

The Water School Training Manual



Part I: Hygiene



Diarrhea

- Always means you are sick
 - it is not normal for anyone, not even babies
 - It is the second biggest cause of death in children
- We should protect ourselves from getting diarrhea



Germs

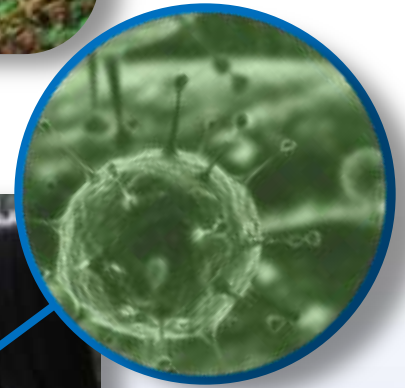
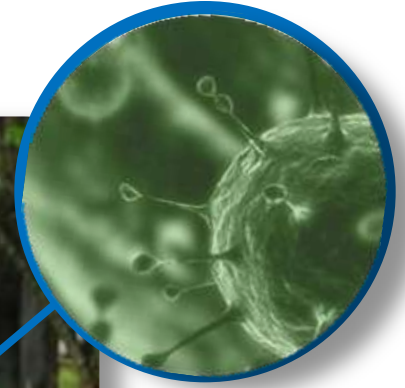


- Germs are very small living things
 - too small to see
 - They come from feces and from sick people
- We get diarrhea from germs that get into our bodies



Germs

- Germs spread just by touching
- When you are sick you spread germs very easily
 - this makes other people sick too!



Germs



- Food rots when germs get in it and reproduce many times
- This is how germs make our bodies sick too

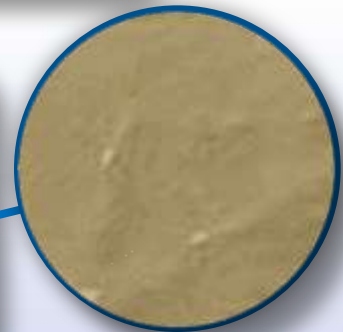
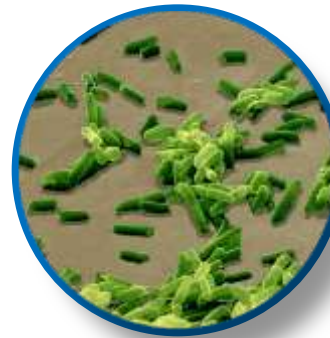
Dirty Hands

- When our hands have germs on them, we get germs on
 - our food and water
 - other people
 - whatever we touch
- Our hands often have germs on them even when they look clean!



Dirty Hands

- We should wash our hands with soap whenever they are dirty
- Even if they look clean, we should always wash our hands
 - before eating
 - after using the toilet





Dirty Food



- Germs can get on food from
 - dirty hands
 - dirty water
 - dirty dishes
 - anything dirty

- We should not let anything dirty touch our food!



Dirty Water



- Rivers and lakes usually have lots of germs in them, from
 - garbage
 - bathing
 - animal feces
 - pit toilets
- in or near the water

Dirty Water

- When we drink water with germs in it, germs get into our bodies and make us sick
- We should not drink water with germs in it



Hygiene - Review

- We should protect ourselves from germs, or else we will get sick
- We should wash our hands
 - before eating
 - after using the toilet
 - whenever they are dirty
- We should not let anything dirty touch our food, especially dirty hands



Part II: SODIS





SODIS – Solar Disinfection



- We learned that we can get sick from drinking water with germs in it
- SODIS is a very easy way to clean our water so it is safe to drink



Sunlight



- Sunlight can kill germs, and protect us from getting sick
- If we put bottles of water in the sun, the germs will die
- There are 4 easy steps

Step 1: Prepare the Bottles

- Remove the labels from clean, unscratched bottles
 - labels, scratches, and dirt block light



- SODIS bottles can be up to 2 liters in size

Step 2: The “Finger Test”

- For sunlight to shine on the germs, the water must be clear
- If you can count your 4 fingers through the bottle, the water is clear enough for SODIS



Step 2: The “Finger Test”

- If you cannot count your four fingers
- Put the water in a large container
- The dirt will slowly settle to the bottom



Step 2: The “Finger Test”



- Once it is clearer, carefully pour the water back into your bottle
 - Repeat the “finger test”
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- You can also make the water clearer by filtering it through several layers of cloth

Step 3: Choose a location



- The bottles should be laid on a hard surface, like wood or brick
 - corrugated metal tables work very well
 - Don't put them on the ground
 - there are many germs on the ground!
- The bottles should be in direct sun all day – no shade



Step 4: Exposure

- Many bottles can be used at once so that you always have water



- The bottles should be in the sun all day long
 - from sun-up to sun-down



Step 4: Exposure

- Expose the bottles for one day if it is mostly sunny
- Two days if it is mostly cloudy
- Do not count a day that is mostly rainy





Drink!

- Afterwards, the water will look and taste the same, but the germs are dead - it is safe to drink!



- Drink the water straight from the bottle
 - no new germs can get in
 - the water will stay clean

SODIS - Review

- Sunlight can kill germs in water

- Put the water in clean, unscratched bottles

- Make sure you can count your fingers through the bottle





SODIS - Review



1

- Expose the bottles for one day if it is mostly sunny



2

- Two days if it is mostly cloudy



X

- Do not count a day that is mostly rainy

Now you can protect
yourself and your family
from waterborne disease!

