



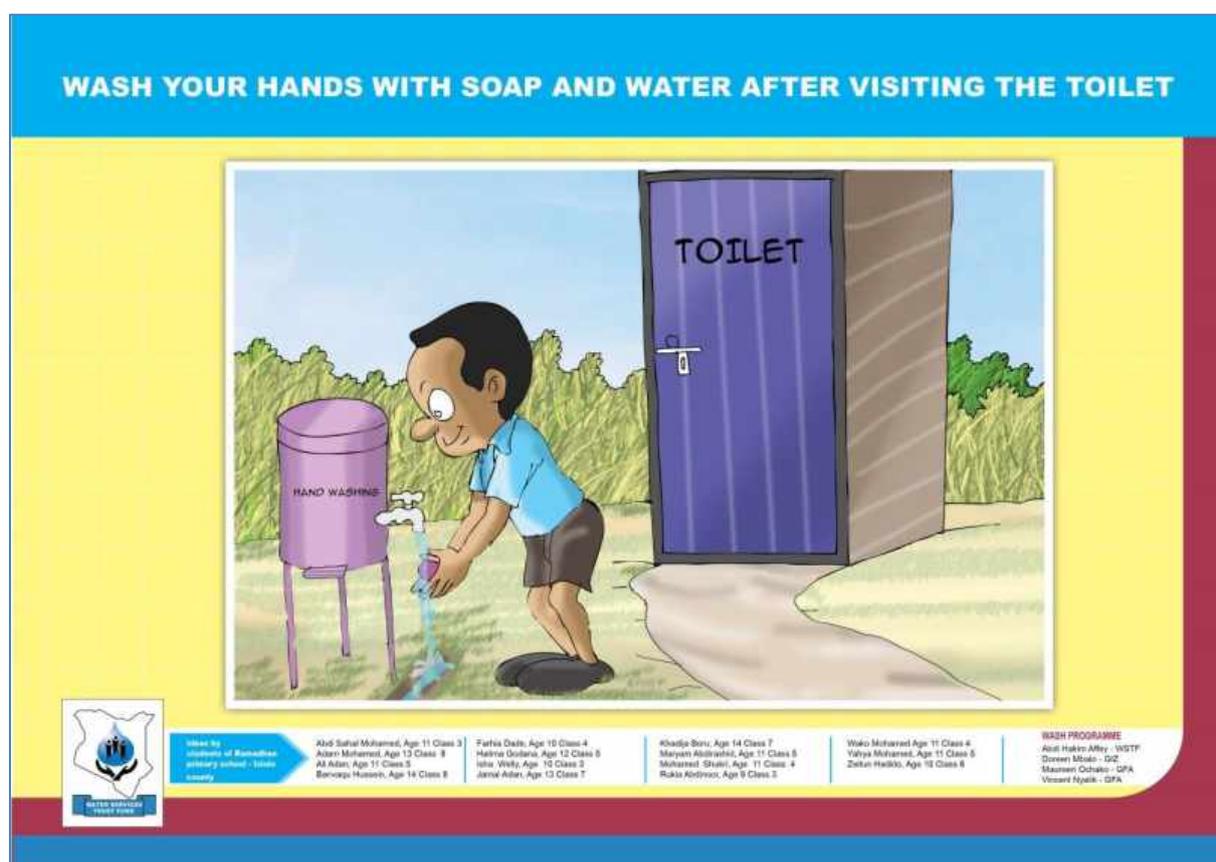
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## Mainstreaming of Hand-Washing within SafiSan Projects

⇒ *Hand-washing and Sanitation*

⇒ *Hand-washing and Schools*



Prepared by the UBSUP Team

May 2014

Version: 2.0

Last Update: August 2017

# SafiSan

## Mainstreaming of Hand-Washing within SafiSan Projects

### Reminder!

Water Service Providers (WSPs) should ensure that all SafiSan toilets are equipped with a durable hand-washing facility!

Water Service Providers are encouraged to include in the budget they prepare for SafiSan projects:

- ⇒ The estimated costs of laminated hand-washing posters (developed and produced by the Water Sector Trust Fund - WSTF).
- ⇒ The estimated costs of laminated posters on toilet use and cleanliness (developed by the WSTF).
- ⇒ The costs required for the implementation of an effective but modest hand-washing programmes for schools in the SafiSan project areas.

*SafiSan projects: More than good toilets!!*



# SafiSan

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## Mainstreaming of Hand-Washing within SafiSan Projects

**Stop Germs! Stay Healthy! Wash Your Hands!**

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### Introduction

This document aims to assist the implementers of SafiSan projects to mainstream (put more emphasis) on hand-washing and the importance of hand-washing.

This document has 7 chapters.

- ⇒ **Chapters 1 - 4** emphasise the importance of hand-washing and explain how people should wash their hands.
- ⇒ **Chapters 5 and 7** will assist you to ensure that hand-washing is part of your SafiSan project.

All the tools mentioned in this document can be found in the SafiSan toolkit which is available online (see: [www.waterfund.go.ke/safisan](http://www.waterfund.go.ke/safisan) ).

## 1. Why washing hands is indeed very important

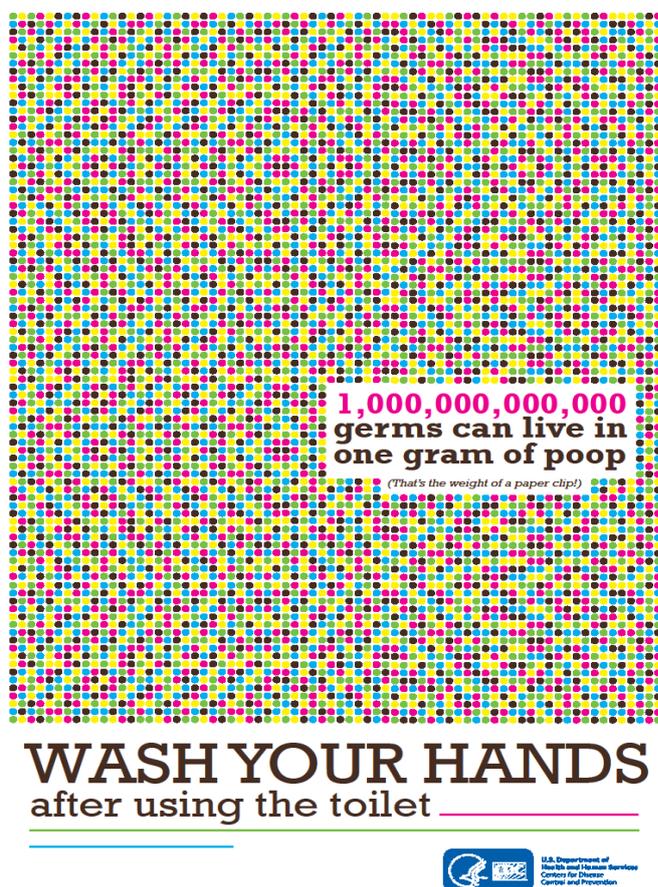
Many studies clearly show that “**dirty hands**” can cause diseases. According to the World Health Organisation (WHO) and the Centre of Disease Control and Prevention (CDC) of the American Government<sup>1</sup>:

“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, running water.” (CDC: <http://www.cdc.gov/handwashing/why-handwashing.html> ).

**Hand-washing** is especially important in relation to **sanitation**.

According to a CDC poster”

“1,000,000,000,000 germs can live in one gram of poop”.



<sup>1</sup> CDC belongs to the U.S. Department of Health and Human Services.

Not surprisingly, therefore, the CDC has adopted the slogan (see also: <http://www.cdc.gov/HandWashing/pdf/wash-your-hands-poster.pdf> )

**Stop Germs! Stay Healthy! Wash Your Hands!**

## 2. Importance of Hand-washing

According to Wikipedia (*keyword; Hand-washing*):

“This hygienic behavior has been shown to cut the number of child deaths from [diarrhoea](#) (the second leading cause of child deaths) by almost half and from [pneumonia](#) (the leading cause of child deaths) by one-quarter.<sup>[40]</sup>

There are five critical times in washing hands with soap and/or using of a hand antiseptic related to [faecal-oral transmission](#): after using a bathroom (private or public), after changing a diaper, before feeding a child, before eating and before preparing food or handling raw meat, fish, or poultry, or any other situation leading to potential contamination and see below.<sup>[41]</sup> To reduce the spread of germs, it is also better to wash the hands and/or use a hand antiseptic before and after tending to a sick person.

For control of [staphylococcal](#) infections in hospitals, it has been found that the greatest benefit from hand-cleansing came from the first 20% of washing, and that very little additional benefit was gained when hand cleansing frequency was increased beyond 35%.<sup>[42]</sup> Washing with plain soap results in more than triple the rate of bacterial [infectious disease](#) transmitted to food as compared to washing with antibacterial soap.<sup>[43]</sup> “

## 3. When to wash your hands

When should you wash your hands?

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- **After using the toilet**
- **After changing diapers or cleaning up a child who has used the toilet**
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage
- After handling money (or using an ATM)
- After travelling

## 4. How to wash your hands?

Washing hands, it sounds so easy. Can anything go wrong? Well, there are good and not so good ways to wash your hands. How should it be done?

Indeed, **how should you wash your hands?**

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap
- **Lather (Soap)** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice
- **Rinse** your hands well under clean, running water
- **Dry** your hands using a clean towel or air dry them



One of the SafiSan hand-washing posters

## 5. Hand-washing within SafiSan Projects

SafiSan projects are sanitation projects. The main objectives of SafiSan can be summed up as follows:

- A.** Give people a **better sanitation experience** by making the toilets easy to clean and user-friendly.
- B.** Ensure that **sanitation is sustainable** also when it comes to protecting the environment. This is done by addressing **all parts of the sanitation value chain**.
- C.** **Help people to lead healthier lives** by providing them **(1)** with **access to good sanitation** (toilets), **(2) good emptying and disposal services** ..... but also by sensitising them on the importance of:
  - **(3) toilet cleanliness & maintenance**
  - **(4) washing hands and by**
  - **(5) providing hand-washing facilities near the SafiSan toilet!**

## 6. Hand-washing at the SafiSan toilets

Within the SafiSan projects hand-washing is given the much-needed prominence:

- In order to facilitate hand-washing at the SafiSan toilets they are **equipped with a hand-washing facility**.
- SafiSan toilets receive a **laminated poster on hand-washing** (“How to wash your hands”).
- In addition all SafiSan toilets receive a **poster on how to clean the SafiSan toilets**.



## 7. SafiSan Hand-washing programme for Schools

### 7.1 Need to focus on children

Hand-washing is very important. There is need, therefore, to sensitise children as well as adults. The WSTF has developed a special set of posters for schools in SafiSan project areas (and beyond). These posters were developed with children of the Ramadhan Primary School in Isiolo. In fact all the stories captured in “**The Konosafi Superstar Hand-washing Comic Book**” are the stories of the children themselves.

The stories focus on:

- ⇒ The need to wash hands whilst being at **school**.
- ⇒ The importance of washing hands whilst being at **home**.
- ⇒ Why it is important to wash your hands when (or after) being in **town**.

### 7.2 Why SafiSan should go to the schools

It is of course possible to reach children whilst they are at home, but there are advantages in targeting the children within the school setting:

- ⇒ It becomes possible to reach all children, those benefitting from SafiSan toilets and children who are (still) using unimproved toilets.
- ⇒ Within the sanitation sector there is a saying; “Educate the children and reach the parents” (with better practices).
- ⇒ Good teachers are able to convince their pupils to do the right thing, but children can also learn good behaviour from each other, when being at school, when walking home together or when playing.
- ⇒ Bringing hand-washing to the class room can also create a good opportunity for questions and even discussions. In other words make it interactive and interesting.

### 7.3 Involving the children: a step-by-step approach

How to reach the children with appropriate hand-washing messages? The following steps can be followed:

1. Locate the primary and secondary schools that are attended by children living in the SafiSan project area.
2. Make contact with the schools by contacting the Head Teachers.
3. Make an appointment with the school (perhaps the school has a WASH club or a school health team).
4. Organise a programme for the school with the teachers and the children.
5. Identify the posters from “The Konosafi” comic book that can be used to produce laminated (size A3) posters that can be put up at the school.
6. Identify the sites within the school premises where the posters can be put up (e.g. at

or near the toilet blocks, in the corridor, etc.).

7. Implement the school hand-washing programme.

#### 7.4 Content of a school hand-washing programme

What could be the content of a [school hand-washing programme](#) or activity?

- ⇒ Cleaning or repair of the school toilets.
- ⇒ Inauguration of new hand-washing facilities (if required).
- ⇒ Hand washing sessions (lessons) given at class level (duration +- 20 minutes).
- ⇒ Emphasizing the need to wash hands with SOAP (!) and motivating the children to ask their parents to give them school soap.
- ⇒ Putting up of “The Konosafi” posters.

#### 7.5 Tips on how to organise a classroom hand washing session

When organising a class-room session on hand-washing you can decide to use some of the following tips:

- Please involve the Public Health Officer (PHO). They are the public health experts and it is part of their Job description. The PHO may even have tools such as posters, a presentation, brochures, etc.
- Make the session interactive by asking questions and giving answers (a Q & A session). This gives you (being the organizer) the opportunity to gauge what the pupils know and what interests them. **In other words, you should ask the children questions about hand washing (etc.) but also give them the opportunity to ask you questions!!**
- Show how hands have to be washed (make sure you can do this in the classroom).

**Some of the questions you could ask the pupils (and their teachers?):**

- How do our hands get dirty?
- Can dirty hands make us sick? How? Why?
- Which diseases can we get when we do not wash our hands?
- What are germs? Are there good germs? Bad germs? How do bad germs make us sick? How do they look like?
- Why do germs like dirty hands?
- When do we have to wash our hands?
- How do we have to wash our hands?

## 7.6 Who should participate in school hand-washing programmes?

It is important that the teachers and the children of the school in the SafiSan project areas benefit from professional experience and advice. That's why it is of crucial importance that the Public Health Officer (PHO) plays a leading role during the preparation and implementation of the school hand-washing programmes.

## 7.7 Evaluation of the school hand-washing programme

In order to assess the impact of the [school hand-washing programme](#) or activities, the SafiSan project team should revisit the school after a period of 3 – 6 months. What are the success indicators of the school programme? The checklist below can be used for a quick impact assessment.

### Quick-Checklist for the School Hand-Washing Programme

| No. | Questions related to an activity               | Answer | Remarks |
|-----|------------------------------------------------|--------|---------|
| 1   | Do children wash hands after using the toilet? |        |         |
| 2   | If not, why not?                               |        |         |
| 3   | Do children use soap when washing hands?       |        |         |
| 4   | If not, why not?                               |        |         |
| 5   | Are the hand-washing facilities working?       |        |         |
| 6   | If not, why not?                               |        |         |
| 7   | Are water qualities sufficient?                |        |         |
| 8   | If not, why not?                               |        |         |
| 9   | Are the toilets clean?                         |        |         |
| 10  | If not, why not?                               |        |         |
| 11  | How often are the toilets cleaned?             |        |         |
| 12  | If not, why not?                               |        |         |
| 13  | Does the school have a WASH team/club?         |        |         |
| 14  | If not, why not?                               |        |         |
| 15  | Do the children remember the key messages?     |        |         |
| 16  | If not, why not?                               |        |         |
| 17  | Are "The Konosafi" posters still up?           |        |         |
| 18  | If not, why not?                               |        |         |

The conclusion of this rapid assessment can be:

| No. | Conclusion                                                              | Follow-up and feedback                                                                                                                                                   | Remarks |
|-----|-------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| 1   | The school hand-washing programme did meet its objectives               | No immediate follow-up required                                                                                                                                          |         |
| 2   | The school hand-washing programme only <u>partly met its objectives</u> | Teachers should be advised to correct what is wrong                                                                                                                      |         |
| 3   | The school hand-washing programme did <b>NOT</b> meet its objectives    | Discuss with the teachers why the programme failed to meet its objectives and prepare (if deemed necessary and feasible) a programme aimed at rectifying what went wrong |         |

### 7.8 Required hand-washing mainstreaming budget

Water Service Providers (WSPs) should ensure that all SafiSan toilets are equipped with a durable hand-washing facility!

Water Service Providers are encouraged to include in the budget they prepare for SafiSan projects:

- ⇒ The estimated costs of laminated hand-washing posters (developed and produced by the WSTF).
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- ⇒ The costs required for the implementation of an effective but modest hand-washing programmes for schools in the SafiSan project areas.