

21 GETE IS FETCHING WATER



Discussion Questions:

- ◆ What do you see in this picture?
Gete is fetching water at a stream for her family to use for drinking, cooking and all household use.
- ◆ What are some of the reasons a water source may not be clean?

What should Mulu, Bedlu and Gete know about keeping their water source clean?

- ◆ It protects them from fatal water-borne illnesses such as cholera, typhoid and parasites.
- ◆ By keeping the water source clean, the family spends less treating illnesses and will have more money for food, clothing and education.

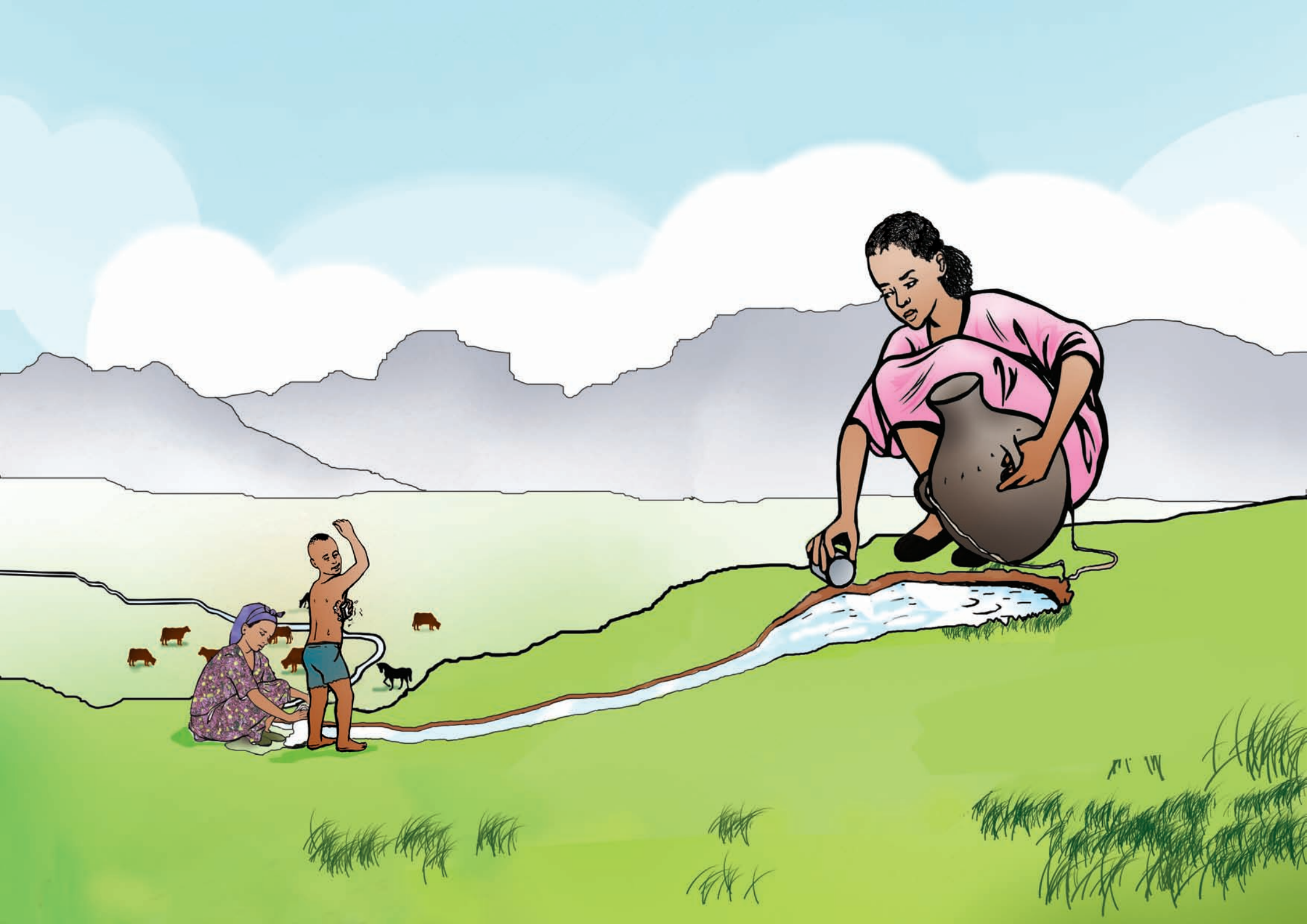
How can Mulu and Bedlu's community keep their water source clean?

- ◆ Use water from upstream for drinking, cooking and all household use.
- ◆ Make sure people wash themselves and their clothes only at mid-stream and allow animals to drink only at downstream.
- ◆ Ensure that people do not eliminate fecal waste near a water source.
- ◆ Build latrines at least 30 arms lengths away from the water source.
- ◆ Use a clean container to draw water from the source.
- ◆ Do not farm near stream banks.
- ◆ If the community has a water well, prevent people from washing their bodies and clothes in or near it.
- ◆ Cover the well when not in use.

Review Questions:

- ◆ What are some of the challenges your community faces in keeping its water source clean?
- ◆ How will you address these challenges?

Protect your family from disease by keeping your water source clean!





Discussion Questions:

- ◆ What do you see in this picture?

Mulu and Bedlu store water for drinking and cooking in washed and covered containers with narrow necks.

- ◆ How do you store water at home?

Why is it important for Mulu and Bedlu to properly store water at home?

- ◆ Storing water properly at home protects their family from water-borne illnesses such as dysentery, typhoid and intestinal worms.

How do Mulu and Bedlu store water at home?

- ◆ Mulu and Bedlu wash and cover the containers used to store water for drinking, cooking and household use. The containers have narrow necks.
- ◆ For washing, they use clean cloths or leaves, water and soap or ash.
- ◆ They keep the covered containers off the ground and place them on shelves to keep away from animals and free of flies. Also, they hang the pouring containers on the wall or from the ceiling.
- ◆ They make sure their children not to put their hands in the water containers.
- ◆ Mulu and Bedlu make sure the containers they use for storing and pouring water are not used for other purposes.

Review Questions:

- ◆ How can you keep your household water clean?
- ◆ What might make it hard for you to store water in a clean way? How could you address these challenges?



23 BEDLU, MULU AND GETE ARE CLEANING THEIR HOME



Discussion Questions:

- ◆ What do you see in this picture?

Bedlu, Mulu and Gete are cleaning their home and compound. They are collecting the rubbish and will bury or burn it.

- ◆ How do you keep your home clean?

How does keeping a clean home benefit Mulu and Bedlu's family?

- ◆ A clean home is free of flies, mosquitoes, rodents, lice and fleas that can transmit diseases such as trachoma, diarrhea, malaria and typhus.
- ◆ The family that spend less money treating illnesses has more money for food, clothing and education.

How can Mulu and Bedlu keep their home clean?

- ◆ Collect litter, feces from children and animals, from home and compound, and burn or bury or carefully dispose it.
- ◆ Build a latrine that has a lid using materials they can find in the community.
- ◆ Situate the latrine at least 30 arm lengths away from where water and food are stored.
- ◆ Clean the latrine regularly by sweeping or washing it and make sure the latrine is ventilated.
- ◆ Keep animal, kitchen and family quarters separate.

Review Questions:

- ◆ How can you keep your home and compound clean?
- ◆ What are the challenges you face in keeping your home and compound clean?

Build and use a latrine to protect your family from illnesses!



24 BEDLU AND GETE ARE WASHING THEMSELVES



Discussion Questions:

- ◆ What do you see in this picture?
Gete is washing her face and her father, Bedlu, is washing his hands after using the toilet.
- ◆ How do you keep yourself and your family clean?

How does good personal hygiene benefit Mulu and Bedlu's family?

- ◆ They will be protected from illnesses such as trachoma, intestinal worms and scabies which cause blindness, diarrhea, weight loss, and intense itching of the skin.

How can Mulu and Bedlu keep themselves and their family clean?

- ◆ Wash their faces every morning to prevent trachoma, which can cause blindness in children.
- ◆ Clean their teeth daily with a twig or a toothbrush and toothpaste.
- ◆ Bathe and wash their hair frequently.
- ◆ Wear clean clothes, and keep their nails short and hair combed.
- ◆ Wash their hands with soap or ash and water after using the latrine and helping children use the bathroom.
- ◆ Wash their hands with soap or ash and water before cooking, eating and feeding children.

Review Question:

- ◆ What are some things you can do to improve your family's hygiene?

Wash your face, hands, body and hair to ensure good health!

