

# HANDWASHING WITH SOAP AT CRITICAL TIMES



## SOME OF THE CRITICAL HANDWASHING WITH SOAP TIMES



## Aim of the module

- To provide knowledge and skills on hand washing with soap practice to Caregivers so that they can provide necessary care to children and prevent Diarrhoeal diseases

By the end of this module, participants should know:

1. what disease causing organisms are and how they can be spread
2. The transmission routes of Diarrhoea causing organisms
3. Hand washing with soap critical times
4. Benefits of hand washing with soap
5. Outcomes of not washing hands with soap
6. Steps of hand washing with soap
7. Types of hand washing facilities



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FIRST  
CLUSTER MEETING



# DISEASE CAUSING ORGANISMS

## Activity 1: Paint game-Disease spread

### Materials needed

- A tin of water paint (any bright color)
- Soap
- Jug and basin with water
- A plate
- Spoon
- Any fruit (ie Mango)

### Procedure

- Ask care givers to dip their right hand in a tin of paint and let the whole group know that (paint will symbolize pathogenic faecal matter)
- Ask the caregivers to wander around the room shaking hands with fellow caregivers and do some things they usually do in their daily life (touching plates, touching the nose, child's hand, spoon etc.)



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- This activity should not take more than 5 minutes
  - Then ask caregivers the following questions

### Questions

- What do you think was happening?
- What do you think disease causing organisms are?
- What have you observed regarding disease transmission?
- How are diseases spread?
- How quickly can diseases spread

### Summary

Emphasize the following issues in addition to what they have said:

What are disease causing organisms?

- Many infections and diseases are caused by microorganisms
- They are very small organisms that cannot be seen by naked eyes but causes illness when they enter and infect the susceptible host.
- There are many microorganisms in the environment that causes diseases. For example a bacterium called Vibrio cholera causes Cholera. Diarrhoea is caused



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by various organisms.

Types of disease causing organisms

- Ask participants first if they know any type of disease causing organisms?
- From their responses emphasize the following:
  - o Diseases are caused by various organisms some of them include:

## TRANSMISSION OF DISEASE CAUSING ORGANISMS

- Germs
- Worms
- Remember: Microorganisms cannot be seen with naked eyes rather with a microscope.



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- With the knowledge and ideas obtained from Activity 1: Paint game-Disease spread –apply them in the following activity

- Conduct the activity below with participants

### Activity 2: Drawing the Faecal-Oral Transmission route

#### Materials needed

- Flipcharts
- Pental markers of different colors
- Locally available materials (relating to the activity)-caregivers will identify themselves as they are doing the activity

#### Procedure

- Go outside the room with participants
- Divide them into 2 groups
- Ask the first group of participants to go outside the room and draw on the ground the faecal-Oral Transmission route of Diarrhoea causing organisms. Tell them to be free to use any materials around to present their ideas and they should reflect on what they have learnt from the other activity.



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- Ask the second group of participants to draw on flip charts the faecal-Oral Transmission route of Diarrhoea causing organisms.
  - Remind participants to be creative enough and use local simple materials around them to represent elements in the path ways
  - Each group should take maximum of 10 minutes to do the activity
  - When both groups are done, the whole team should go and appreciate the work done by the outside group first. Ask one member to explain to the rest of the group. Do the same with the other group then go back in the room

### Questions

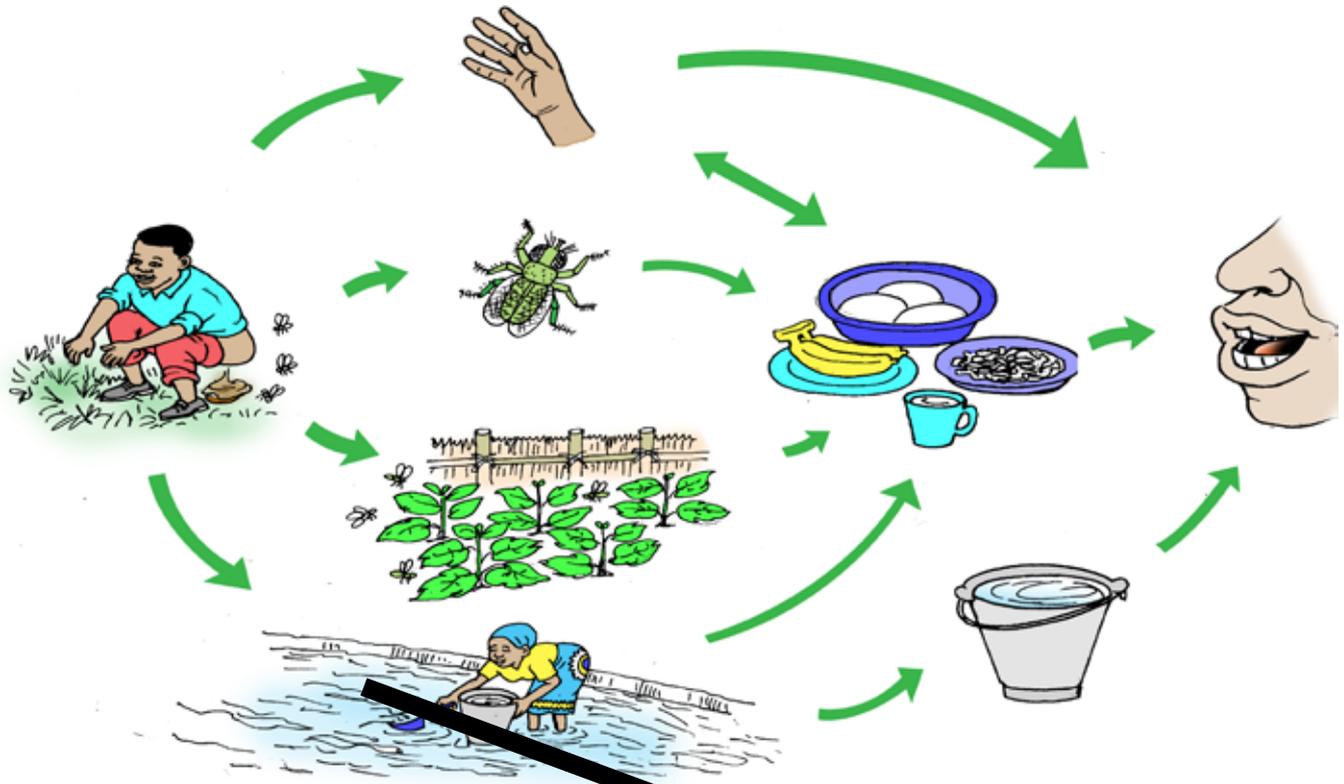
- What are the common faecal-oral routes for spreading Diarrhoea?
- What can we do to prevent spreading of various disease causing organisms through the ways which we have mentioned?
- What can happen if you are not washing hands with soap?
- 



## Explain this to caregivers to emphasize their responses:

- The first step in infection is the microbe entering the body. Disease causing organisms can be spread in different ways and each is specific to the pathogen.
- Diarrhoea causing organisms are spread through the fecal-oral transmission route where pathogens in the faecal particles pass from one person to the mouth of another person.
- The common fecal-oral routes that disease causing organisms spread among people:
  - Fingers of dirt or unwashed hands
  - Flies
  - Unhygienic food and unsafe water
  - Feaces
  - Eating unwashed food like: vegetables and fruits
- And diseases caused by fecal-oral transmission include Diarrhoea, typhoid, cholera, polio and hepatitis.





Tizilombo toyambika matenda tosiyanasiyana timafala kudzera: zala za maja osasamba, mbentche, kudy a chakudya chosasa-malika ndi kumwa madzi osatere ndwa



# HANDS WASHING WITH SOAP

Question:

- How can we break the pathways or transmission routes to prevent diseases like Diarrhoea?

Emphasize their responses by explaining this to the care givers:

- Hand washing with soap is one way of breaking the pathway of transmission of Diarrhoea causing organisms as some particles in the soap kills microorganisms.
- Adequate sanitation and hygiene practices
- As such care givers need to be sensitive of these issues and put control measures to protect their children and families.

Summary

- Various disease causing organisms like Diarrhoea causing organisms can be spread through hands
- Hands are one quicker vehicle of disease transmission
- Diseases can be spread to many people in a short period of time
- Wash your hands with soap to protect your child from Diarrhoea diseases

Activity 3: How to wash hands with soap



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## Materials needed

- Soap
- Jug and basin with water

## Procedure

- Choose a number of caregivers to demonstrate how to wash hands with soap properly
- Ask the whole group to be observant and take note of steps which they feel like were not done properly

## Questions

- Can someone briefly mention the hand washing with soap steps that they were demonstrating?
- Is there any step which you think they missed? If so mention it and demonstrate it.

## Summary

- Hand washing with soap is not just rinsing hands in water. There is a technique of washing hands with soap properly.



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- In the next cluster meeting we will learn more about hand washing with soap
  - Activity 4: Hand washing with soap commitment-Paper plate hand painting
  - From what you have learnt and the public commitment you made to make your family a hygienic family, don't you think committing to hand washing with soap is one way of achieving it?
  - Ask participants what they are going to be doing to achieve this?
  - Give each caregiver a paper plate and a marker
  - Ask the caregivers to write on their paper plate the commitment message which is on the chalk board. Commitment message "I will be washing my hands with soap always"
  - Then after writing ask caregiver to dip their hand into the tin of paint and paste it on the paper plate
  - Then ask the caregiver to dip the hand of their child in the paint and paste it on the same paper plate
  - Ask all them to wash their hands with soap and make sure no paint remains in their hands

#### Questions

- Is there any meaning in doing this activity?



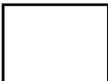
- 
- What is the meaning of the hand painted paper plate?
  - Does it reflect something?

### Summary

- Hand washing with soap protects your child from getting Diarrhoea
- It is your responsibility and all other caregivers to prevent your child from having Diarrhoea
- Washing hands with soap at all critical times by you protects your child from getting sick.
- Therefore promise wash your hands with soap always and protect your child.
- Then ask caregivers to place the paper plate at a place where it can always remind them of washing hands with soap (kitchen, sitting room, veranda etc.)

### Activity 5: Handing out Hand washing with soap score cards

- Give each caregiver a hand washing score card
- Tell caregivers that the score card will help to track their success
- Explain how it will be used
- When Community Key Informant has observed that the household has achieved something as put on the score card she will tick and stamp and report to Group coordinator who will later verify and award the household.



**KHADI KALONDOLONDO NDI KAPAMBANIDWEDWE KA KHALIDWE  
LOSAMBA M'MANJA NDI SOPO MU NTHAWI ZOFUNIKA  
"Banja la ukhondo umoyo wabwino"**

HANDWASHING WITH SOAP SCORE CARD

PRACTICE	ACTIONS	STARS	RATE QUALITY OUT OF 10	CKI STAMP	AWARD
Hand washing with soap <ul style="list-style-type: none"> <li>▪ After latrine use</li> <li>▪ After changing baby nappy</li> <li>▪ Before preparing food</li> <li>▪ Before feeding child</li> <li>▪ After handling animals</li> </ul>	<ul style="list-style-type: none"> <li>▪ They have hand washing facilities for the following critical times: -After latrine use -Before food preparation -Before feeding the child</li> </ul>				
	<ul style="list-style-type: none"> <li>▪ Soap is always available at the hand washing facilities(or availability of soap for hand washing)</li> </ul>				
	<ul style="list-style-type: none"> <li>▪ Water is always available in the hand washing facilities(or availability of water for hand washing)</li> </ul>				
	<ul style="list-style-type: none"> <li>▪ They use the hand washing facilities at all critical times</li> </ul>				



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## Questions

- Do you think you will manage to wash hands with soap?
- If not what would be the challenges?

## Assignment

- When you go back home think about a song ,poem etc. which you think you can use to remind yourself about hand washing with soap steps.

## Reminders

- The next cluster meeting is on\_\_\_\_\_
- Community Key Informants Volunteers(CKI) will conduct households visit



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# FIRST HOUSEHOLD VISIT



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**Community Key Informant (CKI) should visit each caregiver's household. Make sure it is a surprise visit to avoid behaviour pretense.**

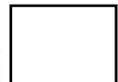
### **Aims of the Household Visit**

1. Discussions aiming at finding challenges
2. Remind and encourage about hand washing with soap
3. Demonstrate good practice
4. Developing a work plan on hand washing with soap practice to ensure each caregiver meets the public commitment (Ask the caregiver what they are doing and plan to be doing ).



Use the Checklist like the one below to record your observation during the household visit

Date of HH visit			
Time of HH visit			
Number	Activity	Observed comments	CKI comments
1	Have you observed the caregiver washing hands with soap at any time? (please get a picture if possible)		
2	Ask the caregiver if there are any existing challenges in performing behaviour and how they are addressing		
3	What did you find the care giver doing at the time of visit?		
4	<b>Have you observed any hand washing facility</b>		
	<ul style="list-style-type: none"> <li>• For hand washing after latrine use</li> <li>• For hand washing before food preparation</li> </ul>		
	<ul style="list-style-type: none"> <li>• For hand washing after changing child nappy</li> </ul>		
	<ul style="list-style-type: none"> <li>• For hand washing after before and after feeding</li> </ul>		
5	<b>Have you observed soap and water at any of the following hand washing facility</b>		
	<ul style="list-style-type: none"> <li>• For hand washing after latrine use</li> </ul>		
	<ul style="list-style-type: none"> <li>• For hand washing before food preparation</li> </ul>		
	<ul style="list-style-type: none"> <li>• For hand washing after changing child nappy</li> </ul>		
	<ul style="list-style-type: none"> <li>• For hand washing after before and after feeding</li> </ul>		
6	Demonstrate good practice		
7	If possible develop with them a work plan on how they can achieve hand washing with soap practice		





SECOND  
CLUSTER MEETING



## RECAP OF THE PAST CLUSTER MEETING

- Ask participants to share what they learnt in the first cluster meeting
- Ask participants if there were any challenges in washing hands with soap and how they are going to address them
- Remind them again about the Faecal-Oral transmission pathways and how the pathways can be broken
- Bring out the pathways which can be broken by hand washing with soap and emphasize that the module will dwell on this and other pathways will be addressed in other modules.

## HANDWASHING WITH SOAP

### Question

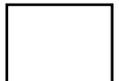
Ask participants the following question and after they have answered conduct the paint game to emphasize how the transmission route can be interrupted

- How can the Diarrhoea disease transmission route be interrupted?

Activity 6: Paint game is here again!!

Materials needed

- A tin of water paint (any bright color)
- Soap
- Jug and basin



# HANDWASHING WITH SOAP

## Procedure

- Ask care givers to dip their right hand in a tin of paint and let the whole group know that (paint will symbolize pathogenic faecal matter)
- Ask the caregivers to wander around the room shaking hands with fellow caregivers
- This activity should not take more than 5 minutes
- Then ask caregivers to wash hands without soap
- Ask them the following questions after they have washed hands without soap:
  - How does it feel washing hands without soap?
  - What has happened in their hands when they washed hands without soap?
- Ask them the following questions after they have washed hands with soap:
  - How does it feel washing hands without soap?
  - What has happened in their hands when they washed hands without soap?
  - Is there any difference between washing hands with soap and without soap?
  - Which one is better

## What is washing hands without soap?



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- Involves cleaning hands with water only
  - Washing hands without soap is not effective because it does not remove microorganisms

What is hand washing with soap and why is hand washing with soap important?

- Hand washing with soap is the act of cleaning hands with soap and water for the purpose of removing soil, dirt, and microorganisms.
- Washing hands with soap and water is the best way to get rid of germs and is effective for the prevention of transmission of Diarrhoea pathogens. Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean water. Diarrhoea is one of the diseases which is influenced by not washing hands with soap
- Washing hands with soap and water is necessary because it removes disease causing organisms. Washing hands with soap will remove substantially more disease causing organisms than washing hands with water alone.

### **Hand washing with soap critical times**

Hands washing critical times are times which are extremely important to wash hands with soap



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to remove germs which might be available in the hands. There are many critical times which require washing hands with soap to reduce fecal-oral transmission of disease.

### Questions

Ask caregivers the following question and then discuss with them about hand washing with soap critical times

- What do you think are the critical times which require hand washing with soap?

### Summary

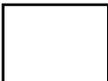
Some of the critical times required for hand washing with soap:

- After using latrine
- After changing a child nappy
- Before food preparation, before eating and after eating
- Before and after feeding a child
- After handling animals
- Children like placing fingers in their mouth so it is necessary for children to wash hands

regularly

Critical hand washing times for sick people caregivers and child care givers

- People who are HIV positive and children are at a high risk of Diarrhoea diseases
- Caregivers for children and sick people are supposed to wash hands with soap as they



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are doing their chores; we should promote hand washing with soap in these times: before they give any care to the child or sick person, before feeding them and also after giving care to them.

### **Remember**

- It is important to use soap when washing hands. Soap provides two functions: it is a lubricant and may contain agents that disinfect or neutralize bacteria. The lubricant in soap is what will cause the dirt to be lifted or moved off the skin with the help of water.
- Wash both hands with soap after using the toilet, cleaning the baby's bottom, before feeding children and before handling food and prevent diseases, such as Diarrhoea.

### **Benefits of hand washing with soap**

#### **Question**

Ask participants the following question

- What do you think are the benefits of hand washing with soap?



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## **Following their responses share with them the following:**

Washing hands with soap regularly is very essential:

- It shows respect to ourselves and others
- It prevents spreading of disease which can be transmitted through contaminated hands to our children, family and friends
- It prevents the swallowing of various disease causing organisms from faeces as we are eating
- It makes hands not to have bad odor

Consequences of not washing hands with soap

Question

## **Ask participants what the following question**

- What do you think are the consequences of hand washing with soap?



Following their responses, discuss with them the following images:



If you do not wash your hands with soap you are putting your child & family at risk of getting sick



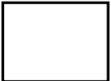


*If you do not wash your hands with soap you are putting your child & family at risk of getting sick*





*If you do not wash your hands with soap you are putting your child & family at risk of getting sick*



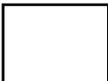
## Ask care gives the following questions

### Questions

- How can Diarrhoea affect the life of your child?
- How can Diarrhoea affect your household?
- How can Diarrhoea affect your community?

### Summary

- Diarrhoeal disease is the second leading cause of death in children under five years old but it is both preventable and treatable.
- It can lead to the spread of diarrhoeal disease at a household (Children, parents etc.)
- Diarrhoea is a leading cause of malnutrition in children under five years old.
- More money in the family is lost as we are handling Diarrhoea cases(transport costs to hospital, more tie spent in handling cases and loss of time in other income sourcing activities)
- Poor community development
- Overcrowding in hospitals
- Not respecting others and yourself
- Bad odor remaining in the hands
- A significant proportion of diarrhoeal disease can be prevented through adequate sanitation and hygiene.
- Therefore prevent Diarrhoea wash hands at all critical times protect your child



**Remember to wash hands with soap  
every time before you start preparing food**



**Remember to wash hands with soap  
before you start feeding a child**



**Remember to always wash hands with soap  
after changing baby a nappy**



**Remember to wash your hands with soap  
after using the latrine**



## Remember to wash your hands with soap after handling animals



# Hand washing with soap steps

## **Activity 7: Hand washing with soap steps**

Materials needed:

- Soap
- Jug and basin
- Water

Procedure

- Ask a number of care givers to demonstrate how they wash their hands with soap?
- Ask the whole group to identify and demonstrate if there are any steps have been missed

Then explain the following to caregivers while showing them the illustration below:



## Activity 8: Hand washing with soap song

- Remember in the first cluster meeting you were assigned to think of a song or create something which can be used along hand washing with soap process. If they already have a song tell them to sing as they demonstrate hand washing with soap. If not may they develop one. It's not compulsory to create a song it can be a poem or anything creative to always remind caregivers the hand washing process.
- Tell participants that the song they create will be used often in their meetings

### Activity 9: Assignment

- Inform caregivers to prepare to share in the next meeting the types of hand washing facilities they have at their household. If they don't have they can share the types of hand washing facilities available in their community? And also which types of hand washing facilities they like and why?

### Reminders

Before closing the meetings inform participants the following:

- The CKI will conduct household visits to empower them
- The next cluster meeting date
- Caregivers should come with their husbands and child in the next meeting



## SECOND HOUSEHOLD VISIT

**Community Key Informant (CKI) should visit each caregiver's household. Make sure it is a surprise visit to avoid behaviour pretense.**

### **Aims of the Household Visit**

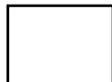
5. Identifying performers(those washing hands with soap) by observing existing practices
6. Discussions aiming at finding challenges
7. Remind and encourage about hand washing with soap
8. Demonstrate good practice
9. Developing a work plan on hand washing with soap practice to ensure each caregiver meets the public commitment (Ask the caregiver what they are doing and plan to be doing )
10. Ask caregivers to bring their child to the next cluster meeting
11. Remind caregivers to come with their husbands to the next cluster meeting



Use the Checklist Like the one below to record your observation during the household visit

### Household Visit Checklist

Household ID			
Cluster Name			
Name of CKI			
Date of HH visit			
Time of HH visit			
Number	Activity	Observed comments	CKI comments
1	Have you observed the caregiver washing hands with soap at any time? (please get a picture if possible)		
2	Ask the caregiver if there are any existing challenges in performing behaviour and how they are addressing		
3	What did you find the care giver doing at the time of visit?		
4	<b>Have you observed any hand washing facility</b> <ul style="list-style-type: none"> <li>• For hand washing after latrine use</li> <li>• For hand washing before food preparation</li> <li>• For hand washing after changing child nappy</li> <li>• For hand washing after before and after feeding</li> </ul>		
5	<b>Have you observed soap and water at any of the following hand washing facility</b> <ul style="list-style-type: none"> <li>• For hand washing after latrine use</li> <li>• For hand washing before food preparation</li> <li>• For hand washing after changing child nappy</li> <li>• For hand washing after before and after feeding</li> </ul>		
6	Demonstrate good practice		
7			
8	Ask caregivers to bring their child to the next cluster meeting		



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THIRD  
CLUSTER MEETING



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## **Recap on previous cluster meeting lesson**

- Ask participants to share what was learnt in the past cluster meeting and households visit
- Ask participants what was easy and hard about washing hands with soap
- Facilitator announces performers as observed during household visits and asks the performer to share tips to fellow caregivers on how they manage and also how others can adopt and maintain the behaviour
- Remind them about the group commitment which they made

## **Activity 10: Hand washing with soap Dazzy game**

### **Materials needed**

- Water
- Jug and basin
- Soap

### **Procedure**

- Ask all caregivers to wash hands first without soap (depending on time all can do it all just a few)
- And after the hands are dry , ask them to wash hands again but now with soap
- They should use a basin and jug for hand washing



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## Questions

- Ask caregivers what they felt after hand washing without soap and after hand washing with soap?
- Is there a difference?
- Ask them to conclude what is best

## Summary

- Hand washing with soap brings a good feeling apart from removing dirt and killing germs. Wash hands with soap to prevent Diarrhoea and to protect your child from Diarrhoea. After this activity introduce today's lesson: How to wash hands with soap properly
- Activity 11: Hand washing with soap process demonstrations

Materials needed:

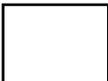
- Soap
- Water
- Jug and basin

## Procedure

- Ask 2 or 3 participants to demonstrate proper hand washing with soap process

Questions

- Have they done hand washing with soap properly?



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- If not may the ones who responded so correct where they feel it wasn't done properly

### Activity 12: hand washing with soap song

Remember last time you made a song, poem etc. to remind you of the hand washing with soap process. May you sing it and if there is a need for modifying it please do.

### **How to wash your hands with soap properly**

- What does it mean to have "good hand washing technique"? As you might have guessed already, washing your hands means more than slapping on a bit of soap, lathering up and then rinsing off. Anyone can "wash their hands" with soap and water and still come away with even more bacteria than when they started. The real secret to cleanliness, it seems, is not only whether you use soap, but how hard you scrub, and for how long.
  - The way your soap is stored and dispensed also matters, although in public environments, that's much less under your control.
  - Health officials recommend washing for anywhere from 20 to 30 seconds
- Steps to follow for hand washing with soap

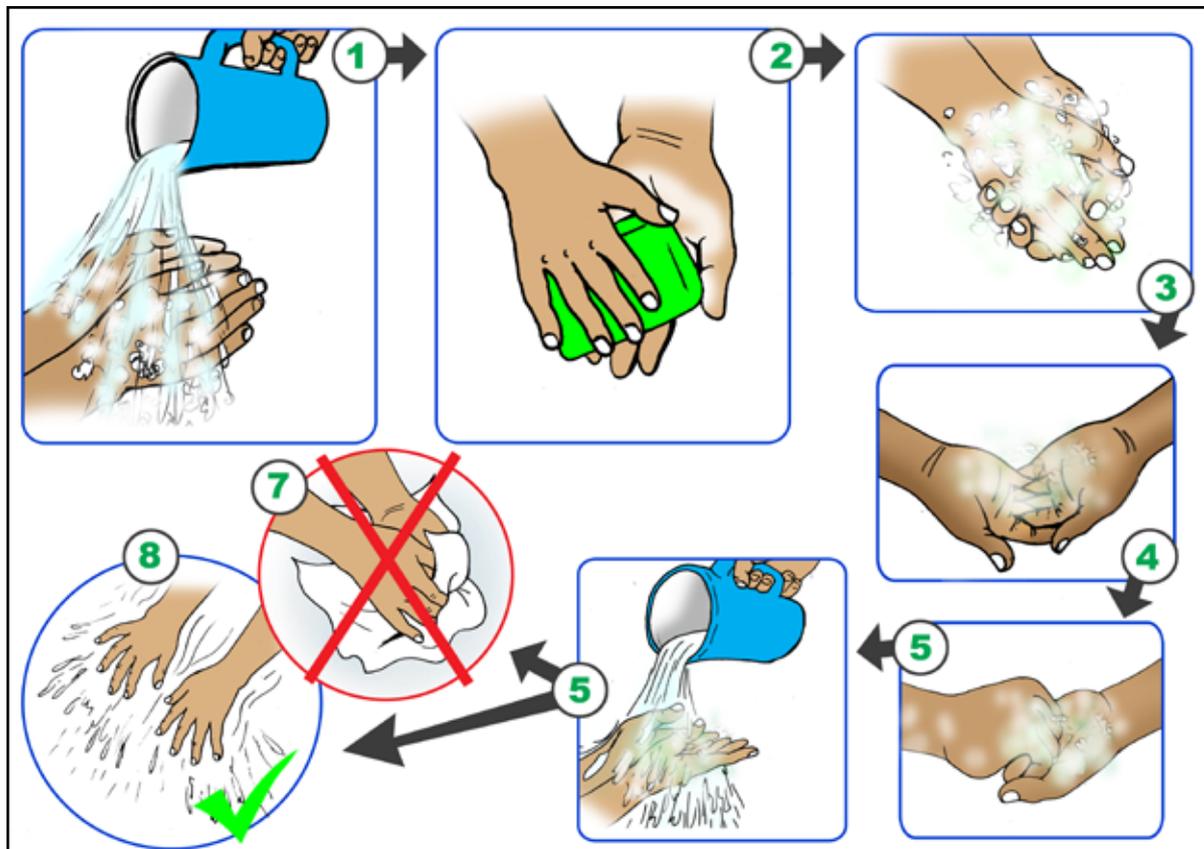
### **Explain this to caregivers while showing them the image below:**

- Rinse your hands with water
- Apply soap in your all hands and all fingers



- Rub your hands
  - Rinse your hands with water
  - Dry your hands with a clean wiper if available or shake your hands so that they get dried with air. This makes your hands not to contain disease causing organisms
- Emphasize the hand washing process by showing them the hand washing steps below:  
Hand washing with soap steps





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## Questions

- Is the proper hand washing with soap process easy to follow?
- re any step you were missing

## Summary

- hand washing without soap is incomplete
- Hand washing with soap is not just making your hands wet
- When washing hands with soap make sure that you have washed both hands using by using the steps shown in the figure so that all disease causing organisms are removed
- It is very good to wash hands with soap because soap kills disease causing organisms and removes odour and also makes hands soft. It is not good to wash your hands without soap because dirt and disease causing organisms are not removed.

## Zipangizo zosambira m'manja

### **Ntchito 13: zotsatira za zipangizo zosambira m'manja ndi sopo**

Kumbukani kuti mumkumano wathu wambuyomu tinapatsidwa ntchito yoti tizagawana za zipangizo zosambira m'manja



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**Funsani osamalira ana mafunso otsatirawa:**

- Perekani mitundu ya zosambira m’manja zomwe mumagwiritsa ntchito kapena mukuzidziwa ndipo chimakusangalatsani kapena sichikusangalatsani pazosambiram’manjazo ndi chani?
- Perekani mitundu ya zosambira m’manja yomwe mumagwiritsa ntchito kapena mumadziwa kuti zimagwiritsidwa ntchito mu nthawi izi:
  - Akachoka kuchimbuzi
  - Asanadyetse mwana chakudya
  - Asanakonze chakudya
  - Akatha kusintha mwana thewera
- Awonetsani osamalira ana mitundu ya zosambira m’manja zomwe zilipo ndipo afunseni mafunso pa mtundu uliwonse wa chosambira manja:
  - o Ndichosambira m’manja chiti chomwe mumakonda? Chifukwa chiyani?
  - o Nanga ndichosambira m’manja chiti chomwe simukonda? Chifukwa chiyani?
  - o Ngati ali ndi mitundu ina ya zosambira manja yomwe akudziwa afunseni kuti agawane ndi gulu ndipo aphunzitse mmene amapangira chosambira m’manjacho.
  - o Kambiranani ndi otenga mbali mitundu ya zipangizo zosambira m’manja yomwe amagwiritsa ntchito posamba manja ndi sopo mu nthawi zonse zofunikira kusamba manja:
    - Akachoka kuchimbuzi
    - Asanadyetse mwana chakudya
    - Asanakoze chakudza ndi kusintha mwana thewera



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## Hand washing facilities

### Activity 13: Hand washing with soap facilities assignment feedback

- Remember in the last cluster meeting you were assigned that today you will share about hand washing facilities.
- Ask caregivers the following questions:
  - Share the types of hand washing facilities which they use or know
  - Share the types of hand washing facilities they use or know for:
    - After latrine use
    - Before feeding child
    - Before food preparation
    - After changing child nappy
  - Then show caregivers the existing hand washing facilities and ask them the following questions for each hand washing facility:
    - What do you like about this hand washing facility and What don't you like about this hand washing facility
    - If they have a different hand washing facility which they use they should share to the group and teach how to construct it
    - Discuss with participants types of hand washing facilities which they are going to be using hand washing with soap in the following critical times:
      - After latrine use
      - Before feeding child
      - Before food preparation and after changing child nappy

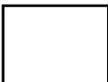


Types of hand washing facilities:

Tippy tap



Pail with a tap



## Jug and basin



# Scooping cup



## How to build your own tippy tap

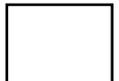
- The tippy tap is a hands free way to wash your hands that is especially appropriate for areas where there is no running water
- It is operated by a foot lever and thus reduces the chance for bacteria transmission as the user touches only the soap
- It uses only 40 milliliters of water to wash your hands versus 500 milliliters using a mug
- Additionally, the used “waste” water can go to plants or back into the water table.
- A tippy tap is not hard to build and it requires locally available resources

### Activity 14: Building a tippy tap

- Together with caregivers construct a tippy tap at a latrine near the meeting place trine using the following steps
- Use the guide below:

### **Materials needed**

- 2m forked sticks x2



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- 1m straight sticks x2
  - Tools to dig
  - Gravel
  - String
  - Nail & candle
  - Soap
  - Water container

## **Procedure**

1. Dig two holes 18in deep and about 2ft apart
2. Place the forked sticks, ensure they are level
3. Fill holes with soil & rocks, and pack tightly
4. Heat the nail and make holes in the water container
5. Make a hole in the soap and thread string
6. Hang container & soap and fill with water
7. Attach string to water container
8. And to foot lever stick



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9. Use gravel as basin to capture water

### **Questions**

- Was there anything hard to do in building our tippy tap?
- What materials are hard to find here and what alternative materials would we use?
- Are we going to build a tippy tap at our households?

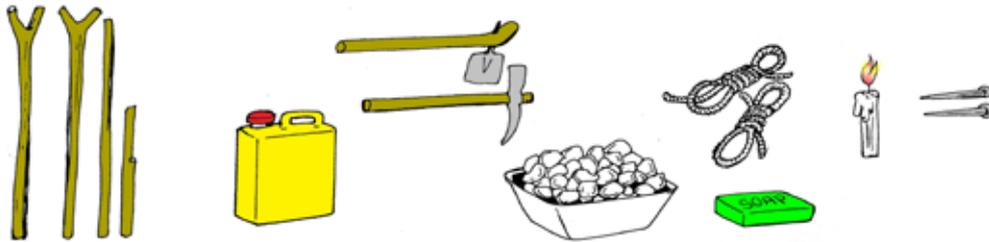
### **Summary**

- The Tippy Tap is a simple device for hand washing with running water
- Only the soap is touched with the hands, the device is very hygienic. A gravel bed is used to soak away the water and prevent mosquitos
- build your own tippy tap make hand washing with soap easy and prevent diarrhoeal

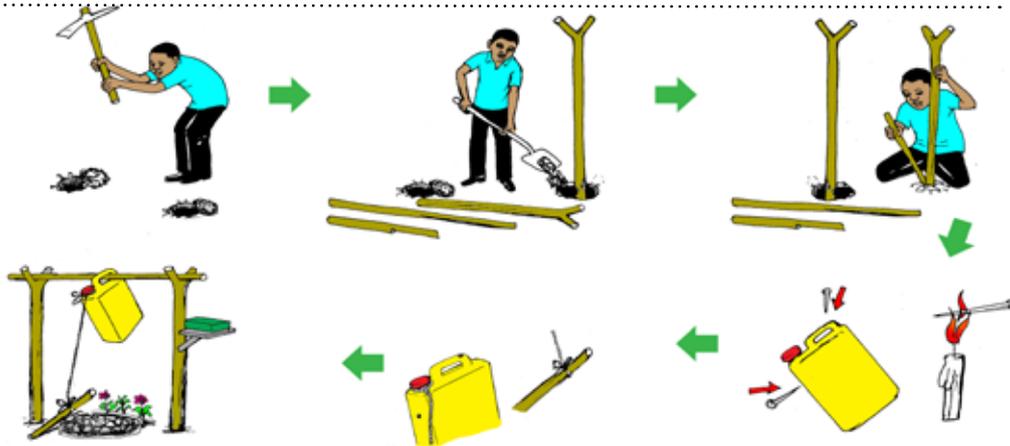


# Guide for building a tippy tap

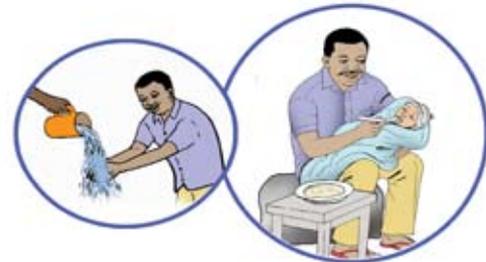
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PLEASE DO NOT FORGET TO WASH YOUR HANDS  
WITH SOAP IN ALL CRITICAL TIMES



**AND REMEMBER HANDWASHING WITHOUT SOAP IS  
INCOMPLETE!!!!  
REMEMBER!!**

- Before closing the meeting announce again the hand washing with soap performers and award them with a (jug and basin)
- And then introduce hand washing facility construction and use competition
- Below is the description for the hand washing with soap facility construction and use competition guideline
- Build a hand washing facility at a place which will help easy hand washing with soap at critical times
- Those who will construct hand washing facility and use their hand washing facility



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# THIRD HOUSEHOLD VISIT



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The Community Key Informants should visit each household in the cluster

### **Aims of the Household visit**

- Identify hand washing with soap performers by observing and taking photographs- Use the Household visit checklist
- Remind about costs and benefits of hand washing -Use some of the pictures in this tool
- Identify those who have constructed hand washing facilities and take photographs- Use Household visit checklist
- Asses the level of knowledge and skills regarding hand washing infrastructure (construction of hand washing facility and use of soap) and take a photographs- Use the Household checklist below
- Assess those who have constructed hand washing facilities well and are practicing hand washing with soap and take photographs - Use the observation checklist below



## Third Household Visit Checklist

Household ID			
Cluster Name			
Name of CKI			
Date of HH visit			
Time of HH visit			
Number	Activity	Observed comments	CKI comments
1	Have you observed the caregiver washing hands with soap at any time? (please get a picture if possible)		
2	Ask the caregiver if there are any existing challenges in performing behaviour and how they are addressing		
3	What did you find the care giver doing at the time of visit?		
4	Remind about costs and benefits of hand washing with soap		
5	Identify those who have constructed hand washing facilities and take photographs if possible		
6	Have you been using soap? If yes why?		
7	Have you built a hand washing facility? What type? And why that type?		
8	Check how the hand washing facility has been constructed? Has it been done properly? Appraise them if they have and advise them if not done well		
9	Remind them that the next cluster meeting will involve different clusters		



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# FOURTH CLUSTER MEETING



## Recap of the past meetings

- Ask participants this question: what can we say about hand washing with soap?
- Remind about the importance of hand washing with soap
- Ask caregivers to share experience and ask performers to also encourage others
- Ask caregivers if there are any issues which they need more clarification

### **Activity 14: Hand Washing with Soap Glo Germ Experiment**

#### **Materials**

- Powder or gel that simulates the presence of germs on students (Glo Germ)
- Black light or ultraviolet light
- Hand washing facility
- Soap

#### **Procedure**

1. Spread some of the germ simulating powder or gel on caregiver's hands. Spread it evenly over both hands, including the backs of the hands and the skin next



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to and under the fingernails.

2. Then place the Caregivers hands under the UV light. Under the light, the “germs” will show up. ask caregivers to determine the cleanliness of the washer’s hand
3. Ask the caregivers to wash their hands without soap
4. Then place the Caregivers hands under the UV light. Under the light, the “germs” will show up. Ask caregivers to determine the cleanliness of the washer’s hand. Any remaining lotion will shine blue (fluoresce) under the UV lamp and show the areas that they missed when they washed their hands.
5. Explain and demonstrate the correct hand washing with soap technique
6. Then place the Caregivers hands under the UV light. Ask caregivers to determine the cleanliness of the washer’s

## Questions

- What have you observed?
- And what is your conclusion?
- Do you think hand washing with soap is the right way to go? Why?

## Summary

- Clean hands may not be so clean after all. Microorganisms which cause



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diseases like Diarrhoea cannot be seen with naked eyes and hence the critical importance of washing hands with soap to prevent Diarrhoea.

## **Activity 15: Benefits of Hand washing with Soap-Video**

### **Materials needed**

1. Projector
2. Laptop
3. Generator
4. UNICEF Video

### **Procedure**

1. Play the video for caregivers to watch
2. After the video ask the care givers the following questions
  - a. From the video, what are the benefits of Hand washing with soap?
  - b. What will happen if caregivers and households members don't practice hand washing with soap?

### **Questions**

- What have you learnt from the video?
- How can we protect our children from Diarrhoea?



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- What critical times for hand washing with soap have you seen in the video?

## Summary

- Hand washing with soap at critical times is essential. It protects your child and your family. Wash your hands with soap at all critical times.

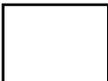
## Activity 16: Clusters Hand washing with soap experience sharing

- Each cluster to present their hand washing with soap process memory song, poem etc.
- **Caregivers from each cluster to share hand washing with soap experience. It can be regarding the following:**
  - How easy is it to wash hands with soap?
  - Are there any challenges of washing hands with soap always?
  - How were they are addressing and how are they going to deal with them?

Activity 17: making hand washing with soap streamers

## Materials needed

- Plain coloured paper streamers



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- Markers
  - Crayons

## **Procedure**

- Give each caregiver a streamer of about 6 coloured papers
- Ask them to write something regarding hand washing with soap which they want to always remember and they want the streamer to always act as a reminder
- They can put messages or draw
- Ask them to identify a place at their house hold where they can hang it

## **Before closing the session do the following:**

- Award Households which have constructed hand washing facilities and are practicing hand washing with soap –show the cluster members the photograph of the performers
- Ask the competition winner (role models) to encourage others-emphasize that relapse do happens but they have to always get up when they fall
- Caregivers make a group commitment to sustain the practice of hand washing with soap and print photographs of performers
- Award caregivers who have achieved required points on the score card.



