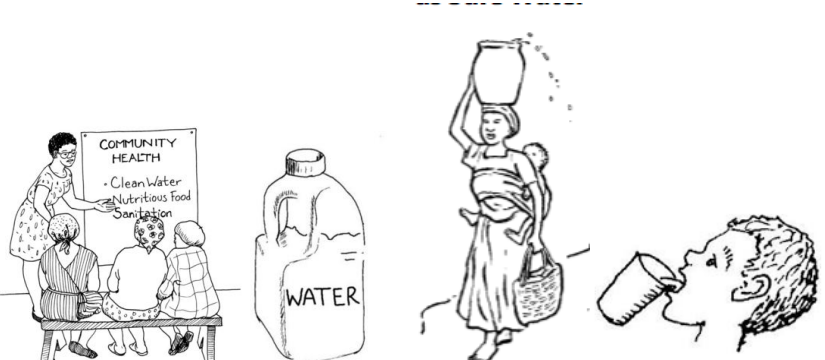
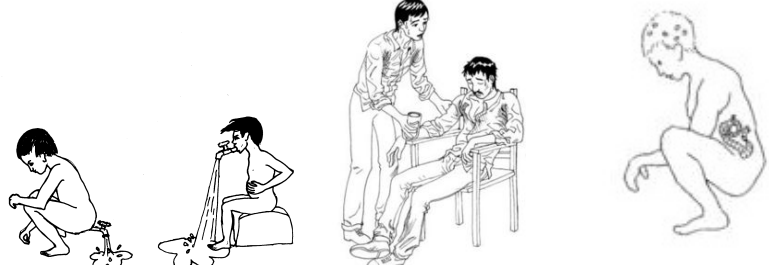
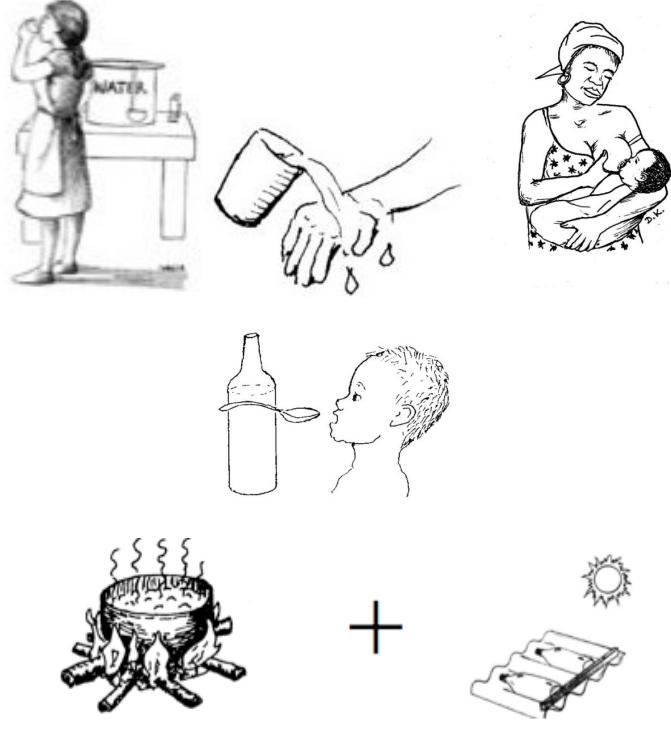


WHY IS IT IMPORTANT TO STAY HYDRATED?

<p>1. WHEN DO YOU NEED TO DRINK CLEAN WATER?</p>	<p>Everyone needs to stay well hydrated!</p> <ul style="list-style-type: none"> • Good health • Healthy babies • Healthy kidneys • Good feces <p>Drink clean water every day.</p> <p>You should only drink clean water!</p>	
<p>2. WHAT HAPPENS IF YOU DRINK DIRTY WATER?</p>	<p>Dirty water can make you very sick. Viruses, bacteria, and parasites live in dirty water.</p> <ul style="list-style-type: none"> • Cholera • Typhoid • Hepatitis A • Intestinal worms and other parasitic diseases • Diarrhea and vomiting 	
<p>3. WHAT SHOULD YOU DO IF YOU ARE SICK WITH DIARRHEA OR VOMITING?</p>	<p>STAY HYDRATED</p> <ul style="list-style-type: none"> • SIP specially made water every few minutes until you are not sick and for the following day • Give your child small sips all day long. KEEP BREASTFEEDING. • If you are not urinating (passing water), you must drink more • Eat only small amounts of rice and bananas while you are sick • Slowly add back other foods <p>ALWAYS:</p> <ul style="list-style-type: none"> • Boil all of the water you drink! • Continue to drink water while you are sick • Have plenty of clean, fresh water available to drink • Drink as much water as you can during the day • If you are breast feeding your baby, keep breastfeeding while you are sick. 	

HOW CAN YOU MAKE WATER CLEAN FOR DRINKING?

1. 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



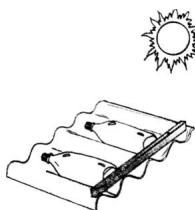
Unsafe containers



Dirty water

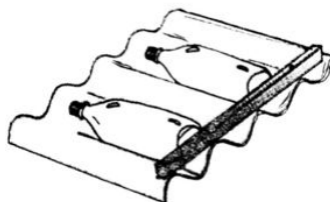
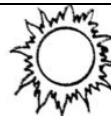
2. HOW CAN YOU MAKE WATER CLEAN?

- 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 can be collected into a clean container, then boiled.
- Keep drinking water in clean, closed containers!





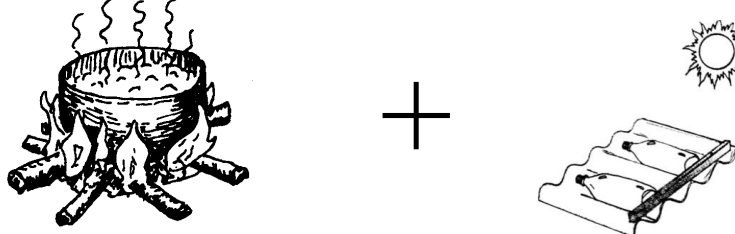
3. SODIS

- 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



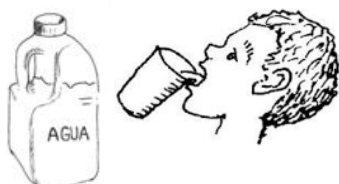
You can make a frame of tin to hold the bottles but you don't need too

<p>4. SODIS STEPS</p>	<ul style="list-style-type: none"> • 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! 	 <p>2 days if it is cloudy!</p>
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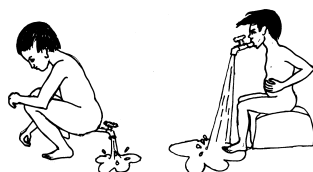
<p>5. BOILING</p>	<ul style="list-style-type: none"> • Heat water until it is bubbling fast • Keep boiling for 5 minutes • Cool the water before using • Keep in a clean container with a tight fitting lid • Do not use a cup or ladle to get the water – use a tap or pour it out 	
<p>6. COMBINE METHODS</p>	<ul style="list-style-type: none"> • 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 • 	

POSTER:

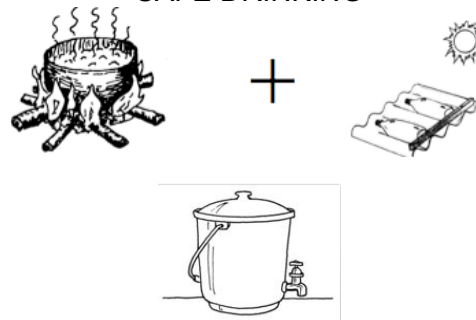
DRINK CLEAN WATER
EVERY DAY



DIRTY WATER AND NOT
WASHING YOUR HANDS
MAKES YOU AND YOUR
FAMILY SICK



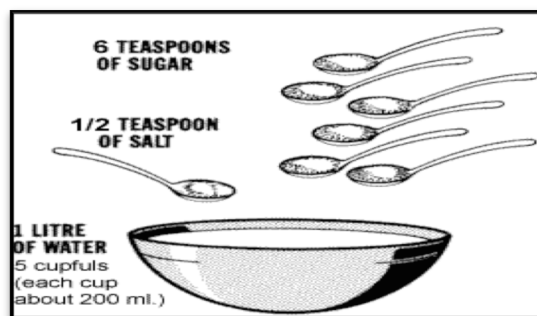
YOU CAN CLEAN WATER FOR
SAFE DRINKING



WASH YOUR HANDS TO STAY HEALTHY



MAKE SPECIAL REHYDRATION WATER



IF YOU GET SICK

- KEEP
BREASTFEEDING
- SIP CLEAN
REHYDRATION
WATER ALL DAY
- EAT SMALL MEALS OF
BANANA AND RICE
- EAT MORE AS YOU
FEEL BETTER



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:

WHO: http://www.who.int/household_water/advocacy/combating_disease/en/index.html

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

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

HANDOUT: see separate file with handout printed 4/page

