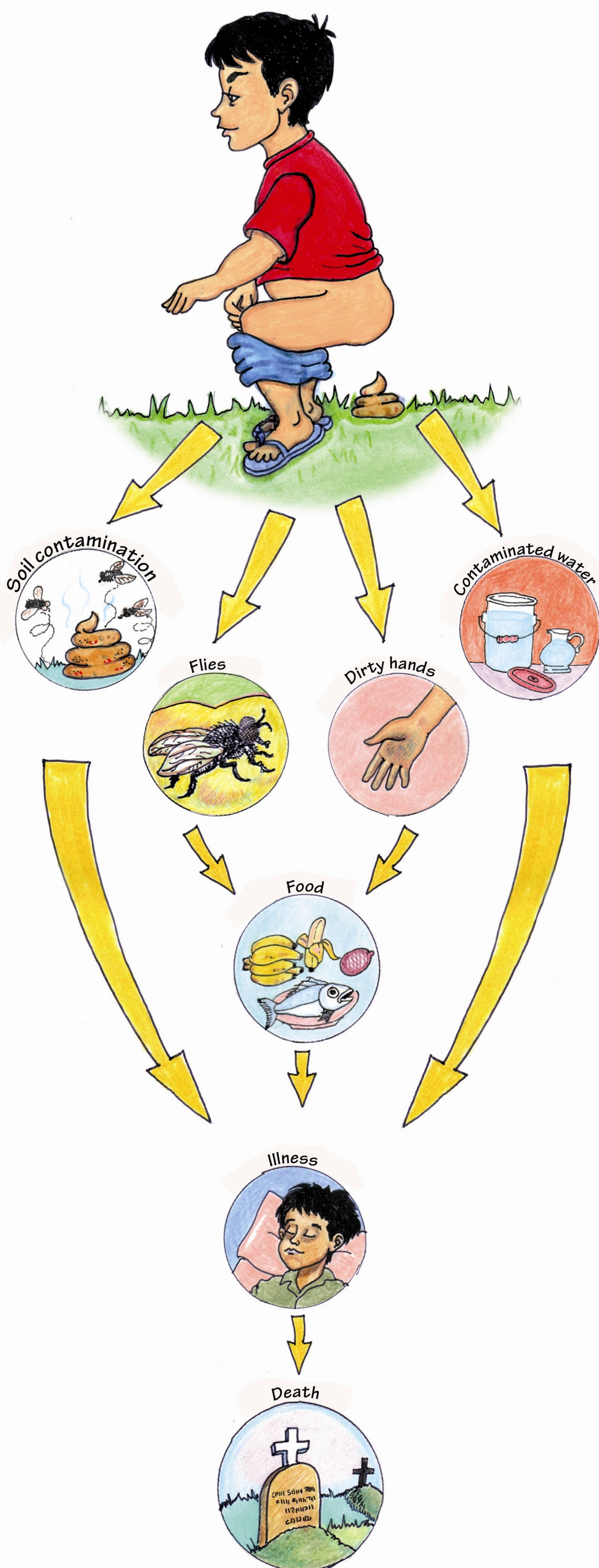


Contamination Cycle



How Do We Take Care Of Our Drinking And Cooking Water?

TRANSPORT



Carry your water home in a container with a lid



Do NOT transport it in a container without a lid



SERVING



Serve the water without letting anything dirty (such as your hands or a cup) touch it



Do NOT scoop the water out with a cup or a bowl



STORAGE



Store water in a container with a tight fitting lid



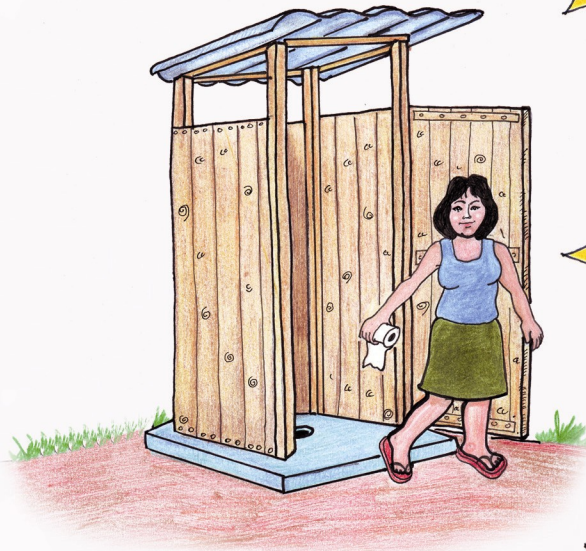
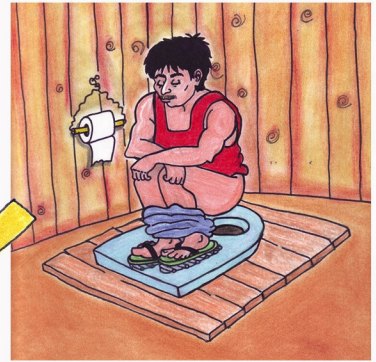
Do NOT store water in a container without a lid or with a lid that does not fit tightly



Feces Management

1

Put the feces of adults, children, babies, and animals in a latrine



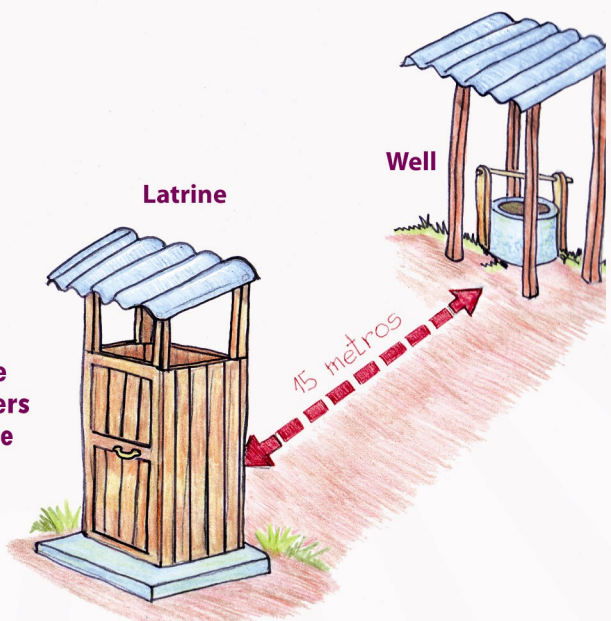
2

Keep your latrine clean by washing it with water and bleach



3

Build the latrine at least 15 meters from your source of water



How Do We Wash Our Hands?

1

We wet our hands and lather them with soap



2

We rub our hands 3 times



3

We rinse our hands with a stream of water



4

4. We air dry our hands

or

dry them with a clean towel



STEPS for routine handwashing

Vigorously rub all areas of hands and fingers for at least 10 to 15 seconds. Pay attention to areas under finger nails and between fingers.

Rinse hands thoroughly with clean running water.

Apply plain soap (antiseptic not necessary).

Thoroughly wet your hands

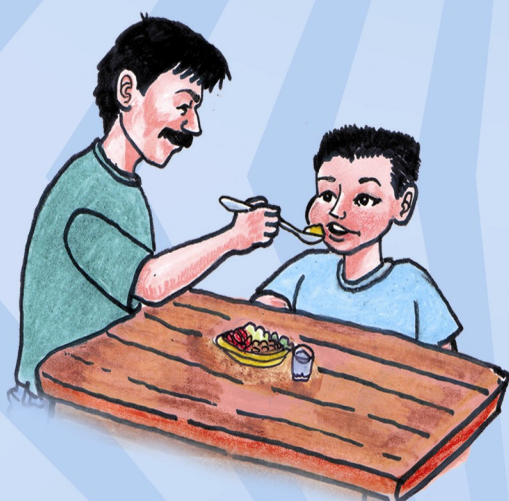
Rinse the tap before turning it off and dry your hands with a paper towel or personal hand towel

Hand washing prevents infections



When Do We Wash Our Hands?

Before:



After:

