



CATHOLIC RELIEF SERVICES

INTEGRATED COMMUNITY WATER SANITATION AND  
HYGIENE IMPROVEMENT (ICOWASH)

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**WASH SENSITIZATION**

faith. action. results.



# Overview of WASH

- ❑ Water, sanitation, and hygiene are **closely interconnected**.
- ❑ Access to clean water and sanitation facilities, along with the promotion of good hygiene practices, plays a vital role in
  - ✓ preventing the transmission of diseases,
  - ✓ reducing child mortality,
  - ✓ improving overall health, and
  - ✓ enhancing the quality of life for individuals and communities.



WATER



HYGIENE



SANITATION

# Water

- ❑ Water focuses on ensuring the availability, access, and safe use of clean water for drinking, cooking, personal hygiene, and various domestic purposes.
- ❑ It plays a crucial role in safeguarding public health, improving hygiene practices, and supporting overall well-being.
- ❑ It involves ensuring that individuals and communities have a reliable and sustainable supply of clean water that is free from contaminants or pollutants.
- ❑ It also includes, Water Quality Management, Water Conservation and Management, Water, Sanitation, and Hygiene (WASH) in Emergencies, etc.



# Sanitation



- ❑ Sanitation focuses on the safe and hygienic management (disposal) of human waste, treatment of wastewater, and proper management of solid waste.
- ❑ It plays a critical role in preventing the spread of diseases, protecting public health, and promoting dignity and well-being.
- ❑ It includes the provision of adequate toilet facilities, sewage systems, and waste management practices to protect public health and prevent the contamination of water sources and the environment.
- ❑ It also includes Menstrual Hygiene Management, Hygiene and Sanitation Promotion, etc.

# Hygiene

- ❑ The hygiene component of WASH focuses on promoting and ensuring good hygiene practices among individuals and communities.
- ❑ It recognizes that practicing proper hygiene is crucial for maintaining personal and public health, preventing the spread of diseases, and enhancing overall well-being.
- ❑ One key aspect of hygiene within the WASH framework is hand hygiene. Handwashing with soap and clean water is a fundamental practice that effectively removes germs from hands and reduces the risk of infections.
- ❑ Other aspects includes Personal hygiene, Safe food handling and storage, Proper Sanitary practices, as well as Health education and behavior change communication



# Importance of WASH

## Health and Disease Prevention:

- ❑ Access to clean water and sanitation facilities reduces the risk of waterborne diseases like diarrhea, cholera, and typhoid.
- ❑ Good hygiene practices, like handwashing with soap, help prevent the spread of infectious diseases.



# Importance of WASH



**Economic Development** - Access to clean water and proper sanitation improves productivity by reducing illness-related absences from work

**Education** - Improved WASH facilities in schools contribute to better attendance rates, especially among girls, and create a conducive learning environment

**Economic Development** - Hygienic practices contribute to a healthier workforce and reduced healthcare costs.

**Gender Equality and Empowerment** - Access to water and sanitation services empowers women and girls, allowing them to pursue education and participate in economic activities.

**Health and Disease Prevention:** Access to clean water, proper sanitation facilities, and good hygiene practices are essential for preventing waterborne diseases, such as diarrhea, cholera, and typhoid.

**Child and Maternal Health:** WASH interventions have a significant impact on child and maternal health outcomes. Improved access to clean water and sanitation facilities helps reduce the risk of infections, malnutrition, and stunting among children.

# WASH STANDARDS



## DRINKING WATER

### ADVANCE SERVICE

To be defined at National Level

### BASIC SERVICE

Drinking water from an improved source is available

### LIMITED SERVICE

There is an improved source (piped water, protected well/spring, rainwater, bottled water), but water not available at time of survey

### NO SERVICE

No water source or unimproved source (unprotected well/spring, tanker-truck surface water source)



## SANITATION

### ADVANCE SERVICE

To be defined at National Level

### BASIC SERVICE

Improved facilities, which are single – sex and usable

### LIMITED SERVICE

There is an improved facilities (flush/pour flush, pit latrine with slab, composting toilet). But not sex-separated or not usable

### NO SERVICE

No toilets or latrines, or unimproved facilities (pit latrines without a slab or platform, hanging latrines, bucket latrines)



## HYGIENE

### ADVANCE SERVICE

To be defined at National Level

### BASIC SERVICE

Handwashing facilities, which have water and soap available

### LIMITED SERVICE

Handwashing facilities with water, but no soap

### NO SERVICE

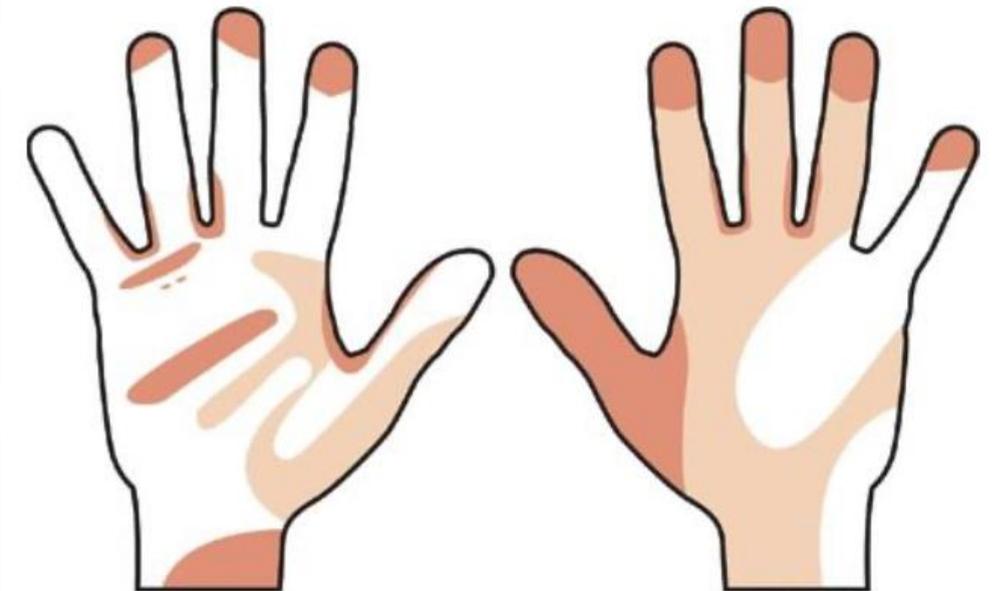
No handwashing facilities or handwashing facilities with no water

# Proper Handwashing Technique

Handwashing refers to the act of cleaning one's hands with water and soap or using hand sanitizer to remove dirt, germs, and other microorganisms.

It is a simple yet crucial hygiene practice that helps prevent the spread of diseases and maintain personal and public health.

Handwashing involves scrubbing the hands together, including the palms, back of the hands, between the fingers, and under the nails, to ensure all areas are thoroughly cleaned. The friction created during the process helps dislodge and remove germs from the hands.



Reference (Images): Taylor L (1978)

- LEAST FREQUENTLY MISSED
- ◐ LESS FREQUENTLY MISSED
- ◑ MOST FREQUENTLY MISSED

# Five Critical Times For Hand Washing



**BEFORE YOU EAT**



**BEFORE YOU COOK**



**AFTER VISITING THE TIOLET**



**BEFORE YOU BREASTFEED  
A BABY**



**AFTER CHANGING THE  
BABIES DIAPERS**



# Five Critical Times For Hand Washing

- 1. BEFORE YOU EAT**
- 2. BEFORE YOU COOK**
- 3. BEFORE YOU BREASTFEED A BABY**
- 4. AFTER VISITING THE TIOLET**
- 5. AFTER CHANGING THE BABIES DIAPERS**

# Proper Handwashing Technique

Rub the backs of fingers against the opposing palms, with fingers interlocked



Rub palm to palm with fingers interlaced.



Clasp the left thumb and rotating it in a rotational motion within the right palm and vice versa.



Rub the right palm over the back of the left hand with interlaced fingers and vice versa.



Rub the tips of the fingers in a circular motion in the opposite palm.



Rub the hands palm to palm.



Rub the wrist of both hands



Apply enough soap to cover all surfaces of the hands.



Rinsing hands thoroughly with water.



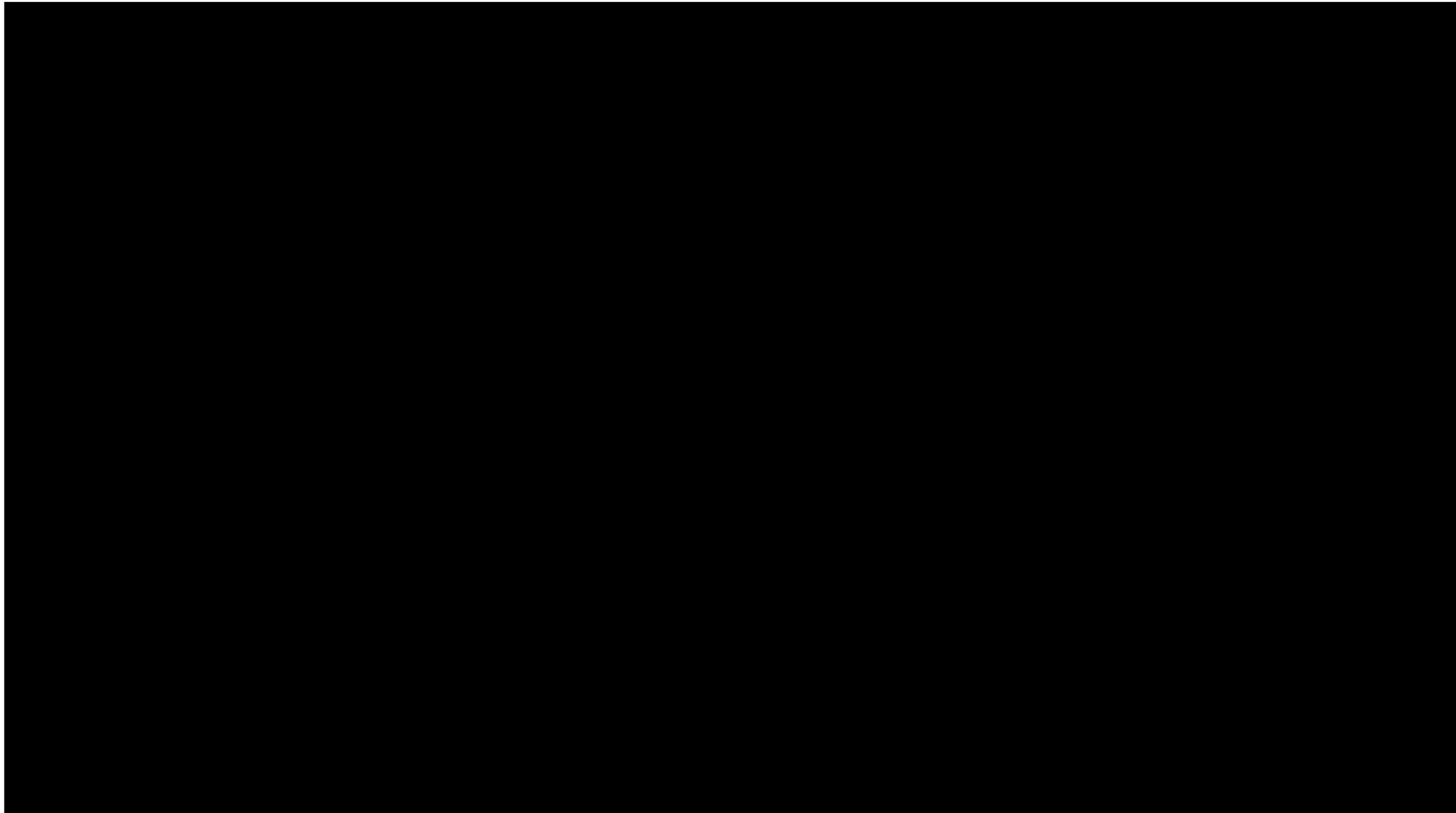
Wet your hands with clean running water.



Drying the hands with a clean towel or air-drying them.



# Proper Handwashing - Video



# Hand Washing Song

**SOAP AND WATER (2X)**

**WASH YOUR HANDS (2X)**

**WHEN YOU USE THE TOILET (2X)**

**WASH YOUR HANDS (2X)**

# Tippy Tap Construction

The Tippy Tap is a simple, low-cost handwashing device that can be constructed using locally available materials.

It is designed to promote handwashing in areas where access to running water and traditional handwashing facilities is limited.



# Materials needed

A long stick or pole

A plastic container with a lid (such as a water bottle or jerry can)

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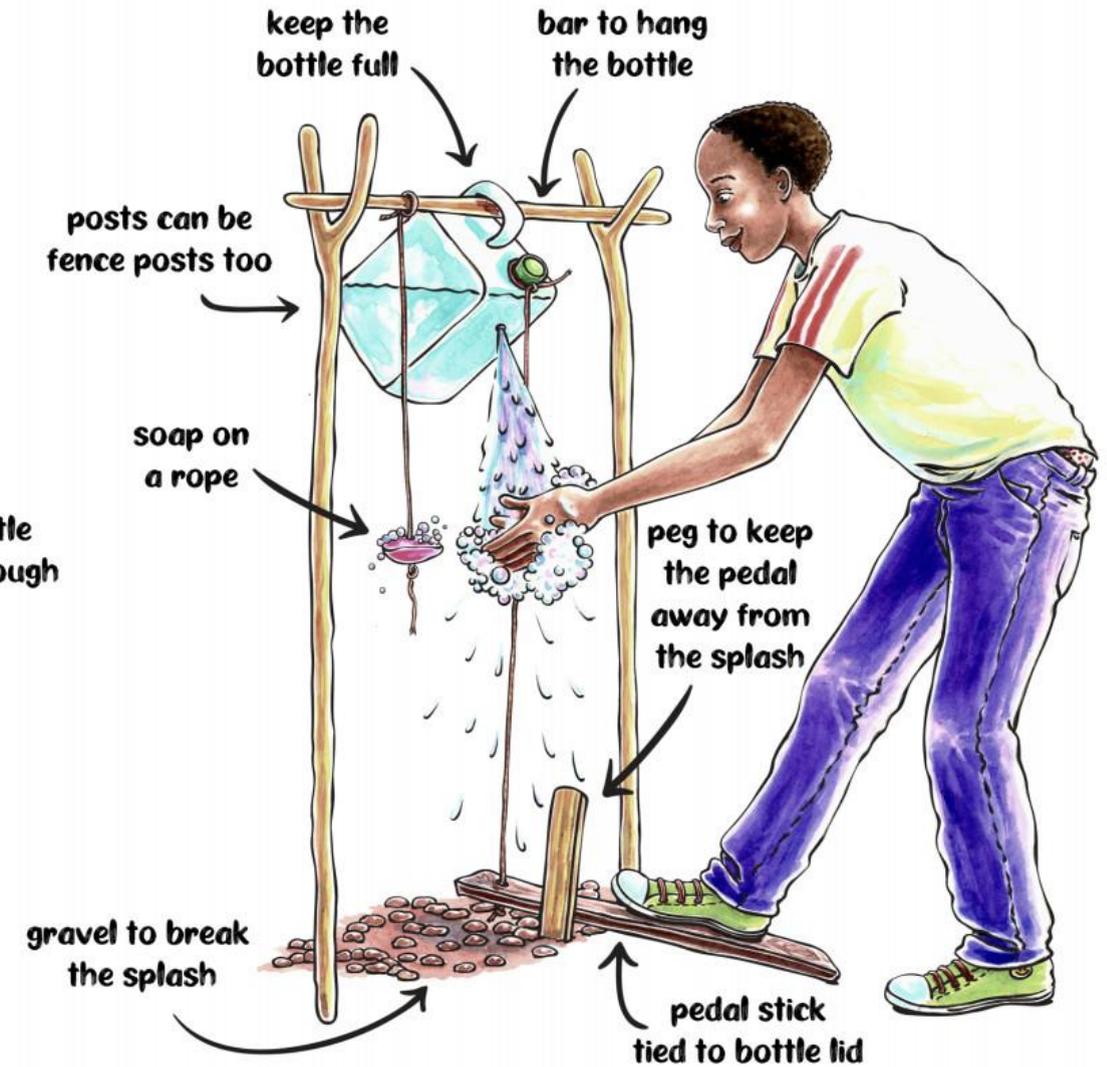
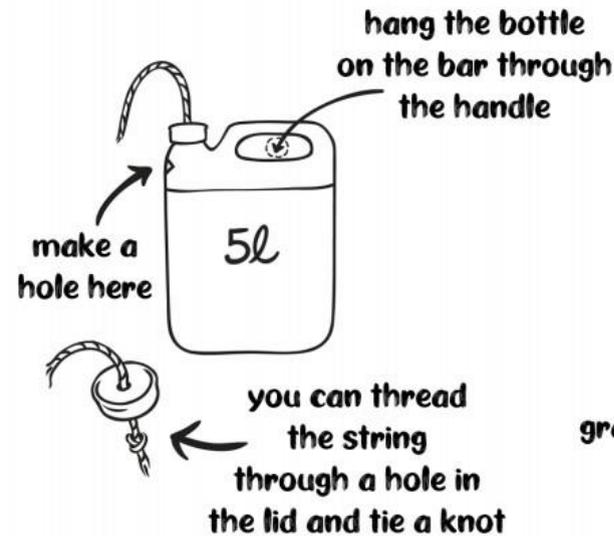
Rope or string

Soap (Liquid or Bar Soap)/ Ash



## TIPPY TAP

wash your hands with soap



[www.hero-in-my-hood.co.za](http://www.hero-in-my-hood.co.za)

# Tippy Tap Construction - Video



# Thank you!

