

# Healthy Water Healthy Habits Healthy People

SCHOOL

ILLUSTRATIONS BY  
Peter Grosshauser

HEALTHY  
Habits...  
HEALTHY PEOPLE

Do "KNot" Pass  
it ALONG

WHERE'S  
the Soap?

BREAKING THE  
CHAINS OF  
TRANSMISSION

PROTECTING  
THE SOURCE

THE PATH TO  
HEALTHY WATER

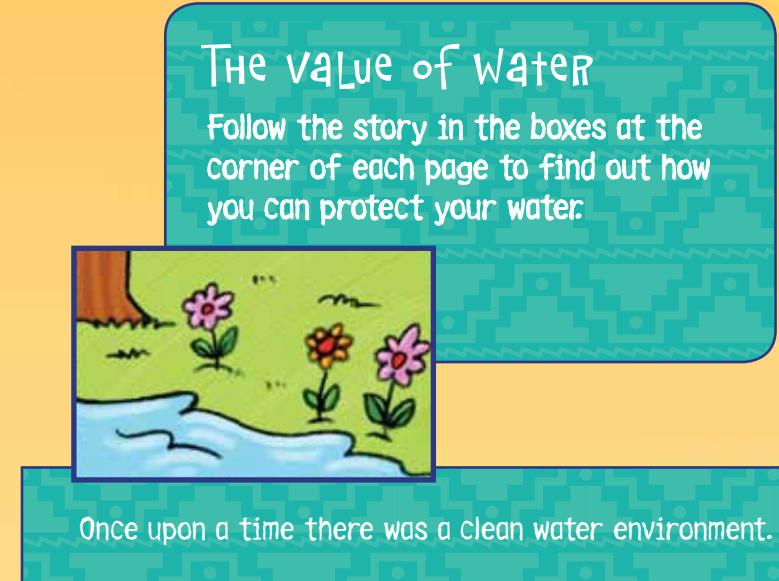
WORDS OF  
WISDOM



# Healthy Habits ... Healthy People

There are germs both healthy and unhealthy, all around us and inside our bodies. These germs, also called microorganisms, are invisible to us. They can only be seen through a microscope.

Some germs cause disease. These disease-causing germs can get into our bodies when we drink contaminated water or eat contaminated food.



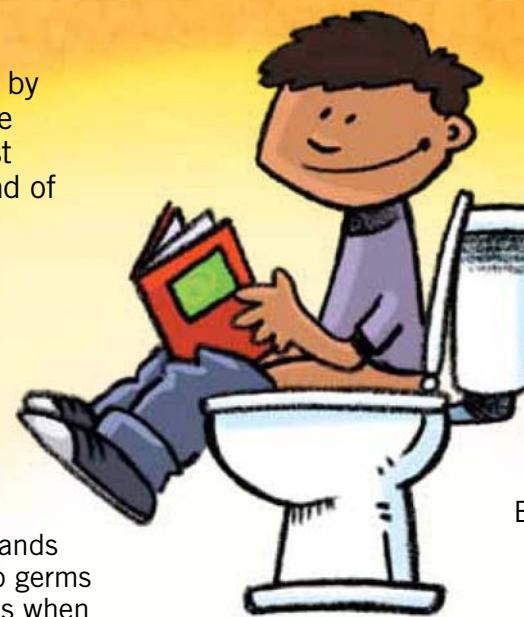
2

## Directions

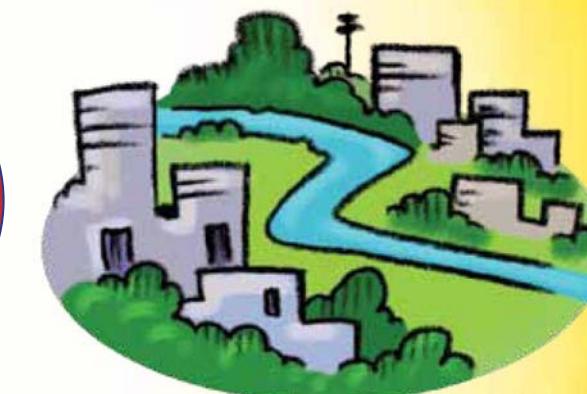
Help Pedro prevent the spread of disease by using the healthy habits at the right of the page. For each section in the diagram, list the healthy habits that will stop the spread of disease.



- A. Pedro's hands picked up germs from feces when he went to the bathroom.



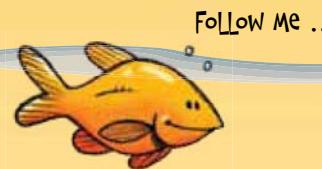
- B. Feces entered Pedro's water sources during heavy rains. This can also happen from dirty diapers or from poorly designed sewage systems (such as latrines next to rivers).



- C. Pedro ate food with dirty hands, spreading the germs from his hands to his mouth.



- D. Pedro drank dirty water, washed food with dirty water or ate with dishes that had been washed in dirty water, thereby taking fecal germs into his body.



Practicing healthy habits helps you avoid exposure to microorganisms that can make you feel sick.



Washing hands with soap and water



Purifying water



Keeping a clean house and especially a clean kitchen



Washing fruits and vegetables with clean water



Disposing of used diapers in trash bins—do not allow feces to enter water sources



But cities grew bigger, people collected non-recyclable trash and there were no toilets.

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# Do "KNOT" PASS IT ALONG

## DIRECTIONS

Find the differences in the two scenes below. Which one of the two scenes contains healthy habits? Check your answers on the back cover.

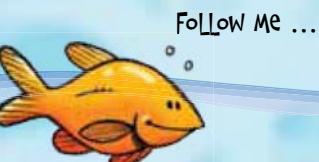
Germs are everywhere. Each time we touch something, we can spread germs—or pick up new germs. Washing your hands with soap and water frequently throughout the day can help wash these germs away.



The water's environment became very dirty and unhealthy.

## Take a Hands Holiday!

For the rest of the day, send your hands on a holiday by avoiding touching anything with your hands. Use your hip to push open a door. Move a book aside with your elbow. Take note of the things you could not avoid contacting with your hands. These are some of the places where germs gather.



People did not care about the water and threw trash into it.

# Where's the Soap?

## Why use soap?

- Soap removes germs better than just rubbing your hands together with water.
- Washing your hands with soap cuts your risk of getting diarrhea almost in half!
- Nothing is simpler to get disease-causing germs off your hands than washing with soap and water.

Have a  
handwashing  
party!



**1. Get Ready! Get Soap!** — Roll up your sleeves and get your hands wet. Rub soap all over your hands until you have some bubbles or foam.



**2. Scrub Those Hands!** — Rub your hands together for at least 20 seconds. Sing the Hand Washing Song or count off 20 seconds to make sure you give the soap plenty of time to work! Be sure to get all the parts of your hands – front, back and your wrists.



**3. Rinse Germs Away!** — Pour clean water over your hands. Use a pitcher or a Tippy Tap if you don't have a spigot or tap water. Remember to use clean water when you rinse!



**4. Shake It Dry!** — Shake your hands dry or use a clean towel.



Fernando and Claudia noticed that the water was not clean.



They decided the community needed to make the water healthy for drinking and bathing.

## Hand Washing Song

Sing to the tune of *La Cucaracha*

Lava tus manos  
Moja tus manos  
Siempre usa el jabón

Frota tus manos  
Por adelante  
Por atrás, y los dedos

Y los pulgares  
Bajo las uñas  
Enjuágate las manos

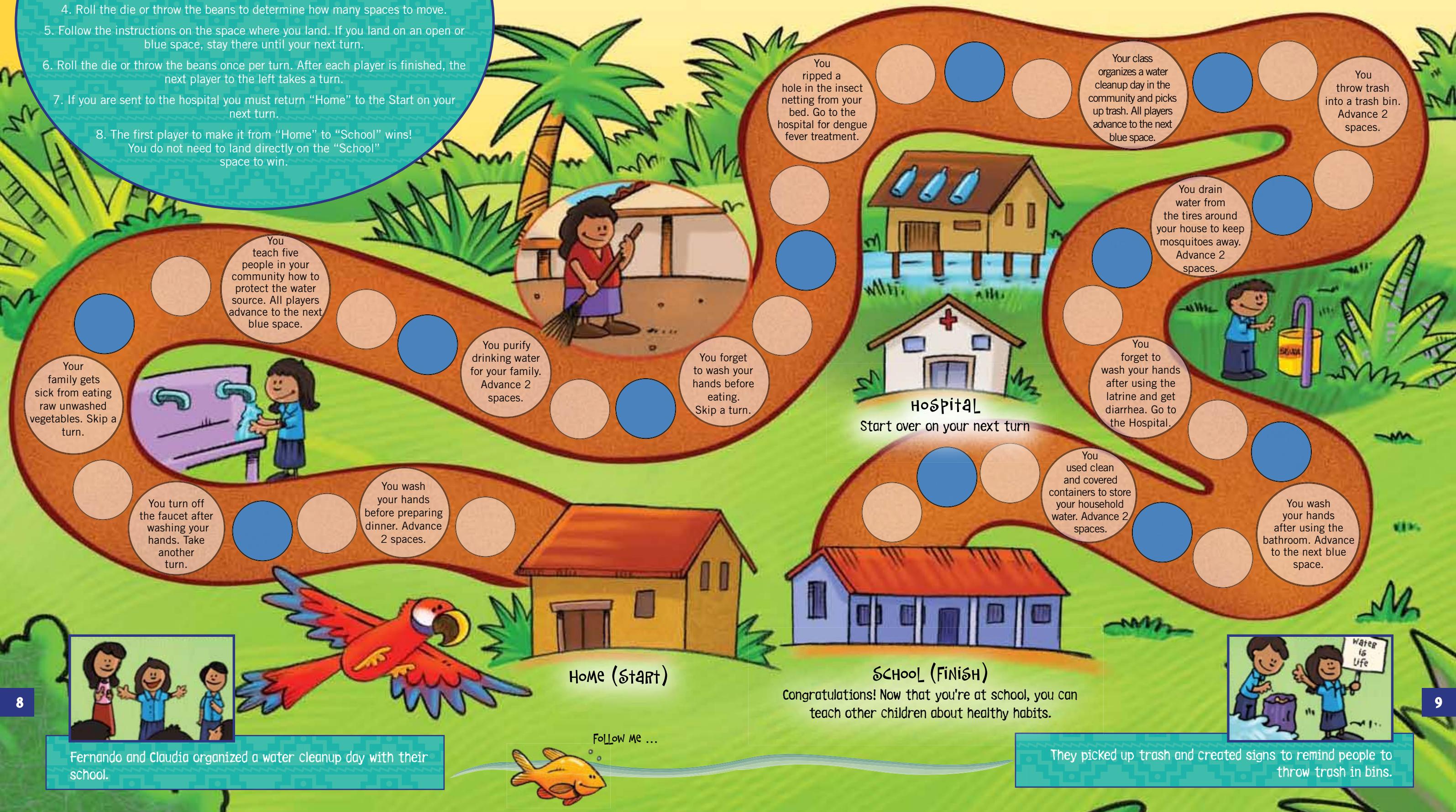
Lava tus manos  
20 segundos  
Usa agua y jabón

## How to Play

1. Use a small object, such a bottle cap or a rock, as a game piece for each player.
2. Start from "Home" and move around the board clockwise.
3. Roll a die to determine who will go first. The player with the highest number starts the game. (If you do not have dice then you can use six uncooked beans which are colored on one side—toss the beans and count the number of beans with the color.)
4. Roll the die or throw the beans to determine how many spaces to move.
5. Follow the instructions on the space where you land. If you land on an open or blue space, stay there until your next turn.
6. Roll the die or throw the beans once per turn. After each player is finished, the next player to the left takes a turn.
7. If you are sent to the hospital you must return "Home" to the Start on your next turn.
8. The first player to make it from "Home" to "School" wins!  
You do not need to land directly on the "School" space to win.

# BREAKING THE CHAINS OF TRANSMISSION

PLAY THIS GAME TO LEARN about healthy habits!



# Protecting the Source

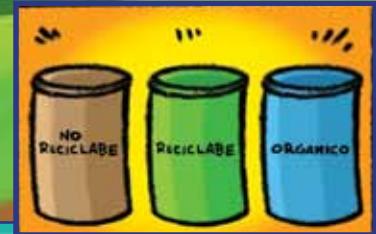
## Directions

The scene below has five healthy habits and three habits which need to be fixed. Can you find the healthy habits? How can you fix any problems? Use the **Healthy Household Water Checklist** to help guide you. Check your answers on the back cover.



## Healthy Household Water Checklist ✓

- Fix any leaking faucets or constant running water.
- Turn off the faucets between washing and watering so as not to waste water.
- Purify all drinking water in the house through boiling, chemical treatment or SODIS (solar disinfection).
- Place all trash in trash bins. DO NOT ALLOW TRASH TO ENTER ANY WATER SOURCES!
- Store water in clean and covered containers.
- Build a rain harvesting system at your house in order to conserve and gather healthy water.
- Maintain a healthy sewage system. Do not throw paper, trash or diapers into the toilet.



They created posters about how to deposit garbage in the correct bins for disposal or recycling.

Follow Me ...



Then the school children created a song about keeping the water clean for the community.



# The Path to Healthy Water

## Directions

- Start at the faucet at the bottom of the page and follow the steps along the yellow path to learn about healthy drinking water.
- Answer any questions along the path. Write the large blue letter at each step along the path into the corresponding numbered space in the secret phrase at the top of the page.
- Once you have completed the path to healthy water you will have all of the letters for the secret phrase.

WHAT  
IS THE SECRET  
PHRASE? CHECK YOUR  
ANSWER ON THE BACK  
COVER.

— — — — — LI — — E

3 4 6 8 7 2 5 1



# Words of Wisdom

The proverb about a water jug (pictured below) teaches an important lesson to us. When interpreted it means that nothing lasts forever. Unless we conserve and protect our water sources they could disappear.

List three ways you can protect and conserve your water source so that you and your family may enjoy healthy water for many, many years.

A jug carries water until its handle breaks off.



The water was a clean environment again.



Throw trash into bins



Dispose of dirty rinse water away from water sources



Turn off faucets when finished with water



Clean up trash around a river



Do not allow feces to enter water sources



## Test Your Water Wisdom

Check your answers on the back cover.

- What are acceptable methods to purify your drinking water?
  - Boiling it for 3 minutes
  - Using solar disinfection, known as SODIS
  - Using chemical treatment such as chlorine
  - all of the above
- You should wash your hands **after** which of the following activities?
  - Using the latrine
  - Cooking rice
  - Eating fruit
- Which of the following is a common place to pick up germs or pass them along on your hands?
  - Latrine
  - Door handle
  - Handshake
  - All of the above
- When you wash your hands, soap molecules "grab" onto dirt and germs, allowing water to rinse them away. True or False?
- After you've lathered up with soap, how many seconds should you spend vigorously washing your hands?
  - At least 20
  - Not more than 30
  - 60
- Which activities require purified water?
  - Drinking and brushing teeth
  - Washing dishes and silverware
  - Washing fruits and vegetables that will be eaten raw
  - All of the above
- A water source is a person who sells bottled water. True or False?



How can you keep your water source healthy? (answers on back cover)

# ANSWER KEY

## Healthy Habits...Healthy People, Pages 2-3

1. Washing hands
2. Washing hands
3. Dispose of dirty diapers in trash bins
4. Purifying water, Washing fruits and vegetables with clean water

\* In addition to the habits mentioned here, keeping a clean house can help stop the spread of diseases.

## Do "Knot" Pass it ALONG, PAGES 4-5

The scene on the left shows habits that need fixing circled in blue. The scene on the right shows healthy habits circled in red.



## Protecting the Source, Pages 10-11

Healthy Habits are circled in red; habits that need fixing are circled in blue.



### Healthy Habits

- Purifying water using SODIS, chemical (chlorine) treatment and boiling water
- Storing water in a clean, covered container
- All trash is contained in a covered trash bin
- The house has a covered rain water harvesting system

### Habits to fix

- Leaking shower head
- Throwing trash in the toilet
- Letting the water run while washing

## The Path to Healthy Water, Pages 12-13

The secret phrase is: WATER is LIFE

## Test of Water Wisdom, Pages 14-15

1. d. all of the above
2. a. You should wash your hands AFTER using the latrine and BEFORE cooking rice or eating. However, if you touch raw meat be sure to wash your hands afterwards, as well. Remember, you can always wash your hands anytime!
3. d. all of the above
4. True. Soap molecules are attracted to dirt and germs on one end and water on the other end, allowing the soap to "grab" molecules and wash them away.
5. a. at least 20
6. d. all of the above
7. False. A water source is the supply of water for a community, such as a river, ground water or rain water.

How can you keep water sources healthy for the future?

- Throw trash into a trash bins
- Turn off faucets when you are finished with the water
- Dispose of dirty rinse water away from water sources
- Clean up trash around a river
- Maintain latrines away from water sources
- Do not allow feces to enter water sources

**HEALTHY Water, Healthy Habits, Healthy People is brought to you by...**



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**Mission:** To reach children, parents, educators and communities of the world with water education. We invite you to join us in educating children about the most precious resource on the planet — water.  
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### Project Team:

Julia Nelson, Project Manager, Project WET Foundation  
John Etgen, Project Leader, Project WET Foundation  
Dennis Nelson, President and CEO/ Science methods contributor, Project WET Foundation  
Meg Long, Financial Management, Project WET Foundation  
Andre Dzikus, Chief of Water and Sanitation Branch, UN-HABITAT  
Victor Arroyo, Chief Technical Advisor of Water and Sanitation Branch for Latin America and the Caribbean, UN-HABITAT

**Reviewers:**  
Kristen Tripp, Sandra DeYonge, Morgan Perlson, Molly Ward, Linda Hveem

Designed by Abby McMillen, folk dog art

Illustrated by Peter Grosshauser

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