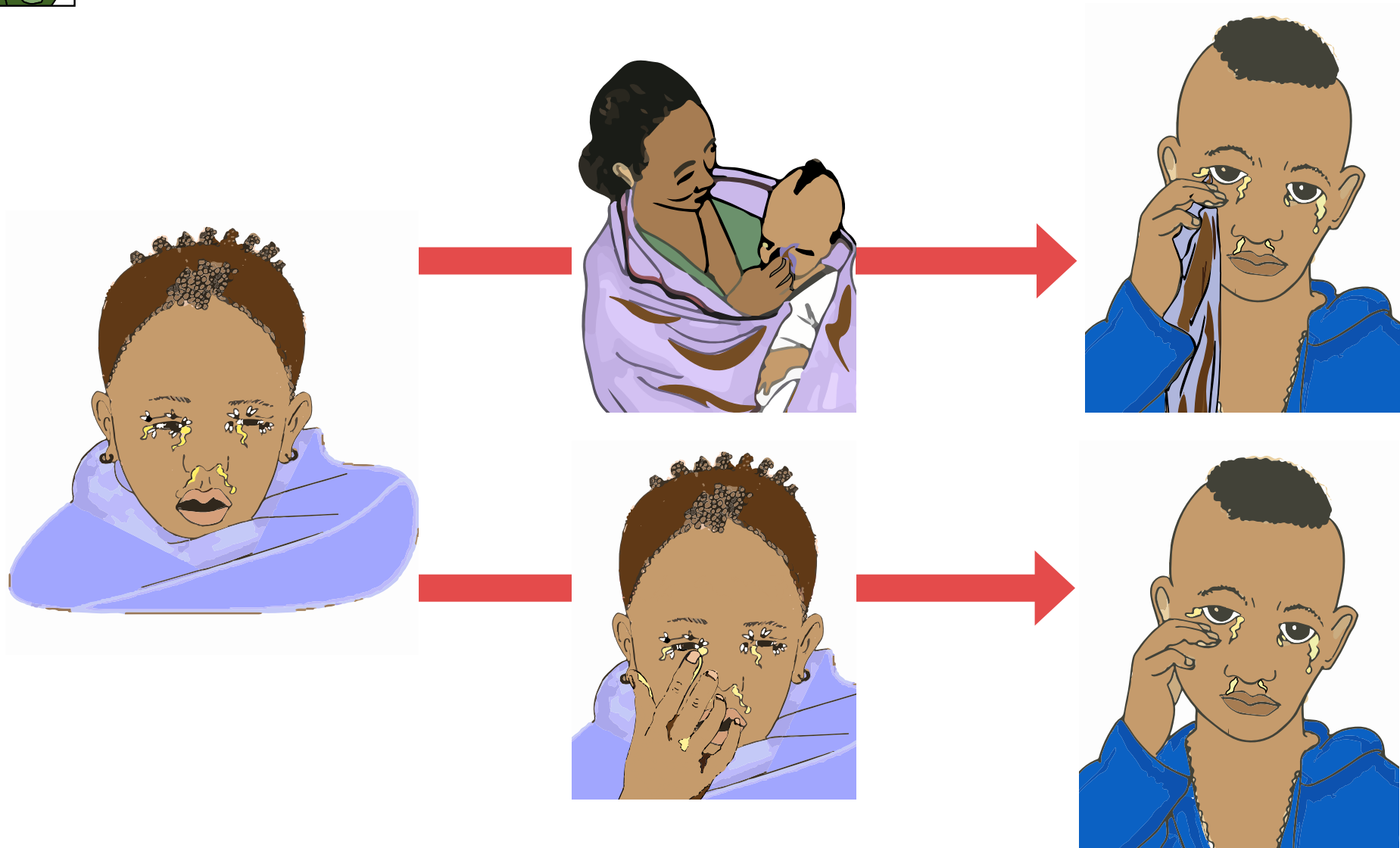
HAPPY CHILDREN HAVE CLEAN FACES



Everyone should wash their faces with soap at least twice per day



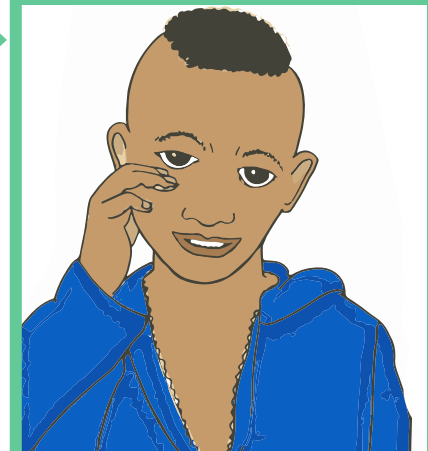
HOW TRACHOMA SPREADS



FACE-WASHING PREVENTS TRACHOMA!



No trachoma here!
Face-washing prevented
trachoma





WASH TWO TIMES EACH DAY

Good hygiene starts with good habits.

Wash faces with soap twice a day, in the morning and before bed

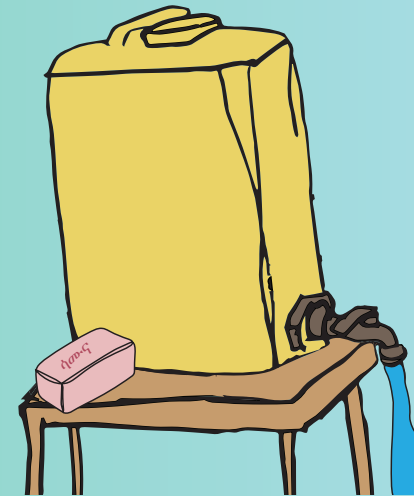


Parents or older siblings need to help young children wash

Soap is important!



1. Soap will make the face cleaner and get rid of infections.
2. Use a bar of soap or a bottle of soapy water.
3. Place soap and mirror near to wash station

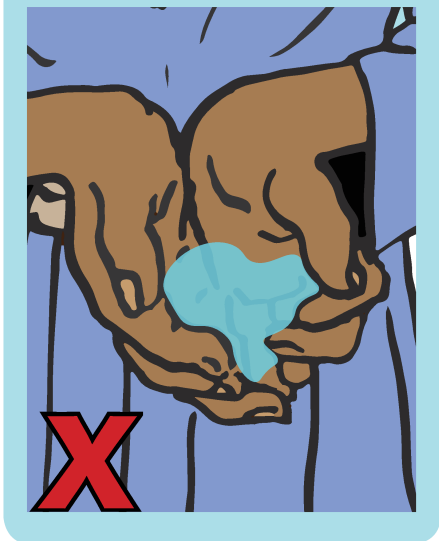
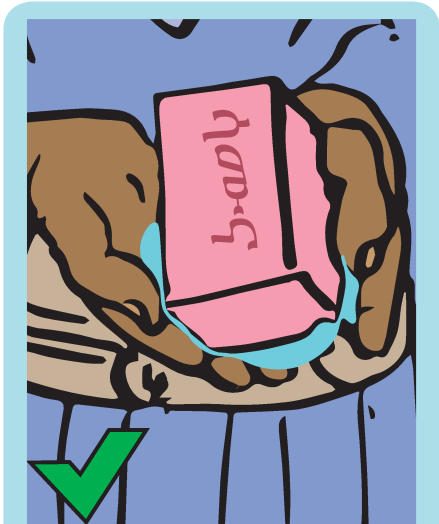
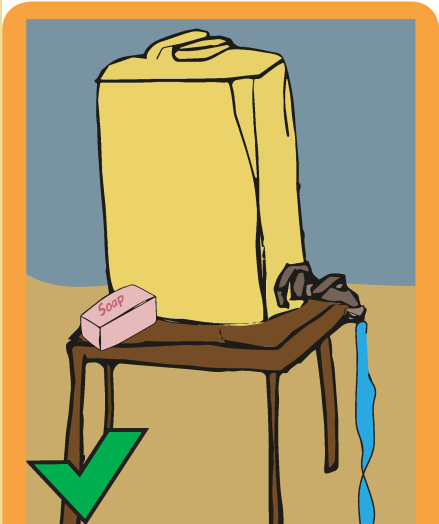


Wash stations are key!

1. Wash stations are easier for children to use.
2. You do not need much water to clean a face.
3. Wash stations can dispense small amounts of water.
4. Wash stations are economical because they use less water!
5. Place one wash station near the latrine and one near the house.



DO'S AND DO NOTS



SELF ASSESSMENT



Face-washing

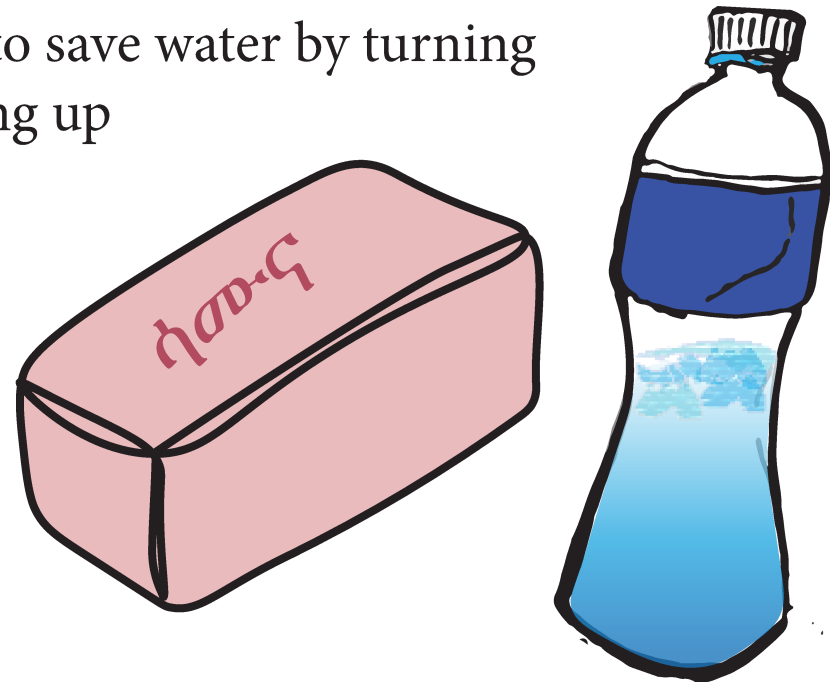
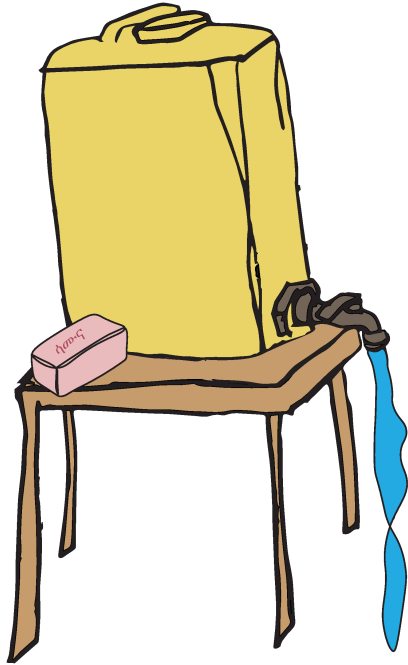


Washing children's faces



SHORT ACTIONS

1. Inspect wash station:
 - Is soap or soapy water present? If not, discuss how to get soap!
 - Is water present? If not, fill it up!
2. Have children look in mirror to check if their face is clean. Help them with this decision. If not clean, wash!
3. Demonstrate how to save water by turning water off when soaping up
4. Wash children's faces
5. Repair the wash station if needed.
6. Teach others how to wash faces with soap and clean water.

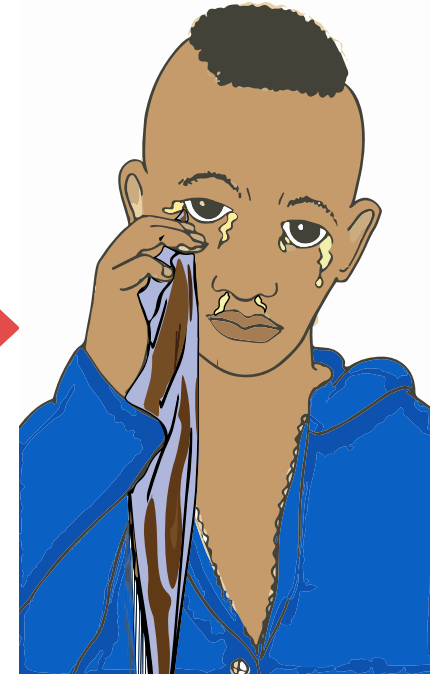




Wash clothing, aprons, shawls, bedding, towels, diapers, and baby carrier cloths every week to prevent trachoma



HOW TRACHOMA SPREADS



Dirty clothing, aprons, diapers, and baby carriers carry trachoma.

ALWAYS USE CLEAN CLOTH WHEN WIPING A CHILD'S FACE



Washing clothes
makes you smell good
and feel good too!



Wash clothes often to prevent trachoma.



STEPS TO PREVENT TRACHOMA



1. Wash clothes each week.
2. Use detergent when washing clothes.
3. Clean children's faces with a clean cloth--never a dirty cloth.
4. Do not use the same cloth to wipe the faces of two children. This spreads trachoma from one child to another.
5. Wash children's faces twice a day instead of wiping them with cloth.

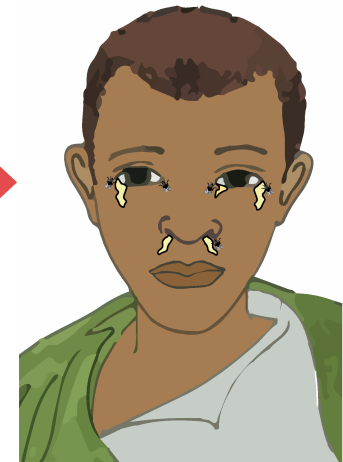
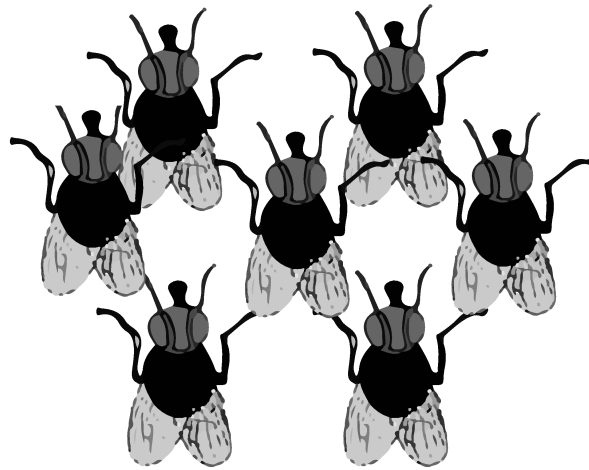
GOOD CITIZENS USE THE LATRINE



Every household member must use a latrine every time they poop to keep the dignity of your household and improve health for the entire community!



HOW TRACHOMA SPREADS



Poop attracts
flies and spreads
trachoma



USING A CLEAN, WELL MAINTAINED LATRINE STOPS THE SPREAD OF TRACHOMA!



Less flies means less trachoma!

Using a clean, well maintained latrine decreases the number of flies.



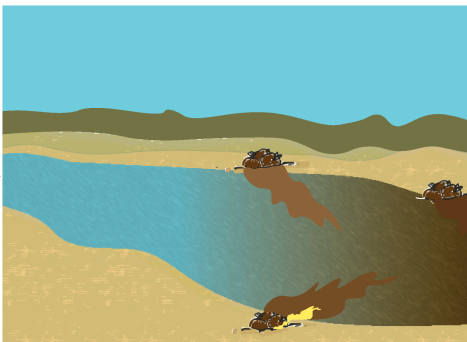
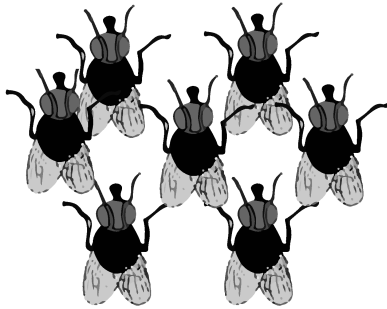


HOW DIARRHEA SPREADS

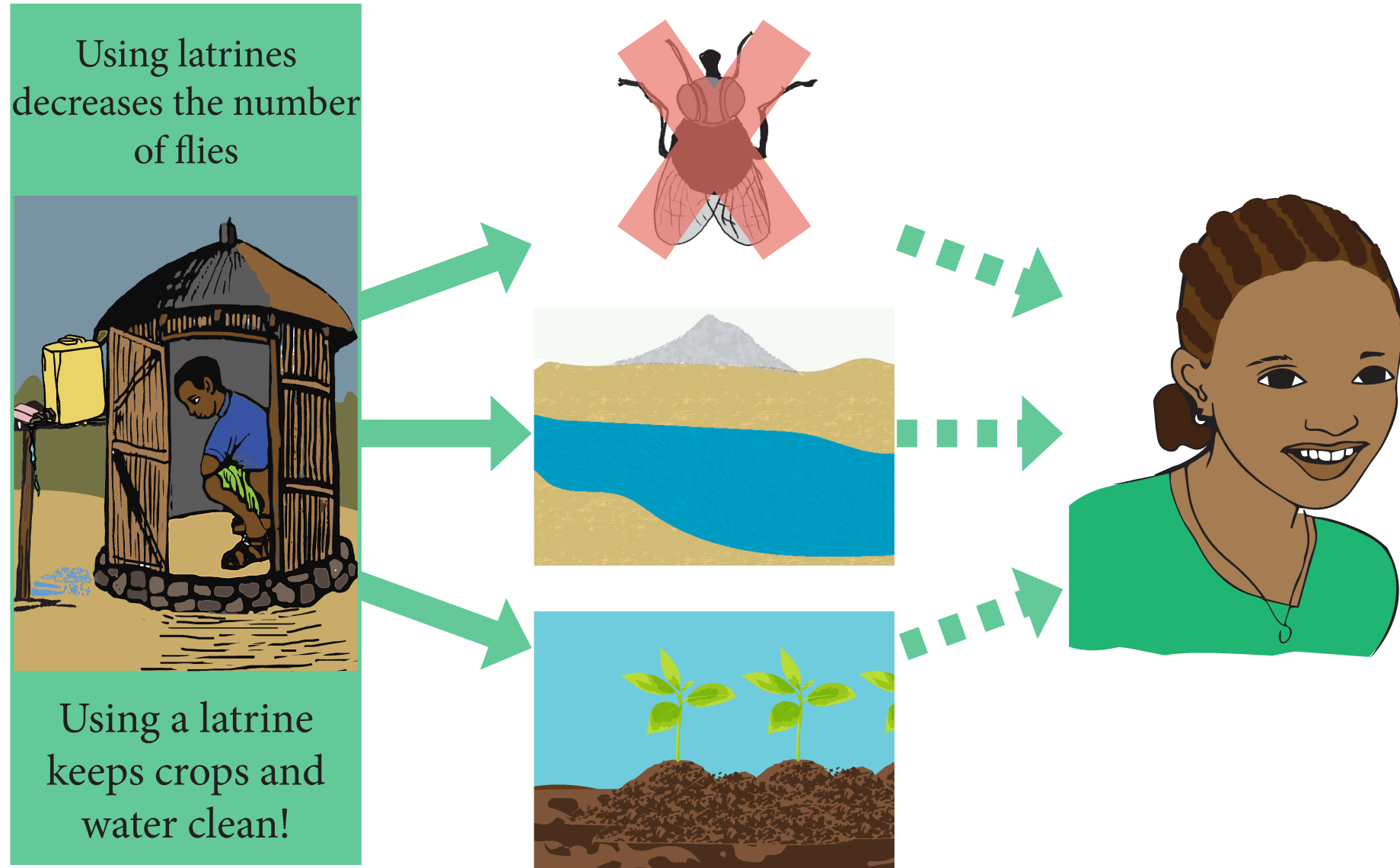
Poop on the ground attracts flies that spread diarrhea



Poop on the ground spreads diarrhea by getting in food and water



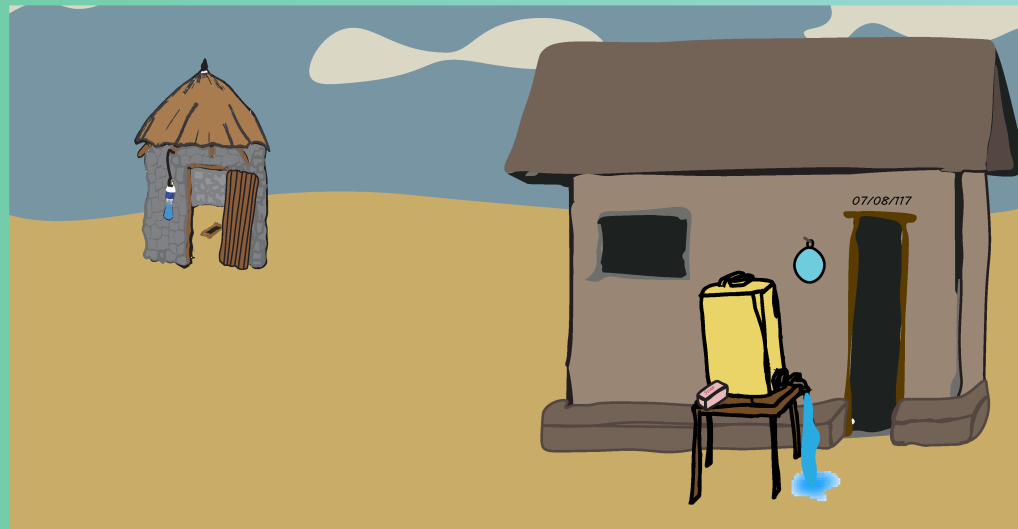
USING A CLEAN, WELL MAINTAINED LATRINE STOPS THE SPREAD OF DIARRHEA!





USE A LATRINE TO MAINTAIN THE DIGNITY OF THE COMMUNITY

Keep the living environment beautiful by avoiding feces and improving privacy.

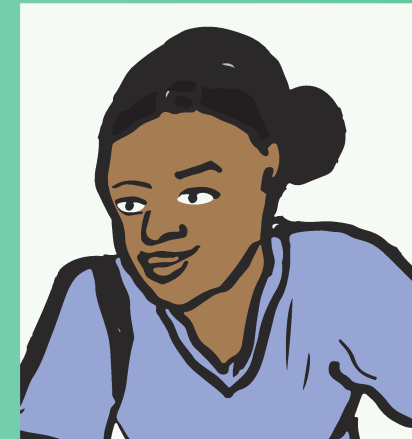
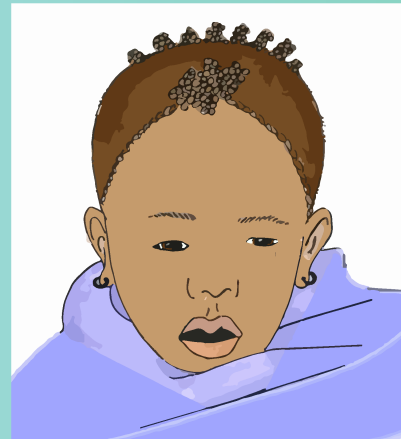


This will maintain the dignity of the household and the community.

GOOD PARENTS TEACH THEIR KIDS GOOD HABITS. TEACH YOUR CHILD TO ALWAYS USE THE LATRINE AND WASH THEIR FACES TWICE EACH DAY.



Good parents must model and encourage good habits
for everyone, especially children.



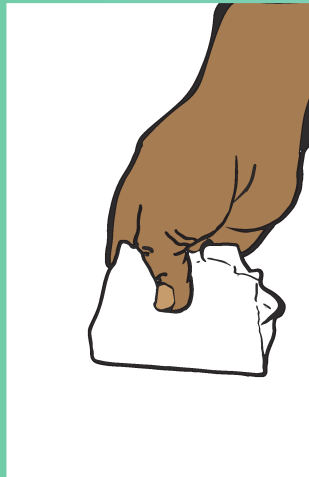
When everyone uses a latrine, children are
healthier



STEPS FOR LATRINE USE



1. Wear shoes in the latrine to prevent worms



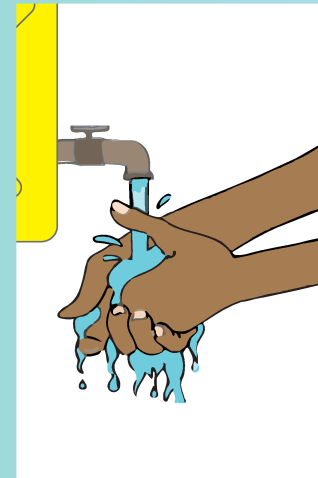
2. Defecate directly over the drop-hole and clean your bottom



3. Sprinkle ash on the feces in the drop-hole to stop flies and smells

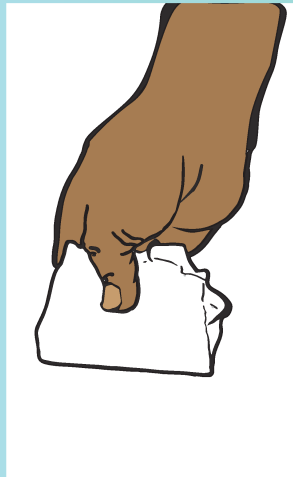


4. Completely cover the drop-hole



5. Wash your hands with soap and water

STEPS FOR DISPOSAL OF YOUNG CHILD'S FECES



1. Clean child's bottom



2. Collect feces from ground



3. Put child's feces down latrine drop-hole



4. Sprinkle ash on the feces in the latrine hole



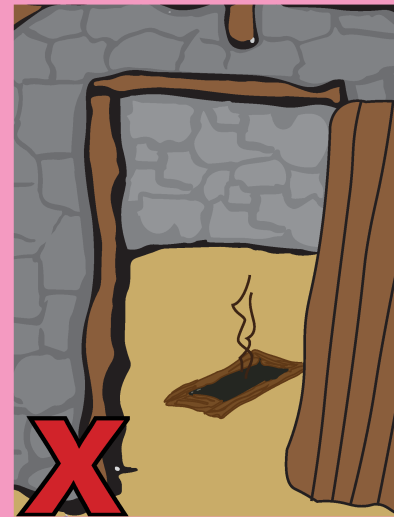
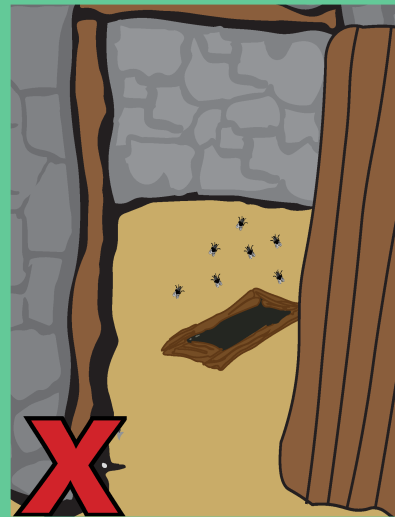
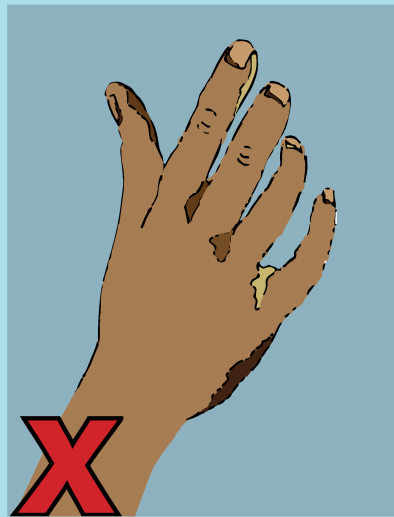
5. Cover the drop-hole



6. Wash your hands with soap and water



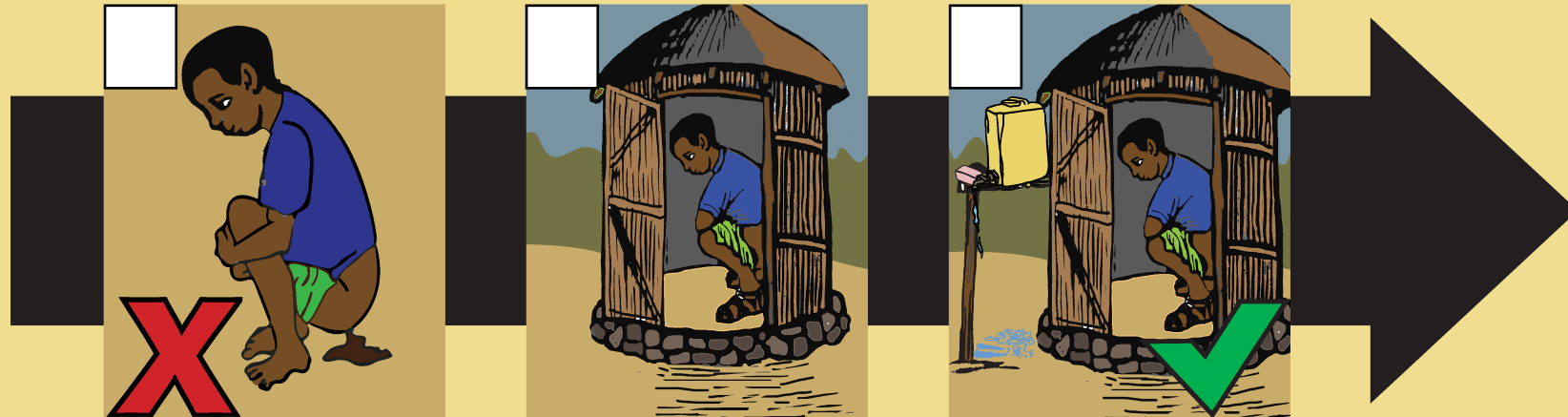
DO'S AND DO NOTS



SELF ASSESSMENT



Using a latrine



Disposing of children's feces



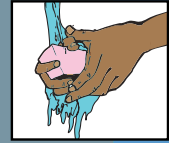


SHORT ACTIONS

1. Check for feces in the compound
2. Clean and maintain the latrine
3. Plan how to increase latrine use for all household members
4. Check for fresh stool in the pit or smell and encourage use
5. Instruct children on how to use the latrine
6. Show how to dispose of baby's feces safely
7. Check for wash station at latrine
8. To maintain the latrine:
 - Improve safety of pit top/slab and fill holes
 - Clean the slab
 - Add a container of ash
 - Make a drop-pit cover
 - Improve walls/roof
 - Add a private door and wash station
 - Fix anything that is broken
 - Clean the latrine every week

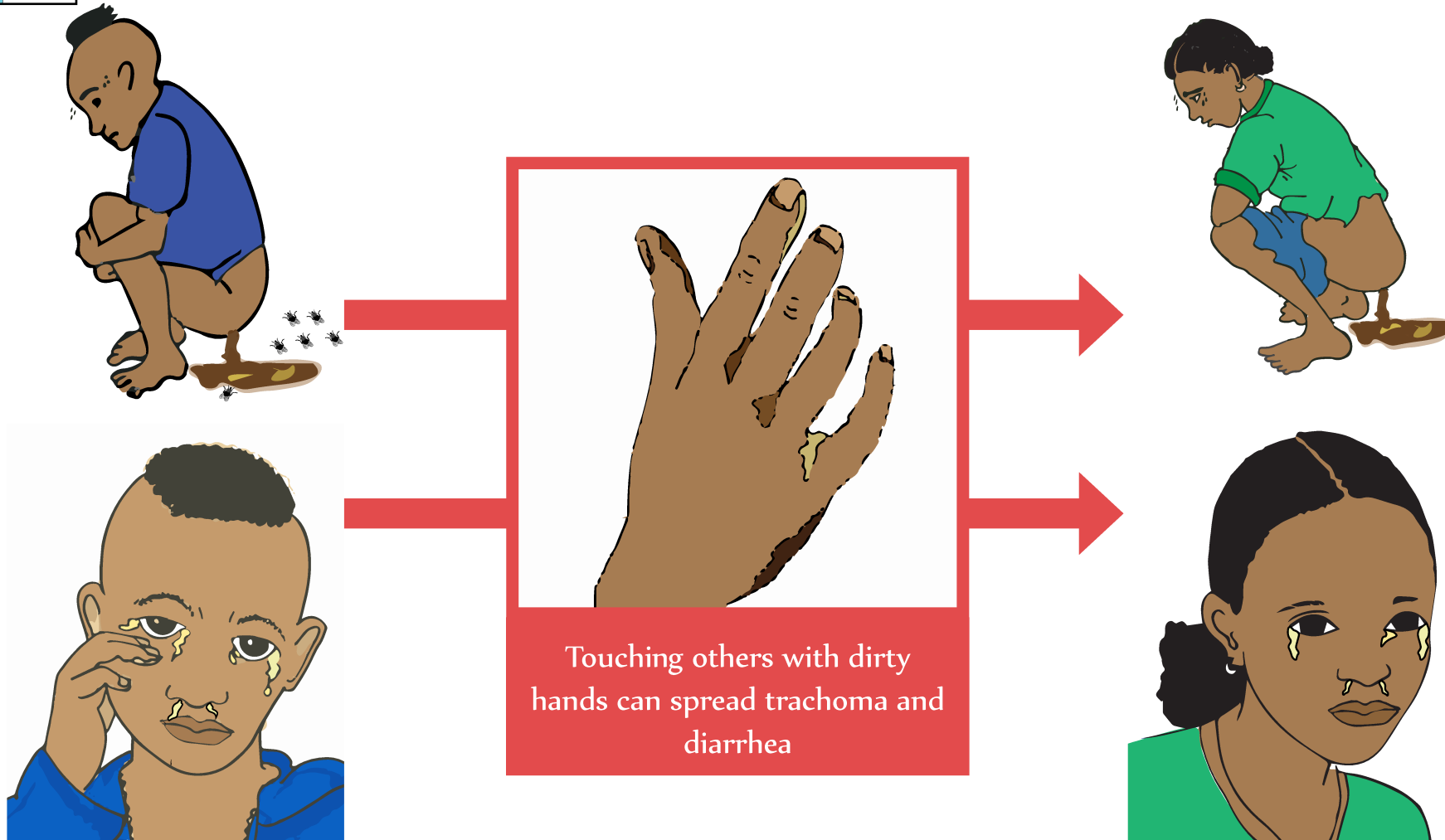
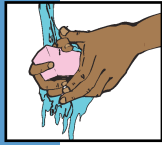


HEALTHY FAMILIES WASH THEIR HANDS!



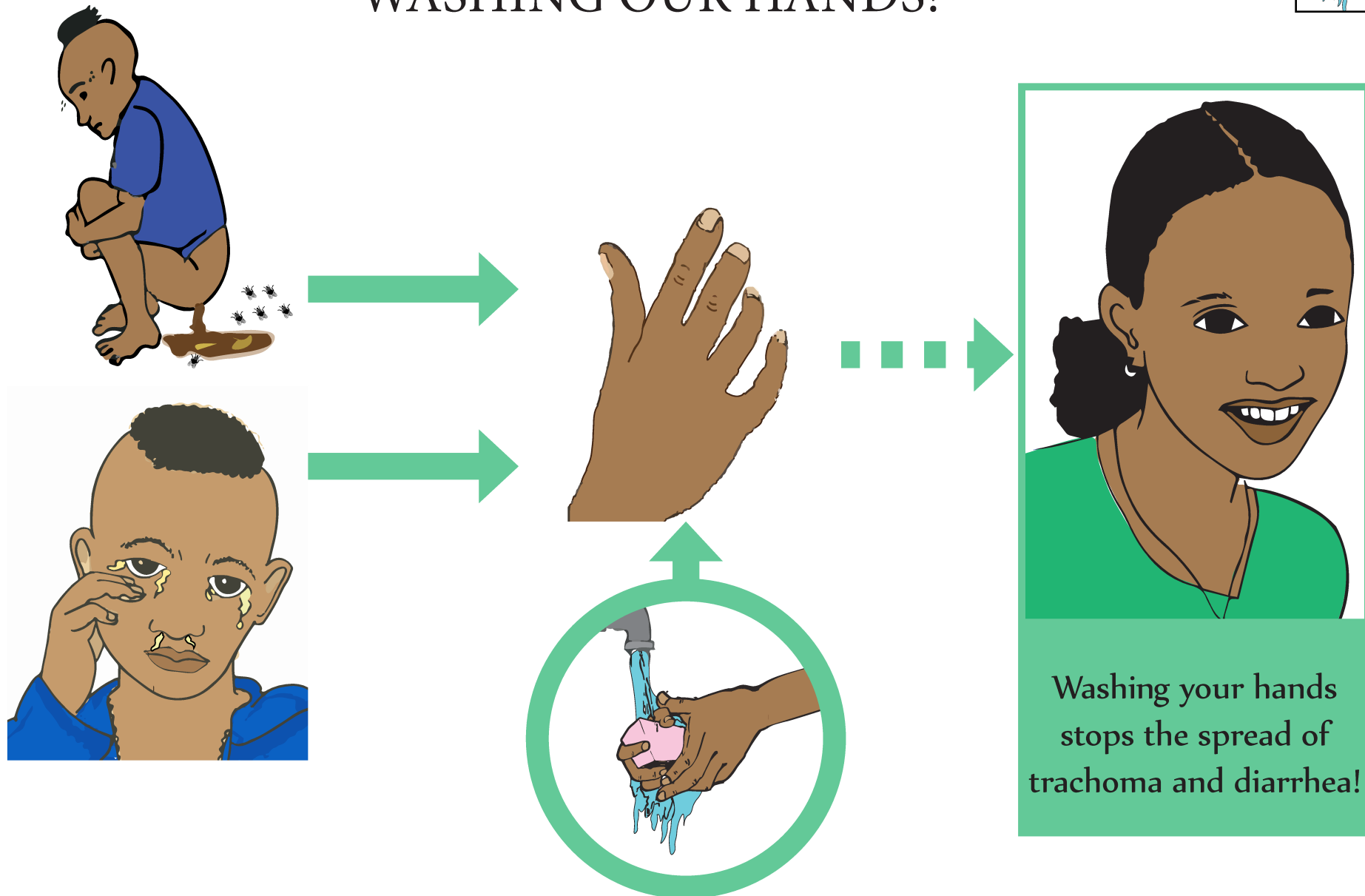
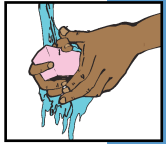
To prevent disease, everyone should wash hands at key times including after pooping, before preparing food, before eating, after cleaning animal houses, and anytime hands are dirty

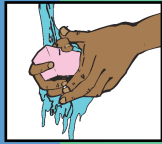
HOW DISEASE SPREADS



Dirty hands spread diseases like trachoma and diarrhea

WE CAN PREVENT DISEASE AND STAY HEALTHY BY WASHING OUR HANDS!

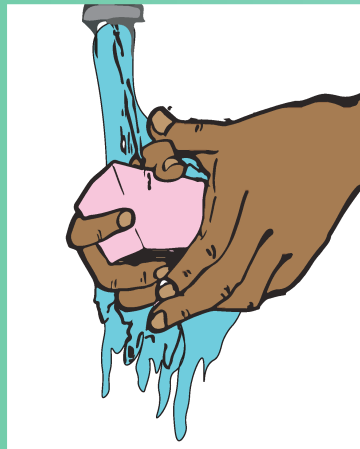




STEPS FOR HAND-WASHING



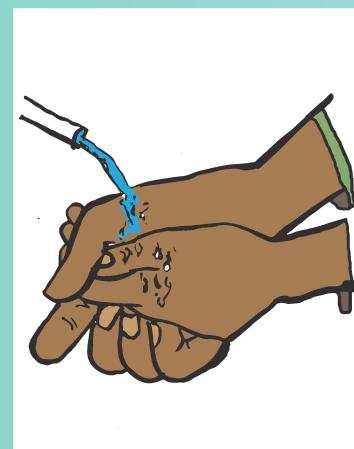
1. Wet hands with clean water then turn off faucet to save water



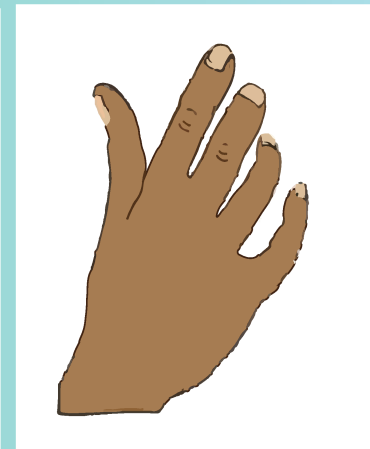
2. Rub hands with soap or ash. Make sure to clean nails, between fingers, and back of hands



3. Scrub hands for 20 seconds



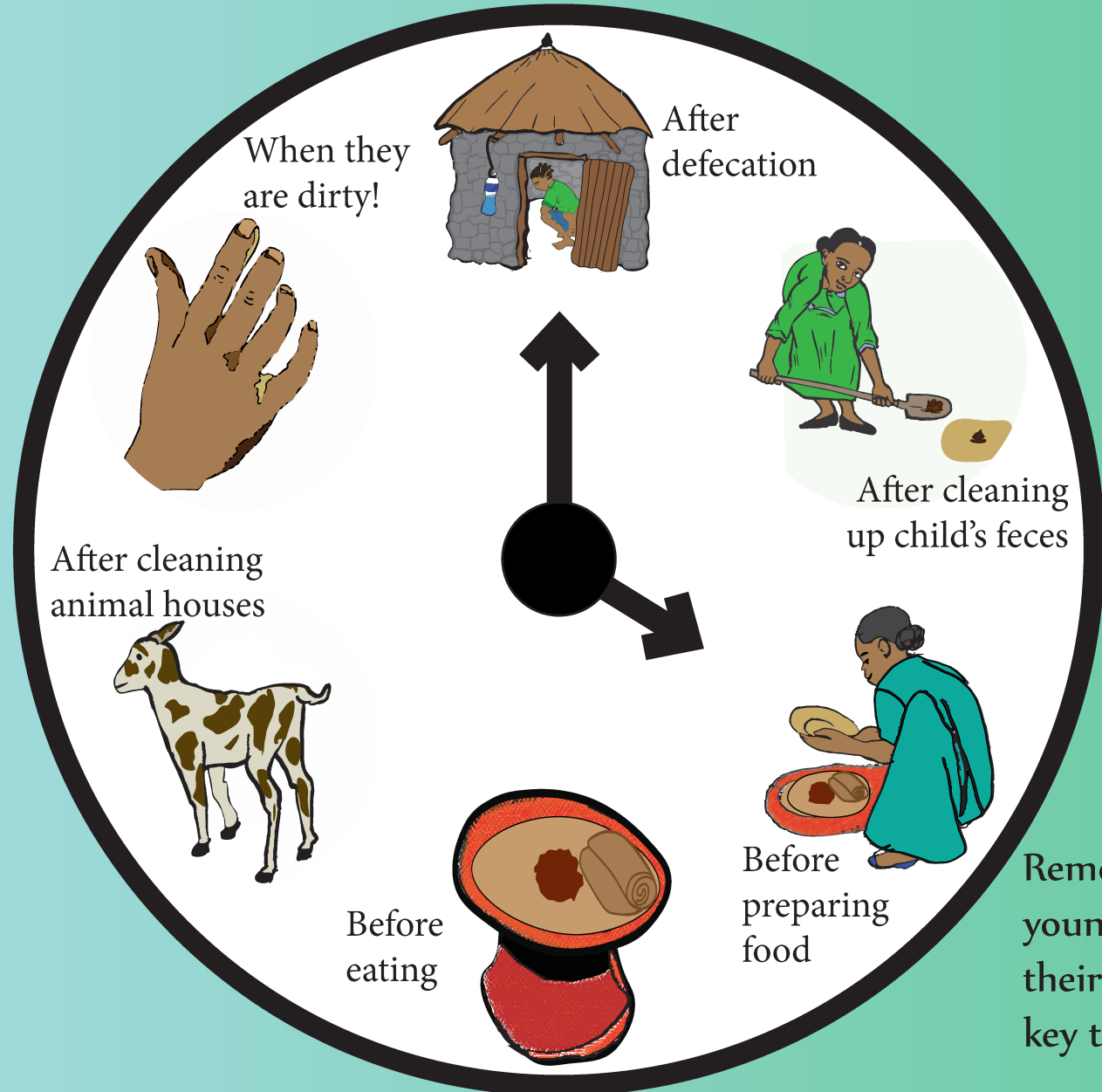
4. Rinse hands with clean water



5. Dry hands in the air

Help young children wash their hands. Older siblings can help, too!

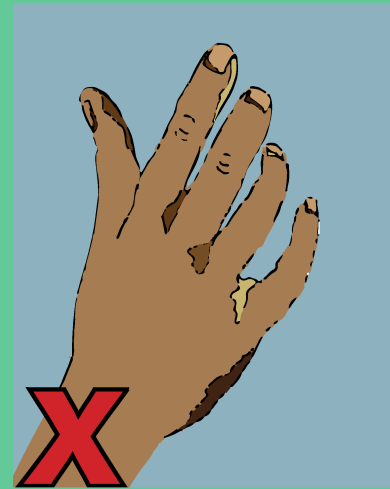
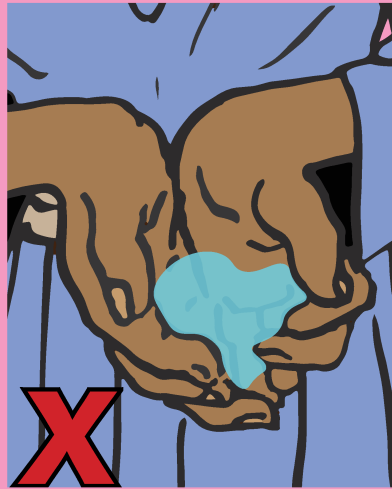
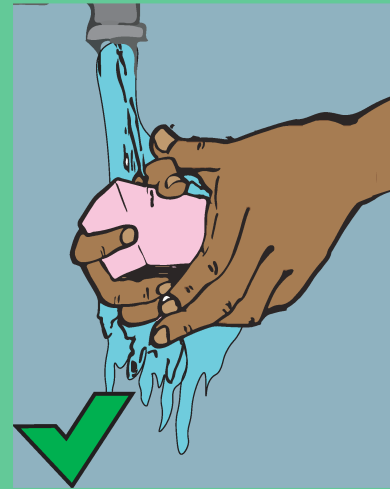
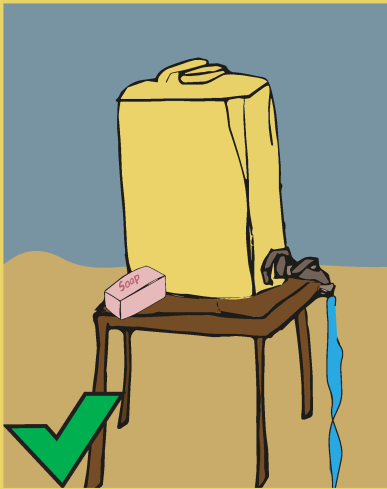
KEY TIMES TO WASH HANDS



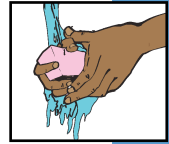
Remember to help young children wash their hands at these key times



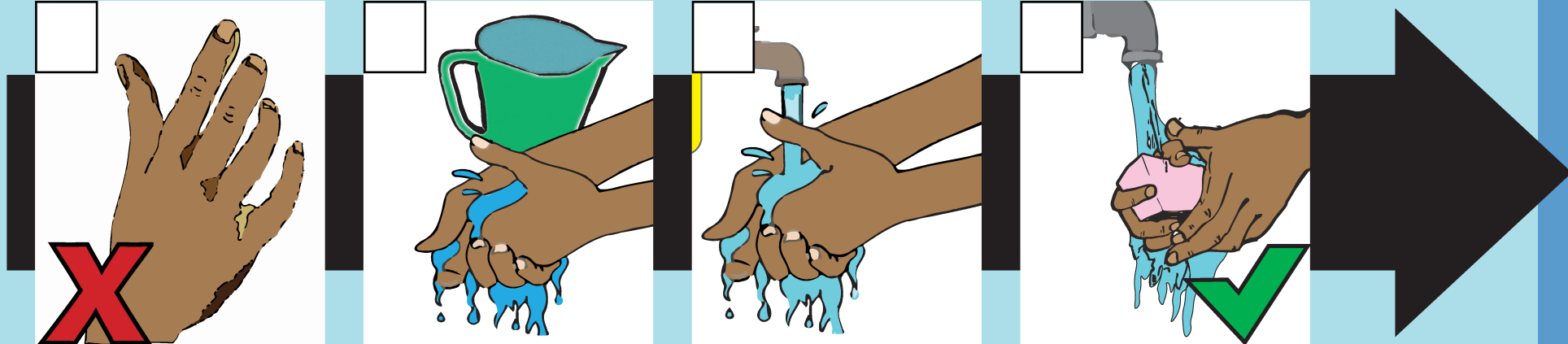
DO'S AND DO NOTS



SELF ASSESSMENT



Washing hands



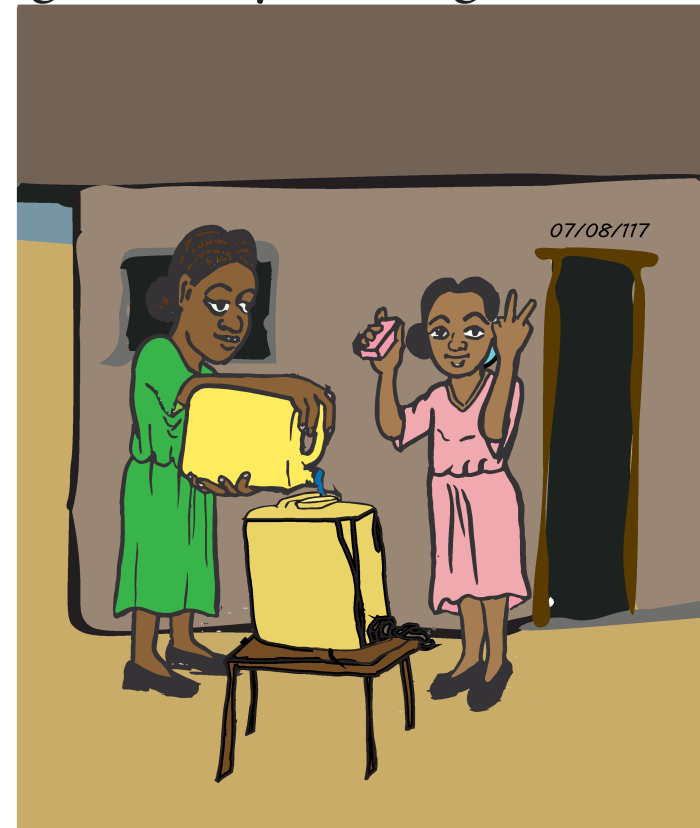
KEY TIMES TO WASH HANDS





SHORT ACTIONS

1. Are there two wash stations? If not, build them.
2. Identify one key time the household can improve on washing during and set a goal for next month
3. Demonstrate using the wash station and saving water by turning off the faucet while scrubbing
4. Make a soapy highland wash station if wash station breaks
5. Maintain the wash station:
 - Place in location that is shaded, safe from animals, and accessible to children
 - Bring soap to wash station
 - Refill water
 - Clean wash station
 - Repair holes/cracks
 - Replace missing cap
 - If seal is leaky, seal leak with plastic or other sealant



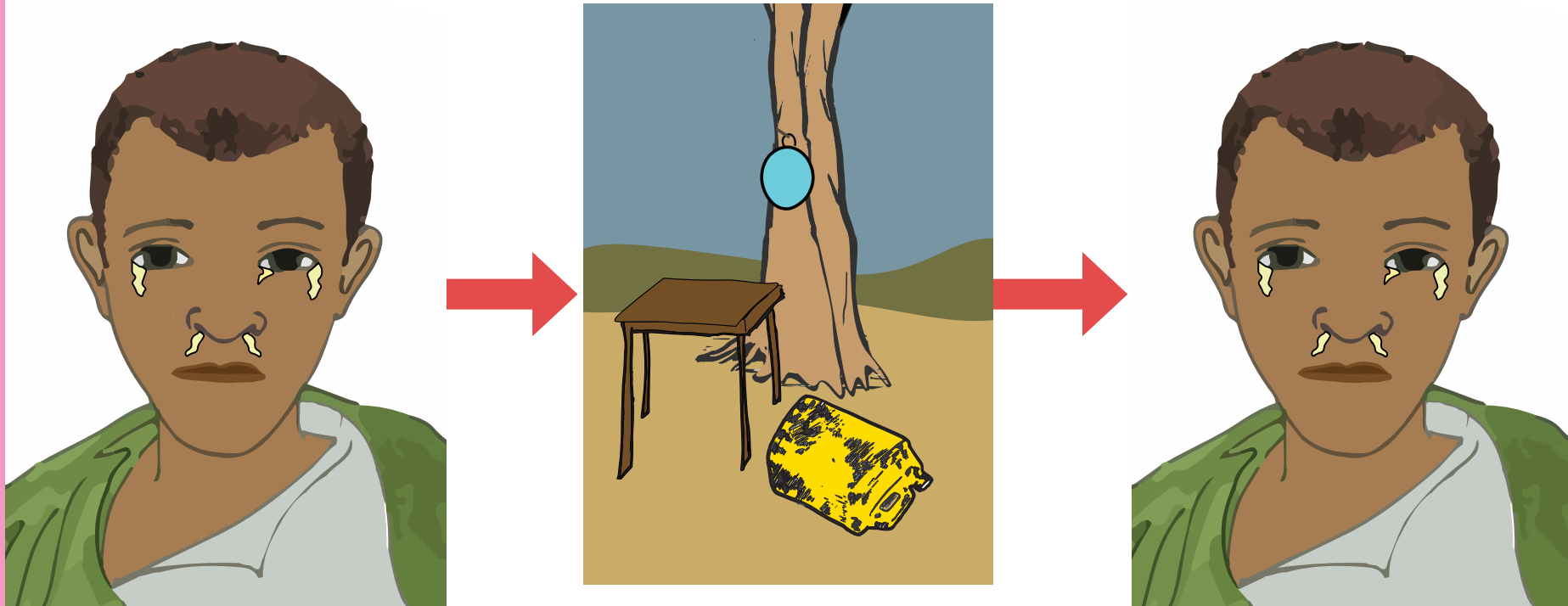
COLLECT WATER EVERY DAY FOR FACE-WASHING AND HAND-WASHING



Collect enough water so every family member can wash their face and hands every day and stay healthy

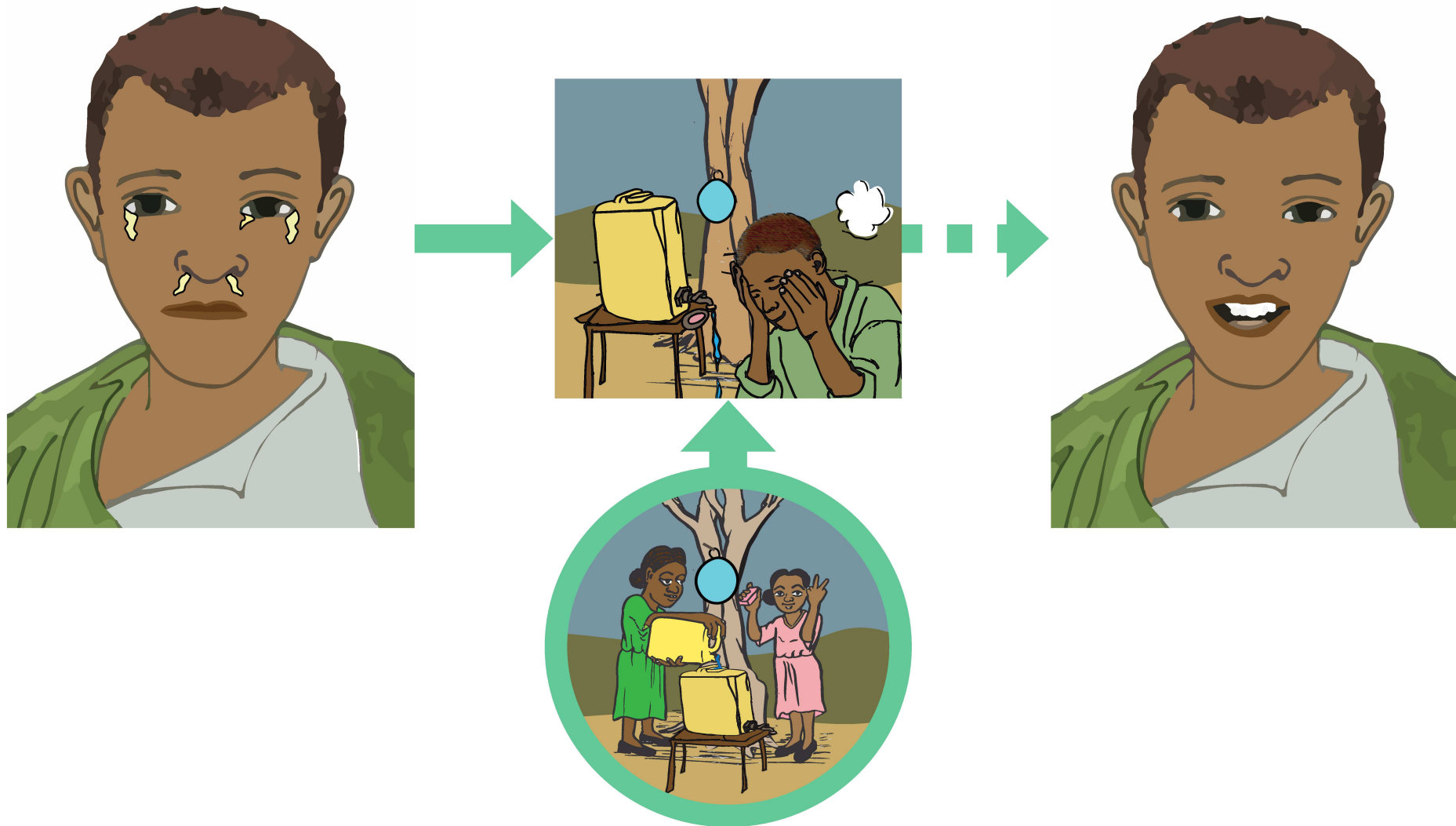


HOW DISEASE SPREADS



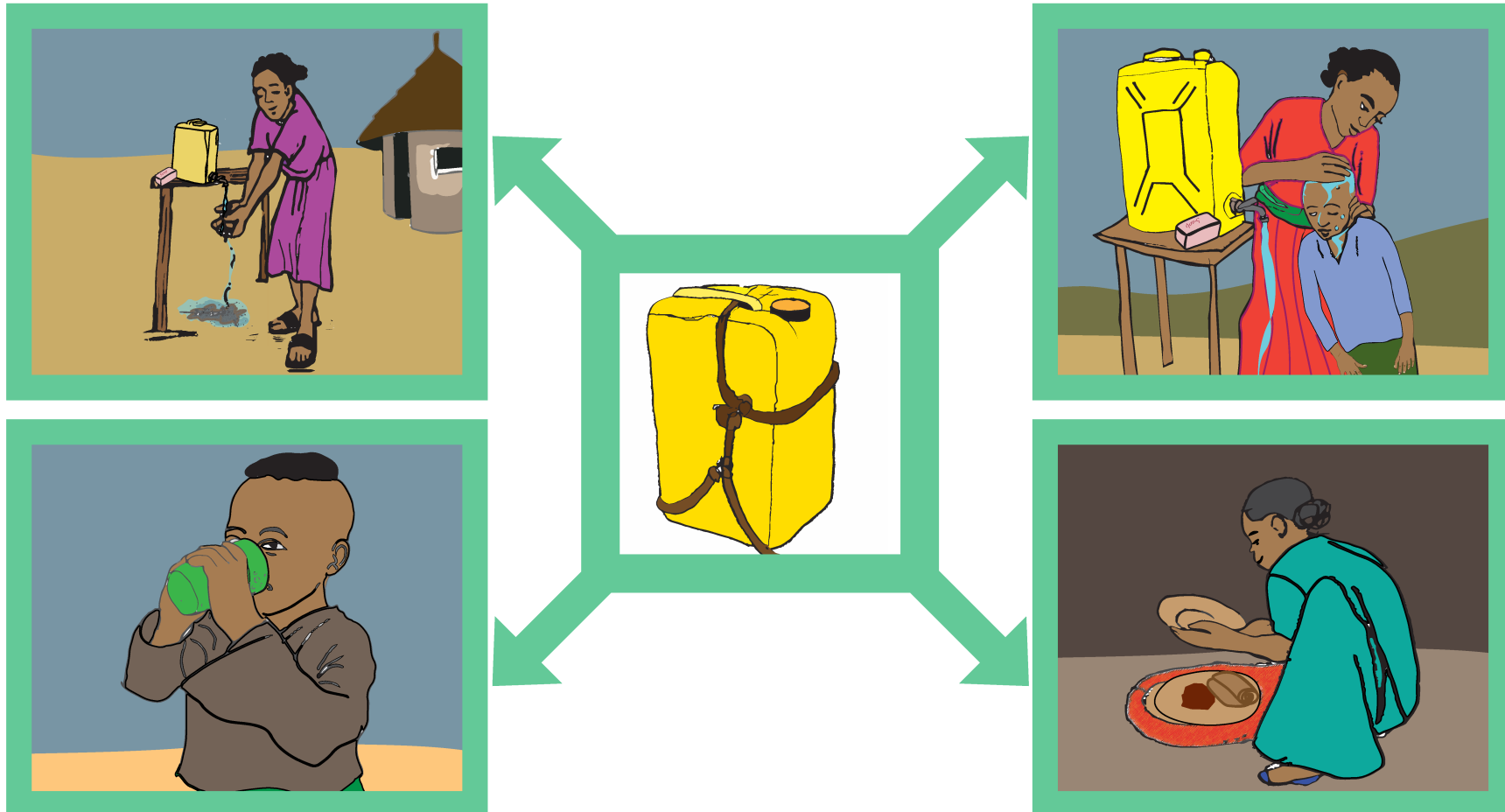
If you do not refill wash stations, your family cannot wash their face and hands regularly. Dirty faces and hands lead to trachoma.

WE CAN PREVENT DISEASE AND STAY HEALTHY BY COLLECTING ENOUGH WATER TO WASH FACES AND HANDS!



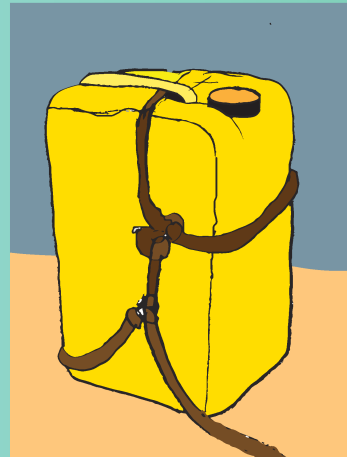


COLLECT ENOUGH FOR WASHING HANDS AND FACES EACH TIME YOUR FAMILY COLLECTS WATER



Prioritize water for face-washing and hand-washing

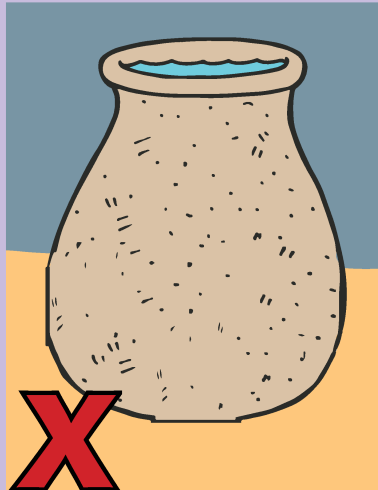
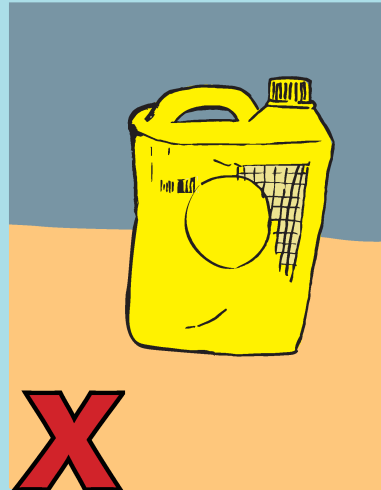
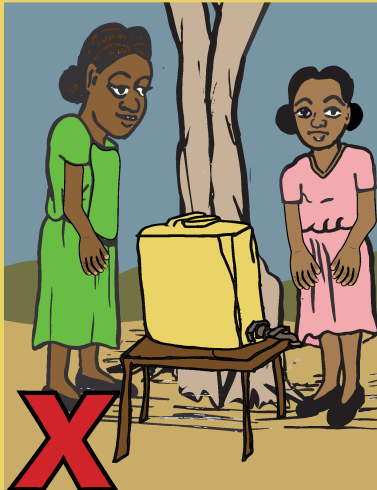
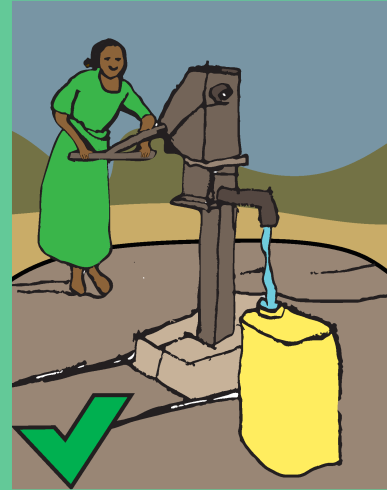
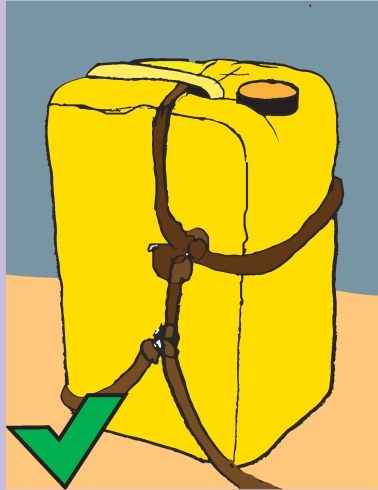
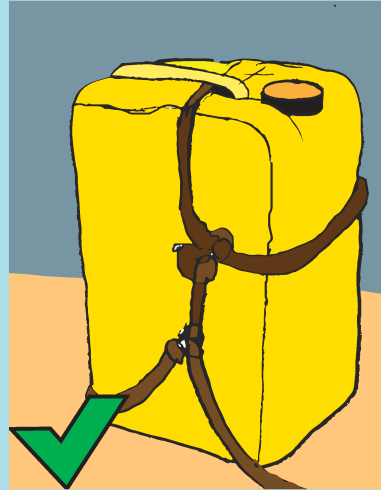
STEPS FOR COLLECTING WATER



1. Each day, check to see if your face-washing or hand-washing station containers need more water
2. When you collect water, collect enough for face-washing and hand-washing
3. Use a clean, closed, safe container to collect water
4. Collect water from a safe water source that is sealed and free of feces
5. Refill wash station containers



DO'S AND DO NOTS



SHORT ACTIONS



1. Identify whose job it is to check the water in the face washing station (an older child)?
2. Find an extra water container to take to water source
3. Clean or repair a jerry can or other water container
4. Refill face-washing or hand-washing container
5. Find a good highland for children to use for school
6. Decide if your water source is protected and free from feces
7. Think about the safe water sources you can access



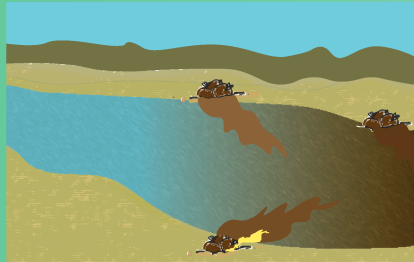


GOOD CITIZENS CONSTRUCT A LATRINE!



Every household must avoid open defecation and construct a latrine with a covered drop pit and privacy

A clean, well maintained latrine will:



KEEP FOODS, WATER SOURCES AND SOIL CLEAN.

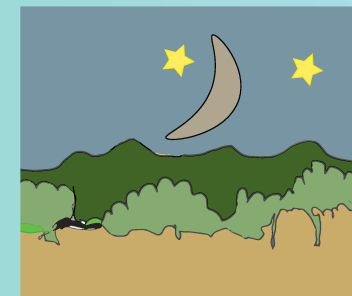
Contamination with feces causes diarrhea, trachoma, and other diseases.

KEEP FLIES AWAY FROM YOUR LIVING ENVIRONMENT. Flies transmit diseases from person to person.



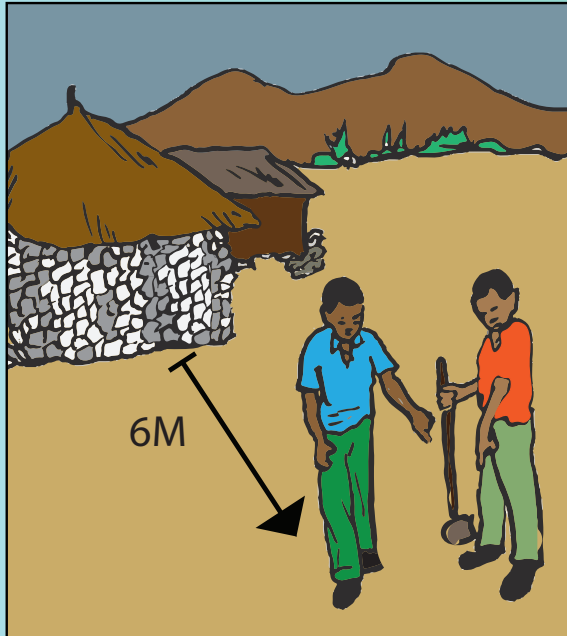
KEEP DIGNITY OF HOUSEHOLDS. No one likes poop near their house. People do not like to be seen while defecating. This happens in the open field.

KEEP FAMILIES HEALTHY. Leaving the house at night to poop in the field can be risky. Women and girls are especially exposed to risks. When a family member is sick, going far for defecation is difficult.





LATRINE CONSTRUCTION STEPS



1. Select appropriate site
Make sure the latrine is at least 6 meters from the main house. It should be 30 meters from water sources and away from flood areas.



2. Collect digging and building materials and equipment.

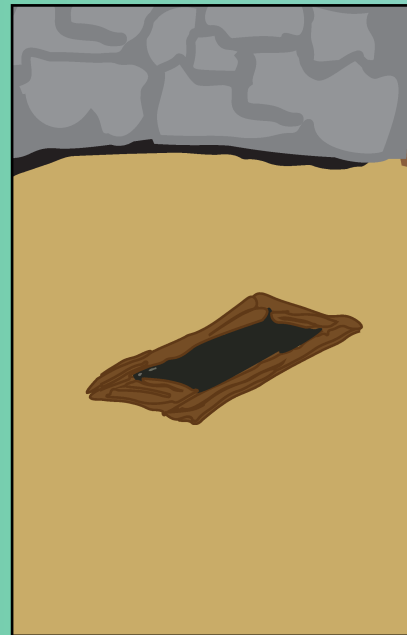


3. Dig the pit.

LATRINE CONSTRUCTION STEPS



4. Pit depth must be at least 2m, the diameter uniform, and the walls vertical. The pit should be lined by a circle of stones



5. Construct a latrine slab top and squat hole out of concrete or logs and mud. Make sure there are no holes.



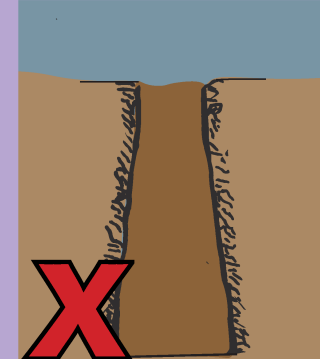
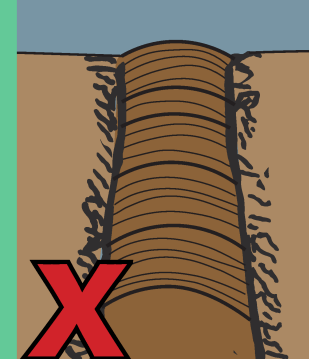
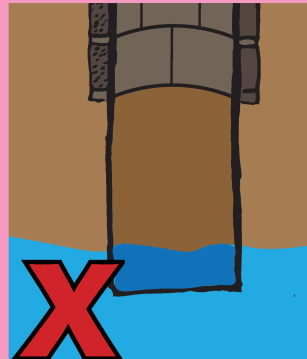
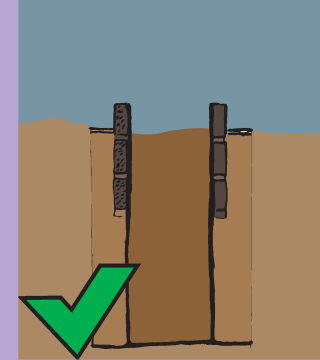
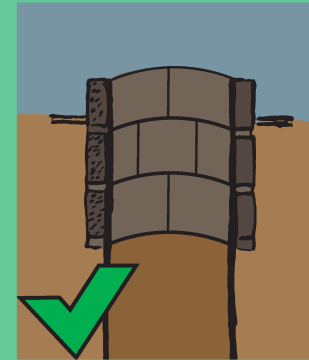
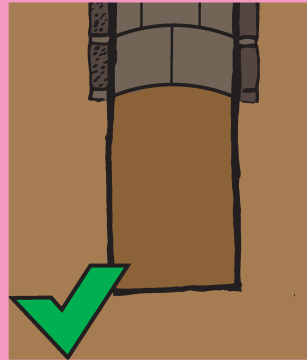
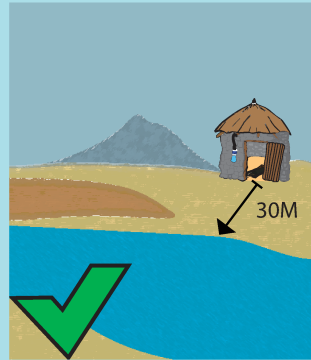
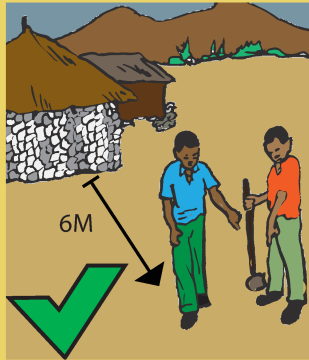
6. Build latrine drop-hole cover out of mud. It can be made like an injera cover.



7. Install walls, door, and roof. Construction should be private with no holes.



DO'S AND DO NOTS



Put the latrine at least 6 meters away from house

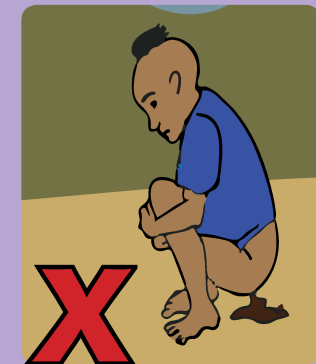
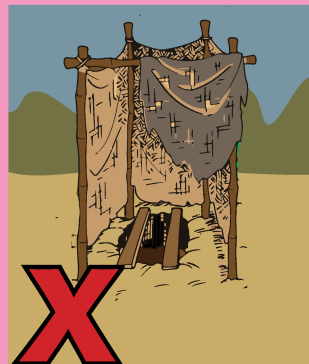
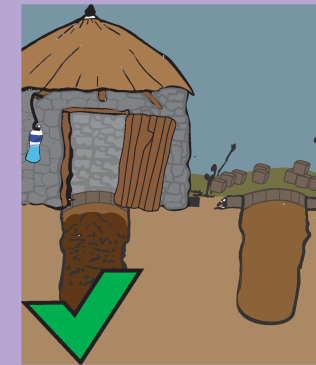
Place latrine away from flood areas. It should be 30 meters from water sources

The pit should not touch the water table

Reinforce the walls of the pit with stable soil or with stones to prevent collapse

Build walls straight, not leaning in, to prevent collapse

DO'S AND DO NOTS



Place a cover over
the latrine slab

Wall, door, and
roof should be
private

Maintain the
latrine top,
superstructure,
and roof for a safe
environment

Clean the latrine
every week

If 2/3 of pit is full,
move your latrine.
Do not go back to
open defecation!



SELF ASSESSMENT

Building a latrine

☐

1

☐

2

☐

3

☐

4

Not using a latrine

Pit top not solid or latrine not private

Pit top solid and walls private

Wash station



Private door



Soapy water



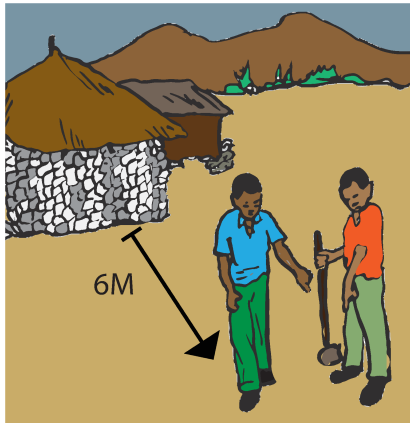
Ash



Drop hole cover

SHORT ACTIONS

1. Identify barriers to constructing a latrine. Think about solutions to problems so latrine can be built.
2. Select a site for the latrine. It should be 6m from house, and 30m from water sources
3. Start digging pit
4. Make drop hole cover
5. Gather superstructure materials
6. Build private walls, roof, and door
7. If pit is full, dig a new pit and move latrine!
8. Put anal cleansing materials in latrine (paper, leaves, water)





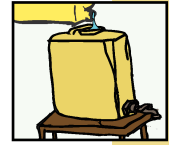
HAPPY FAMILIES CONSTRUCT WASH STATIONS



Face-washing stations save water and prevent contamination! Wash stations are economical because they use less water. Wash stations are also easier for children to use. Washing stations help households wash faces and hands.



HOUSEHOLDS SHOULD HAVE TWO WASH STATIONS



One for daily face-washing and hand-washing near to the house

One next to the latrine for hand-washing after latrine use



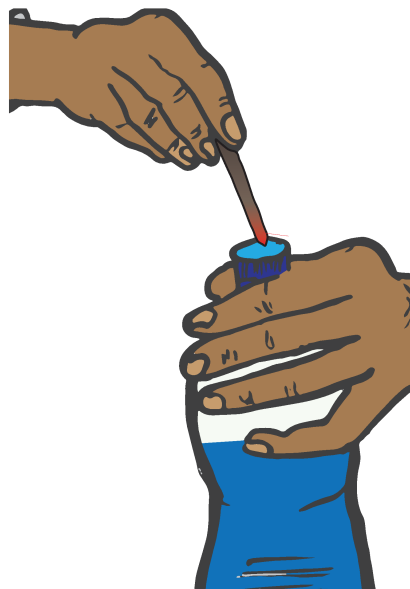


STEPS FOR CONSTRUCTING A JERRY CAN WASH STATION



1. Find a secure location nearby to the house to place wash station on or build a table for wash station
2. Make sure small children can reach the wash station
3. Secure wash station to table or wall to ensure it will not fall over or be destroyed by animals
4. Place soap and mirror near to wash station
5. Fill the wash station with water so it is never empty
6. Place in location that is shaded, safe from animals, and accessible to children
7. Never take wash station to water point! It will break faucet to carry it with water.

STEPS FOR CONSTRUCTING A SOAPY WATER BOTTLE



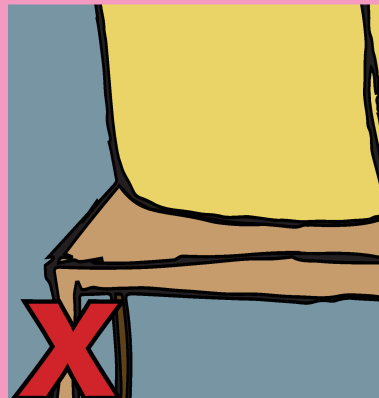
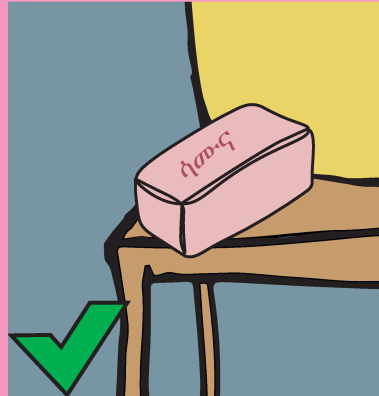
1. Find two clean highlands with tops
2. Heat up a nail over a fire
3. Make a small hole in each of the highland's tops with the nail
4. Add a little bit of soap or detergent to one highland
5. Fill the highlands with water
6. Tie rope around the necks of the highlands and tie the ropes to latrine wall within reach of children
7. To use: Tip the soapy water highland over to get a little bit of soapy water to wash with. Rinse with water highland



DO'S AND DO NOTS



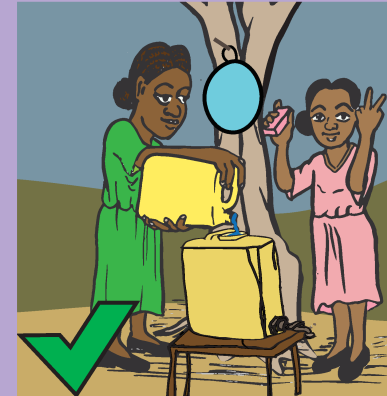
Place within reach
of children



Include soap or
ash



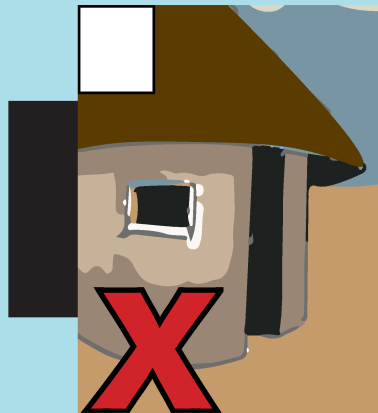
Protect from
animals



Maintain in good
repair; always fill
with water

SELF ASSESSMENT

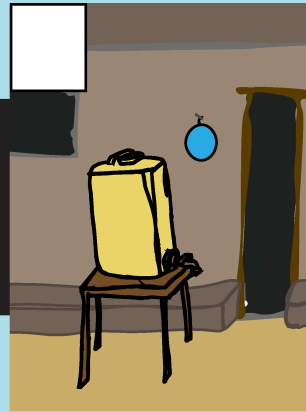
Jerry can wash station



No wash station



Present



+ Securely placed in accessible location



+ Water



+ Soap or ash

Soapy highland wash station



No wash station



Present



+ Securely placed in accessible location



+ Water






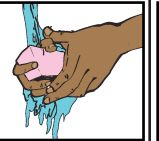


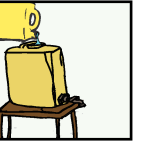
+ Soap or ash



SHORT ACTIONS

1. Find soap or ash for wash station
2. Fill wash station with water
3. Get two highlands for soapy water wash station
4. Get detergent or small soap pieces for soapy water
5. Hang up wash station outside door of latrine
6. Clean wash stations with soap or sand when you refill them
7. Repair broken wash station
8. Replace top of wash station if missing
9. Protect your wash station from damage. Secure wash station to a wall and place it securely. Do not move it to collect water.
10. Put sand/stones under wash station water flow to prevent mud
11. Place wash station in a shady location to prevent breakage.



Worker name	Date	Face-washing 	Washing clothes 	Latrine use 	Hand-washing 	Collecting water 	Latrine construction 	Wash station construction 	Worker Signature	Household signature