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programme for sanitation, hygiene and water

The SHAW Programme is active in Eastern Indonesia for 4.5 years between 2010 and 2014. The programme aims to reduce poverty by improving the health status of rural communities in a sustainable way. Its activities in the communities concern principally sanitation and hygiene behavioral change as well as water supply. Therefore, it will follow the Community-Based Total Sanitation Policy (STBM) of the Government of Indonesia with its 5 pillar approach.

EDITORIAL

This is a trial issue SHAW News Brief about 'Hand washing with Soap', an easy issue with a major impact, but hard to do day-by-day. The next theme will be 'Review for Sustainability', based on the result of the SHAW Review of May - June 2013. We welcome anybody who would like to share his/her views about these themes as well as any experiences and suggestions about STBM and its 5 pillars.

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THEME

HAND WASHING WITH SOAP



FEATURE ARTICLE

HAND WASHING PRACTICES IN COMMUNITIES (Holiday Wash-Down 2013)

Author: Pam Minnigh, SIMAVI-Mei 2013

In the next months nearly all of us will go and visit our relatives somewhere in the land, often in rural areas where life is as before. Here we slip into our "normal" ways of our traditional family home, and enjoy a quiet and nostalgic feeling which has a lot to do with the good things of family life.

It is not surprising that we are keen on the food made for us by our mothers, grand -mothers and aunts, and before starting our joint meals we use what is available to wash, or not wash our hands. A bowl of water used by many, together with a towel is moved around and sometimes lemon makes our hands

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smell fresh. Being taken out to the local restaurant is especially pleasing with a small personal bowl to tip in our fingers before and after eating lalap, fried chicken or fish.

Children run around, and in this modern age are less disciplined, but we might think “it will pass why bother” so we let them have fun in and outside of the house, as long as they take their regular baths. Life, especially in the Kampung is good, should we worry?

Hand washing with soap is among the most effective and inexpensive ways to prevent diarrheal diseases and pneumonia, which together are responsible for the majority of child deaths. Hands often act as vectors that carry disease-causing pathogens from person to person, either through direct contact or indirectly via surfaces. Humans can spread bacteria by touching other people’s hand, hair, nose, and face. Hand washing with soap works by interrupting the transmission of disease. That is among others why October 15 has been appointed to become Global Handwashing Day in accordance with year 2008 as the International Year of Sanitation by the United Nations.

Washing hands with water alone is significantly less effective than washing hands with soap in terms of removing germs. Although using soap in hand washing breaks down the grease and dirt that carry most germs, using soap also means additional time consumed during the massaging, rubbing, and friction to dislodge them from fingertips, and between the fingers, in comparison with just using water for hand washing. Effective hand-washing with soap takes 8 – 15 seconds, followed by thorough rinsing with running water.

“We could talk about germs until we were blue in the face, and it didn’t change behaviors”

-Dr. Curtis (director of the Hygiene Center at the London School of Hygiene & Tropical Medicine)(courtesy of Wikipedia 2012)

How about us, have we talked about hand washing with our children and our families? Do we want to change? Tippy Taps and Hand Wash Basins are there in all shapes and sizes, what do you use?

ARTICLE

COMPANIES CARE FOR HAND WASHING

KOMPAS, 14 October 2012, Hand Washing Promotion.
Corporations: **LifeBuoy** and **Biore**.

The Hand washing with Soap has become a main issue for corporations who sell soap, like LifeBuoy and Biore. Lifebuoy even made it a major feature in the Sunday Newspaper, an extra cover (see above) just before the International Handwash day on 15 October, like the one in 2012. The issues related

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The Tippy Tap

The Tippy Tap is a hands-free way to wash your hands that is especially appropriate for rural areas where there is no running water. Running water or not touching water (Tippy Tap), avoids contaminating the water by the user. It is operated by a foot lever and thus reduces the chance for bacteria transmission as the user touches only the soap. It uses only 40 millilitres of water to wash your hands versus 500 millilitres using a mug. Additionally, the used “waste” water can go to plants or back into the water table.

While the Tippy Tap is a great technology, it is just that – a technology. It is important to recognise that there is a difference between great technology and adoption of the technology. However, it is a great tool that can help kick start the conversation about hand washing with soap and help increase this behaviour. And it does so in a fun and easy manner that is especially appealing to children.

The first ‘official’ Tippy Tap was built in the eighties by Dr. Jim Watt in Zimbabwe using a gourd. Since then, many variations have come into existence depending on local materials and aesthetics.

TO LEARN HOW TO BUILD A TIPPY TAP, PLEASE CONNECT TO: www.tippytap.org



to health are readily taken up by them as it reinforces their message that you have to use soap to be healthy. They use their CSR actively in the news and are using all the arguments as are also used during STBM campaigns by NGOs and by the Government. They also put emphasis on “How to do hand-washing by children” as all know that they are the ones who are the most vulnerable. Children can be agents of change so they are taught why and how to wash hand, as they in turn will influence others in their family.

How to do hand washing in particular by children is clearly demonstrated through pictures by Biore. LifeBuoy plays on the health issues, like Diarrhea, “Di Indonesia 1 dari 4 Kematian pada anak umum 4-11 tahun disebabkan oleh Diare (info Susenas). Both of them show the messages and their product, “soap”.



Advertisement by LifeBuoy in the newspaper.



Advertisement by Biore in the newspaper.

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NEWS

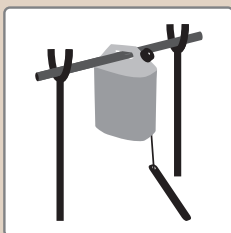
INTRODUCTION OF PICTO'S FOR PILLAR 2

HAND WASHING WITH SOAP

- 0 There is no specific facility with water and soap to wash hands.



- 1 There is (i) a hand washing facility.



- 2 There is (i) a hand washing facility, and (ii) there is enough water and soap.



- 3 There is (i) a hand washing facility, and (ii) there is enough water and soap, and (iii) people know when and how to wash their hands.



ARTICLE

WASH A GERM, MAKE A BUBBLE!

Hand washing with soap is the most effective & inexpensive way to prevent diarrheal & acute respiratory infections, which take the lives of millions of children in developing countries.

Together, they are responsible for the majority of all child deaths.

UNICEF says:

It's not complicated, but it's crucial. The fact that the very simple act of hand washing with soap can save hundreds of thousands of children who needlessly die every year around the world.

Child mortality figures released by UNICEF last month show that globally some 2,000 children under five die each day from diarrhoeal diseases. Of these the vast majority – or about 1,800 children per day – die from diarrhoeal diseases due to a lack of safe water, sanitation and basic hygiene. In Indonesia, diarrhoeal disease is responsible for about one-quarter of the 130,000 annual deaths amongst children under five. This threatens the important progress made by Indonesia in halving child mortality rates over the last 20 years.

“Global Hand washing Day is more than just a day,” said Angela Kearney, UNICEF Representative to Indonesia. “We want the message to spread from children to families, communities and nations. Halting the spread of diarrhoeal disease is not complicated, or costly, but it is critically important that handwashing with soap becomes routine for everyone.”

In Indonesia, the 2007 Demographic and Health Survey (DHS) found that hand washing rates amongst women are very high, at 96 per cent. However the data does not identify the key times when women wash their hands (such as before food preparation) and does not distinguish between hand washing with or without soap. As diarrhoeal diseases are basically faecal-oral in nature, one of the simplest and most inexpensive barriers to infection is hand-washing with soap at critical times, such as before handling food and after defecation or changing a diaper.

UNICEF, with the Global Public Private Partnership for Hand washing, is also rolling out a social media campaign with the hashtag #iwashmyhands which has already reached thousands around the world. The partnership has also developed a ‘World Wash Up’ game on the Global Handwashing Day (<http://globalhandwashing.org/>) site that invites players to zap germs.

“We are pulling out all the stops to ensure that everyone gets the message,” said Ms. Kearney. “You don’t need to invent a new formula to save millions of children. The solution already exists: soap and water.”

DISCUSSION

SUSTAINABILITY IS LOOKING AHEAD.

We all know the critical times to wash our hands, and soap and water for hand washing has to be near. But for how long can we use the facilities which were made by the communities? During the field visit to Baik, we came across several situations where questions have to be posed about what to do next?

Hand washing needs to be taught to small children. How to do it right, is important. Who will do this when the SHAW partner leaves?

A Tippy Tap is a preferred hand wash station as it is easy to construct and even children like to use it. Most of the installations are done with wood, and they are standing in the wind, rain and sun throughout the year, thus at some time they break will down. How can we construct a more permanent Tippy Tap or other hand wash point? What to do when it rains?

Water containers to wash hands are very much needed in or near houses and schools. But then it is important to make a facility which can also be used by the smallest of the school and the little children in and around the house. What is best, to have a containers with a string and a foot lever, or a container with a hole, with a piece of wood or metal as a plug?

The bamboo container as was developed by communities in Biak, have been abandoned. The reason is that bamboo if exposed to the sun will at a certain moment crack and start leaking. It is unfortunate, but now the 5-liter containers are used, not with a lever of wood but with a hole and a plug at the bottom.

What happens if the piece of wood of the foot lever is too short and the water comes out of the top of the containers? You get wet feet! So when using a foot lever you need to make it long enough and the hole for the water at the top of the container is better made at the side, so the water does not drop directly on your feet.

Soap has been made available in many ways. The most practical is the aqua bottle on a string with a hole in the top. In Biak were Tippy Taps which had an open soap tray. One has to ask if this is sustainable, as leaves and dust can come in the tray, and if it rains soap will disappear. Are there any other more sustainable ways of making soap available at a Tippy Tap, or anywhere where you can wash your hands?



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DEADLINE

Theme Juli 2013 news brief:
"Review for Sustainability"

Please send letters, articles and
other input to:
minnigh@cbn.net.id

Deadline is 30 June!

LIBRARY

Matters that Matter

Poster of the SHAW STBM Programme Cycle

