WHY IS IT IMPORTANT TO STAY HYDRATED?

1. WHEN DO YOU NEED TO DRINK CLEAN WATER?

<table>
<thead>
<tr>
<th>Everyone needs to stay well hydrated!</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Good health</td>
</tr>
<tr>
<td>• Healthy babies</td>
</tr>
<tr>
<td>• Healthy kidneys</td>
</tr>
<tr>
<td>• Good feces</td>
</tr>
</tbody>
</table>

Drink clean water every day.

You should only drink clean water!

2. WHAT HAPPENS IF YOU DRINK DIRTY WATER?

<table>
<thead>
<tr>
<th>Dirty water can make you very sick. Viruses, bacteria, and parasites live in dirty water.</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Cholera</td>
</tr>
<tr>
<td>• Typhoid</td>
</tr>
<tr>
<td>• Hepatitis A</td>
</tr>
<tr>
<td>• Intestinal worms and other parasitic diseases</td>
</tr>
<tr>
<td>• Diarrhea and vomiting</td>
</tr>
</tbody>
</table>

3. WHAT SHOULD YOU DO IF YOU ARE SICK WITH DIARRHEA OR VOMITING?

<table>
<thead>
<tr>
<th>STAY HYDRATED</th>
</tr>
</thead>
<tbody>
<tr>
<td>• SIP specially made water every few minutes until you are not sick and for the following day</td>
</tr>
<tr>
<td>• Give your child small sips all day long. KEEP BREASTFEEDING.</td>
</tr>
<tr>
<td>• If you are not urinating (passing water), you must drink more</td>
</tr>
<tr>
<td>• Eat only small amounts of rice and bananas while you are sick</td>
</tr>
<tr>
<td>• Slowly add back other foods</td>
</tr>
</tbody>
</table>

ALWAYS:

<table>
<thead>
<tr>
<th>Boil all of the water you drink!</th>
</tr>
</thead>
<tbody>
<tr>
<td>Continue to drink water while you are sick</td>
</tr>
<tr>
<td>Have plenty of clean, fresh water available to drink</td>
</tr>
<tr>
<td>Drink as much water as you can during the day</td>
</tr>
<tr>
<td>If you are breast feeding your baby, keep breastfeeding while you are sick.</td>
</tr>
</tbody>
</table>
## 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.

### 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

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Unsafe containers  | Dirty water

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

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
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:

<table>
<thead>
<tr>
<th>PRESENTATION IDEAS</th>
<th>GROUP PROJECT IDEAS</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Use poster and follow presentation</td>
<td>• Have the group do all the steps of SODIS</td>
</tr>
<tr>
<td>• Use a 2 liter PET bottle (clear) and demonstrate SODIS</td>
<td>• Wash hands with clean water</td>
</tr>
<tr>
<td></td>
<td>• Make a tippy tap for a bottle</td>
</tr>
<tr>
<td></td>
<td>• Wash and mark a container for clean water</td>
</tr>
</tbody>
</table>

### 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
HANDOUT: see separate file with handout printed 4/page