

# Suzie's Sanitation Survival Guide

## Part 2: Water & Sanitation



By Mikenzie Cade

This is Suzie. She is here to teach us how to be sanitary.

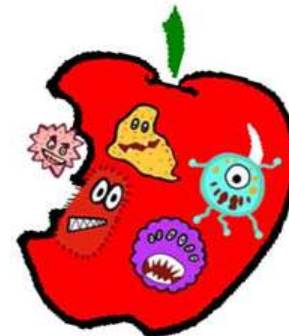


Hello Everyone! I hope you all are ready to learn a lot.

Today we will talk about how to be clean and safe from bad microbes.

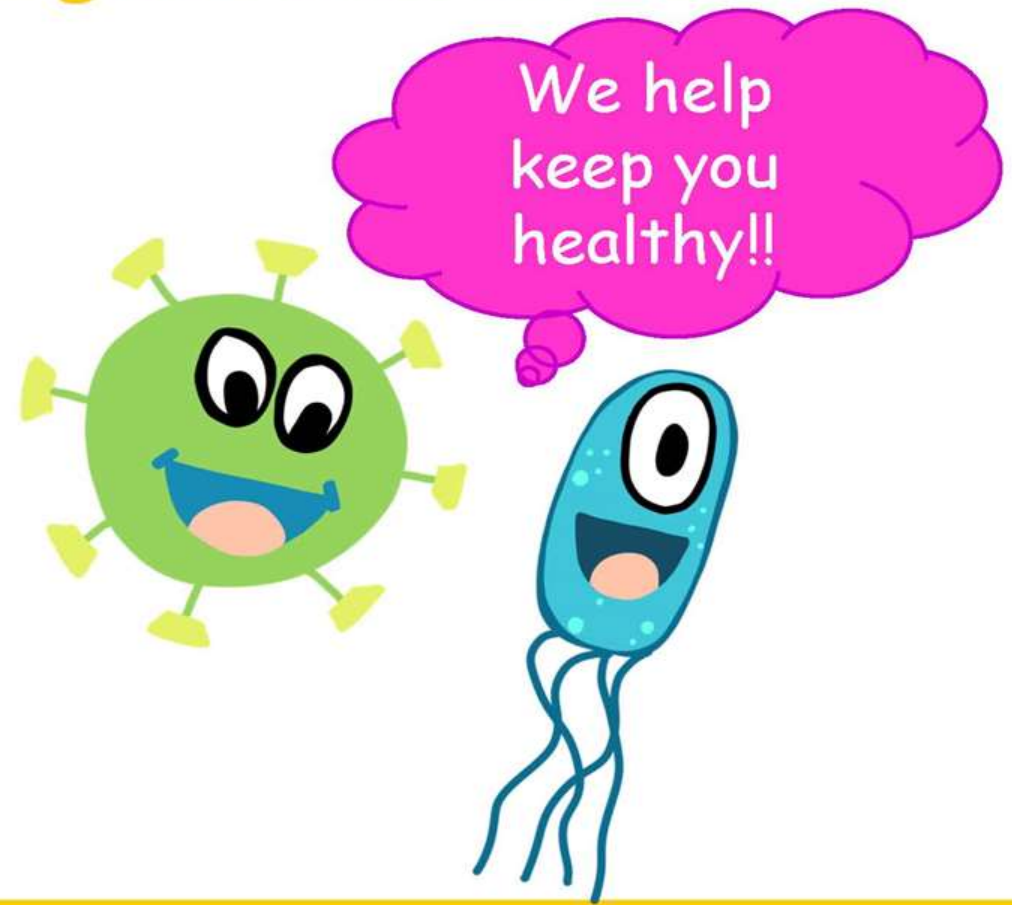


# Microbes can cause us to get very sick if we are not super careful!!



**Janie ate this apple, but forgot to clean her hands and microbes got on her fruit.**

As you all know, microbes are everywhere, some are good and some are bad...





Also, when we are sick, we cannot go to school.



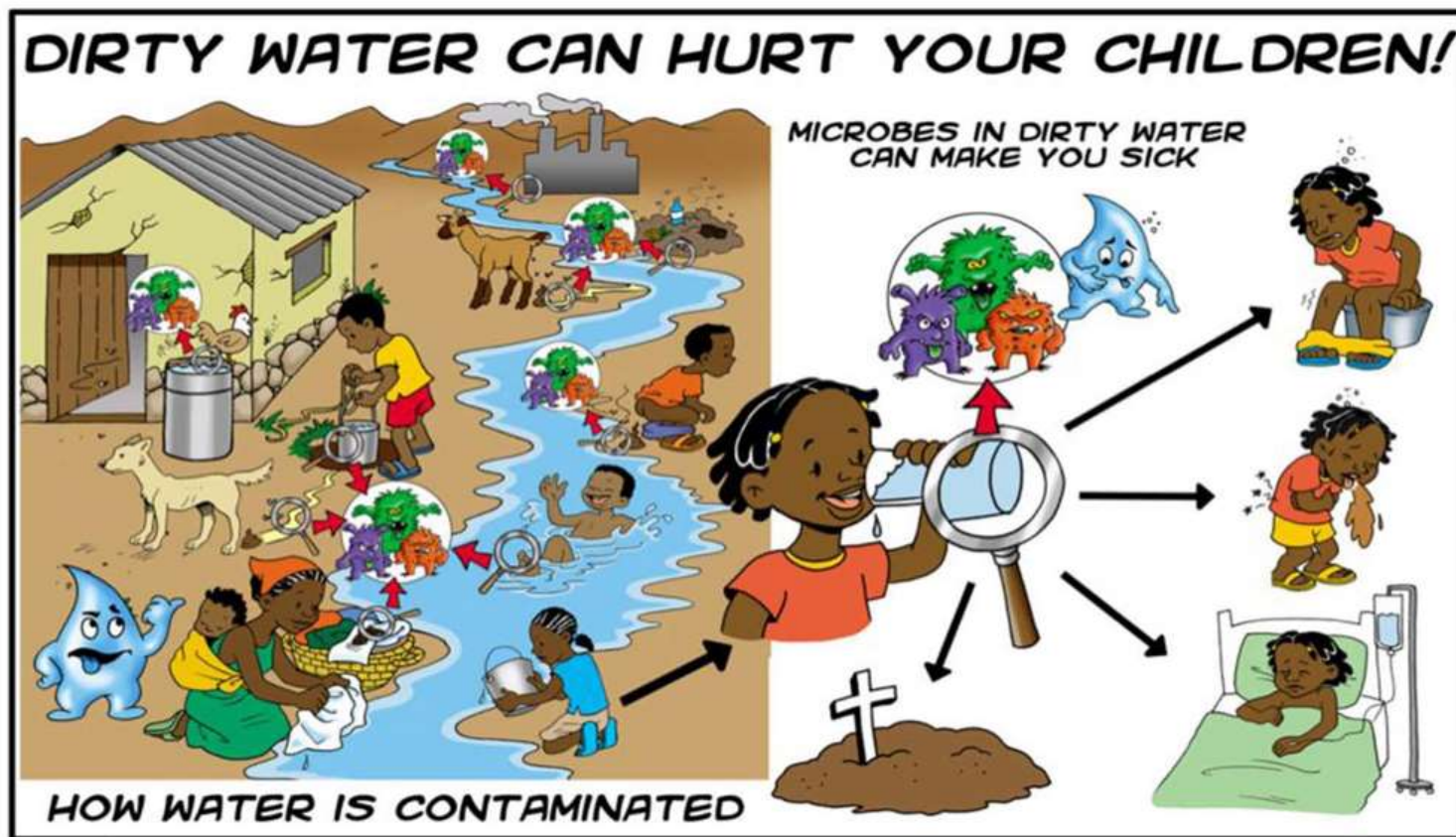
VS.



When we cannot go to school, we do not learn about things like microbes.



Children under the age of 5 usually get the sickest.





But what can we do to help protect ourselves from the bad ones?



## Rule Number 1:

We must **ALWAYS** wash our hands with soap and water any time we use the bathroom and before touching food and water.

### Wash Your Hands After...

1



Playing with  
pets

2



Using the  
bathroom

3



Sneezing, blowing  
your nose &  
coughing

4



Touching a cut or  
open sore

5



Playing outside

6

AND Before...



Eating

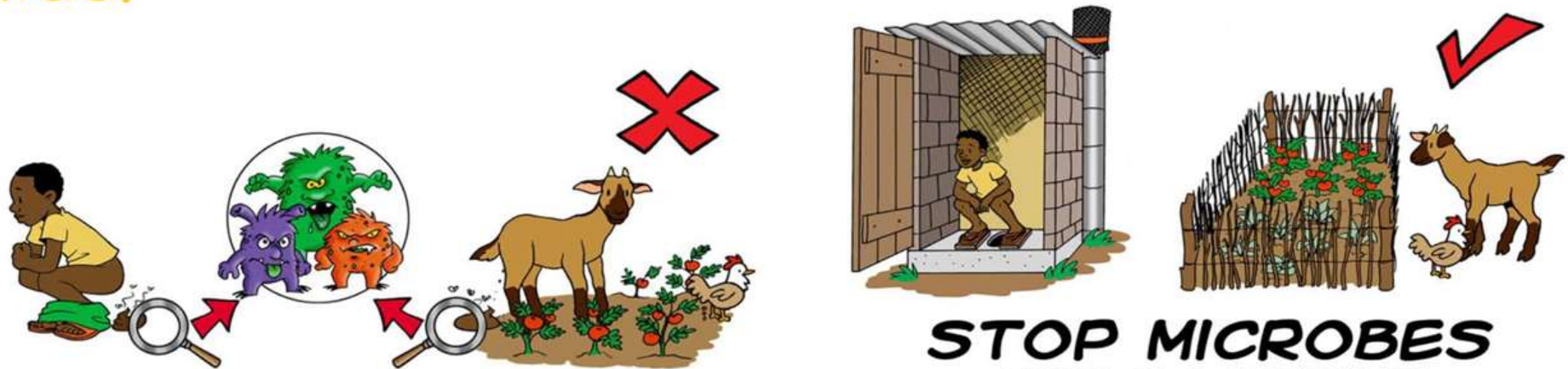
Sing the ABC's or Happy Birthday  
while washing your hands!!

A B C D E F G H I J K L  
M N O P Q R S T U V W X



## Rule Number 2:

We need to keep our toilets or latrines clean. This is where lots of germs like to hide.



**STOP MICROBES**  
**USE A LATRINE**  
**AND FENCES**

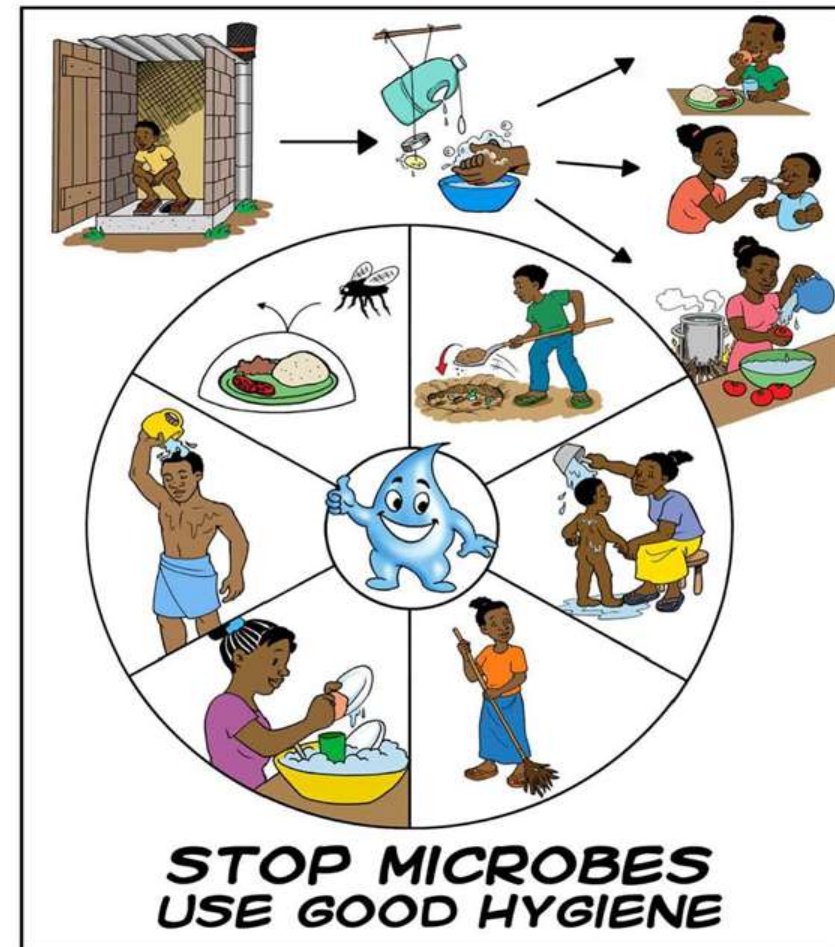


We can clean them with soap or other cleaning supplies.



## Rule Number 3:

We must also bathe ourselves to wash away any germs.



Keeping ourselves clean can help us avoid unwanted illness and will make us feel better!



## Rule Number 4:

Just like ourselves, we also need to clean our water jugs and utensils often.

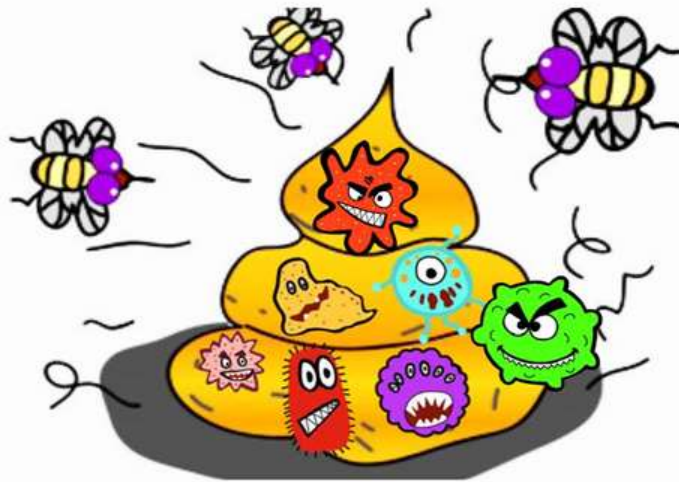


We need to clean everything to get rid of microbes.

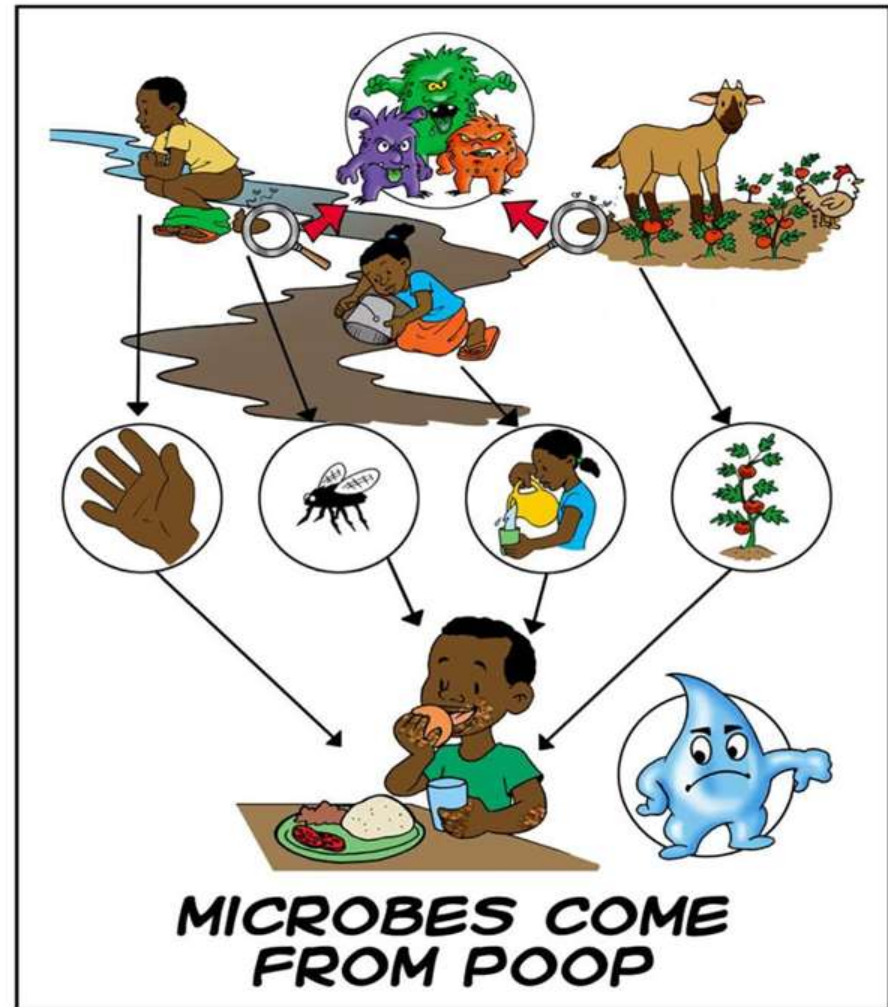


## Rule Number 5:

We need to bathe our pets and make sure they do not use the bathroom near our food or water.



Using the bathroom near drinking water can cause bad microbes to get into it, which will make us very sick!

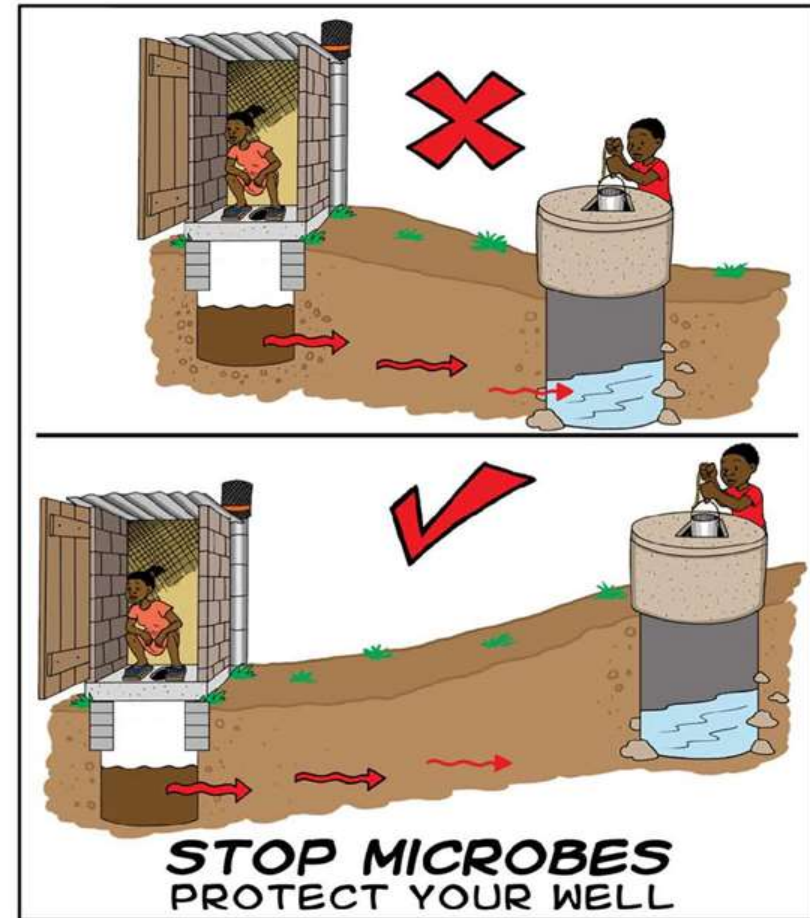


## Rule Number 6:

Reusing dirty water is bad. It can have lots of germs that will make us sick.

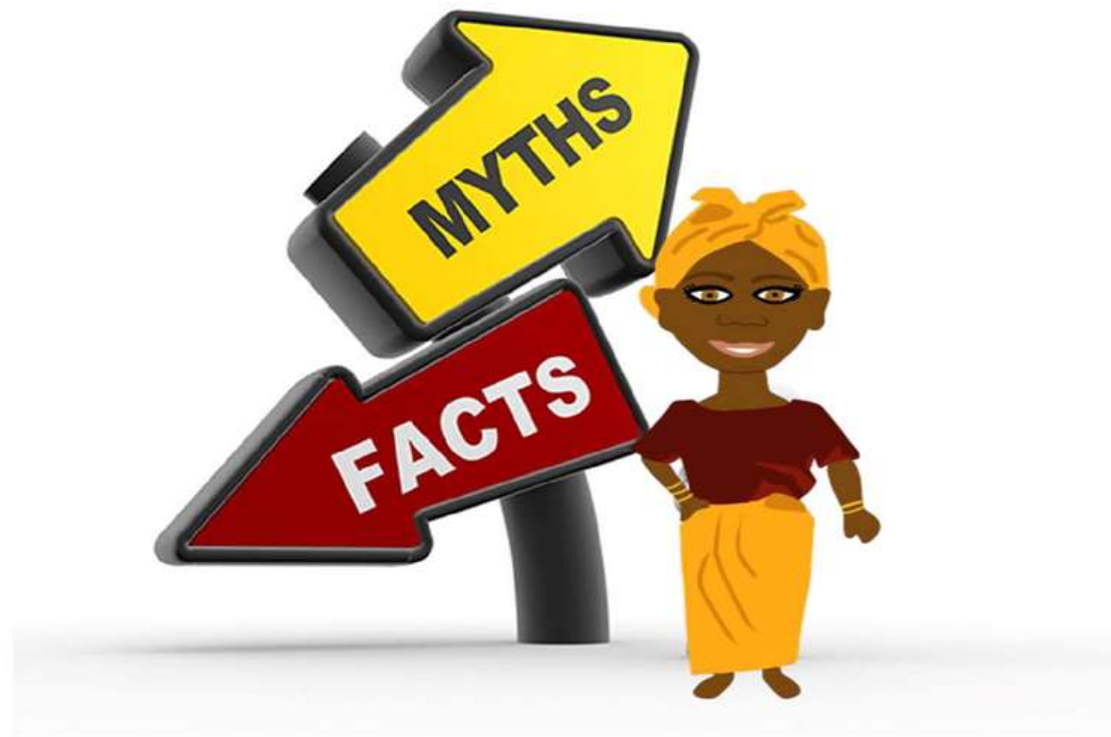


Rule Number 7: We must protect our drinking water!



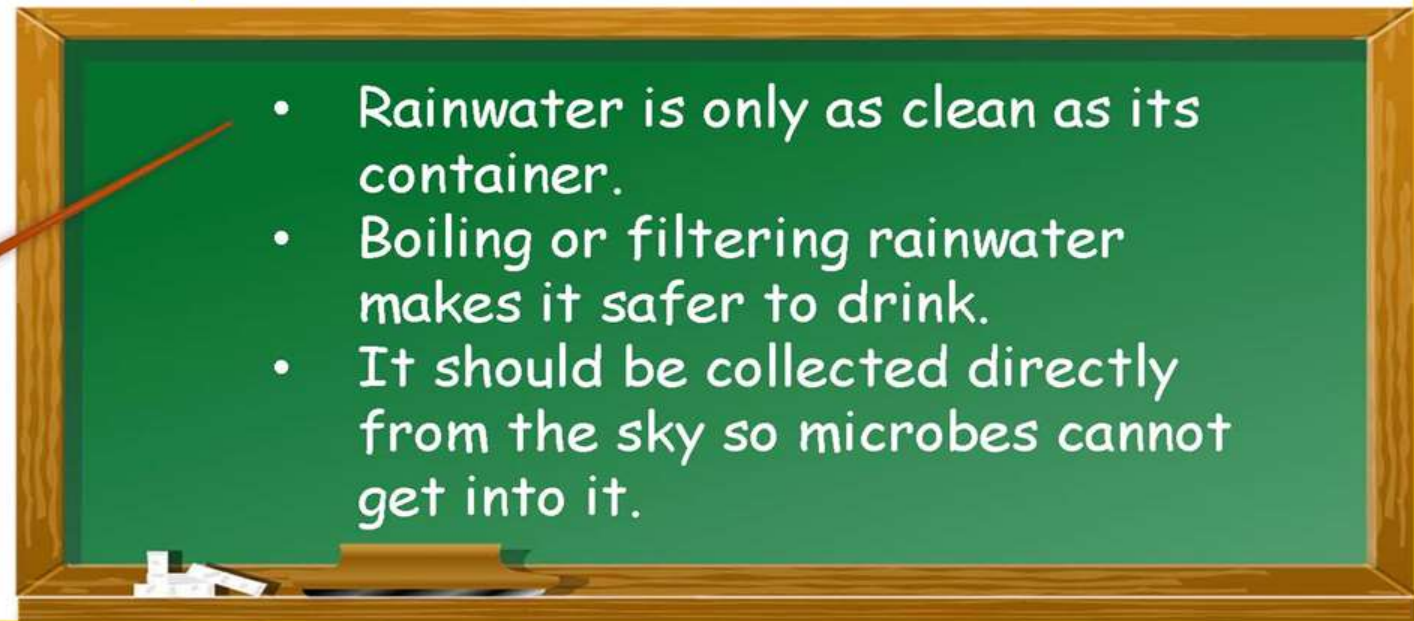


Now lets talk about some common myths about unsafe drinking water.



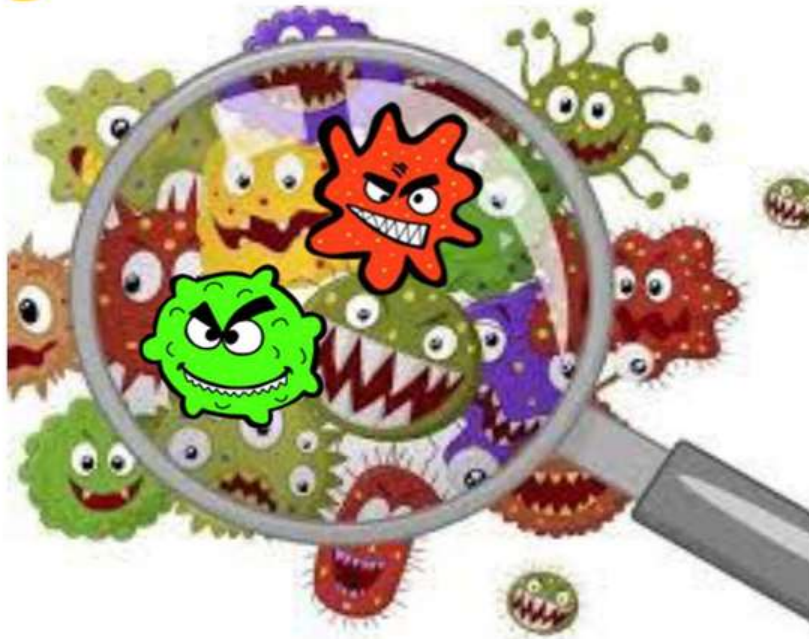
# Myth Number 1:

Rainwater is safe to drink because it has not been contaminated yet.



- Rainwater is only as clean as its container.
- Boiling or filtering rainwater makes it safer to drink.
- It should be collected directly from the sky so microbes cannot get into it.

The Truth: Rainwater is NOT as clean as we think it is and can have many bad things like Mike and Jeremy in it.





## Myth Number 2:

Clean water is more important than good hygiene practices.



Without good hygiene, dirty microbes can move to our clean water.

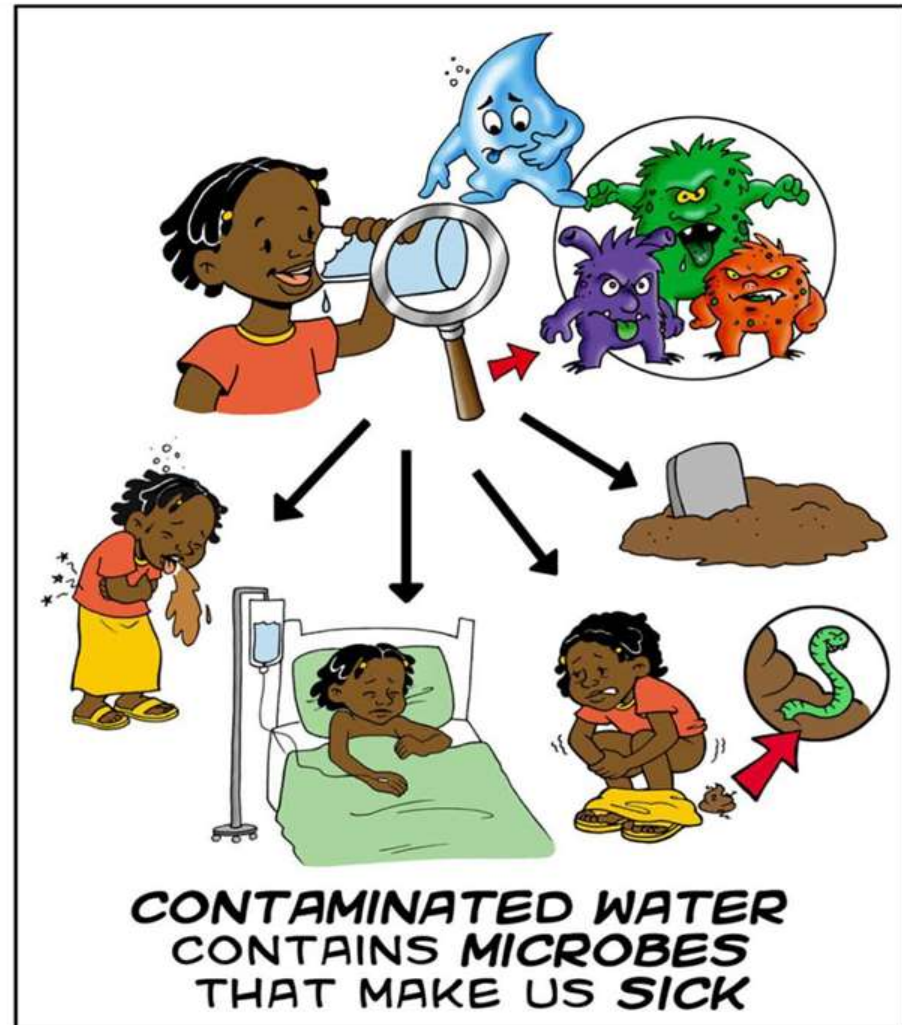


# SANITATION

The Truth:  
Clean water  
and sanitation  
go hand in  
hand!!



Most  
waterborne  
diseases are  
caused by  
eating fecal  
waste.



Fecal waste can be ingested without you even knowing it...



And it can happen in more ways than just drinking dirty water...



- Touching your face, eyes, and mouth with dirty hands
- Eating food with dirty hands or utensils
- Cleaning cuts with dirty hands or dirty supplies



Which is why we  
must **ALWAYS**  
wash our hands  
before we eat or  
drink!



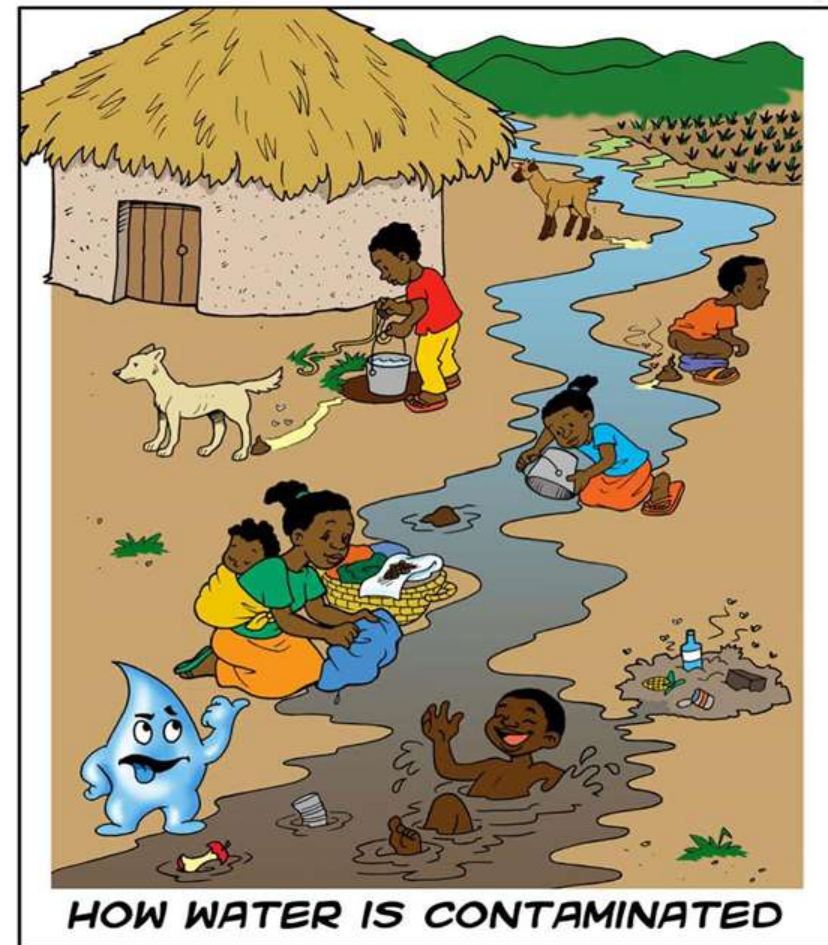
## Myth Number 3:

Any water is better than no water.



- Water with bad microbes can be more dangerous than no water!

The Truth: Any water can be contaminated with bad microbes that can make us very sick!





Now that you have learned my most important guidelines, it is time for you all to try them at home!





# Lets not forget to wash our hands as often as we can!



Remember to wash  
for at least 20  
seconds to get rid of  
Mike and Jeremy!



It will keep us clean, safe, healthy,  
and HAPPY!



# Glossary

- Ingested - eaten or consumed
- Fecal matter/fecal waste - poop (poop particles)
- Contaminated - made dirty
- Dehydrated - lack of water
- Fatal - deadly

# References:

- [http://www.biology4kids.com/files/micro\\_main.html](http://www.biology4kids.com/files/micro_main.html)
- <https://www.webmd.com/a-to-z-guides/features/12-places-germs-lurk#1>
- <https://apps.who.int/iris/bitstream/handle/10665/274939/9789241514705-eng.pdf?ua=1>
- [https://dakie.org/en/water-is-life-clean-water-project/?gclid=EAlaIQobChMloNjDspOo6AIVd\\_jBxoT9QiOEAAAYBCAAEgILIPD\\_BwE](https://dakie.org/en/water-is-life-clean-water-project/?gclid=EAlaIQobChMloNjDspOo6AIVd_jBxoT9QiOEAAAYBCAAEgILIPD_BwE)
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