HELLO! OUR HANDS ARE CLEAN, WHAT ABOUT YOURS?

I'M A SUPERSTAR! ARE YOU?

WASH HANDS HERE

SOAP

Financial support for improved access to water and sanitation
WHAT WAS THE OBJECTIVE?
School children were involved in preparing this comic book to create awareness on proper hand-washing practices in Kenya.

WHAT IDEAS DID WE USE?
Children were asked to write and sketch stories.

HOW WERE THESE IDEAS USED?
These stories and sketches were converted into cartoons by the Water Services Trust Fund (WSTF) cartoonist. The children were then given the drawn cartoons to colour them.

WHERE WAS THIS DONE?
A primary school in the northern part of Kenya (Ramadhan Primary School) was visited and the pupils wrote their ideas.

WHY DID WE DO THIS?
To develop a hand washing educational material that will ensure better hygiene. This message will be passed from child to child and shows the importance of proper hand washing practices.

WHY SHOULD WE WASH OUR HANDS?
To avoid being sick and making our friends sick.

WHAT DO WE USE TO WASH OUR HANDS?
Enough clean water and soap.
WHEN SHOULD WE WASH OUR HANDS?

We wash hands for cleanliness.
1) After visiting the toilet
2) After changing the baby’s nappy
3) Before eating
4) After eating
5) Before cooking
Fatuma is playing close to a latrine.

Fatuma is playing close to a latrine.

She eats mandazi without washing her hands.

Later, Fatuma says, "Ow! My stomach hurts!!!"

Did you wash your hands before eating your mandazi?

No, I did not.

Fatuma, what did the nurse tell you??

The nurse told me to always wash my hands before eating food. I should always use soap and clean water to wash my hands....
WASH YOUR HANDS BEFORE AND AFTER YOU EAT FOOD

IF YOU DON’T HAVE SOAP, USE ASH AND WATER TO CLEAN YOUR HANDS

ALWAYS WASH YOUR HANDS WITH SOAP

MAKE SURE WHAT WE EAT IS CLEAN!

TOILET

HAND WASHING WITH THE PEOPLE FOR THE PEOPLE
HALIMA

Story by Farhia Dade, Age 10

WASH HANDS AFTER VISITING THE TOILET!

HALIMA, did you wash your hands after visiting the toilet during break time?

NO! I did not.

ARGH! My stomach! It hurts so much.

How to wash your hands.

HALIMA, GIRL’S TOILETS

I won’t wash my hands.

MUNCH! MUNCH!

RAMADHAN PRIMARY SCHOOL

HAND WASHING WITH THE PEOPLE FOR THE PEOPLE
...That is why your stomach hurts, you must always wash your hands after visiting the toilet.

...I can see you are washing your hands after visiting the toilet, very good Halima.

I learnt the hard way yesterday when my stomach was in pain...

...I will always wash my hands after visiting the toilet!

Haahaa! That one too, thank you Abdi.

And also before you eat!
Story by Jamal Adan, age 13

**OMAR**

Excuse me, how much is that orange?

This one is ten shillings, and it is very sweet and juicy!

Here is the money, give me that one.

After sometime

Mmmh!! What a sweet orange.

Why do you think Omar is vomiting?
HOW COME MY STOMACH HURTS AND I WASHED MY HANDS BEFORE EATING?

WHAT! THAT’S STRANGE, HOW DID YOU WASH YOUR HANDS?

I DIPPED MY HANDS IN A BASIN FULL OF WATER FOR ONE SECOND, THEN DRIED THEM AND I ATE MY FOOD.

NO, THAT’S NOT THE RIGHT WAY TO WASH YOUR HANDS, I WILL TEACH YOU ALL HOW TO WASH YOUR HANDS THE RIGHT WAY.

1. Wet your hands
2. Soap them
3. Wash for 20 Seconds

How do you wash your hands?
The proper way to wash our hands!

Now that I have mastered the steps, I will teach those who don’t know how to wash their hands properly.

Class, what have you learnt today?
Hand washing with the people for the people

Abdul! Make sure you wash your hands before you drink that water.

Okay, friend.

Hakim, why did you remind me to wash my hands before drinking water from the tap?

Ehh!! I am thirsty, let me go and drink some water.

Thanks, I will also remind my friends to practice hand wash to avoid getting sick.

We should always remember to wash our hands before we eat food or drinking water to avoid getting sick.

Story by Mohamed Shukri, Age 11
Hand washing with the people for the people

**HAMED**

Story by Mohamed Shukri,

**WASH YOUR HANDS BEFORE EATING**

Hamed, why is it that you never take a bath?

You should not complain, can’t you see that I’m saving water for other important things.

Hey! Mangoes up here....

I can clean them with my tongue and eat them.

Sister, do you want some mangoes?

Yes, but don’t eat your mangoes before washing them, okay?

Aargh!! My stomach!!!

That’s why I told you to wash your hands and the mangoes before eating them.

End
Juma, what plans do you have today?

Today I want to go fry some chicken for myself with our new frying pan. My mummy bought it from the market yesterday.

When Juma arrived home, he was so much in a hurry that he forgot to wash his hands before cooking.

He also sat down to eat the food before washing his hands.

Munch! Munch!

Oohhps! My stomach.

Juma was in so much pain that he screamed on top of his voice through the window.

Mum! I’m dying!
Juma’s mother was quick enough to take him to the hospital.

Don’t cry, you will be okay.

Juma’s friends came to visit him in the hospital where he was being admitted.

Doctor, will Juma be okay?

He will be fine, it’s a good thing that he made it to the hospital quickly.

The following day, he was discharged.

Juma’s problem was caused by germs due to dirty hands. He should always wash his hands with clean water and soap before eating food.

I will always make sure my hands are clean by washing them with soap and clean water.
Kimani is from the toilet; he is going to play with his friends.

...After playing, he was so hungry so he went to eat his food.

He wasted no time and ate his food without washing his hands.

Mary, who is Kimani’s friend, went and washed her hands after playing.

Then she ate her food.

Later, Kimani was in pain and crying...

You ate the food without washing your hands.

I will never eat food without washing my hands.

Don’t know why I am feeling like this.
HADIJA, WHATS THE HURRY FOR?
I AM GOING TO HELP MY MOTHER TO TAKE CARE OF MY YOUNG BROTHER

WHEN SHE ARRIVED HOME
MUM, LET ME HELP YOU CHANGE THE DIAPER

...SHE QUICKLY WENT TO THE KITCHEN AND PICKED UP SOME BOILED MAIZE

SHE FORGOT TO WASH HER HANDS

YUMMY, IT TASTES REALY GOOD

Story by Halima Godana, Age 12,
Hand washing with the people for the people

OHHH!!! MY STOMACH, I'M IN PAIN

WHAT HAPPENED?

SHE WAS LUCKY HER MOTHER WAS AROUND AND GAVE HER SOME MEDICINE

SORRY, TAKE THIS MEDICINE IT WILL MAKE YOU FEEL BETTER

I FORGOT TO WASH MY HANDS

IT IS GOOD TO WASH YOUR HANDS AFTER CHANGING OUR DIAPERS!

END
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CHILDREN FROM RAMADHAN PRIMARY SCHOOL WHO PARTICIPATED

1. ABDINASIR ABO
2. ABDI SAHAL MOHAMED
3. ADAM MOHAMED
4. ALI ADAD
5. AMINA BORU
6. ASHA HUSSEIN
7. ASILI ABDI NOOR
8. BAWASI HUSSEIN
9. BAWAKO ISACK
10. BUBA MOHAMED
11. FATUMA HUSSEIN SAID
12. FARHIA DADE
13. GURO DIAB
14. HABIBA ABDULLAHI
15. HAFSA MOHAMED
16. HALIMA GODANA
17. HAWD ADENKHADIJA BORU
18. ISHA WELLY
19. JAMAL ADAN
20. KAMILA OSMAN
21. KHADIJA BORU
22. MARYAM OMAR
23. MARYAM ABDIRASHID
24. MOHAMED ABDI
25. MOHAMED SHUKRI ALI
26. NICODEMAS MUGAMBI
27. RAHMA DIDO
28. RAHMA YUNIS
29. RUKIA ABDI NOOR
30. SHUKRANI ABDI
31. SHUKRI MUNA
32. SULEIMAN SHUKRI
33. YAHYA MOHAMED
34. WAKO MOHAMED
35. ZAITUNI DIDO

RAMADHAN PRIMARY TEACHERS
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2. MRS. SALMA KWAMBOKA

SCHOOL HAND WASH TEAM
1. ABDIHAKIM AFFEY
2. ABDULLAHAN MOHAMMED
3. HAN SEUR
4. MAUREEN NYANCHOKA
5. VINCENT NYALIK
6. DAVID KIBOS
7. NERAISA TITIYA
8. JACQUELINE MUSYOKI
9. DOREEN MBALO

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33. Yahya Mohamed
34. Wako Mohamed
35. Zaituni Dido

Ramadhan Primary Teachers
1. Mr. Mohamed Mohamud, Deputy Headteacher
2. Mrs. Salma Kwamboka

School Hand Wash Team
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2. Abdulrahman Mohammed
3. Han Seur
4. Maureen Nyanchoka
5. Vincent Nyalik
6. David Kibos
7. Neraisa Titiya
8. Jacqueline Musyoki
9. Doreen Mbalo

Hand washing with the people for the people
Hand washing with the people for the people
Hello!

Our hands are clean, what about yours?

Handwashing Superstar Comic Book

I'm a superstar! Are you?

SOAP
WASH
HANDS
HERE

Financial support for improved access to water and sanitation

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