

HAND WASHING AMBASSADORS' GUIDE



WASH YOUR HANDS AND SAVE!

● TIME ● MONEY ● HOSPITAL VISITS

BEFORE YOU START:

1. Ensure that the group of people you are addressing are seated comfortably.
2. Make sure they can all see the flip chart clearly.
3. Avoid addressing a large crowd of people as the flip chart is not designed for a large group of people. 10–15 people are sufficient.
4. After every session, invite people to make comments and ask questions.

Remember always to teach them the Hand Washing song on page 16.

WHEN SHOULD YOU WASH YOUR HANDS WITH SOAP AND WATER?

AFTER

BEFORE

WASH YOUR HANDS WITH SOAP

1:
Visiting
the Latrine



3:
Eating
Food



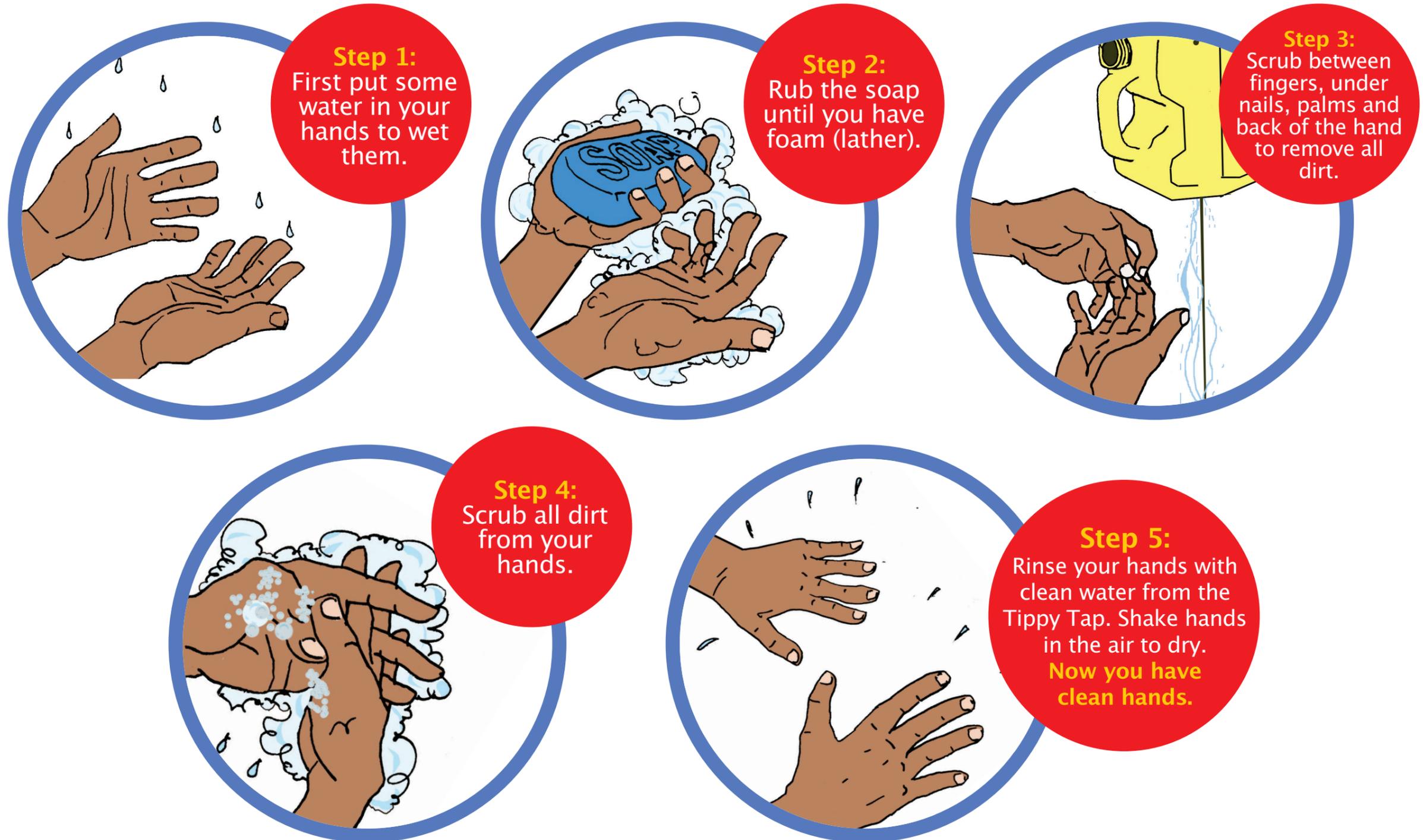
2.
Cleaning
Baby's
Bottom



4:
Feeding
Your Baby



HOW SHOULD YOU WASH YOUR HANDS WITH SOAP AND WATER?

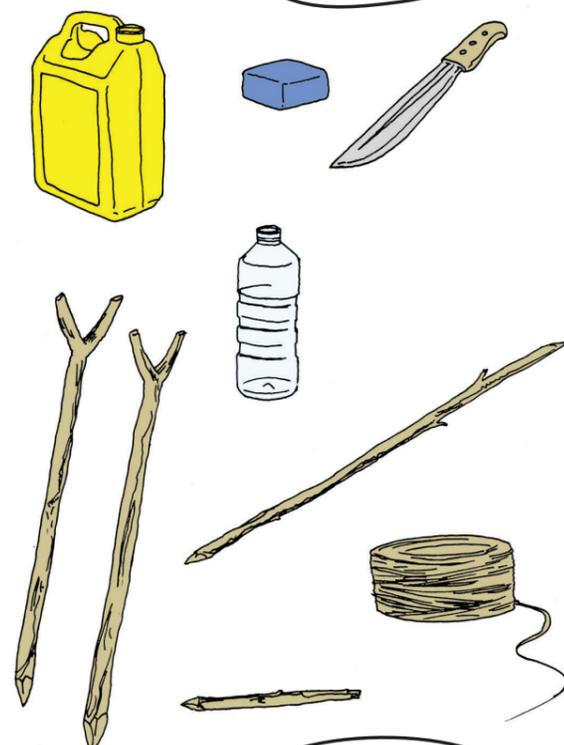


HOW TO BUILD A TIPPY TAP AT YOUR SCHOOL OR HOME



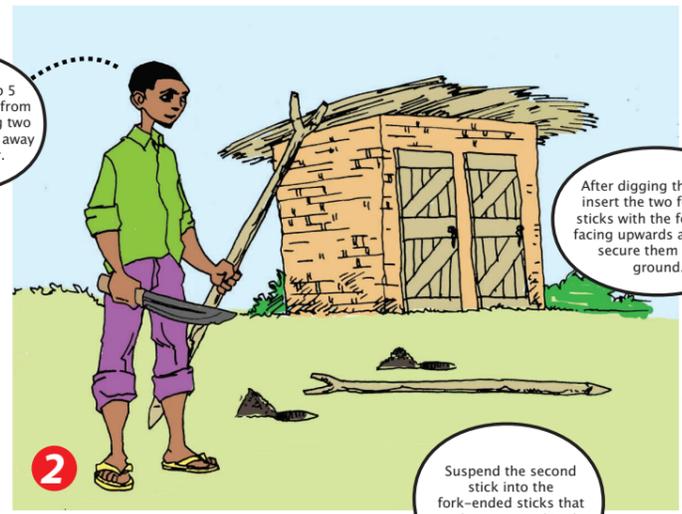
1

You will need these materials to set up a Tippy Tap: a small 3 or 5-litre jerrycan, a piece of soap, a panga and 4 metres of nylon string.



In addition to the other materials, you need 2 holes of at least 2 metres each with fork-ends, one 1 and 1/2 metre pole and an empty mineral water bottle.

Site the Tippy Tap 5 shorts strides away from the latrine door. Dig two holes about a metre away from each other.



2

Suspend the second stick into the fork-ended sticks that you have secured in the ground.

After digging the holes, insert the two fork-end sticks with the fork-ends facing upwards and firmly secure them in the ground.

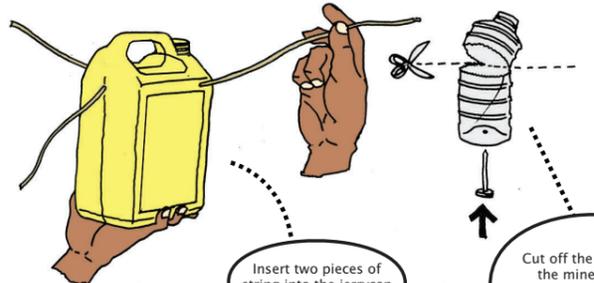
5

Set up the jerrycan and the soap holder as shown in the image.



3

Insert two pieces of string into the jerrycan as shown.



Cut off the top part of the mineral water bottle, and punch a hole in the bottom of the lower portion.

6



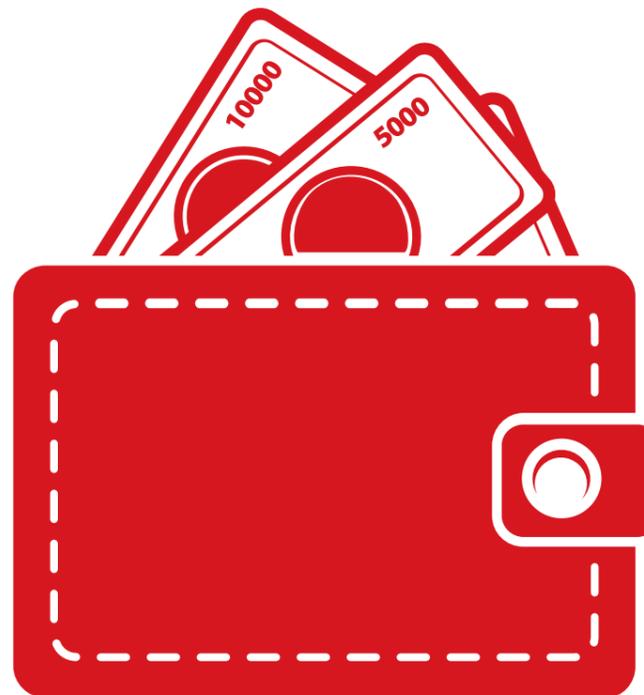
The Tippy Tap is now ready for use.

4

Using a hot-end nail, punch three small holes in sides of the jerrycan.



WHY SHOULD YOU REGULARLY WASH YOUR HANDS WITH SOAP AND WATER?



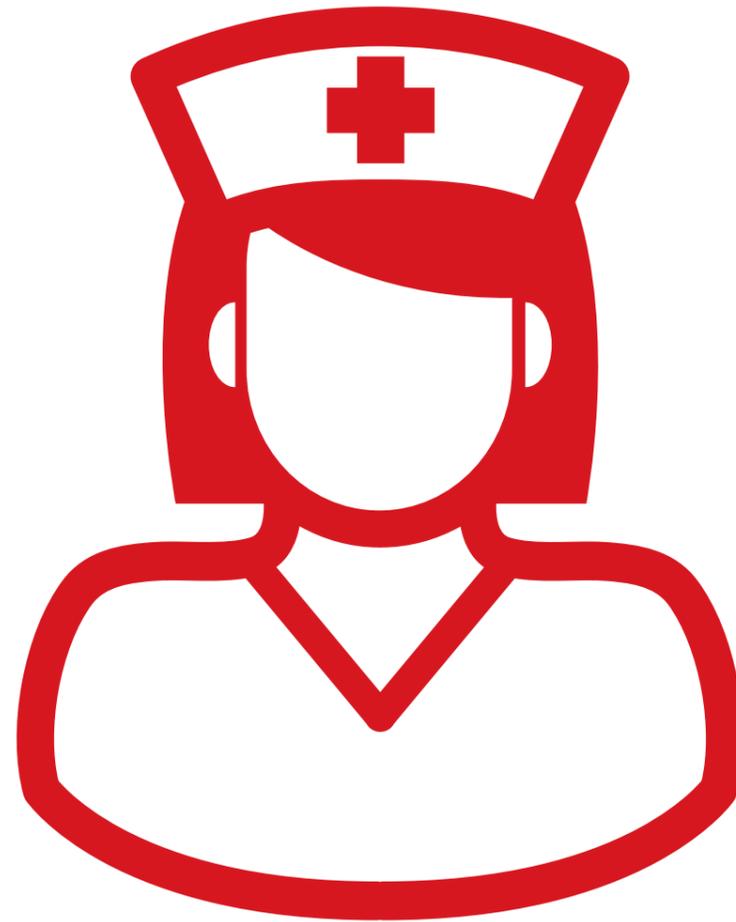
TO SAVE YOUR MONEY

The cost of treating diarrheal diseases caused by not practising Hand Washing With Soap is higher than the cost of soap or the cost of building a tippy tap. Also, when a person is sick they will lose money because they can't go to work.



TO SAVE YOUR TIME

When a person falls sick due to not practising Hand Washing with soap, they lose a lot of time that would have been spend working in the garden, market or at home to earn a living. Many of these people miss out on the planting and harvesting seasons and therefore are unable to provide for their families.



TO SAVE YOURSELF UNECESSARY HOSPITAL VISITS

In majority of the communities, the health centres are far away. It therefore takes a lot of time to travel to the health centre to get medical assistance. This is a lot more time consuming than hand washing with soap.

PLEASE NOTE!

In the next sections of the flip chart, you will use different pages to speak to different categories of people. For example, when addressing Health workers, turn to page 13.

Remember also to teach them the Hand Washing song on page 16.

TO THE FATHERS

As the provider for the family, washing your hands with soap and water will prevent diarrhoeal diseases that would cause you to miss working in the garden or market and lose money. It will also cause you to lose time because you will have to visit the health centre regularly. This will affect your ability to provide for your family.

TO THE MOTHERS

As the keeper of the family, washing your hands with soap and water will help prevent diarrhoeal diseases. These diseases could affect you and your children and your ability to look after them. Your children will not be able to play or go to school.

TO WOMEN'S GROUPS

As fellow women, you can help one another maintain the health of your families by practicing hand washing with soap and water. Supporting one another in building tippy taps near your latrines will ensure that you drive out diarrhoeal diseases out of your families and communities.

TO HEALTH WORKERS

Many of the diseases that you fight to treat can actually be avoided by hand washing with soap and water.

Always train the patients that come to the health centre to wash their hands with soap and water at the four junctures. Also teach them how to build tippy taps near their latrines.

TO SCHOOL CHILDREN

In order to stay health and avoid missing out on school, you should not eat anything without washing your hands with soap and water. When you visit the latrine, always wash your hands with soap and water as well.

You should also encourage your friends to do the same. When you go back home teach your parents to do the same.

TO COMMUNITY LEADERS

A healthy community is more productive, less costly to manage and easier to lead. Teaching your community on the benefits of washing hands with soap and water will lead to a healthier, happier and more productive community.

As a community leader, you can encourage your people to wash their hands regularly and teach them how to build tippy taps close to their latrines

THE HAND WASHING SONG

Wash your hands very well,
Wash them with soap and water,
Avoid getting nasty disease,
Save you money by washing your hands,

Wash your hands and save, (Wash your hands and save)
Wash them before you eat, (Wash your hands and save)
Wash after cleaning the baby, (Wash your hands and save)
Wash after visiting the latrine, (Wash your hands and save)
Helps you avoid diseases, (Wash your hands and save)
Save your money by washing your hands,
(Wash your hands and save)
Wash before feeding the baby,
(Wash your hands and save)

THANK YOU!