### WHY IS IT IMPORTANT TO HAVE CLEAN WATER?

| 1. WHY SHOULD YOU DRINK CLEAN WATER? | Clean water gives you:  
- Good health  
- Healthy babies  
- Clean hands and bodies  
- Clean teeth  
- Healthy food  
- Good feces  

**Drink clean water every day.**  
**You should only drink clean water!** |
|---|---|
| 2. WHAT HAPPENS IF YOU DRINK DIRTY WATER? | Dirty water can make you very sick. Viruses, bacteria, and parasites live in dirty water.  
- Cholera  
- Typhoid  
- Hepatitis A  
- Intestinal worms and other parasitic diseases  
- Diarrhea and vomiting |
| 3. WHAT SHOULD YOU USE CLEAN WATER FOR? | • DRINKING  
• Cooking  
• Feeding or washing baby  
• Washing things you cook in or that touch food  
• Reducing fevers  
• Cleaning wounds |
### HOW CAN YOU MAKE WATER CLEAN FOR DRINKING?

#### 4. WHAT DOES DIRTY WATER LOOK LIKE?

- Water is not clean just because it is clear.
- Buying water does not guarantee that it is clean.
- You cannot see most of the harmful things in water.
- Water for drinking should never be muddy, have sticks or debris in it, or be thick.
- Clean water should be kept in clean containers only used for clean water.

![Unsafe containers](image1.png)  ![Dirty water](image2.png)

#### HOW CAN YOU MAKE WATER CLEAN FOR DRINKING?

#### 2. Methods

- There are many different ways to purify water.
- It is ALWAYS important to drink clean water regardless of how you make it clean.
- **Combining more than one method is the most effective**
  - Boiling, Filtration, Disinfection with tablets, mixing with Bleach.
  - SODIS is safe and effective and easy for people to do by themselves.
- Rain water collected into a clean container.
### 3. SODIS

- SODIS stands for Solar Water Disinfection
- Uses the rays of the sun to kill germs such as viruses, bacteria, and parasites
- It is a good way to make small quantities of drinking water
- People can do it for themselves

### 4. SODIS STEPS

- Clean a clear, 2 liter bottle with soap and rinse well
- Label it for clean water only
- Collect water in a container for dirty water only
- Filter the water if it is cloudy or looks dirty
- Fill the clean bottle with water and close the lid tightly
- Expose the bottle to the sun morning to evening for at least 6 hours
- Do not move or disturb the bottle
- If more than half the sky is covered with clouds, keep the bottle in the sun for 2 days before drinking it
- The water is now ready to drink
- Pour from the clean container into a clean cup (do not dip)
- If it is raining, boil the water! DO NOT use SODIS!

You can make a frame of tin to hold the bottles but you don’t need too much!

2 days if it is cloudy!
### 5. Boiling

- Heat water until it is bubbling fast
- Keep boiling for 5 minutes
- Cool the water before using
- Keep in a clean container with a tight fitting lid
- Do not use a cup or ladle to get the water – use a tap or pour it out

### 6. Combine Methods

- The best way to purify water is to use two methods
- Do this when you or your family is sick
- Be extra careful after a flood
<table>
<thead>
<tr>
<th>CLEAN WATER</th>
<th>DIRTY WATER MAKES YOU AND YOUR FAMILY SICK</th>
<th>ONLY DRINK CLEAN WATER!</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Clean Water Bottle" /></td>
<td><img src="image" alt="Dirty Water" /></td>
<td><img src="image" alt="Sun and Filter" /></td>
</tr>
</tbody>
</table>

**KEEP WATER IN A SPECIAL CONTAINER JUST FOR CLEAN WATER**

**YOU CAN CLEAN WATER FOR SAFE DRINKING**

| ![Bucket](image) | ![Boiling Water](image) | ![Filter](image) |

**USE CLEAN WATER TO**

- Drink
- Brush Teeth
- Make Food
- Wash Your Hands
- Wash Your Baby

**ONLY DRINK CLEAN WATER!**
# PRESENTER POINTS:

## PRESENTATION IDEAS
- Use poster and follow presentation
- Use a 2 liter PET bottle (clear) and demonstrate SODIS

## GROUP PROJECT IDEAS
- Have the group do all the steps of SODIS
- Wash hands with clean water
- Make a tippy tap for a bottle
- Wash and mark a container for clean water

## GIVE-AWAY IDEAS

**FOR PATIENTS:**
- IMR will provide leaflet flyer with these same details
- 2 liter bottles for SODIS
- Sharpie to mark clean and dirty water containers

**FOR COMMUNITY:**
- Poster
- Teaching tools used in class
BACKGROUND RESEARCH FOR PRESENTER:

More than 4000 children die every day from dirty water and water-borne diseases.

Please download a free manual on clean water using this link:

http://en.hesperian.org/hhg/A_Community_Guide_to_Environmental_Health:Raise_Community_Awareness#Clear_water_might_not_be_clean_water

Other helpful links:


SODIS: http://www.sodis.ch/index_EN

Cleanliness: http://en.hesperian.org/hhg/Where_Women_Have_No_Doctor:Cleanliness#Clean_Water