

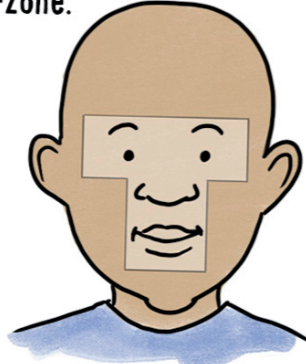


WASH 10 messages for children to learn & share

1. Always wash your hands well. Pour water on your hands and use a little soap. Rub your hands for 10 seconds. rinse and air dry, or dry with a clean cloth, not on dirty clothes..



2. Wash your hands before touching your T-zone - your eyes, nose, and mouth. Germs get into your body through these places. Try not to touch the T-zone.

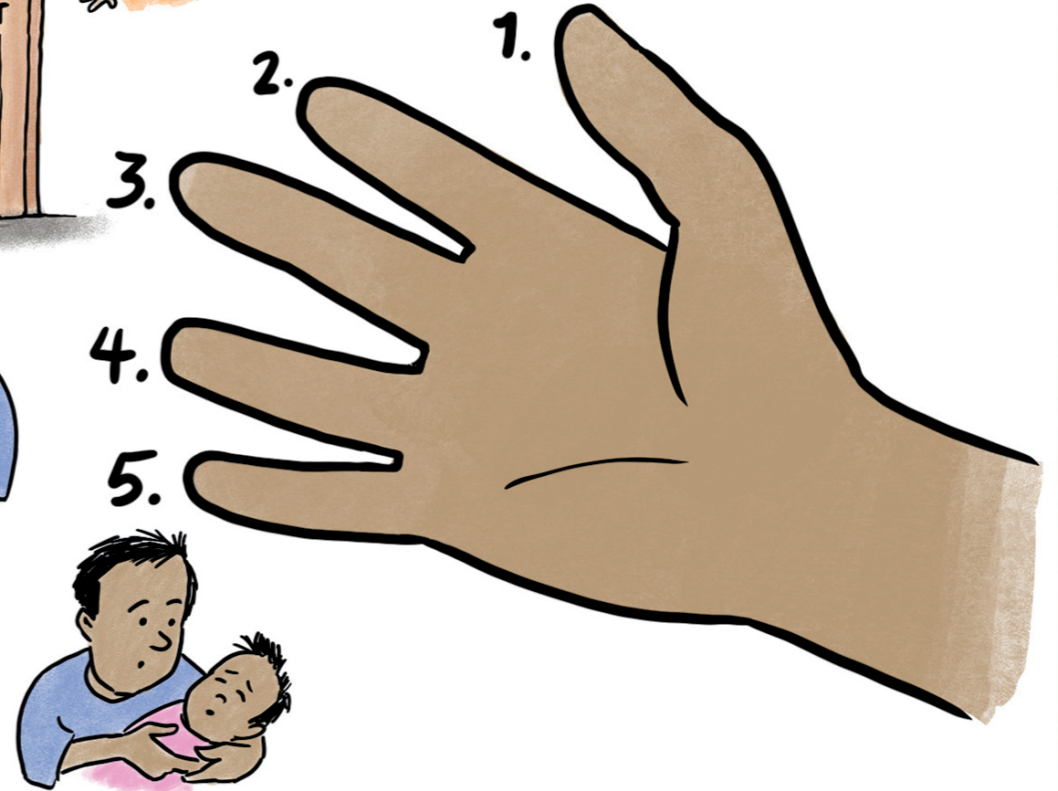


3. We should wash our hands BEFORE...

- 1. Preparing food and eating
- 2. Holding or giving food to babies

And AFTER...

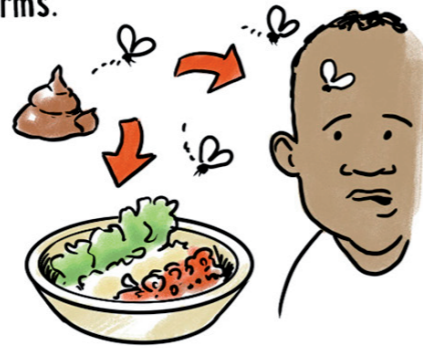
- 3. Using the toilet
- 4. Touching animals or garbage
- 5. Looking after a sick person.



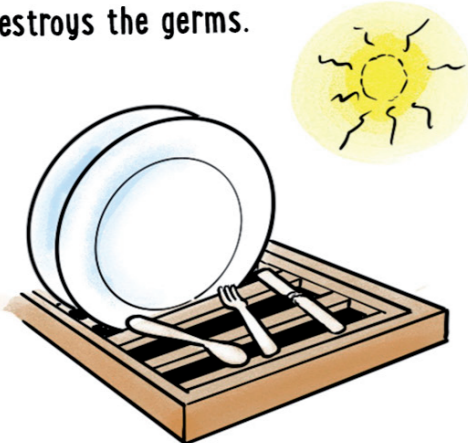
4. To protect ourselves from worms, keep the face and body clean and wear shoes or sandals.



5. Flies land on poo and then on faces and our food. Use a lid on a pit latrine, close a toilet lid and the door to keep flies away from spreading germs.



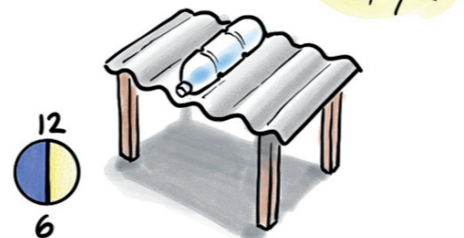
6. Use the super-helper SUN to dry utensils after washing them. This destroys the germs.



7. Avoid touching drinking water with dirty hands! Use lids and cups with handles to keep water clean and free from germs.



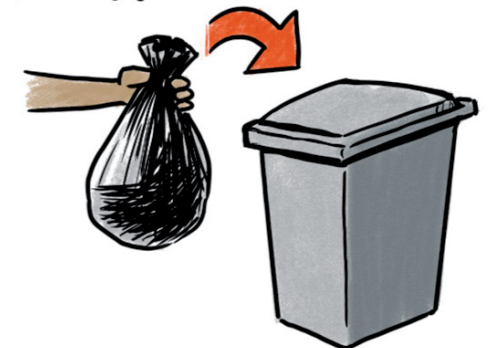
8. Sunlight makes water safer to drink! Filter water into a clear, plastic bottles. Leave it for 6+ hours in sunshine before drinking. Adding chlorine tabs or boiling works too.



9. Keep your face clean. When flies touch your eyes or face, wash it with clean water and use a clean face towel.



10. Keep your home and community clean from garbage and dirt! Store and cover garbage until it's collected, buried or burnt. Prevent flies spreading germs.



Frequently Asked Questions About Our Posters

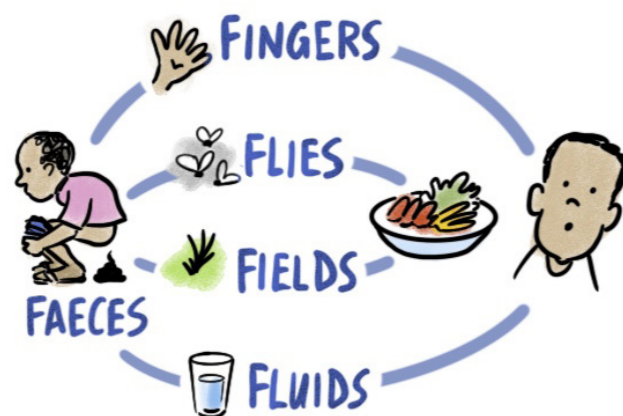
- **Who is the poster for?** Educators of many kinds, parents & children aged 10-14.
- **Where might it be used?** Schools, at home, health clinics, children's clubs, religious groups etc.
- **Is it enough for children to learn the messages?** The messages are designed to be 'doorways' to discussion & action. They are for children to understand & use, not just to memorise.
- **Why are the faces of the people on the poster multi-ethnic?** Children for Health has a global audience, so we use multi-ethnic faces on our posters.
- **How do I use the messages?** Be creative! Focus on one topic for a week, month or term!
- **Why is one picture bigger than the others?** These are the Children for Health 'key' messages for this poster.
- **Can I add to, change, adapt, translate or simplify the messages?** YES! BUT check with experts that your new or revised messages are accurate.
- **Are there other important messages you have not mentioned?** Our messages are short & simple. You may want to add other short & simple messages & that's fine.
- **Why do some of the words & concepts on this poster seem too hard for children?** Children love to learn new words & ideas. Take time to ensure they understand words, acronyms & ideas of lifelong importance.
- **What is the Rainbow Stick?** When a child learns and shares a health message and returns with a story about how they shared that message, their teacher (or another adult) rewards the child with coloured ribbons (or a strip of coloured fabric) to tie to their 'Rainbow Stick'.



Further Information for Educators

The T-zone is the T-shaped area of the face – Eyes, Nose and Mouth. Teach children that the T-zone on the face is where germs find it easy to come into the body. Teach children about primary and secondary barriers to spreading germs, teaching them first about what is a 'barrier'. Use this F Diagram and then ask children to draw their own F diagram into their notebooks. This is a good activity for them to do in pairs or small groups so they discuss the diagram as they draw it.

Some schools and households are now buying the SaTo toilet pan, that easily fits in an open pit latrine. It prevents flies and smells and uses little water to keep clean.

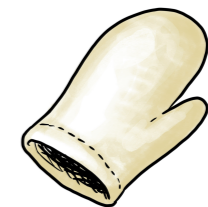


With thanks to the Brian Murtagh Foundation for their support for this poster and for the activities that helped us develop it with our partners. Our thanks to the children and teachers from Alendu Primary school and Central Primary school, Kisumu County, Kenya. Also thanks to our partners, the Stowelink Foundation and to the Rahul Kotak Foundation who provided extra support.

www.childrenforhealth.org
admin@childrenforhealth.org

What Can Children Do? Our Basket of Ideas

- MAKE our own WATER, SANITATION AND HYGIENE messages using our own words in our own language!
- MEMORISE the messages so we never forget them!
- SHARE the messages with other children and our families.
- INVITE a health worker to our school to answer our questions about how germs spread.
- CREATE and LEARN a song to help us learn how to wash our hands.
- MAKE UP and ACT out a play to show what happens to the Germ Family when the 'Clean Family' move into their village or a drama about, Where Germs like to Hide.
- CREATE and PLAY a game about how germs can pass from person to person.
- HELP our younger brothers and sisters and make sure they know how to wash their hands and face properly.
- SPEND 30 minutes observing a group of children and watch and record how often they touch their faces, their clothes, or other people.
- THINK ABOUT all the ways that germs can spread from the hands into the body.
- WORK together on a plan to make sure the toilets at school and home are clean.
- LEARN how to clean water using a filter.
- MAKE a poster for our school about Water, Sanitation and Hygiene.
- MAKE a plan to keep the school compound clean and clear of garbage.
- START a hygiene and health club at school.
- SHARE what we know about flies, dirt, and germs with our families.
- LISTEN to and DISCUSS stories about what causes diarrhoea and how we can prevent it.
- KEEP our water container clean and covered and always use a scoop, never our cup or hands. Show our younger brothers and sisters how to take water from a pot.
- WORK together to make a Tippy Tap!
- Learn HOW to make a wash mitt to hold soap for washing our bodies.
- MAKE a Fly Trap out of a plastic bottle and some sugar water or poo!
- HELP make clean water to drink at home using sunlight.
- MAKE a sand filter to clean dirty water.
- MAKE a map of water supplies in our community and whether it is safe to drink or not.
- BUILD a drying rack for cooking pots, utensils and our plates so they can dry in the sun.
- ASK each other: *How do we keep our hands clean and free from germs? Do we have soap to use for washing hands at home? How much does soap cost at the local shop? How do we keep our bodies clean? How do we brush our teeth? Where do germs come from? Where do they live and how do they spread? How do flies live, eat and breed? How do flies carry dirt on their legs? What are our water sources? How can we make dirty water safe to drink? Where can we get plastic bottles? What cloth can be used as a water filter? What hygiene practices do family members use when they prepare food? Where are the places in the house or community that might have the most germs? Why do children in our community find it hard to wash their hands at the 5 critical times?*



For more information on The Fly Trap, Using Sunlight to sterilize water, How to make a Sand Filter, a Wash Mitt, or a Tippy Tap contact Children for Health.