



# WASH

a program about  
sanitation  
for kids



A teacher's working guide on  
Water, Sanitation and Hygiene

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## Introduction

This booklet was developed to help teachers who work in developing countries to educate children about water, sanitation and hygiene, or WASH. This guide is designed to be kid friendly while emphasizing the importance of good sanitation practices for the prevention of infections and disease.

## What is a WASH-Friendly School?

A school that is considered WASH-friendly is one that supports the use of clean water, improved sanitation and maintenance and has the following WASH elements in place:

- Source of clean water near to the school
- Separate toilets for male and female students and teachers
- Toilet paper
- Hand wash stations
- Treated drinking water
- Menstrual hygiene materials
- A hygiene education program



Illustration by Bob Linney

## What is WASH anyway?

WASH is a program that is everyone's responsibility. Following safe practices and using improved sanitation prevents the spread of disease and improves the health of the entire community. There are three key rules in WASH:

- Wash hands with soap after using the latrine, before touching food, and before eating.
- Use a latrine - no open defecation.
- Drink water that is collected, transported, treated, and stored in a safe manner.

## What's the big deal about washing your hands?

Your hands carry microorganisms or germs that you cannot see. A microorganism, germ or bacteria, is a very small life form that cannot be seen without a microscope. Microorganisms are found everywhere. For instance, there are about 1,500 bacteria on just one square centimeter of your skin. If you don't wash your hands, those germs are easily transported over to food just by touching it.



Microorganisms on an unwashed hand.

## Would you eat poop?

In developing countries, the most common way that children and adults get sick is by eating food contaminated with feces. This is called the fecal oral transmission.

The idea of eating feces is disgusting, yet this is exactly what happens when you eat food after using the toilet and don't wash your hands. When you defecate and clean yourself, your hands come into contact with disease-causing bacteria found in feces. Although these germs cannot be seen, they are on your hands, transfer to the touched food, and enter your mouth upon eating.

Hand washing with soap saves lives. It is one of the most important WASH messages and is the simplest, most effective way to prevent disease and respiratory infections. Some other diseases transmitted by fecal oral route include: typhoid, measles, eye infections, worm infestations, cholera, E. coli, campylobacter, giardia, and hepatitis A.

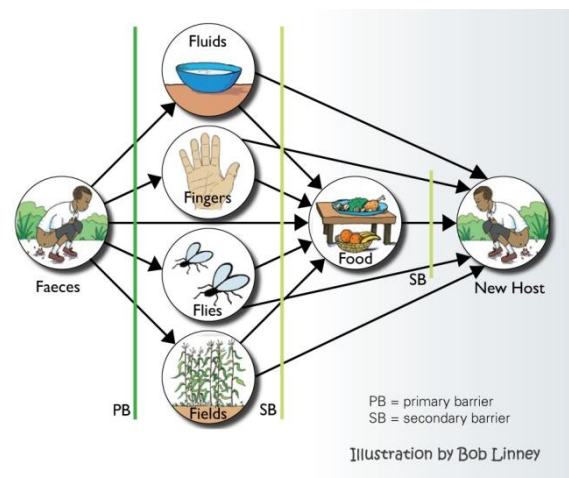


Diagram Showing Fecal-Oral Route

## When to wash your hands

To prevent the transmission of bacteria that cause disease, **you must wash your hands with soap and water** every time:

- Before touching food or eating
- After using the toilet
- After cleaning a young child or after helping a child go to the toilet
- After touching animal waste
- After touching garbage



## How to wash your hands

It's important to follow these steps when you wash your hands:

- Wet hands and upper arms with warm running water.
- Use soap and lather your hands thoroughly.
- Rub the hands together vigorously, including the fingernails, for 10 to 15 seconds. (sing Happy Birthday twice!)
- Rinse hands and arms.
- Dry hands with a paper towel.

## Environmental Hygiene

How often do we do something that we think only affects ourselves? Just consider the following story.

### A Story of 2 Villages

There once were two villages located in the remote exterior of the country. Village A was just north of Village B. Both villages used the same stream to collect water for drinking, cooking and washing. Village A was full of carefree and lazy citizens. They collected their water upstream where it ran clear. A bit further downstream, they watered their animals and practiced open defecation. The children in Village A were relatively healthy.



The stream flowed down to Village B and settled in a pond before traveling on. Over time, the children's health in Village B deteriorated. Diarrhea and typhoid ran rampant. One winter, the rains washed feces, debris and refuse down to the pond by Village B. The water stagnated and had a stench. Cholera broke out and wiped out the entire population of Village B. Unbeknownst to the citizens in Village A, they had killed off an entire community due to their negligence.



Illustration by Bob Linney

Human feces have been responsible for the transmission of such infectious diseases including cholera, typhoid, infectious hepatitis, and polio. In 2012, there were 502,000 deaths from diarrhea. In fact, in developing countries, diarrhea is the leading cause of death of children under the age of 5.



Illustration by Bob Linney

## Disease Prevention Starts Here

Follow these simple rules to prevent the spread of disease:

1. *Keep animals out of the house and away from food and water.*
  - a. Keep small children away from areas where there are animal feces.
  - b. Cover food or put away after eating.
  - c. Properly dispose of feces and garbage.
  - d. Plug holes in walls; trap and bait for rodents.
2. *Disinfect key surfaces.*
  - a. Keep latrines, toilets, and basins clean and sanitized
  - b. Clean and sanitize kitchen or food prep area.
3. *Dispose garbage into a covered waste receptacle or protected pit.*
4. *Manage waste water*
  - a. Keep poorly drained water from collecting as it provides breeding sites for disease vectors and contaminates water sources.



Illustration by Bob Linney

## Safe Excreta Disposal

It is extremely important that everyone use the latrine rather than defecate out in the open. A safe latrine must have a cover to prevent flies from breeding. A latrine should have walls and a door or curtain to provide privacy. Women and girls in particular need privacy to manage their menses.

## Latrine use and maintenance

*A latrine is more likely to be used if it is clean. Daily maintenance is everyone's responsibility. Tasks should include:*

- *Clean slabs and floor areas, brush walls and sweep floors*
- *Empty waste*
- *Replace cleaning materials*
- *Add ash to the pit (if it is a dry pit)*
- *Check and replace soap and water for hand washing*
- *Check that doors and locks are working properly*
- *Keep the area around the latrine free from surface water and rubbish.*



Illustration by Bob Linney

# Water

## How to safely collect and store water

Water from surface sources, such as rivers and streams, or that has been collected in dirty containers is contaminated and must be treated.

Once treated, water should be stored in clean and covered containers. Those containers that have a narrow neck opening are recommended for ease of dispensing.



Illustration by Bob Linney

## Drinking Water Treatment

Water for drinking can be treated by 4 simple methods: boiling, chlorination, filtration, and solar disinfection. Drinking water for school children is most easily treated with a commercial chlorine solution. These are inexpensive and effective.

**Important: All school administrators must know how to safely treat and store water for drinking to prevent water contamination.**

- a. *Source of water:* If a stream is the only source for water, collection should occur upstream from any section used by people or animals.
- b. *Containers for water collection:* Containers used for water collection need to be properly cleaned before use.
- c. *Safe transport of water:* Once water is collected, the containers need to be kept covered.
- d. *Storing water at home:* Water is best stored in a narrow-necked container with a cap or lid, or a clean jerry can.
- e. *Serving water:* Water should be accessed with a clean dipper or ladle and hung on a nail when not in use; or dispensed from a container such as described above in d.



Illustration by Bob Linney



# Personal Hygiene

Taking care of our bodies is an important element of hygiene and prevents a variety of illnesses. Children are encouraged to:

- a. Bathe once a day with soap.
- b. Keep hair neatly trimmed and clean.
- c. Finger and toenails should be regularly cleaned and trimmed.
- d. Clothes should be washed regularly.
- e. Brush teeth at least once a day.

## Menstrual Hygiene Management

For a few days, every month, a girl who has reached menarche will have her menstrual period.

### Menstruation Facts

- Menstruation is a part of the reproductive cycle.
- Menstruation is the healthy process of a girl's body cleansing itself for a few days each month.
- Sanitary cloths or pads need to be changed and washed regularly.
- Hand washing with soap is necessary after handling sanitary cloths or pads.
- Pain from abdominal cramps during menstruation is common and normal.
- Separate latrines for girls should be made available and have either a door or curtain for privacy.



It is recommended that girls be shown how to keep a record of their menstrual cycle. By knowing when to expect the next period gives girls more self-confidence and will be better prepared before coming to school.

# WASH After School

When a school's environment is not properly maintained, it becomes a hazard to everyone's health and safety. A WASH-friendly school takes care of the school buildings and facilities.

Important rules to remember:

1. Drink only safe water that has been collected, treated, and stored properly.
2. Keep treated drinking water in a special area, raised off the ground and away from animals.
3. Do not practice open defecation - always use a latrine.
4. Wash hands with soap after using the toilet and before touching food.
5. Clean latrines and surrounding area regularly, sharing the responsibility with boys and girls.
6. Keep school free of garbage and refuse.



Illustration by Bob Linney



Illustration by Bob Linney

# Making a Handango<sup>1</sup>

**1** Did you know that a sneeze can travel over 100 miles per hour? No wonder the flu can spread so fast!

**2** There are only a few kinds of flu, but over 200 kinds of colds! And they all make you feel pretty yucky.

**3** If you have the flu, rest in bed and drink plenty of water. You may also need to see a doctor for special medicines.

**4** To help keep the flu from bugging you, wash your hands the Scrub Club® way!

**5** In one cough or sneeze you can spread thousands of little particles called "viruses," so remember to cover your mouth and nose. You need to lay down.

**6** A flu can make your nose run, your chest hurt and your head spin. With all that going on at once, no wonder you need to lay down.

**7** The most common time of year to get the flu is during the cold winter months. So why do they call it Spring Fever?

**8** Almost 35 million people can get the flu every year! Imagine if they all sneezed at once - yikes!

**BACK**

**FLIP**

**Hack**

**Sneezes**

**Flu**

**Coughs**

**Sweats**

**Spring Fever?**

**Scrub Club® HANDANGO!**  
Have fun with your friends and learn how to stop Influenza Enzo and his Flu Crew.

Take each corner and fold it back to the middle of the square.

Turn over, then continue folding. Each corner should be folded back to the middle of the square.

Push all four corners toward the middle and slip fingers under the flaps.

LSC-118-0509

<sup>1</sup> <http://www.scrubclub.org/assets/pdf/handango.pdf>

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