

School hygiene and sanitation booklet

A guideline for hygiene and sanitation student clubs to support students in the acquisition of basic hygiene behaviors



Aim of the book

This book aims to support student clubs to promote healthy basic hygiene behavior.

Who this book is for?

This book is for teachers and students club members.

What this book contains:

- Introduction: reminders on the student club role, advices on how to use the book.
- Hygiene and Sanitation visual tools: explaining the importance of latrine use and hand washing after latrines.
- A game “the contamination route” explaining how diarrhea can be transmitted and the way to prevent it.
- The rules of the “contamination route” game and a description of the images.

Introduction

Role of the hygiene and sanitation student club

Student club with the support of the teachers should have regular meetings in schools in order to promote basic hygiene behaviour to the students.

Using this book

- Introduce each tool: be clear about the aim of the session, the game or material used. It is important to check that participants have understood what you have said and whether they have any questions
- Take the time to show the images to your public, take the time to wait for their questions and comments
- For drama, ask questions to the participants about what is happening and the consequences.
- For the game, encourage the participation of everybody in the game (ask questions, comments, etc.). Take time to explain the game, the aim of the game and its meaning. Check comprehension by asking people questions after the game.

Tool 1: Learning to use latrines

Purpose:

Students learn about the importance of using a latrine, cleaning it regularly and wash hands after the latrine in order to stay healthy.

Students learn about the importance of using latrines at school and at home.

Tool 2: Drama on good and bad behavior regarding hygiene practices

Purpose:

Students learn about the importance of adopting basic hygiene behavior by looking at the story of 2 families. One is practicing good behavior and stay healthy. The other is not practicing basic behavior and is sick.

Tool 3: The “contamination route” game

Purpose:

Students learn how diarrhea is transmitted and the different ways to prevent it.

Learning to use latrines

The students learn how to use the latrines



The students use a latrine



The students use latrine at home after school and encourage the family to use it as well.



The students wash their hands with soap or ashes after tusing the latrines



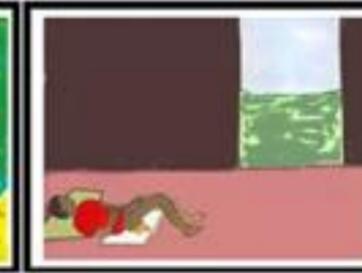
The students clean the latrines after using it



All the family is healthy!



Hygiene and Sanitation Game

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Rules of the game

Every player choses something to represent him (wood, small stone, leave, ...), then place it on the "menesha"

1 player start to play: he throws the dye.

The number indicated by the dye gives the number of boxes to pass. The player thus places his object on the shown box.

He then starts to describe the drawing. If the description is accepted by others, he restarts to throw the dye. If not he passes the dye to the following player.

The box with a picture of Ficus ("Shola") obliges the player to pass his turn: he takes a nap.

The box with: "Sost Wede Woala temeles" indicates that the player has to come 3 boxes backward (on the uncovered dish of food drawing for the 1st one, and on the ficus for the 2nd one).

The aim of the game is to arrive on "Mederesha" as soon as possible

Description of the problems pictures



Description : the card is almost fully white ; except some grey spots that we cant see at first sight

Meaning : everywhere in our environment, especially in contaminated place, there are almost invisible animals: the germs / bacteria

Conclusions : if we swallow these germs, we will be sick ; so we have to avoid them.



Description : we see a stool on grass, with some flies flying on it and around.

Meaning : the stool attracts the flies. On the stool there are some germs which are very dangerous for us. If the flies goes on the stool, they will transport the germs with them.

Conclusions : The flies are a VECTOR of sickness from the stool to me. I have to prevent flies to go on the stool.



Description : man defecating beside a river, on the grass

Meaning : the stool is full of germs. When the man defecates outside, the flies and the water (which is another vector), will be able to transport the germs anywhere.

Conclusions : The man exposes himself and all his environment to contamination by defecating outside. He should avoid to do that.



Description : background : a godjo with ensets ; foreground : a girl is fetching water in a stream.

Meaning : the water of a stream is easily contaminated by any source of pollution: manure put for ensets, shits of cattle, stool of people (the worse).

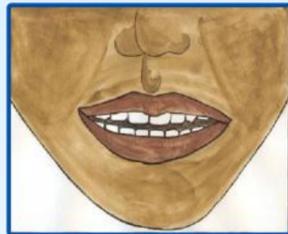
Conclusions : the girl is exposing whoever drinks from this water to any kind of pollution, and especially the germs which have been released by stool to the water of the stream.



Description : the card shows two dirty hands,.

Meaning : microbes are not visible. The hands may be contaminated.

Conclusions : the hands are used for many things, but also to EAT, to DRINK, to manipulate cooking material or fetching pots. They should be clean before any of these uses.



Description : we see a mouth.

Meaning : This is the place where everything enters to go to the stomach and the intestines.

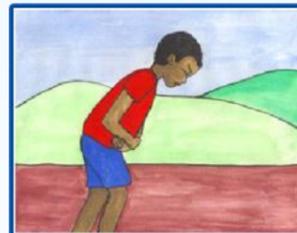
Conclusions : any germ which enters to the mouth will go to the intestines. We should take care of what we bring to our mouth to avoid to swallow any germ.



Description : we see a some food and some flies around it.

Meaning : the flies transport some germs. When they go ON the food they will put some germs on it.

Conclusions : if I eat some food where flies went on, then I expose myself to the germs.



Description : background : hills. Foreground : a boy hold his belly. He looks tired, he is bended.

Meaning : the boy is sick, his stomach is painful.

Conclusions : when somebody has some pain, it prevents him to do anything else. More, this pain is often due to diarrhoea case in countryside. Diarrhoea is caused by swallowing some germs. To avoid diarrhoea, we have to avoid swallowing germs.



Description : a small boy is lying on the floor. Under him there is a sheet full of some liquid, yellow stuff.

Meaning : the boy is very sick. He has diarrhoea. He can not move anymore because he is very weak..

Conclusions : at this step of his disease, the boy can die from his diarrhoea because of losing too much water.

Description of the solutions pictures



Description : we see 5 packs of LemLem.

Meaning : LemLem is an ORS, it is a way to help a person who is heavily touched by diarrhoea, which means also that he is dehydrated.

Conclusions : LemLem solution (or ORS), helps to rehydratation during diarrhoea. It is important to take care of children having diarrhoea by helping them getting rehydrated, but it is much better to prevent any source of contamination.



Description :we see a pot with some boiling liquid in it, on the fire.

Meaning : the liquid is water. Boiling dirty water during 20 minutes kills all germs that it contains.

Conclusions : if the water fetched is dirty or is suspected to have been contaminated, then it has to be boiled during 20 minutes to kill all germs and to avoid people to get sick by drinking it.



Description : a girl fetching water at the water point.

Meaning : quality water fetched at the water point, is free of germs.

Conclusions : drinking clean water fetched at water points prevents from being attacked by germs through water.



Description : we see a traditional food dish covered.

Meaning : the food is protected from the flies.

Conclusions : by covering the food, we protect ourselves from being contaminated through the food, and to catch diarrhoea.



Description : somebody entering in a latrine.

Meaning : using latrines Using eliminates directly the stools. It avoid flies to have contact with stools and rain to wash the stools away to a nearby river.

Conclusions : latrines is a good mean to prevent germs to spread.



Description : somebody washing hands with soap and water.

Meaning : washing his hands with ash/soap and water after going to latrines.

Conclusions : washing hands after latrines prevents contamination by microbes (cooking material, water, mouth)