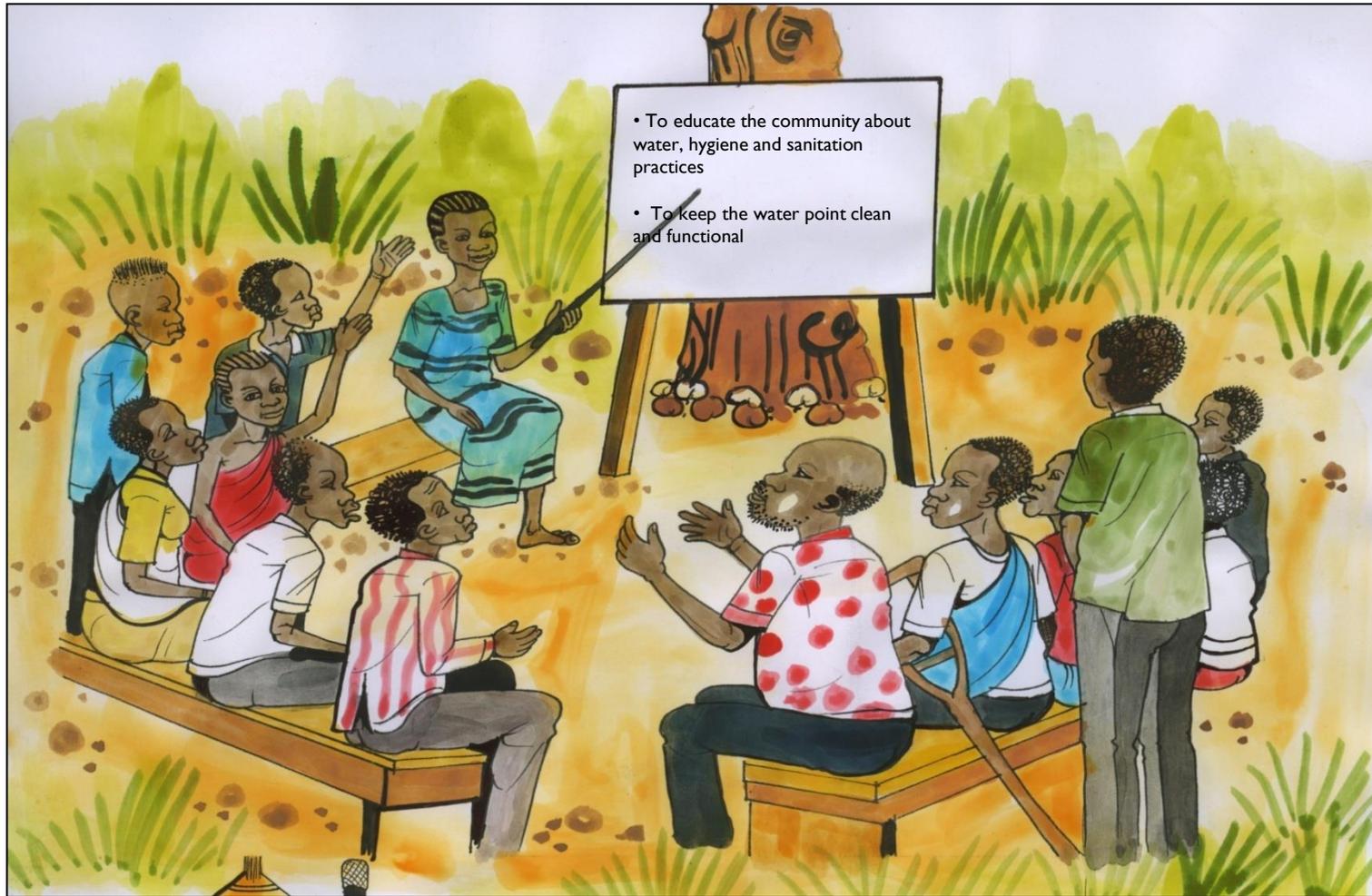


# Community Based Water, Sanitation and Hygiene Education

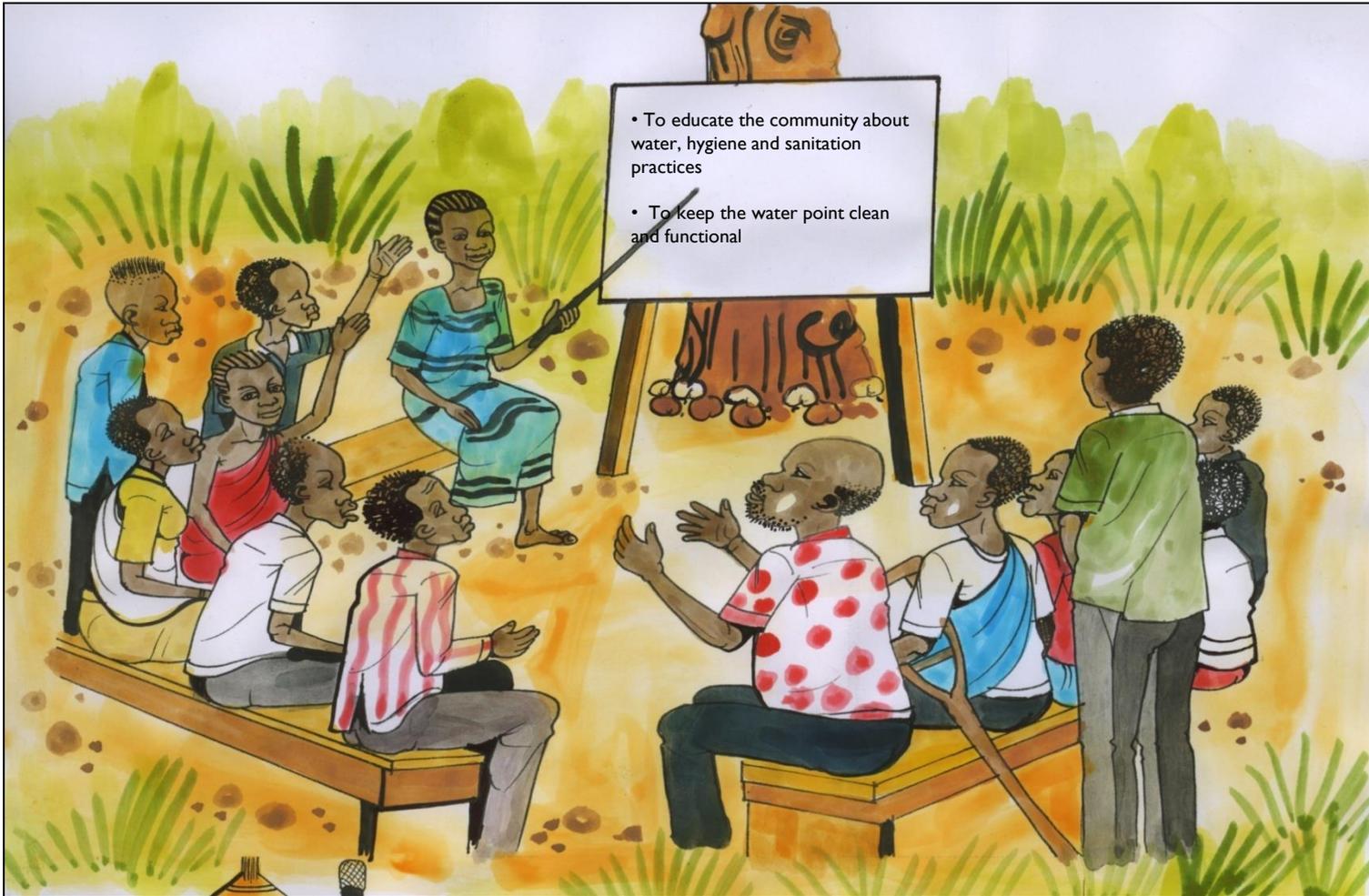


**Welcome. We're here to discuss the health and future of our families and how we can protect them through improved water, sanitation and hygiene practices.**

**We take a community based approach. Action must be led by the community. The community must be informed, and the community must have the tools to create change.**

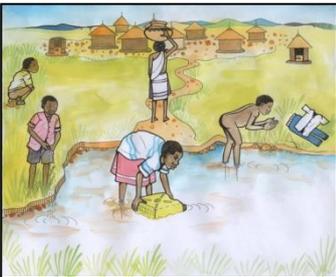
This flip presentation was produced and distributed by the USAID-funded Building Responsibility for Delivery of Government Services (BRIDGE) program by Winrock International in cooperation with the RSS Ministry of Water Resource and Irrigation (MWRI). It is meant to be presented solely by BRIDGE-trained trainers. This presentation guides both the trainer and participants through water, sanitation, and hygiene education messages.

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- To educate the community about water, hygiene and sanitation practices
- To keep the water point clean and functional

# Where do you get water?

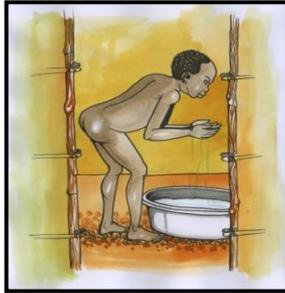


## Discussion Points

1. Water comes from different sources (borehole, stream, pond, lake, river, rain)
2. Water from open sources (stream, pond, lake, river) is contaminated due to human activities in most places of South Sudan
3. It is important to separate water for human use and water for livestock/animals



# Uses of water

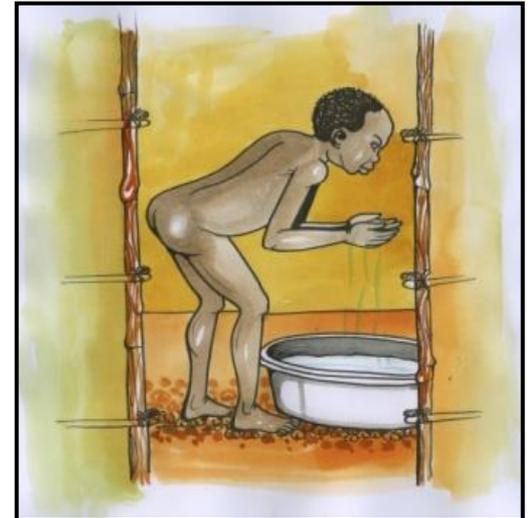


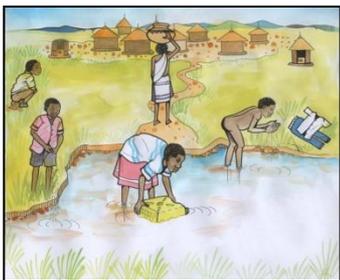
## Guiding Question

1. What do you use water for?

## Discussion Points

1. It is important to understand the different uses of water
2. Different uses of water:
  1. Cooking
  2. Drinking
  3. Bathing
  4. Washing clothes
  5. Feeding livestock
  6. Watering vegetables/crops





# What is in the water?

Every day water related activities expose us and our children to serious health risks. Here are some of the diseases from bacteria and germs in the water that are making our families sick.

Diseases	What can it do to me?	How do you contract it?
<b>Diarrhea and Cholera</b>	Vomiting, weakness, cramps, dehydration and even death (especially in children, pregnant mothers).	Ingesting through untreated water or by eating unclean vegetables
<b>Typhoid</b>	Fever, headache, diarrhea, abdominal pain, weakness	Drinking water that contains feces
<b>Bilharzia</b>	Blood in urine or feces. Extreme tiredness.	Drinking water that contains feces , urine
<b>Worms</b>	Swollen stomach, poor appetite, nausea, occasional vomiting, bed wetting	Ingesting through untreated water or by eating unclean vegetables
<b>Guinea Worm (eggs)</b>	Fever, swelling and painful blisters (containing the worms) usually in legs and feet and other parts of the body	Coming into contact with worm eggs or larvae by bathing in unfiltered water
<b>Amoebas</b>	Constipation, abdominal pain, fever, bloody diarrhea	Coming into contact with snails in stagnant water



Cholera

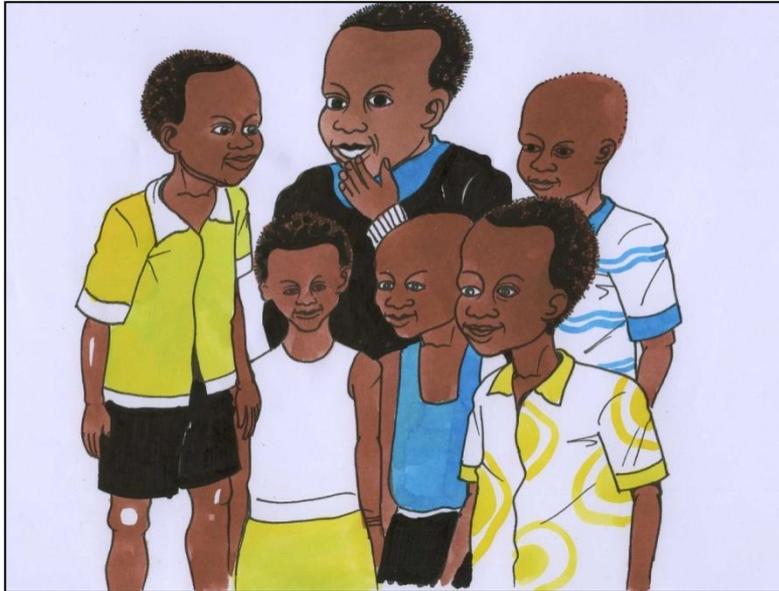
Bacteria

Guinea  
Worm

Amoebas

Bilharzia  
Larvae

# Families at Risk

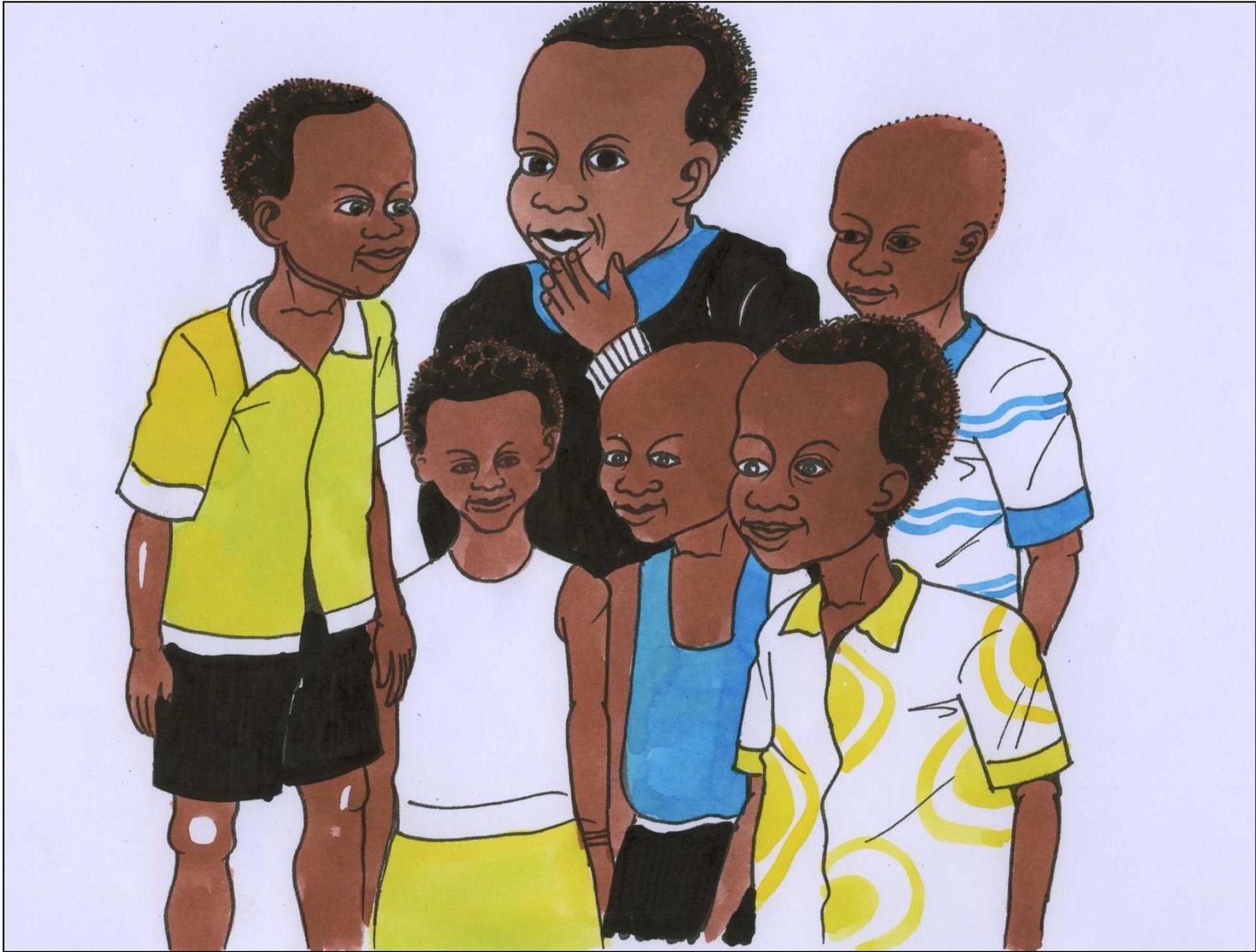


## Discussion Points

**1** out of **10** children in South Sudan die before 5 years old

Many of these deaths are directly from diarrhea and water-borne diseases

Poor sanitation and sickness also makes families more vulnerable to malaria and other diseases



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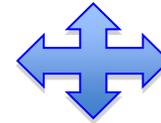


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# Today's Objectives

Ok, so far we have talked about the following:

- Sources of water
- Uses of Water
- Understanding what is in the water and what it can do to our families



Now we have four good practices that will help you protect your families ...

1. Learn how to protect and manage the water supply
2. Talk about how store, handle and treat water for drinking and bathing
3. Start an open defecation free zone!
4. Wash your hands

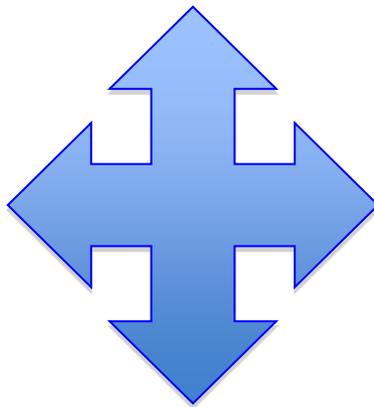
**➔ This is a starting point! Together with your local government, we are here to help build on today's lessons and assist the WMC/community in improving the water, sanitation and health of this entire community!**



**Protect and  
Manage Your  
Water Points**



**Stop Open  
Defecation**

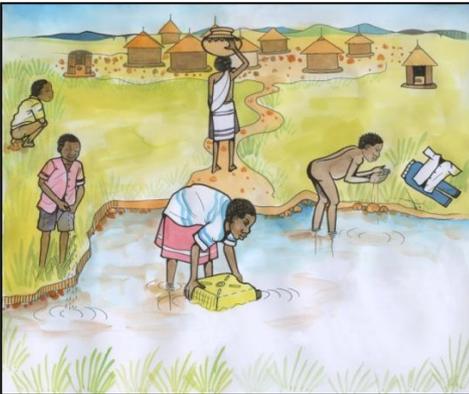
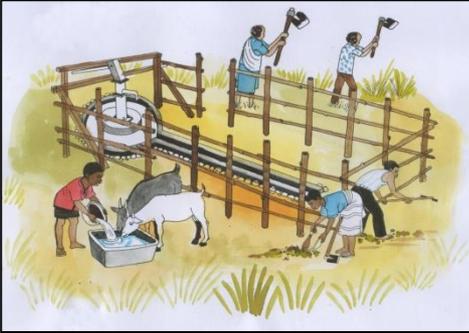


**Improve  
Water  
Handling &  
Storage,  
Purify &  
Filter Water**



**Wash Your Hands,  
Food, and Food  
Utensils**

# Protect Water Points

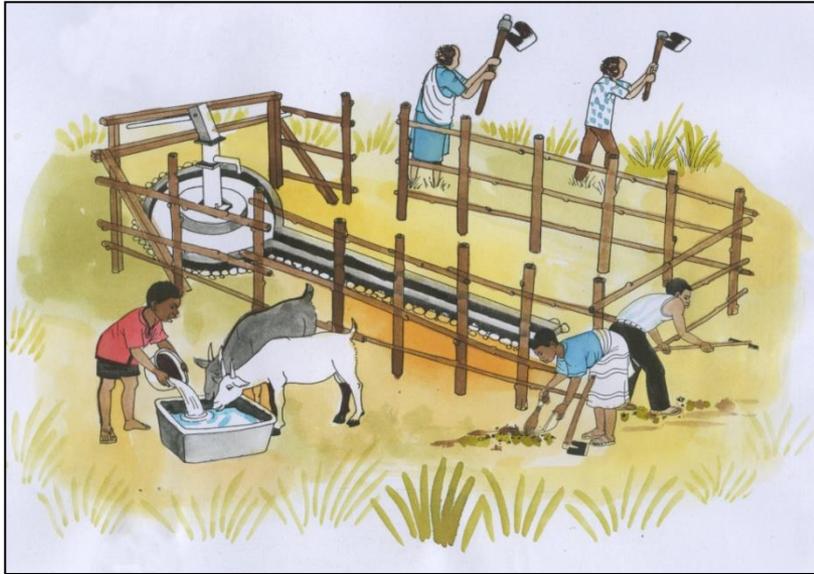


## Guiding Question

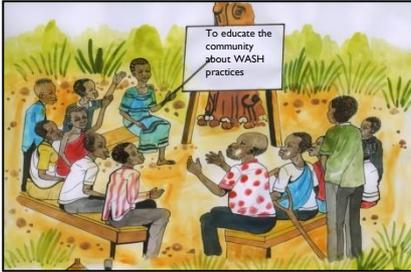
What can you do to protect water points/sources?

## Discussion Points

- ➔ Fence the water point to keep animals out
- ➔ Give animals separate water source
- ➔ Keep animals away from water point
- ➔ Keep the drainage channel clean to allow waste water to flow from source
- ➔ Keep borehole area clean of animal dung
- ➔ Teach community not to urinate or defecate near water sources
- ➔ Bathe and wash downstream and away from drinking water supply
- ➔ Do not throw rubbish inside water points
- ➔ Establish a water management committee



# Water Management Committees



## Guiding Question

Why does your community need a Water Management Committee?

## Discussion Points

- To educate the community about water, hygiene and sanitation practices
- To keep the water point clean and functional
- To conduct timely repair and maintenance of non functional water points
- To ensure continuous supply of clean water and sanitation facilities
- Resolve water-related conflicts



- To educate the community about water, hygiene and sanitation practices
- To keep the water point clean and functional
- To conduct timely repair and maintenance of non functional water points

# Managing Water related Conflict

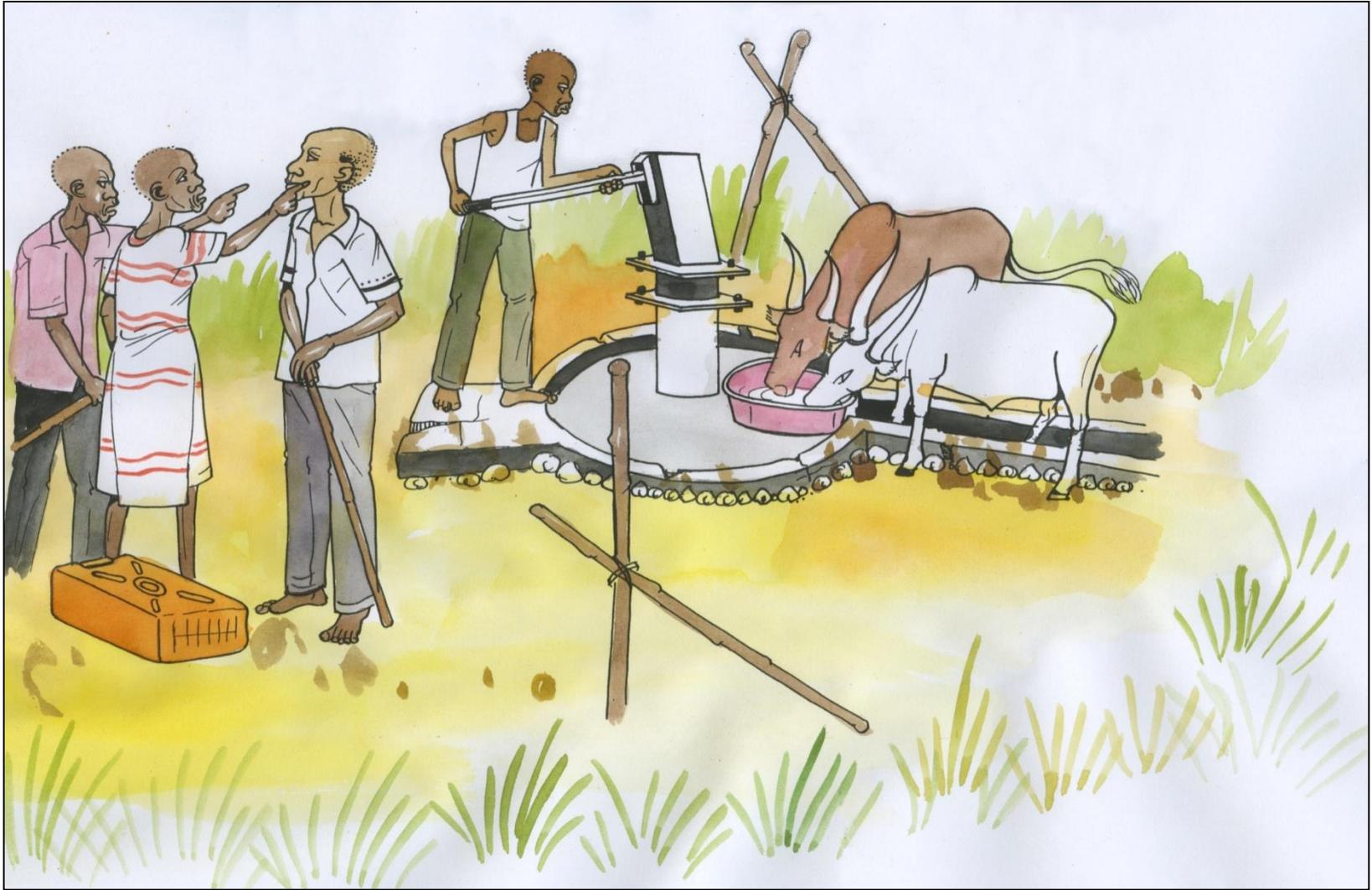
## Guiding Question

Why does conflicts happen? When? Rainy season or dry season?  
How do you manage conflicts now?



## Conflict over resources can be managed by:

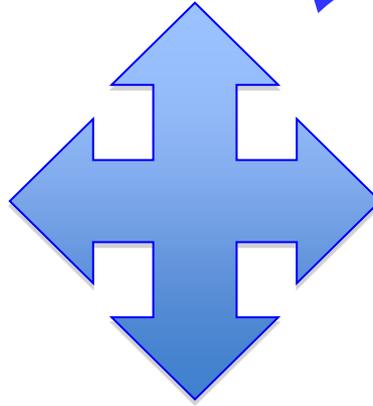
- Engaging the WMC/community leadership, traditional leaders, boma/payam administrators and other respected elders in the community to address and resolve the conflict in a peaceful manner
- Addressing the water point conflict in a timely manner
- Establishing the root causes of conflict and identifying the key figures/individuals in the conflict
- Listening carefully and respectfully to each complainant
- Using persuasive language rather than threats
- Fencing water points and having a caretaker



**Protect and  
Manage Your  
Water Points**



**Stop Open  
Defecation**



**Improve  
Water  
Handling &  
Storage,  
Purify &  
Filter Water**



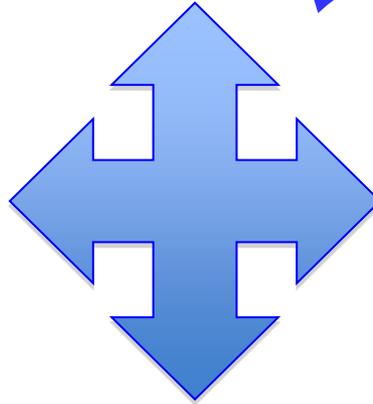
**Wash Your Hands,  
Food, and Food  
Utensils**



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# Water Handling and Storage



## Guiding Questions

- If water is carried in a jar, does the jar have a lid? What kind of lid?
- Is the container used only for carrying water or used for other purposes?
- If the water is scooped with a cup, do you use the cup for other purposes?
- Where do you keep the cup?

## DON'Ts

- ✗ Carry water in open container (without lid)
- ✗ Store water in open container (without lid)
- ✗ Use the same cup for pouring and drinking water from a container/pot
- ✗ Scoop water from container with your hands to drink it

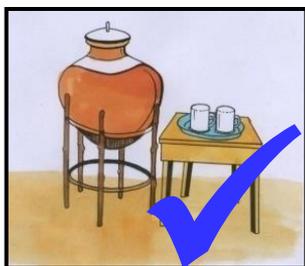


# Water handling and storage



## Guiding Questions

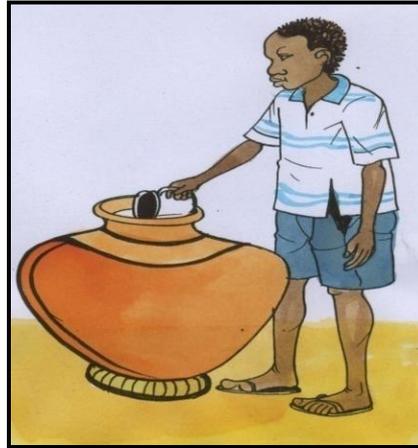
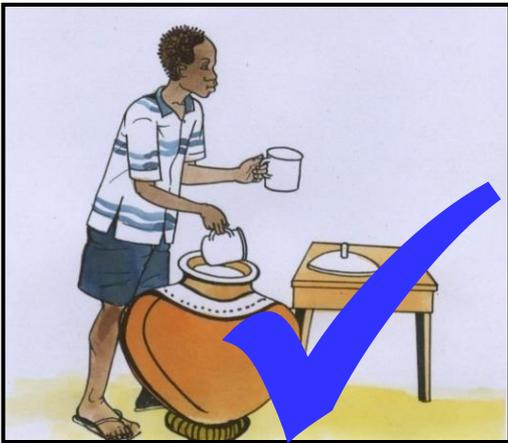
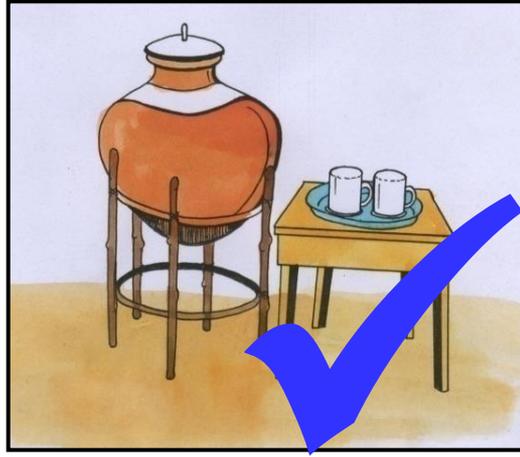
- If water is carried in a jar, does the jar have a lid? What kind of lid?
- Is the container used only for carrying water or used for other purposes?
- If the water is scooped with a cup, do you use the cup for other purposes?
- Where do you keep the cup?



## DOs

- ✓ Carry water in container/pot with lid
- ✓ Store water in jar/container with lid
- ✓ Pour water from container/pot with clean cup and use a second clean cup for drinking
- ✓ Pour water from container/pot with clean cup and use a second clean cup for drinking





# Water Treatment/Handling



## Discussion Points

- Boiling water kills bacteria/germs
- Heat the water until it boils hard
- Filter boiled drinking water to remove guinea worm eggs with a clean thick cloth to fit over the water container.
- Slowly pour the water through the cloth, into another clean container.
- Store the water in a clean container with a tight lid.
- Use the water within one week



# Why Do We Need To Filter/Treat Our Water?

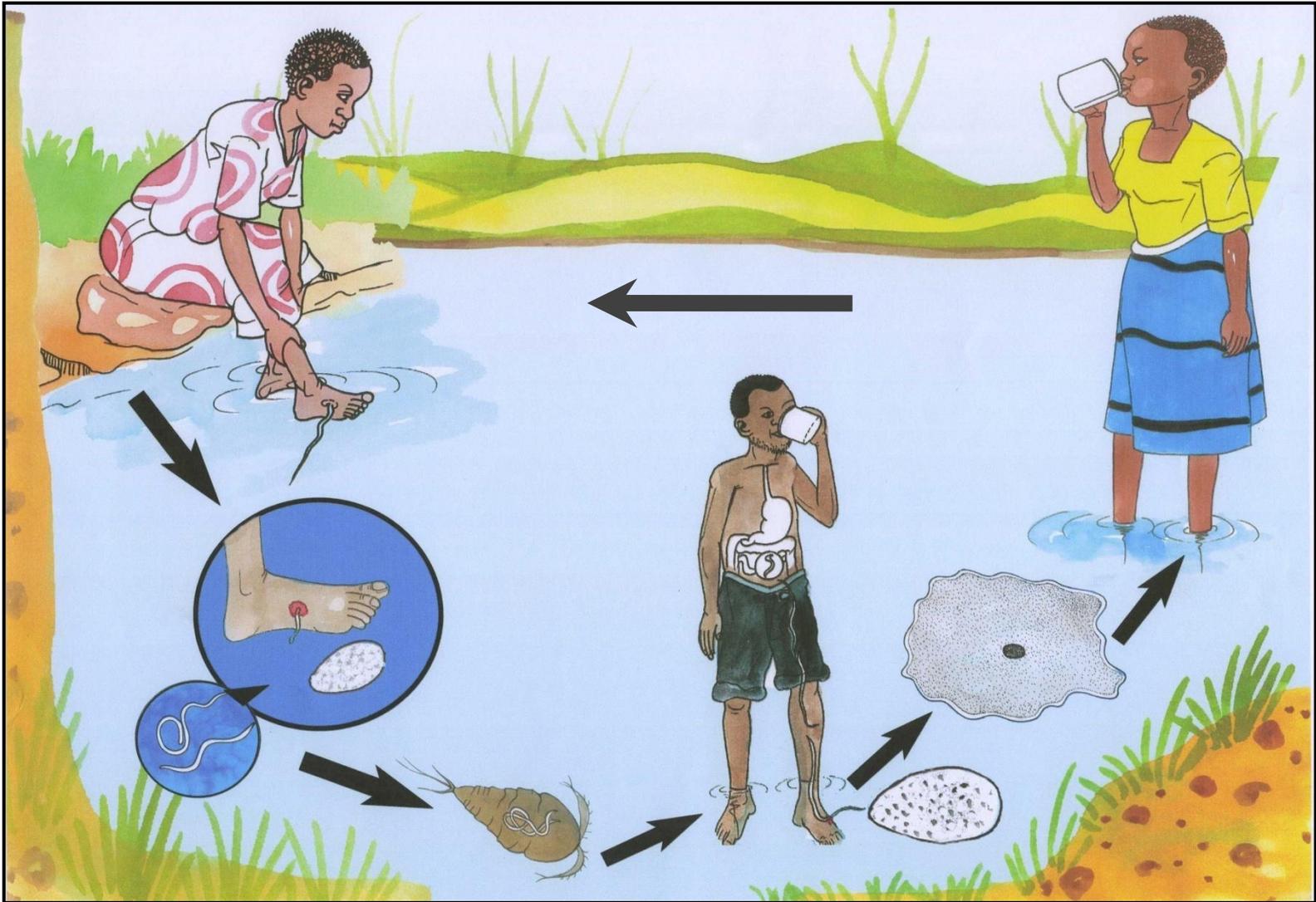


## Discussion Points

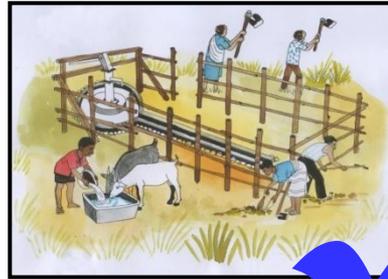
1. Diseases are transmitted through larvae, eggs, bacteria and microbes by ingesting contaminated water



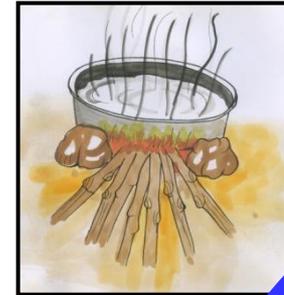
2. Treating water, specifically boiling and filtering boiled water kills/eliminates disease causing bacteria/germs and makes the water safe for drinking



**Protect and Manage Your Water Points**



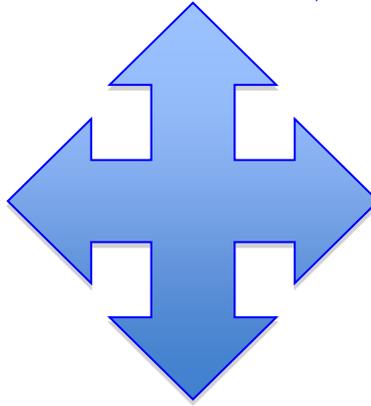
**Improve Water Handling & Storage, Purify & Filter Water**



**Stop Open Defecation**



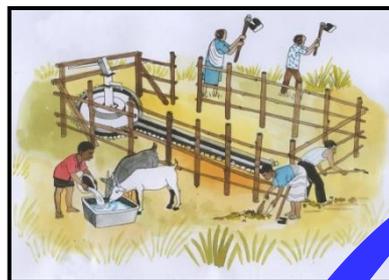
**Wash Your Hands, Food, and Food Utensils**



We all know the health risks. And now we know the causes.

Are you ready to make a change?

Yes We Can!

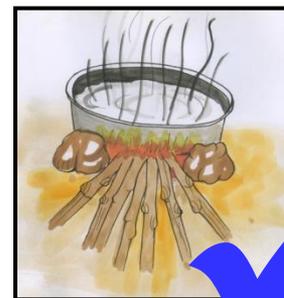


**Protect and Manage Your Water Points**

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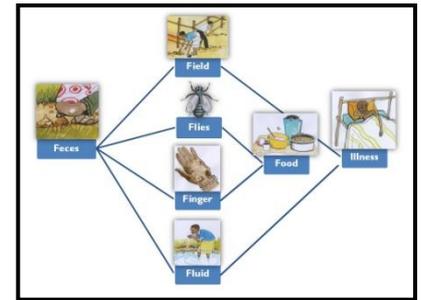
**Stop Open Defecation**



**Wash Your Hands, Food, and Food Utensils**

# What are the Health Risks of Open Defecation?

## Discussion Points



- ➔ **Feces:** Feces carry germs, bacteria, and worms, larvae which are spread through the following routes:
- ➔ **Fields:** Eating raw vegetables or half cooked vegetables that are exposed to feces
- ➔ **Flies:** Flies, sitting on the feces, can carry bacteria/germs to food and to our mouths
- ➔ **Fingers:** Not washing hands properly can spread germs and worms
- ➔ **Fluid:** When it rains, feces gets into the water supply
- ➔ **Food:** Vegetables that are exposed to water from feces can carry diseases



Field



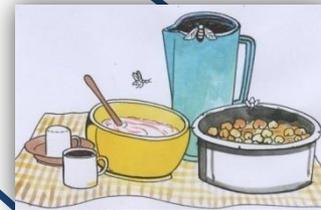
Flies



Finger



Fluid



Food



Illness



Feces

# Open defecation adds up to big problems?

## Guiding Question

How many people live in your community or village?

## Discussion Points

If each person defecates once per day, that is 365 feces mounds from each person per year

100 people is 36,500 mounds per year

500 people is 182,500!

→ Ending open defecation in this village says that you want to protect your children





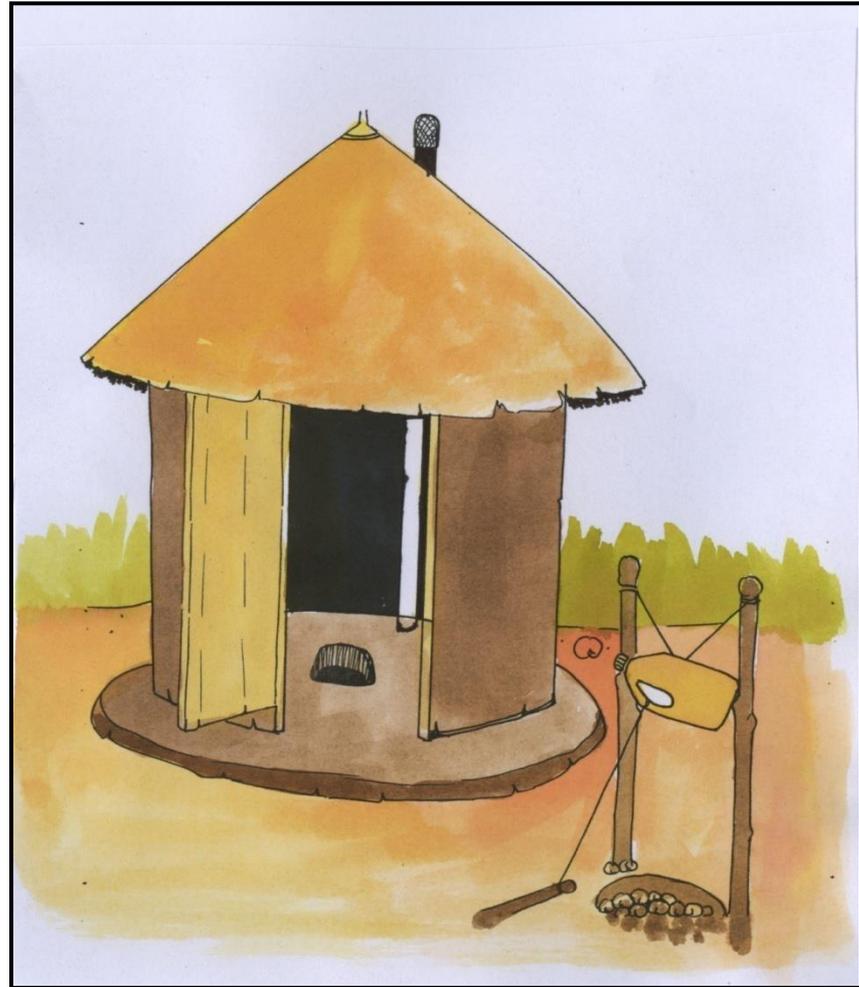
People in Your Village	Feces quantity Per Year (kgs)
1	365
100	36,500
500	182,500

# What can you do?

## Discussion Points

- Construct pit latrines (with ventilation)
- Site latrines at least 30 meters away from a water source
- Install latrines at least three meters above the water table
- Keep soap and water available for washing hands after using the latrine
- Keep the latrine clean
- Install a door to the latrine to provide privacy and keep animals out
- Have separate latrines for men and women
- WMC can educate and enforce
- Put up signs declaring Open Defecation Free Zone!

→ **Communities  
can build  
latrines that  
protect water  
sources and  
children**

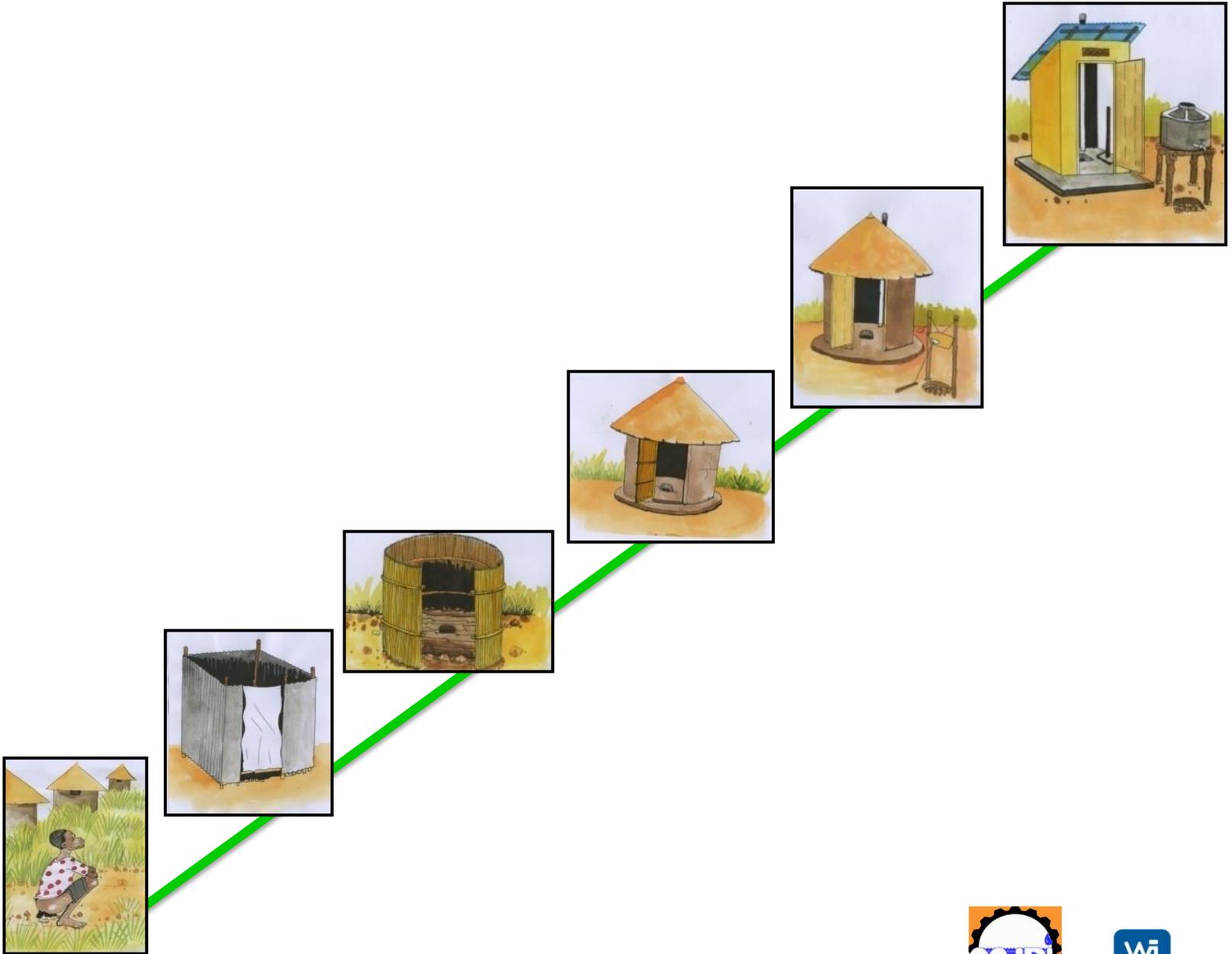


# Hygiene and sanitation ladder

Hygiene and sanitation ladder helps people identify options for improving personal hygiene practices.

## Guiding Questions

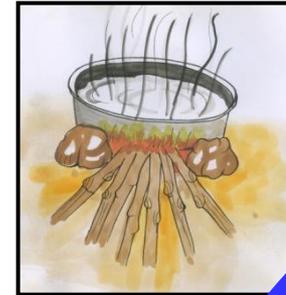
1. Where do you think your community is in the hygiene and sanitation ladder?
2. Where are you as an individual in the hygiene and sanitation ladder?
3. Where far do you think your community and you as an individual can climb in the ladder now?
4. How far do you think you and your community can climb the ladder next month, next year and in five years time?
5. What will you and community do to reach the top of the ladder?
6. Which latrine looks best to you? Latrine with hand washing facility, ventilation pipe, privacy door, roof, and clean wood and cement slab.



**Protect and  
Manage Your  
Water Points**



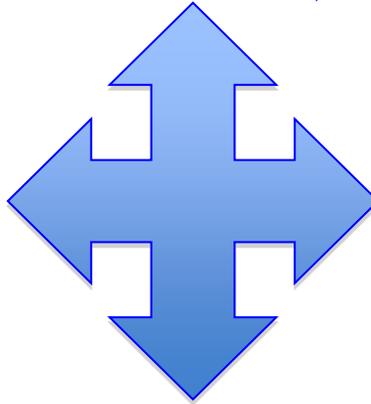
**Improve  
Water  
Handling &  
Storage,  
Purify &  
Filter Water**



**Stop Open  
Defecation**



**Wash Your  
Hands, Food,  
and Food  
Utensils**



**Protect and  
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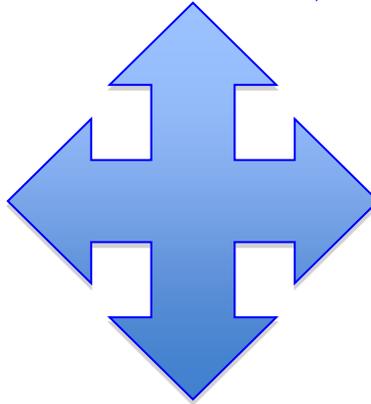
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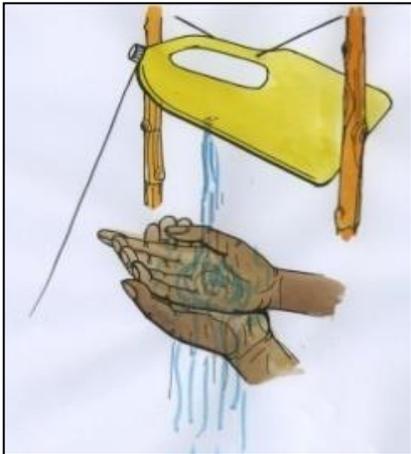
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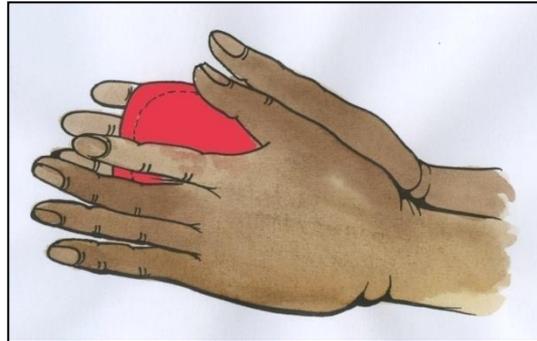
# Cleaning your hands saves lives!

## Discussion Points

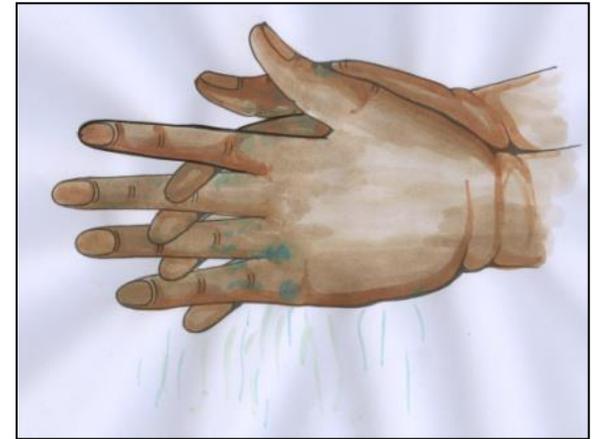
- Washing hands is the best and most effective way to reduce disease in your village!
- Get your hands wet and rub them with soap and water
- Clean in between fingers, underneath finger nails, and both sides of your hands
- Rinse with clean water
- Shake off water and let your hands dry in the air



**Step 1: Wet your hands**



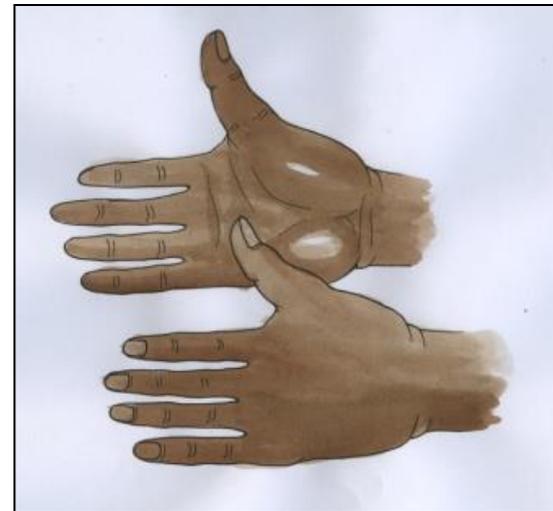
**Step 2: Use soap**



**Step 3: Lather and scrub for 20 sec**



**Step 4: Rinse for 10 sec**

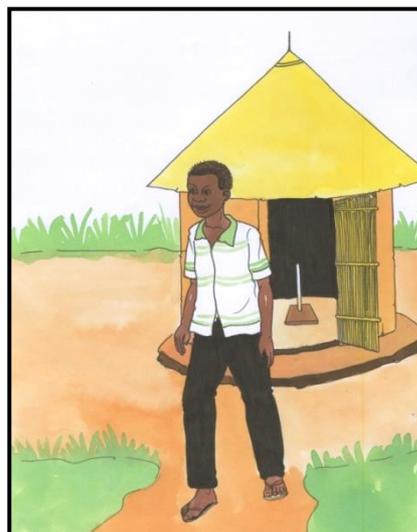
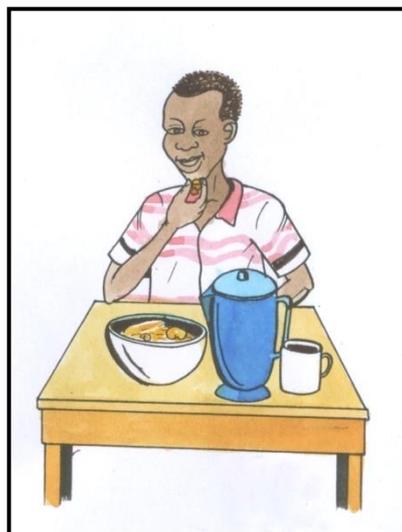
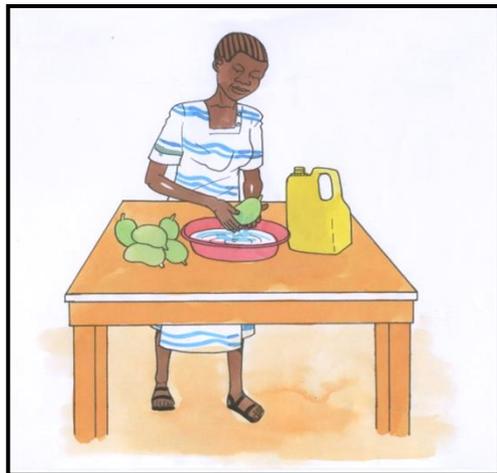


**Step 5: Dry your hands**

# When do we need to wash our hands?

## Discussion Points

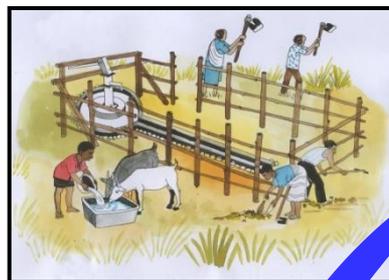
- Before preparing food/cooking
- Before and after eating
- After using the latrine
- Cleaning babies and feeding elderly people
- After cleaning someone else's feces
- After changing female sanitary pads
- After cleaning compound
- After removing animal ticks
- After cleaning animal feces
- After cleaning animal shelter
- After gardening



We all know the health risks. And now we know the causes.

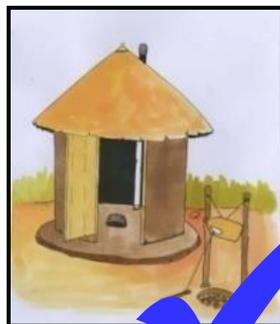
Are you ready to make a change?

Yes We Can!

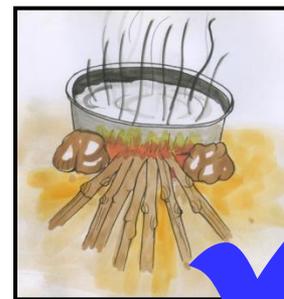


**Protect and Manage Your Water Points**

**Improve Water Handling & Storage, Purify & Filter Water**



**Stop Open Defecation**

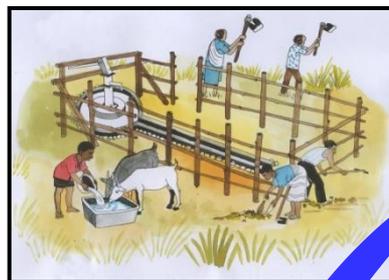


**Wash Your Hands, Food, and Food Utensils**

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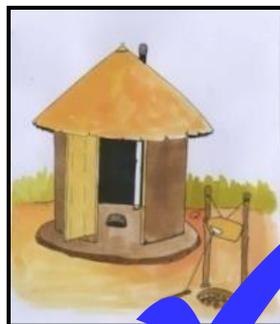
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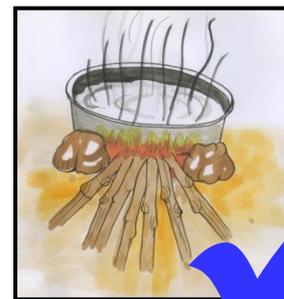


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