

## “WASH YOUR HANDS”.

*David Morley.*

The word Hygiene used to puzzle me, I think I understand it better now! For every family North and South quite the most important hygiene message is ‘**WASH YOUR HANDS**’. This is widely taught in the prevention of diarrhoea and is important for children and their carers. Water alone is not enough, soap, or at least a soap substitute, is needed if hand washing is to prevent diarrhoea.

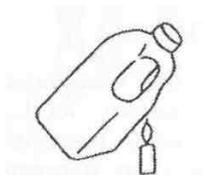
Equally or more importantly hand washing with soap will reduce coughs and colds. Pneumonia is important and causes more deaths, of young children than diarrhoea. The ‘germs’ that spread colds, coughs and pneumonia can be spread by droplets in the air but research shows that the spread by unwashed hands is no less important. Another cause for the severity of these respiratory infections is the smoke from cooking fires; as far as possible we need to protect children from this.

Around the world great emphasis is placed on supplying adequate quantities of good drinking water in the prevention of diarrhoea. However, research suggests that persuading people to wash their hands after defecation, before preparing or eating food may be equally if not more important.

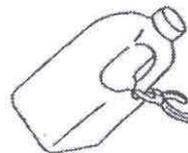
There are many factors in helping people to wash their hands, such as soap, water supply, transport. and good storage. These and how they may be taught are well described in a book **Encouraging Change** by Sally Sutton and Hope Nkoloma available from TALC. The illustrations used here have been taken from this book. In this sheet, emphasis is placed on how to make the washing of hands easier where resources are limited. This is particularly important where there is no water from taps and where it has to be carried, usually by women who have many other responsibilities.

Hands can be successfully washed with relatively small quantities of water. Three methods that have been widely and successfully used are illustrated here.

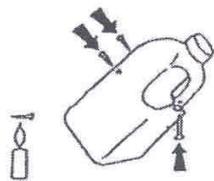
### **Tippy-tap.**



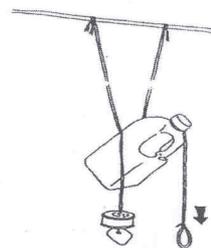
Warm the lower part of the handle of a plastic container until it is shiny and soft



Quickly pinch this with pliers so that water can no longer pass through it



Now make three holes as shown with a sharp point or a heated nail

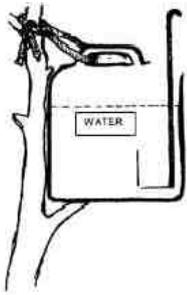


Thread string through the holes and attach to a stick. Thread another piece of sting through the bottom of an upturned can and through the soap. The tin slips over the soap and protects it. Attach a further piece of string to pull and fill the handle of the tippy-tap with water

Fill your tippy-tap to just below the two holes and replace the top. Fix the stick in the kitchen or Preferably out side in the sun. Sunlight is wonderful at keeping water and containers clean as long as it is not left to become green.



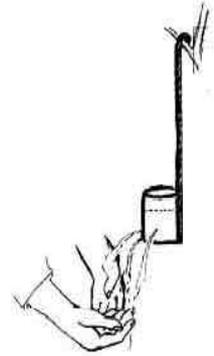
## Leaking Ladle Dipper.



The leaking ladle is kept in the jerry can or plastic container with a hole cut in the top

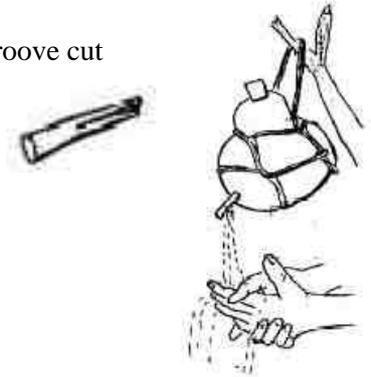
The leaking ladle is made from a tin or plastic container with a couple of holes in it.

Remove the ladle with one finger and hook on a branch or piece of string when washing your hands.

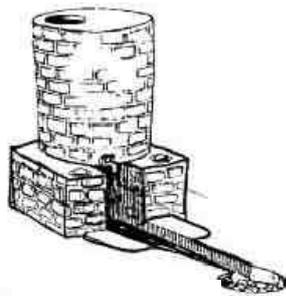
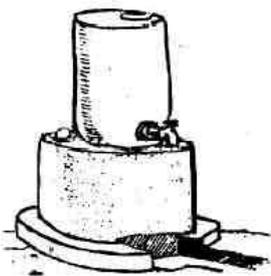


## Calabash Hand Washer.

Arrange the calabash as shown with a hole. Note that the wooden plug has a groove cut in it. Pull the plug till water flows. Push in when finished.



## Hand Washing for houses and schools.



Palm to palm

Right palm over left back of hand, and left palm over right back of hand

Palm to palm. Fingers interlaced

Backs of fingers to opposing palms with fingers interlocked

**Tips on Hand washing.** It is important to supervise children and ensure that they use soap.

**Soap.** There is no easy substitute for soap. Trying to wash with just water does not help. Ash or mud with water is better than water alone, possibly because we have to rub our hands to get them off. Soap is best, though. To economise on soap, suspend it on a string protected by an empty upside-down tin as suggested above. Any soap will do, that used for washing clothes is excellent.

**Making soap available in a community and encouraging washing of hands can do as much as any medicine to improve their health.**