

## How to wash hands properly:



1) Wet your hand with running water (from the tap or tippy tap)



2) Apply soap to your hands



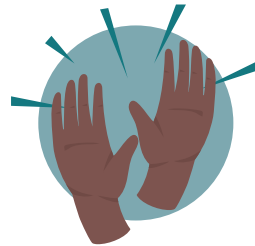
3) Rub your hand palm to palm, the back of each hand with the palm of the other hand



4) Rub between your fingers and tips on each hand, at the back of your fingers against your palms and thumbs



5) Rinse your hands with water



6) Air-dry your hands by shaking them

### For more information, contact any of these organisations:

1. Constituency councillor's office
2. Town council office
3. Clinics and Community outreach workers
4. Community health extension workers
5. Ministry of Health and Social Services
6. Ministry of Agriculture, Water and Land Reform

# WASH

## Water, Sanitation, and Hygiene



Together we can prevent the spread of infections and maintain good sanitation standards in our community!



KFW

DW  
DEVELOPMENT  
WORKSHOP

## Please adhere to the following messages:

### 1. Keeping our community clean:

Open defecation is harmful. It spreads viruses and diseases that make us sick, and it undermines our dignity.

Organise and participate in regular clean-up campaigns in your community.

### 2. Safe toilets for all:

It's important that everyone, including kids, uses safe toilets. Refer to your local authority office for approved options and guidelines.

### 3. Everyone's responsibility:

Men and women, young and old, we all need to work together to keep our homes and neighbourhoods clean.

### 4. Clean hands, healthy lives:

Wash your hands often with soap and water, especially before eating and after using the toilet. It helps stop the spread of diseases.

### 5. Invest in building a toilet where it is approved:

We encourage people to build a toilet because the investment is worth it in the **prevention of open defecation & sanitation diseases.**



### 6. Handwashing anywhere:

If there's no running water, use a tippy tap for handwashing. It's a simple and effective way to stay clean.

### 7. Managing waste water:

We should make sure waste water from bathing areas is managed properly by digging and filling stones in soakaway pits. (Refer to the tippy tap pamphlet)

### 8. Smart water storage:

Avoid storing water in open buckets for a long time. It can become contaminated and unsafe to drink.

### 9. Protecting against illness:

Handwashing prevents sicknesses like hepatitis, cholera, and diarrhoea, which target everyone in the community (especially children and pregnant women).

### 10. Purifying rainwater:

If you collect rainwater, use purification tablets or boil it before drinking to make sure it's safe.

## When you should wash hands:



**After** using the toilet



**After** changing nappies



**Before and after** preparing food



**Before** taking a meal or feeding children