

AN ANSWER

water health education



WATER AID 824-GH90-11429

Produced by Water Aid (Gh) Health Education Programme

June 1990

Consultant Artist: Coby Asmah Jr.

PREPARED BY ANGELA TIOKOR ODonkor

WATER AID (GH) PROGRAMME ASSISTANT/HEALTH EDUCATION

HEALTH EDUCATION TRAINING MANUAL.

LIBRARY OF THE
STATE OF CALIFORNIA
SACRAMENTO
1982

RN:
LO:

1810 11429
~~Health 6113~~ 824 9190

FOR HEALTH EDUCATION ASSISTANTS AND WELL SUPERVISORS

Table of Contents

Why health education?	1
How should we do health education?	3
What are the components of Health education?	7
Water	9
Wells	13
Diseases Related Water.	15
How can we prevent guinea worm infestation?	16
Bilharzia	18
Prevention	19
Malaria	20
Personal Hygiene	21
Safe Collection of Water	23
Storage and Drawing of Water	25
Sanitation	27
Points to Note when construction a latrine	29
Maintaining our Latrine	31

Why health education?



The main goal of health education is not to change people but to help them gain the understanding and skills needed to change the conditions that cause poor health.

It is also aimed at helping people change their attitudes specifically for those in the water business, health education has to go side by side with the provision of water. This is because we need to ensure the hygienic use of water and also stir people's awareness of water related/borne diseases.



On dear, what again? Solution to my problems?



It doesn't seem too bad. Let's get involved!

It is important to note that **HOW** something is taught is just as **IMPORTANT** as **WHAT** is taught.

Let us examine two different approaches:

(1) Mr. Well Supervisor



(2) Mr. Well Supervisor

What are the main sources of water in this village?



Well, river
and stream.

Do you use all three sources?

We use the well in the dry
season and the stream and
river in the rainy season.

Is there a particular reason for doing that

Not really, it is just that we
have them all so we use them.

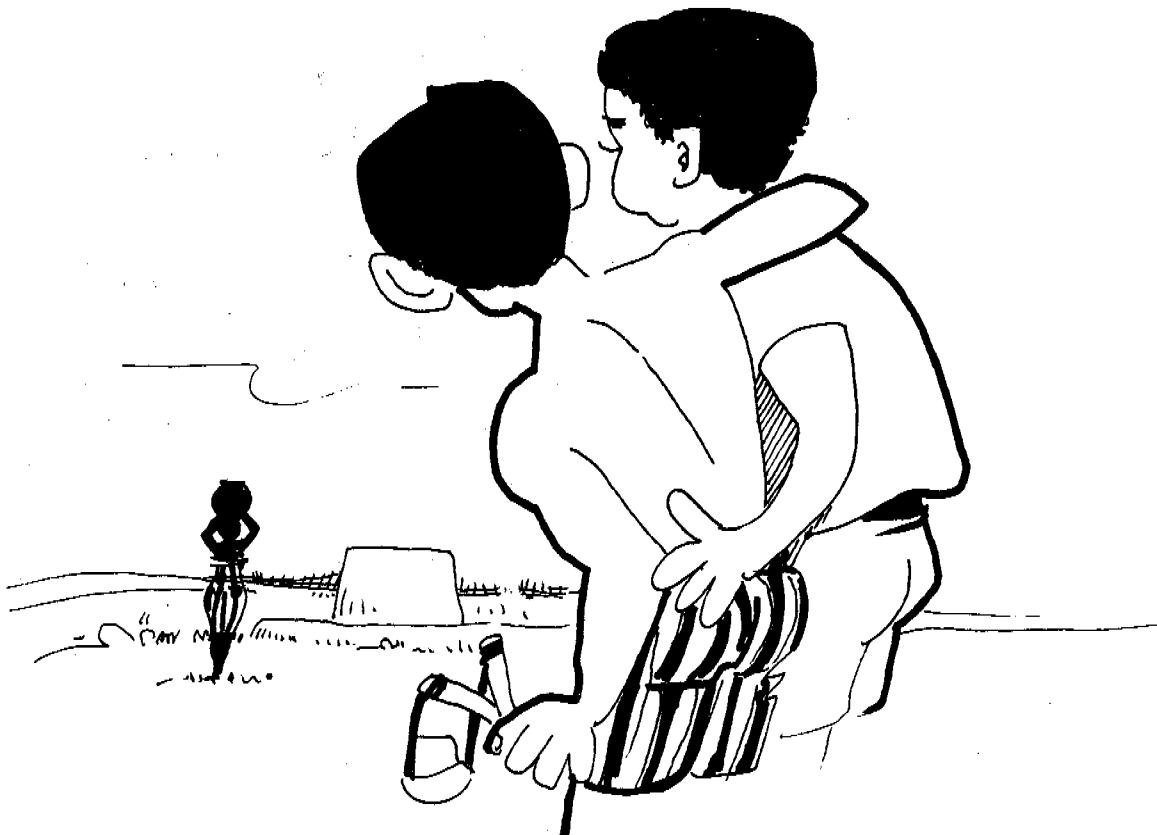
The first example is the case of "Mr. Know All". He is the boss and tells the people what to do.

The second example is a better way to teach. Everyone takes part in the discussion. You all learn and find solutions together.

NOTE:

Let us encourage the use of the second method in our health education programme. We should not underestimate the intelligence of the people in the communities. Everyone should be involved in the discussion and solutions to problems should be found together.

Also people learn through songs, dance and drama. These methods can be used in the health education programme. Visual aids are just as important and effective.

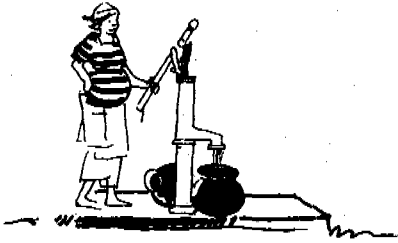


A stitch in time really saves nine
- A well now - good future.

What are the components of Health education?

3

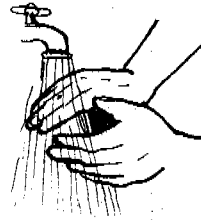
2) Water Related Diseases



1) Good Water



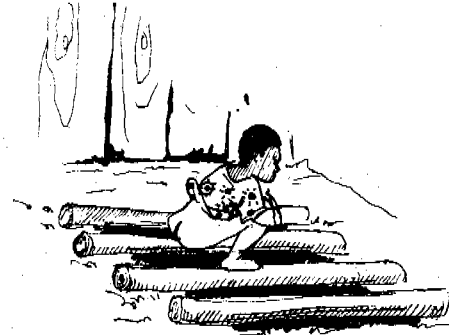
Guinea worm



3) Personal Hygiene



4) Environmental Hygiene



5) Sanitation



I can't believe it, but its true — water from a well is safe

Q. What are the uses of water?

- D.**
- | | |
|-------------|-----------------------------------|
| 1) Drinking | 4) Washing our bodies and clothes |
| 2) Cooking | 5) Farming |
| 3) Animals | 6) Electricity |

Q. What are the sources of water in our communities?

- D**
- | | |
|-----------|---------------------------|
| 1) Stream | 4) Ponds |
| 2) Dam | 5) Wells - close and open |
| 3) River | 6) Lakes |

Q. What happens to water that is open eg. river, dam, stream etc.?

D. Gets dirty/contaminated/infected.

Q. How?

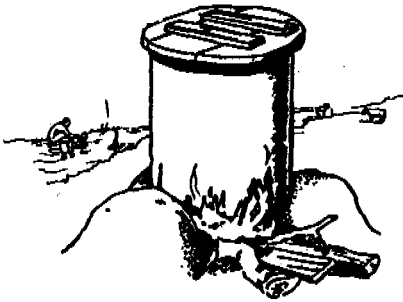
- D.**
- People wash their cars and clothes in them.
 - Infected people walk and bath in them .
 - People pass urine and faeces in or near the water.
 - Animals walk, drink and pass faeces and urine in them.
 - People throw rubbish.
 - Birds flying defecate in water

It is therefore not safe to drink water from an open source directly because it brings diseases.

- Q. How can drinking water directly from an open water source like a river/dam bring diseases?**
- D.** Thousands of germs and worms are found in the faeces and urine of animals and people and also in dirty clothes and bodies. These worms and germs are carried into the mouth of a person who drinks the water directly. Some of the diseases spread are:
- a) Worms;
 - b) Diarrhoeal diseases.

Q What can we do to make water from an open source safe to drink?

1) Boil the water



2) Filter the water



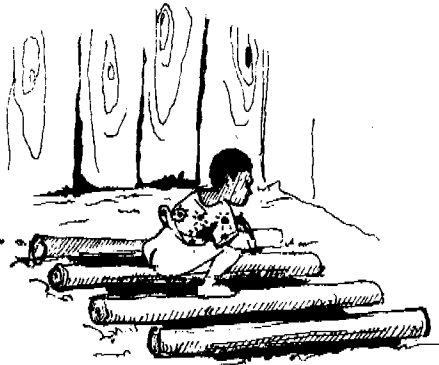


Filter water

- no guinea worm

Use well water and be safe.

- Q. What factors should we bear in mind when siting wells?
- D. Should be at least **200 feet (50m)** away from a latrine, refuse dump where cattle is kept and away from a grave yard.



Pit latrine



Well

<- 50 metres ->



Guinea Worm Infestation:-

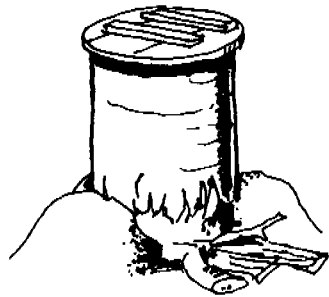
The causative agent is Guinea Worm also called *Dracunculus Medinensis*.

The larval form lives on the water flea. The water flea is found in open water. When water is drunk, the fleas get digested in the gut and release larvae, which then find their way to body tissues and grow to adult stage. The female worm produces eggs which develop into larvae and released into water through the skin. An ulcer therefore forms on the skin. The water flea then swallows the larva and the cycle begins again. The life cycle of the worm is one year.

How can we prevent guinea worm infestation?

- 1) Educate infected people not to walk in the drinking water source.

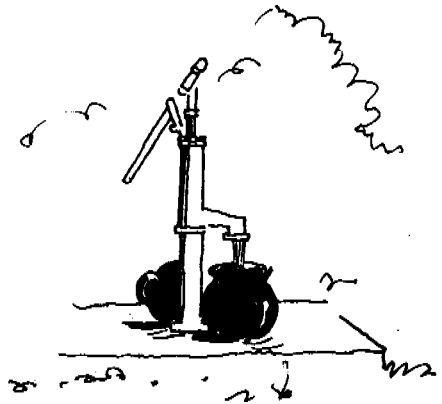




2 Boil water



3 Filter water.



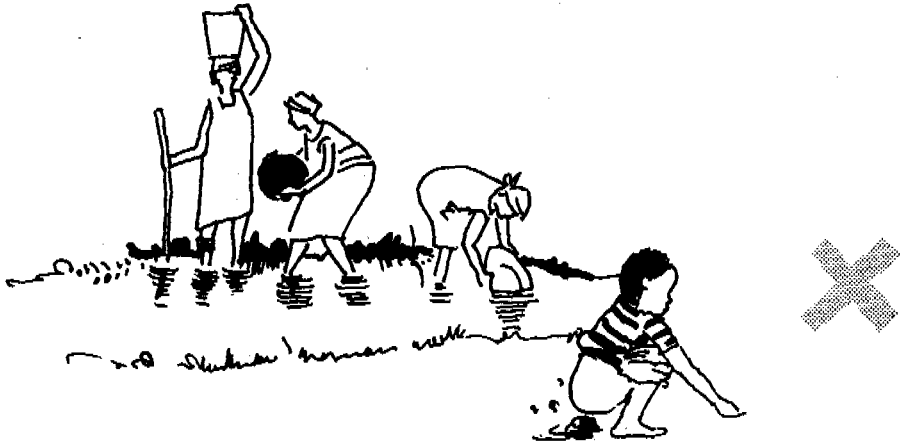
4 Construction of wells.

Bilharzia schistosomiasis

This is caused by the schistosomiasis worm. The adult worm lives in the blood stream around the bladder or rectum. The female lays eggs which pass through the feaces. The eggs then develop into larval forms called miracidium. They then develop further in the water snail into cercenea or bladder worm. The cercenea are then released by the water snails and go through the feet of a person walking in the water. The cercaria then find their way into the blood stream around the rectum and bladder where they develop into adult worm.

Prevention

- 1) Infected people should not urinate or defecate near the source of water.



Malaria

Q. What happens when we have water standing around well sites?

D. Mosquitoes breed in standing water. They spread malaria, elephantiasis and yellow fever by biting first an ill person and then biting healthy people.

Q. Where else can water collect in our communities?

D.

- In old tins, calabashes, ditches and uncovered wells.
- Uncovered water storage tanks and drums, coconut shells.
- Around bathing and washing places.

We should not leave water standing around wells, no old tins standing, no uncovered water drums, no standing water around bath houses - otherwise they will breed mosquitoes.



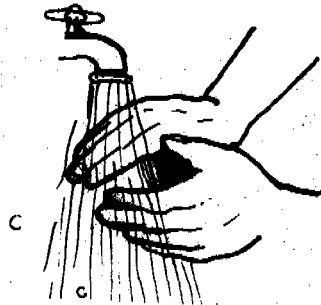
Q. When we do not use enough water to wash our hands, face, body and to wash our children, we get some diseases. What are they?

D. Skin infections - sores, scabies.

Q. How can we prevent this?

D. Wash our hands, face and body more often.

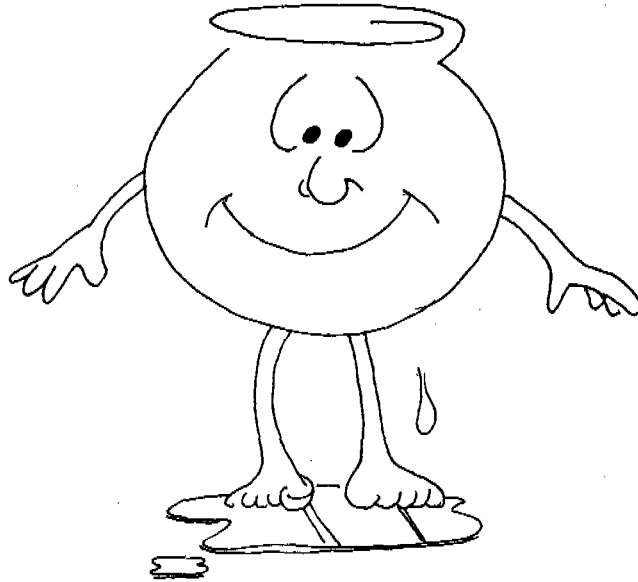
We also need to wash our hands with soap and water after visiting the toilet.





We can't keep this to ourselves
- let us tell others.

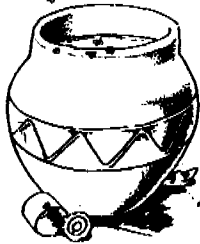
-
- Q. Water from a well is clean. It can get dirty during collection. HOW is this possible?**
- D.**
- Buckets and pots for collecting water are sometimes dirty - both inside and outside.
 - The water in the container is touched with unclean hands so the water gets dirty.
 - Sometimes people put leaves in the water to prevent it from spilling.
These leaves are usually dirty.
- Q. What can we do to ensure that clean water from the well does not get dirty during collection?**
- D.**
- Wash our hands before collecting the water.
 - Wash containers - buckets, pots, well before filling them with water.
 - If possible cover containers or rinse the leaves before using them.



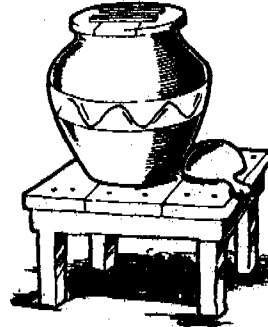
It's no dream, it's a reality - we have solutions to our problems.

Q. How can safe water from a well be stored safely in the home?

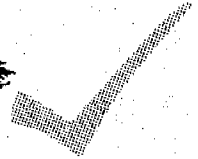
- D.**
- Use a separate pot to store water for drinking.
 - Always make sure the pot is clean.
 - Always keep the pot covered.



Open



Covered

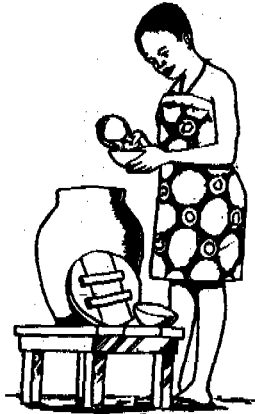


Q. Can the water from the storage pot become dirty when we take it out? How?

D. If people dip their hands into the water or use the same cup for drinking to take water from the pot, water gets dirty.

Q. How can we prevent this?

D. Use a calabash with a long handle to put water from the storage pot into another pot or cup.
Do not allow everyone to use his/her cup to take water from the storage pot.

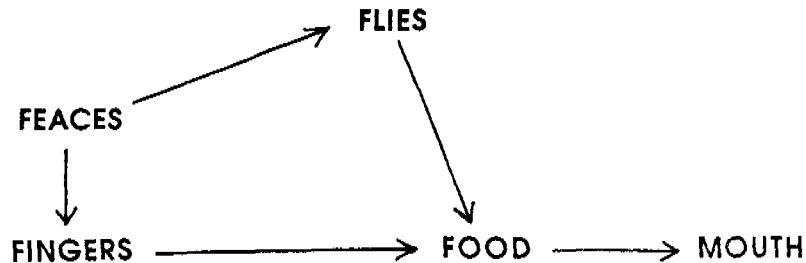


Q. Is it true feces and urine can be dangerous to the human being?

D. Yes.

Q. How?

D. Feces and urine are home for worms and germs.
Here is a simple and an easy way for germs to get into our bodies
and make us ill:



Also when we defecate near or in water then drink the water worms and germs get into us.

Q. What are some of the diseases we get due to improper disposal of feaces and urine?

D. Hookworm, tapeworm, dysentery, diarrhoeal diseases.

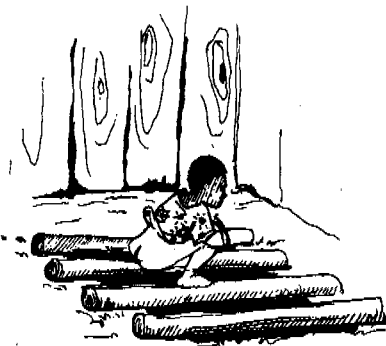
Q. How can we prevent this?

D. By building and using latrines.
By burying our feaces and not defecating near sources of water.

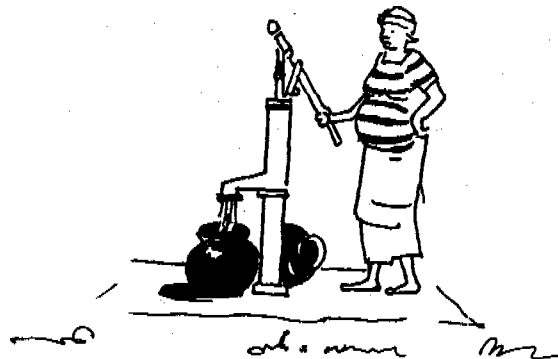
Q. What are some of the cheap latrines one can construct?

D. Traditional pit latrines and VIP's.

-Should be at least **50 metres** from a water source.

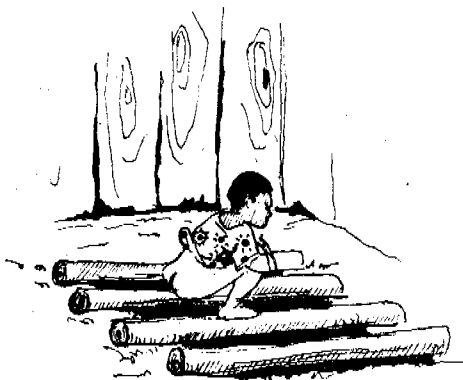


Pit latrine.



Well

- At least **15 - 20 metres** away from the kitchen and eating areas.



Pit Latrine

<- 20 metres ->



Kitchen

- Should not be too far from the home so that at night one can easily go.
- Construct it downward from the house so that it does not blow bad smells.
- The soil must be firm.

- A broom should be kept in the VIP for sweeping the place. The broom should be used only for the latrine.
- Ashes absorb moisture and keep latrine free from insects and bad smell.

So this can be used. Sand is also good to use.

- If the latrine floor is cemented, it needs to be scrubbed as often as possible.

Meanwhile we need to bury our faeces till we build a VIP.



We must also remember to wash our hands with soap and water after going to the toilet.

Good Water
Good Health
Good Life



asphifi