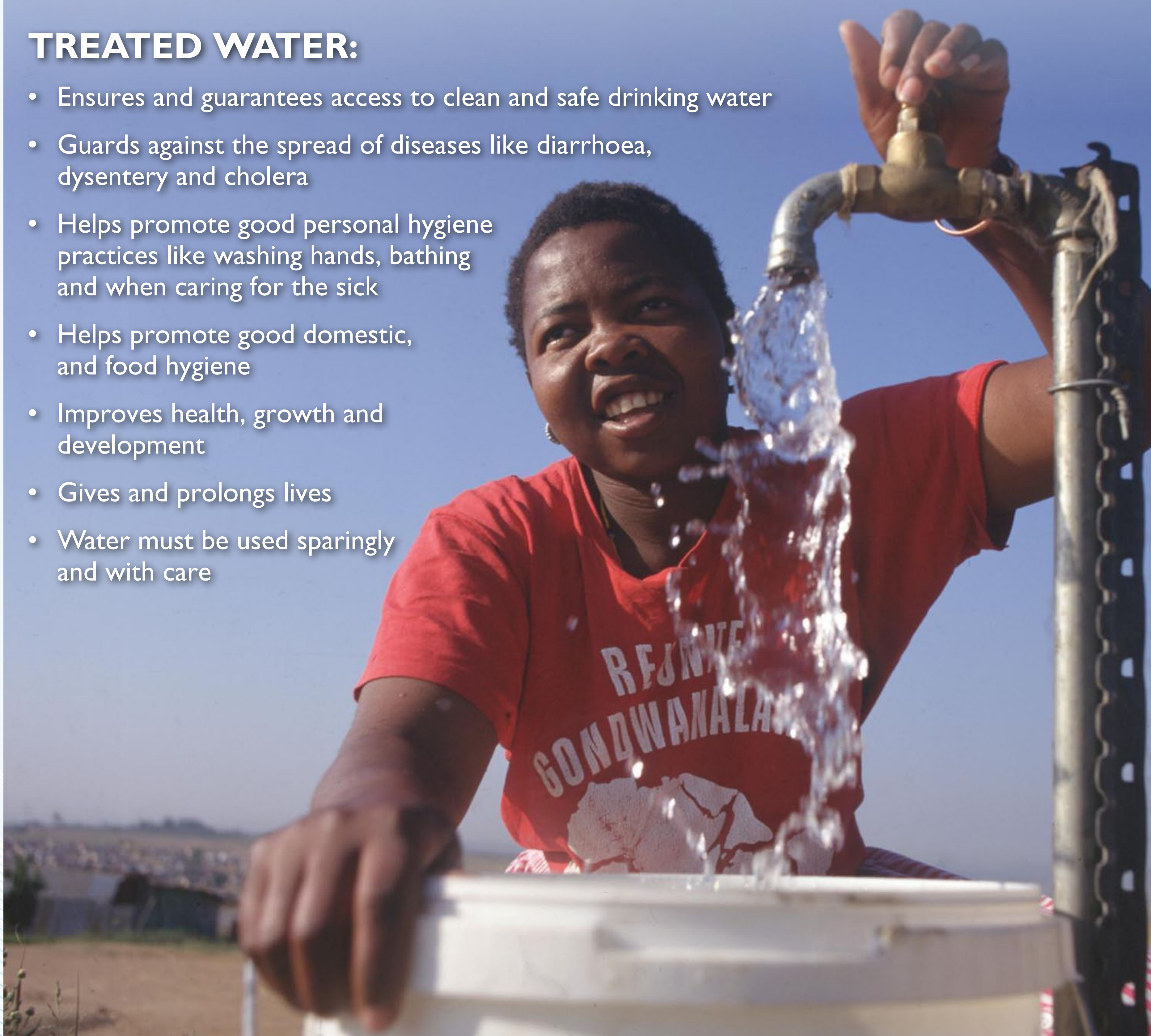


# HEALTH and HYGIENE

## HOW DO I BENEFIT FROM USING TREATED WATER?

### TREATED WATER:

- Ensures and guarantees access to clean and safe drinking water
- Guards against the spread of diseases like diarrhoea, dysentery and cholera
- Helps promote good personal hygiene practices like washing hands, bathing and when caring for the sick
- Helps promote good domestic, and food hygiene
- Improves health, growth and development
- Gives and prolongs lives
- Water must be used sparingly and with care



**BREAKING THE CYCLE OF DISEASES**



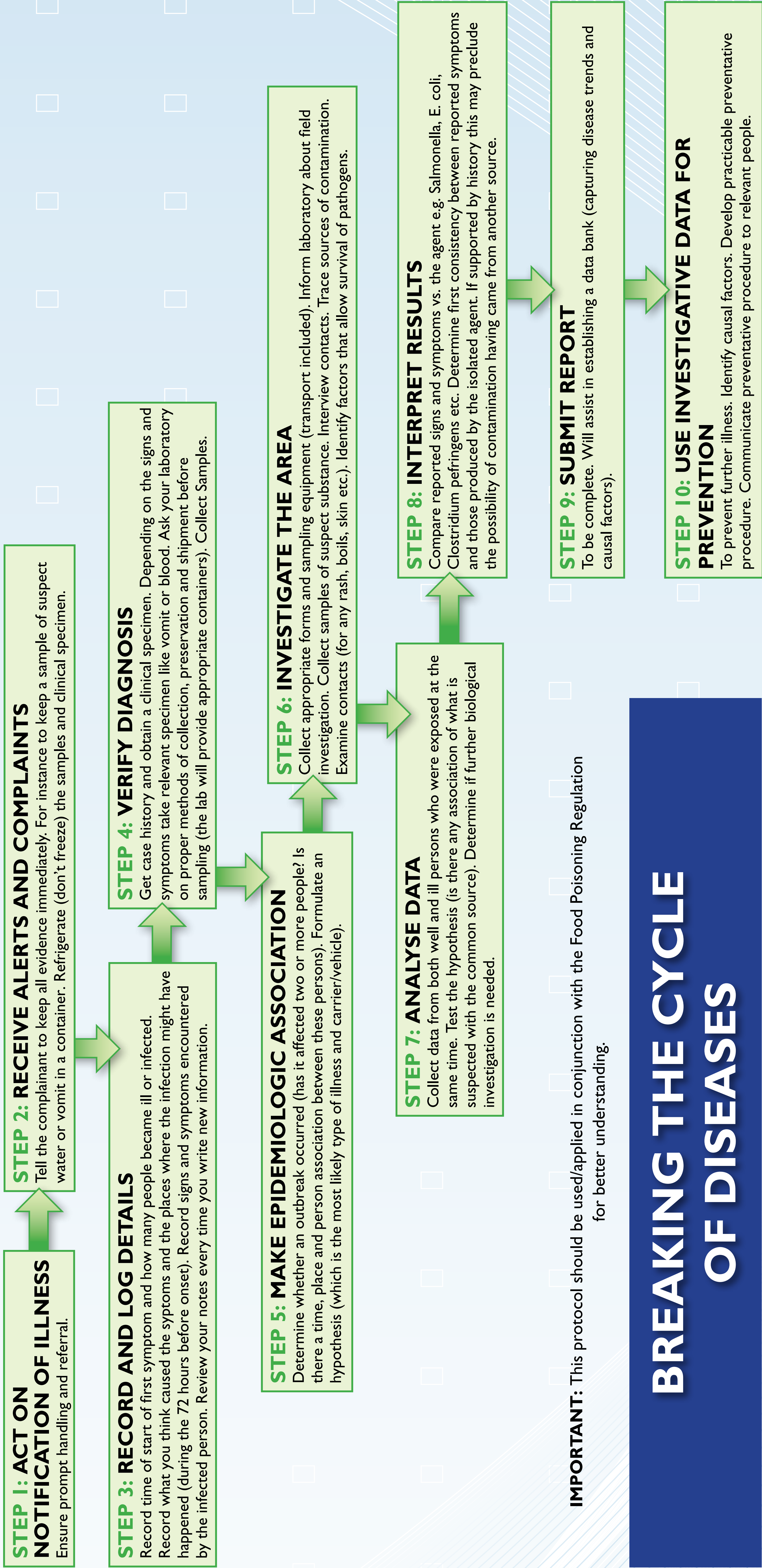
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# HEALTH and HYGIENE

## YOUR TEN STEP DISEASE OUTBREAK INVESTIGATION PROTOCOL



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# HEALTH and HYGIENE

## HAND WASHING AT PUBLIC GATHERINGS

Hand washing with soap and clean water from a jug or running water from a tap is good practice



Hand washing from a common source is a bad practice and may expose people to a risk of acquiring communicable diseases, such as cholera



**BREAKING THE CYCLE OF DISEASES**



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# HEALTH and HYGIENE

## STOP THE ILLEGAL DUMPING OF HUMAN EXCRETA

Report any suspicious or illegal dumping of human excreta to your nearest Local Municipality



Septic tank truck



Sewage purification plant



Chemical closet toilet

### BREAKING THE CYCLE OF DISEASES



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# HEALTH and HYGIENE

## ADVANTAGES OF USING A VENTILATED IMPROVED PIT (VIP) TOILET

### VIP TOILETS:

- If built correctly will prevent ground and surface water pollution
- Promotes good hygiene practices e.g. provision of hand washing facility for effective hand washing
- Removes bad smells from the toilet by means of a vent pipe
- Provided with a fly screen that prevents flies from getting in and out of the toilet to spread germs
- If kept clean will prevent the spread of diseases like diarrhoea, dysentery etc
- If no rubbish is dumped inside, it will not fill up quickly due to the natural break down of human waste
- Provides privacy and dignity

**BREAKING THE CYCLE OF DISEASES**



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# HEALTH and HYGIENE

Good Water and Sanitation = Good Hygiene and Good Health

Good Hygiene practice is:

Bad Hygiene practice is:



Keeping  
toilets clean



Keeping your community  
clean, **R**educe, **R**euse  
and/or **R**ecycle



Safe and hygienic  
handling of food



Keeping water sources  
clean



Keep your body clean.  
Wash your hands after visiting the toilet

Good Hygiene practices will  
help you defend yourself  
against cholera, diarrhoea  
and other illnesses



Do not block drains or  
vandalise toilets



Do not litter and dump  
waste illegally



Do not handle food with dirty  
hands. Keep food covered.



Do not pollute water streams  
with human or general waste

## BREAKING THE CYCLE OF DISEASES



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