

**SHAKE
IT!**

VIVA CON AGUA

**DANCE
4 WASH**

**BREAK
IT!**



**WASH
IT!**

WASHIT!

THE MANUAL FOR PANDEMIC RESILIENCE

**MAKE
IT!**



WATER IS LIFE!

Bbosa is a Ugandan dancer who participated in the World Break-dance Championships in 2018.

I remember growing up we did not have a water tank at home, but we had an unprotected spring well on our land. It usually took us about 30 minutes to collect water. This well was on my family's land though we shared it with the community since there was no other water source in our village. However, we had good sanitation facilities in the form of Ventilated Improved Pit latrines (also known as VIP latrines) at home which was not common back in the days. I was responsible for sanitation at home, and I was in charge of maintaining the toilets and fetching water. This has kept me going and inspired other kids as well.

At the same time, I realized that I love dancing. Anything with dance, I will do it. Dance has connected me to so many people. For example, I wouldn't have known and worked with Viva con Agua if it wasn't for dance. I have travelled to many places like Nigeria, Kenya, and Taipei in 2018 to participate in the World Breakdance Championships. When I'm dancing, I'm stress-free. Dancing takes away all my worries.

On top of that, dance is a universal language and a great messenger. It can be used to tell a story to people. Many people may not know how to dance but when they watch, they can understand the message you are trying to communicate to them.

Currently, there are still many people who have no access to water. People and school-children have to travel distances to collect water. In some communities, people still practice open defecation. Many still use plastic bags



Photo: Kevin McElvaney

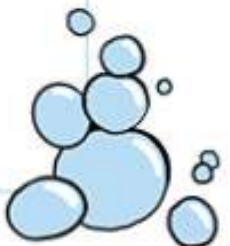
as they do not have toilets at home. Children point out all these challenges during the Dance4WASH workshops.

Water means everything to me, I need it to maintain my life. I think it's great that we can use dance to entertain and, at the same time, communicate on these key issues in our communities which in turn may impact our society positively.

I've trained approximately 1,200 kids throughout the last five years. Moving around in Kamwokya and realizing that kids remember me as their instructor who taught them about sanitation and hygiene. Seeing kids picking up the right steps of handwashing are great moments and the nicest memories.

I'm very glad I can use my talent to inspire others and make them happy, and I hope that this manual and the Dance4WASH in general will reach even more kids, helping them to shake it, break it, wash it, dance and make it.

YOURS, BBOSA





DANCE4WASH
SHAKE
SHAKE IT!
IT!

Always double check on what you might know. Stir things up... get to know who's threatening your health and explore how you can protect yourself and others.



KNOW YOUR ENEMIES

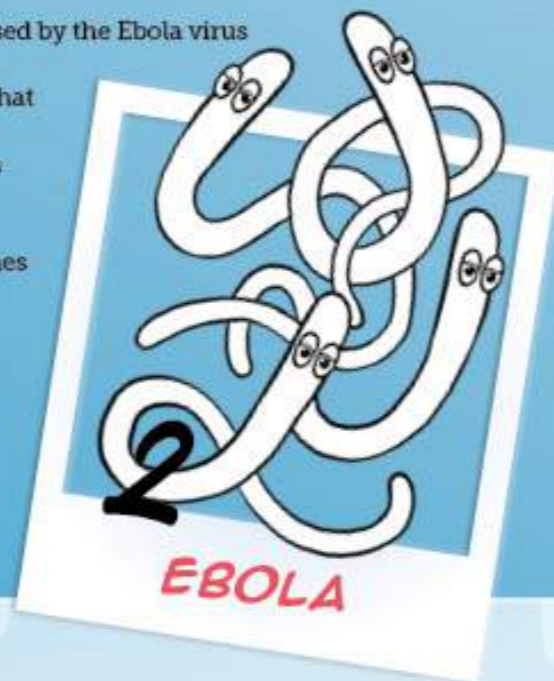
- DESCRIPTION** • Here, you learn about the name of the disease and how these germs spread from one to another.
- SYMPTOMS** • Some sensations, feelings and signs that usually occur when people have this disease.
- PREVENTION** • What can you do to protect yourself and others?

THIS IS THE KEY TO UNDERSTANDING THE TEXTS



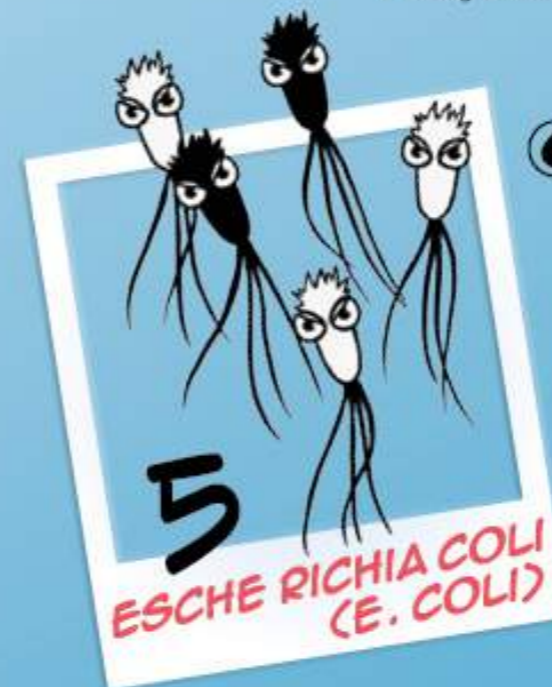
- DESCRIPTION** • COVID-19 (caused by the Coronavirus) is an infectious disease
 - Attacks the respiratory system
 - Is highly contagious
 - Is currently affecting the whole world
- SYMPTOMS** • Coughing • Sneezing • Fever (your forehead feels very hot while you feel cold)
 - Loss of smell and taste
 - Some people won't feel very sick, while others do get very sick and die from it
- PREVENTION** • The virus spreads between people who are close to each other through small droplets, travelling through the air when you cough, sneeze, or even just talk. Best ways to protect yourself and others are:
 - Handwashing with soap
 - Keeping physical distance of at least 2m
 - Covering your mouth and nose with masks, scarfs, etc. every time you cannot keep a distance

- DESCRIPTION** • Ebola is a viral haemorrhagic fever, caused by the Ebola virus
 - Spreads through direct contact with body fluids or from contact with items that have recently been contaminated with infected body fluids (such as blood from infected humans or animals)
- SYMPTOMS** • Fever, sore throat • Muscle pain, headaches
 - Followed by vomiting or diarrhoea
 - Internal and external bleeding
- PREVENTION** • Handwashing with soap
 - Isolation of an infected person
 - Wearing protective clothing
 - Strict disinfection of all potentially contaminated surfaces and items



- SHAKE IT!
- DESCRIPTION** • Cholera is an infectious bacterial disease attacking the intestines
 - Spreads through eating food or drinking water which is contaminated with feces
 - Occurs as a big outbreak. People can get really sick and die without medical help
 - SYMPTOMS** • Bad, large amount of very watery diarrhea
 - Vomiting • Muscle cramps
 - Skin feels really cold and loses its elasticity
 - PREVENTION** • Always use a toilet to poo
 - Handwashing with soap
 - Boil your food before eating
 - Purify or boil your water before drinking

- DESCRIPTION** • Trachoma is an infectious bacterial disease
 - Leads to severe eye infections and, if untreated, to blindness
 - Spreads through direct or indirect contact with an affected person's eye, e.g. through flies
- SYMPTOMS** • Sensitivity to bright lights
 - Aching eyes • Swollen eyelids
- PREVENTION** • Handwashing with soap
 - Washing your face with soap in the morning and before you go to bed
 - Keeping animals out of the house
 - Using a mosquito net over your bed

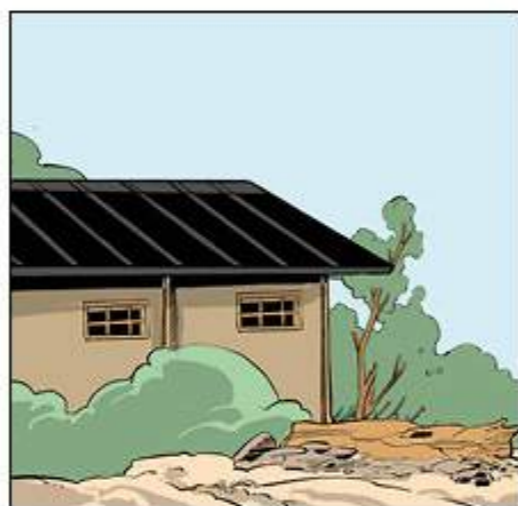
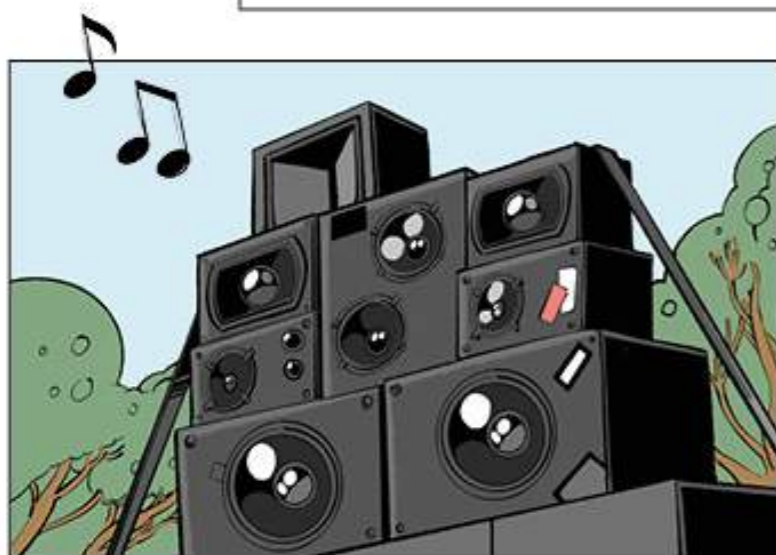


- DESCRIPTION** • Escherichia Coli (e.coli) is a bacteria commonly found in the intestine of animals such as goats and cows
 - Some E-coli bacteria can cause diarrhea and urinary tract infections
 - Spreads through eating food or drinking water which is contaminated with feces
- SYMPTOMS** • Diarrhea • Vomiting
 - Stomache cramps
- PREVENTION** • Always use a toilet to poo
 - Handwashing with soap
 - Boil your food before eating
 - Purify or boil your water before drinking



KING GERM'S ATTACK

IT'S A BRIGHT AND SUNNY DAY, ONLY GETTING BETTER AS WE HEAR THE SOUND OF LOUD MUSIC BANGING... IT'S THE LAST DAY OF SCHOOL, AND THE THE MAJI BAVU PRIMATY SCHOOL STUDENTS ARE DANCING LIKE NOBODY IS WATCHING.



ALL EYES ON MAX, WHO SHOWS OFF HIS BEST DANCE MOVES.

SHAKE IT!

WHEN SUDDENLY MAX TRIPS AND FALLS TO THE GROUND STRAIGHT INTO THE DIRT!



LOOKING CLOSELY, WE CAN SEE KING GERM AND HIS ARMY PREPARING FOR BATTLE... WAITING PATIENTLY FOR THE BEST MOMENT TO ATTACK!



MAX GETS UP AND WHIPES THE SAND OFF OF HIS FACE...



...USING HIS DIRTY HANDS.



THAT IS THE MOMENT KING GERM HAS BEEN WAITING FOR! WITH A LOUD BATTLE CRY, HE AND HIS ARMY ATTACK, CRAWLING UP MAX'S THROAT AND NOSE TRYING TO ENTER HIS BODY.

ATISHOOOO! WITH A HUGE SNEEZE MAX'S BODY STARTS A COUNTER ATTACK.



HMMM... IT'S NOT CLOSE ENOUGH, FOLLOW ME! WE NEED TO CHECK THIS OUT!



LET ME HAVE A CLOSER LOOK.



JUNIOR AND HIS FRIENDS JUMP! AND WITHIN SECONDS THEY SHRINK TO A TINY SIZE TO FIT ONTO MAX'S HAND.



OH DEAR! SO MANY GERMS!



LOOK WHO WE HAVE HERE!!!



WE NEED TO GET OUT OF HERE!!



THERE ARE FAR TOO MANY! QUICK, FOLLOW ME!



THEY NEARLY GOT US. THAT WAS CLOSE!



MAX! KING GERM AND HIS ARMY ARE SITTING ON YOUR HANDS!



GO AND WASH YOUR HANDS, MAX! QUICKLY!

MAX REACHES FOR THE SOUP AND STARTS TO WASH HIS HANDS.



A BIG WAVE OF WATER AND SOAP IS FLUSHING KING GERM AND HIS ARMY AWAY. VICTORY!

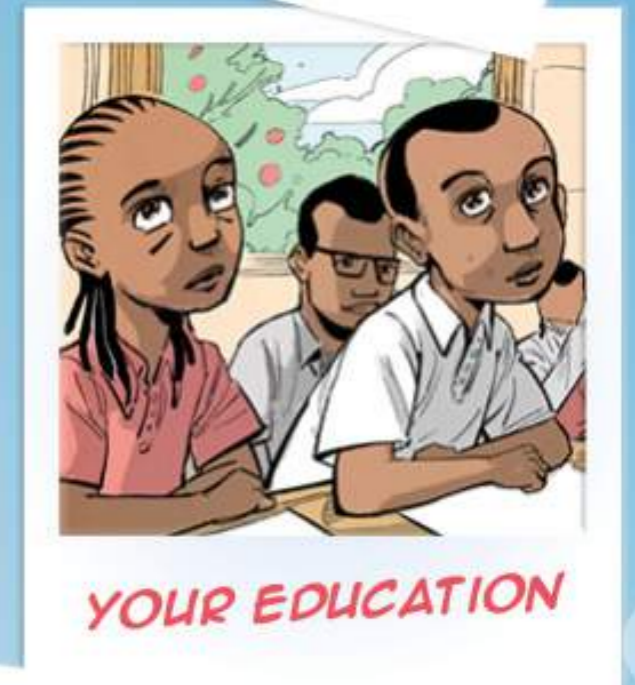
SHAKE IT!

WHY IS IT COOL TO WASH YOUR HANDS?

First of all, washing your hands leads to the reduction of illness. This means you won't miss school and your education will improve. Well, this is also true for your dancing skills. You also protect your family, reducing the risk of infecting your siblings and parents.



YOUR HEALTH



YOUR EDUCATION



YOUR DANCING SKILLS



YOUR FAMILY

VACCINATION

You can get vaccinated against certain serious diseases, so you won't get them. Children, in particular, are protected against certain diseases with vaccinations.



STEP 1

WITH A VACCINATION, TINY PATHOGENS (FOR EXAMPLE VIRUSES), ARE INJECTED INTO YOUR BODY. THEY CAUSE A VERY MILD DISEASE. MOST OF THE TIME YOU DON'T EVEN NOTICE IT.

STEP 2

NEVERTHELESS THE BODY FIGHTS THIS DISEASE AND PRODUCES REPELLANTS - A KIND OF HEALTH POLICE. SUCH SUBSTANCES ARE CALLED ANTIBODIES.

STEP 3

THE ANTIBODIES DO NOT DISAPPEAR FROM THE BODY AFTER THE VACCINATION, THEY STAY.

STEP 4

IF THE BODY IS ATTACKED AGAIN BY PRECISELY THESE VIRUSES, THE HEALTH POLICE WILL STRIKE IN THE FORM OF ANTIBODIES AND DEFEND YOU - THE PATHOGENS DON'T STAND A CHANCE.

STEP 5

IN MANY CASES, VACCINATIONS NOT ONLY PROTECT THE VACCINATED PERSON BUT ALSO PREVENT THE SPREAD OF THE DISEASE IN THE COMMUNITY. THIS SO-CALLED "HERD IMMUNITY" IS PARTICULARLY IMPORTANT TO PROTECT PEOPLE WHO CANNOT BE VACCINATED THEMSELVES, FOR EXAMPLE, BECAUSE THEIR IMMUNE SYSTEMS ARE NOT WORKING PROPERLY.





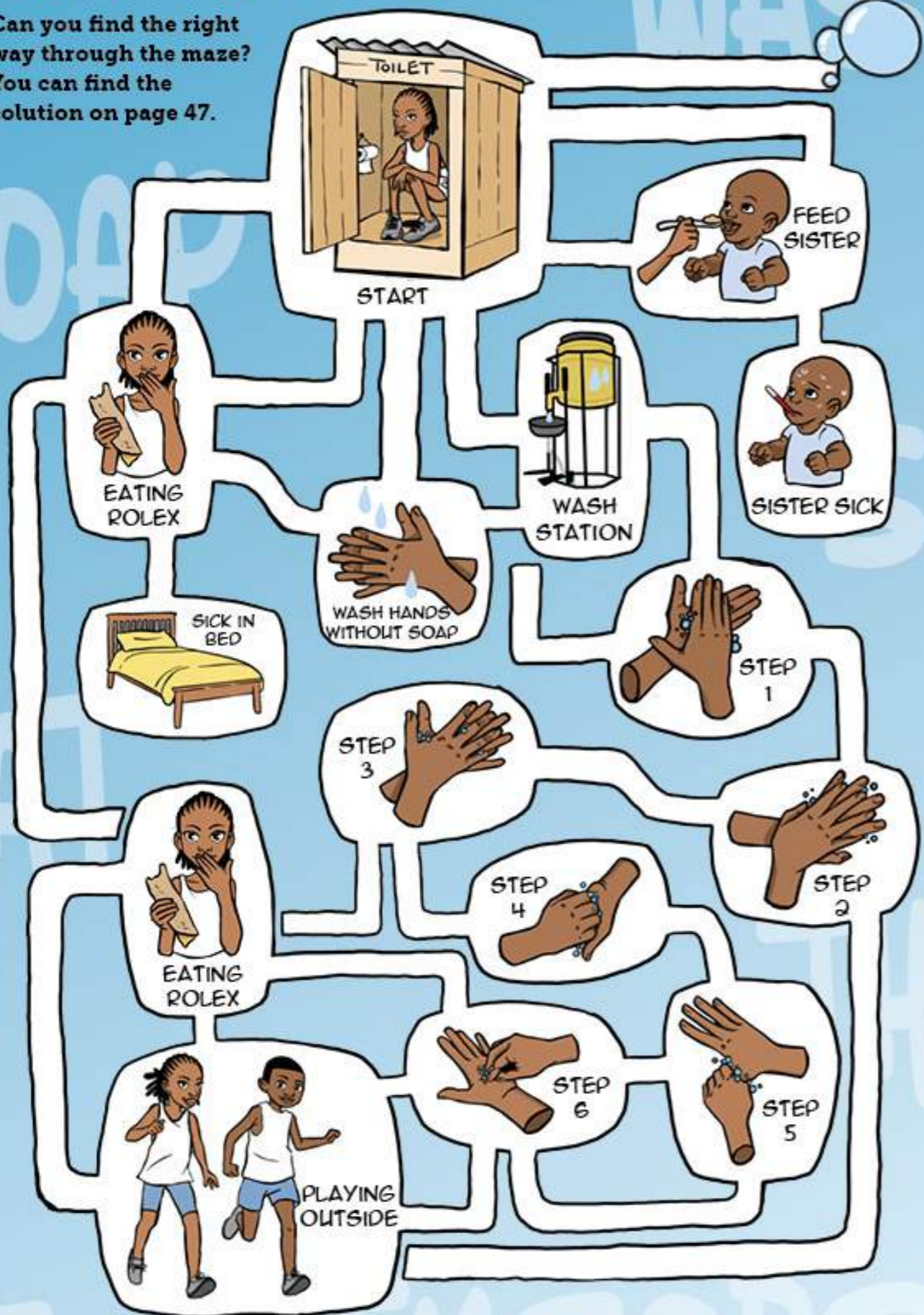
DANCE4WASH
**BREAK
BREAK IT!
IT!**

Stopping the transmission starts with you!
Be the cycle-breaker by washing your hands regularly and carefully handling your drinking water.



QUIZ TIME!

Can you find the right way through the maze? You can find the solution on page 47.



BREAK IT!

THERE ARE **SIX STEPS OF HANDWASHING**. WATCH OUT FOR THE EXPLANATIONS IN THIS MANUAL.

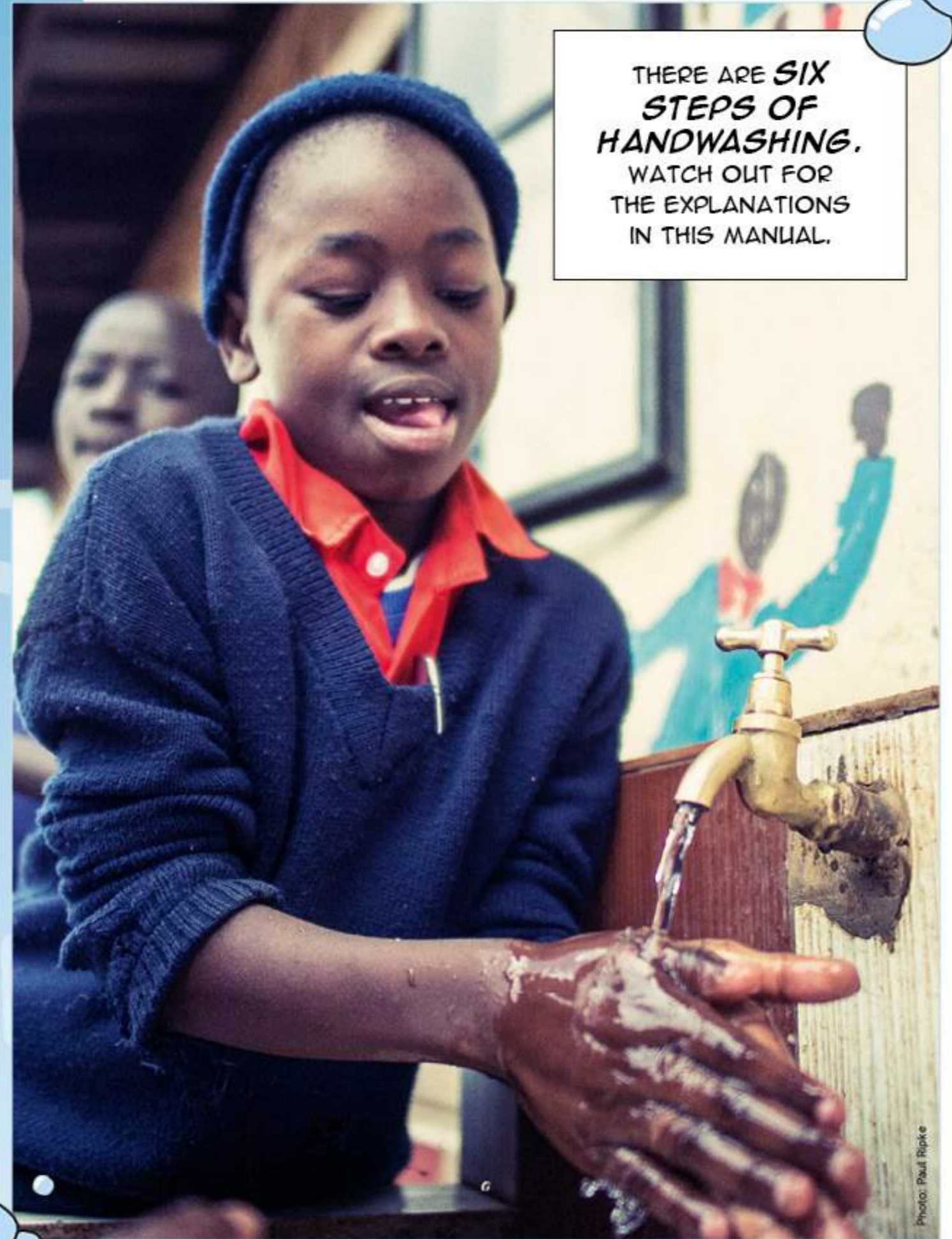


Photo: Paul Ripke

PREVENTION

Corona is still a thing – if you notice that there are cases around you or you have typical symptoms, stick to these simple rules.



YES

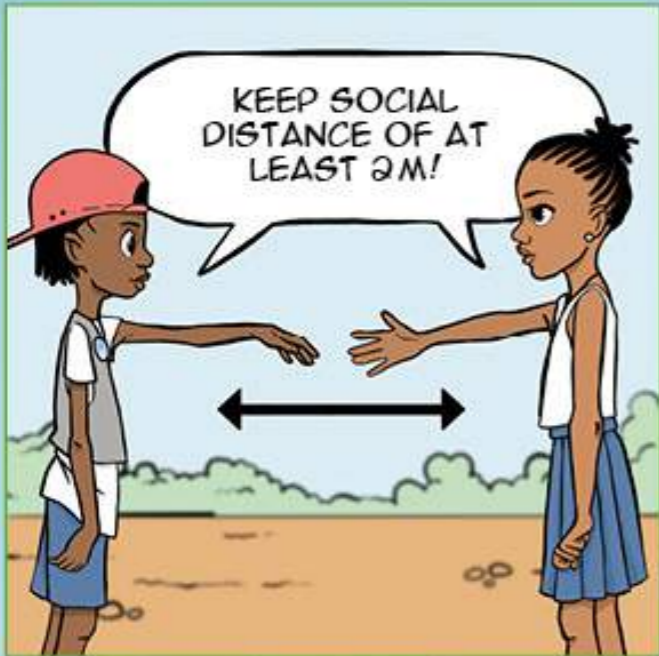
COUGH AND SNEEZE INSIDE YOUR ELBOW!



WASH YOUR HANDS WITH SOAP REGULARLY!



KEEP SOCIAL DISTANCE OF AT LEAST 2M!



STAY AWAY FROM OTHERS IF YOU HAVE SYMPTOMS LIKE COUGHING AND SNEEZING!



IS THE KEY!

NO

NO HUGGING!



DON'T TOUCH YOUR EYES, NOSE & MOUTH!



NO HANDSHAKING!



DON'T WEAR YOUR MASK LIKE THIS!



REMEMBER - YOU CAN HELP TO STOP THE SPREAD OF COVID-19 QUITE EASILY



KEEP YOUR DRINKING WATER CLEAN



KEEP YOUR JERRY CANS CLEAN



PUMP IT UP!



CHANGE THE WATER EVERY DAY & BOIL IT OR, EVEN BETTER, USE A WATER FILTER



ALWAYS USE A CLEAN POT



ENJOY!



MAKE SURE YOU KEEP YOUR CLIPS CLEAN



COVER THE POT WITH A LID AND KEEP IT AWAY FROM ANIMALS

DID YOU KNOW THAT DIRTY JERRY CANS ARE ONE OF THE MOST FAVOURITE PLACES FOR GERMS? THEY LOVE TO CONTAMINATE YOUR CLEAN DRINKING WATER! SO ALWAYS BE CAREFUL AND **KEEP YOUR JERRY CANS CLEAN!**

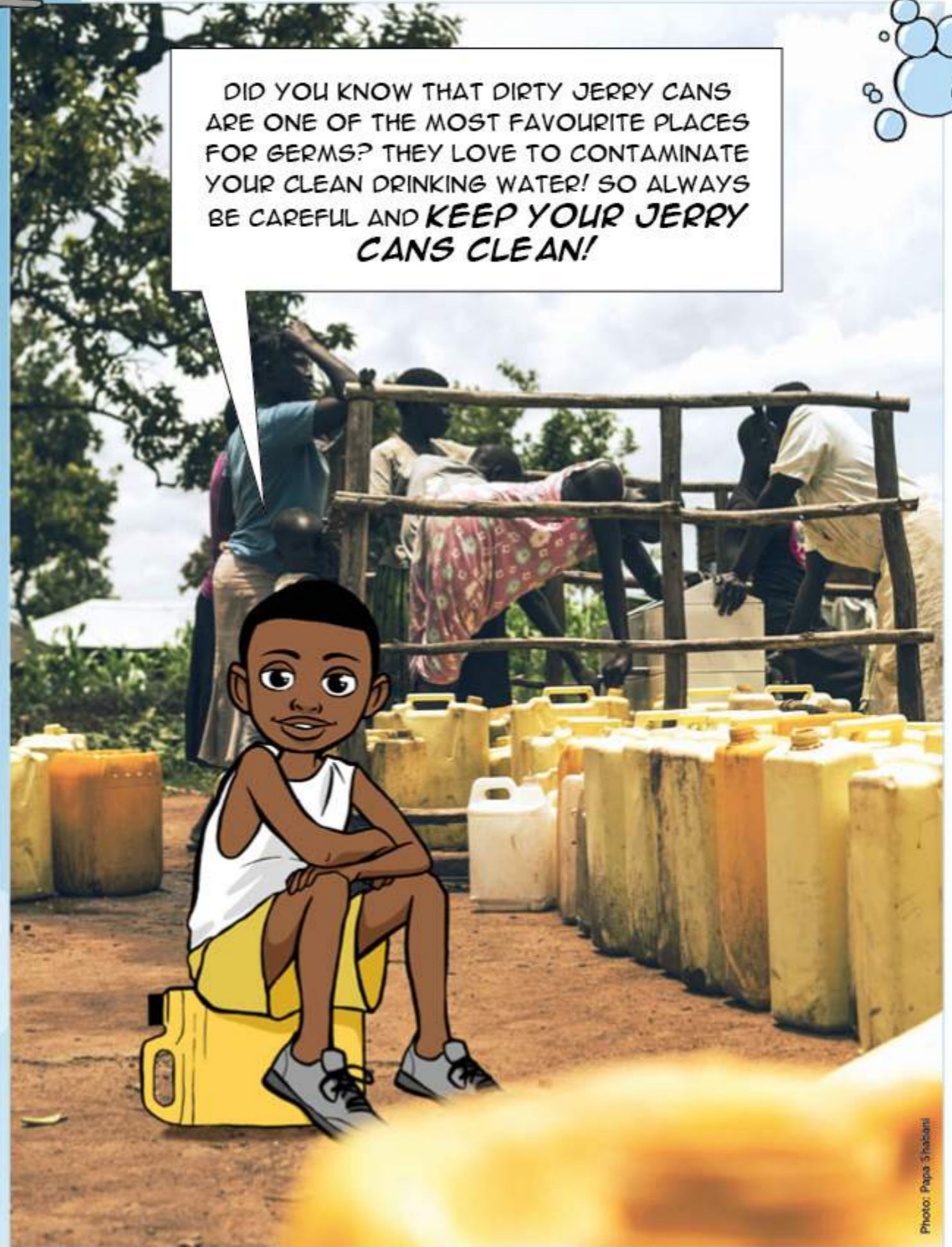


Photo: Papa Shabani

PLAY TIME!

Let's play Snakes and Ladders. Grab a dice and some game pieces and get started.
Ladder - you get up, snake - you slide down.

TOILET HANDS

BREAK IT!

The board is a 10x10 grid with numbers 1 to 100. The starting square is 1 (START) and the ending square is 100 (FINISH). The board features several ladders and snakes, along with various hygiene-related icons and text boxes.

| | | | | | | | | | |
|-----|----|----|----|----|----|----|----|----|----|
| 100 | 99 | 98 | 97 | 96 | 95 | 94 | 93 | 92 | 91 |
| 81 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 89 | 90 |
| 80 | 79 | 78 | 77 | 76 | 75 | 74 | 73 | 72 | 71 |
| 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70 |
| 60 | 59 | 58 | 57 | 56 | 55 | 54 | 53 | 52 | 51 |
| 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 |
| 40 | 39 | 38 | 37 | 36 | 35 | 34 | 33 | 32 | 31 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 20 | 19 | 18 | 17 | 16 | 15 | 14 | 13 | 12 | 11 |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Hygiene-related text and icons:

- 100: FINISH
- 98: Toilet icon
- 93: Microbe icon
- 87: YOU GET VACCINATED
- 72: YOU TOUCH ANIMAL FAECES
- 62: YOU EAT WITH DIRTY HANDS
- 67: YOU GET VACCINATED
- 54: Person icon
- 48: Tap icon
- 37: YOU USE THE TOILET
- 33: Microbe icon
- 28: Soap box icon
- 8: YOU WASH YOUR HANDS

Ladders: 1-41, 4-37, 13-14, 17-18, 28-29, 32-49, 42-43, 52-53, 56-57, 67-74, 76-85, 82-83, 86-95.

Snakes: 4-3, 17-16, 23-24, 35-34, 38-39, 54-53, 60-61, 72-71, 84-85, 93-94.



DANCE4WASH
WASH
WASH IT!
IT!

...if you're happy and you know it **WASH** your hands! Find out when it is extra important to wash your hands and how to wash them like a Pro.



Photo: S.M.I.Z. East Africa

HANDWASHING WITH SOAP REDUCES THE RISK OF GETTING DIARRHEA UP TO ALMOST 50%!



Photo: Leonard Muli

WASH IT!

THE SIX STEPS OF

HAND WASHING

ALWAYS USE SOAP!

WASH AS LONG AS IT TAKES TO SING "IF YOU'RE HAPPY AND YOU KNOW IT CLAP YOUR HANDS" ...TWICE!



FIRST: WET YOUR HANDS WITH WATER AND TAKE A SOAP

1 RUB PALMS TOGETHER

2 RUB THE BACK OF YOUR HANDS

3 RUB WITH FINGERS INTERLACED

4 INTERLOCK YOUR FINGERS

6 CLEAN FINGERTIPS AND FINGERNAILS

5 DON'T FORGET THE THUMBS

WASH YOUR HANDS REGULARLY



ALWAYS
WASH YOUR
HANDS WITH
WATER AND
SOAP...



WASH IT!

...AND DON'T FORGET
TO *DANCE!*



COLOURING TIME!





DANCE4WASH
**MAKE
MAKE IT!
IT!**

By now, you know everything it needs to take responsibility for you and your community. Spread the knowledge but not the diseases. Each one can teach one and it's always more fun to dance together!



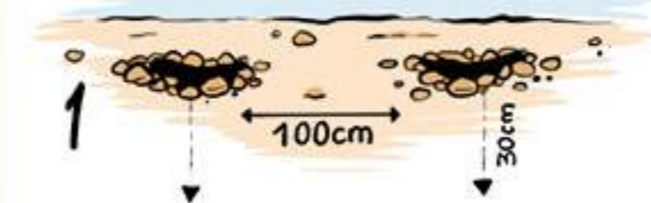
Photo: Kevin McElvanney

HOW TO BUILD A TIPPIY TAP

WHAT YOU NEED:

- 2 LONG STICKS WITH A Y-SHAPE
- 1 SMALL STRAIGHT STICK
- 1 LONG STRAIGHT STICK
- 2 LONG PIECES OF STRING
- A SHARP OBJECT TO PIERCE A SMALL HOLE
- SCREW • SCREWDRIVER • NAIL
- DIGGING TOOLS • GRAVEL
- JERRY CAN • PIECE OF SOAP
- TOOLS FOR FIRE: LIGHTER OR MATCHES

CAUTION:
LET AN ADULT HELP
YOU FOR SAFETY
REASONS!



USE YOUR DIGGING TOOLS TO DIG 2 HOLES IN THE GROUND - AROUND 30CM DEEP AND ABOUT 100CM APART.



PLACE THE 2 Y-SHAPED STICKS INTO THE HOLES AND MAKE SURE THEY STAND UP STRAIGHT. USE GRAVEL AND SOIL TO FIRMLY SECURE THE STICKS IN THE GROUND.



USE A SHARP TOOL TO PIERCE 2 HOLES INTO THE JERRY CAN - ONE AT THE TOP INTO THE HANDLE AND ONE AT THE FRONT. HEAT UP THE TOOLS TO HELP MELT THE PLASTIC OF THE JERRY CAN. PIERCE A HOLE INTO THE SOAP TO ATTACH A STRING. FILL THE JERRY CAN WITH WATER AND CLOSE IT WITH A CAP.



ASSEMBLE THE TIPPIY TAP AS SHOWN IN THE PICTURE. ATTACH ONE END OF THE STRING TO THE CAP OF THE JERRY CAN AND THE OTHER END TO AN ~50CM LONG STICK.
AND THAT'S IT!

MAKE IT!

TIPPY TAPS ARE VERY USEFUL! HELP YOUR FRIENDS AND YOUR COMMUNITY TO SETUP AS MANY AS POSSIBLE, SO EVERYBODY CAN WASH THEIR HANDS REGULARLY. IT REALLY HELPS TO STAY HEALTHY!

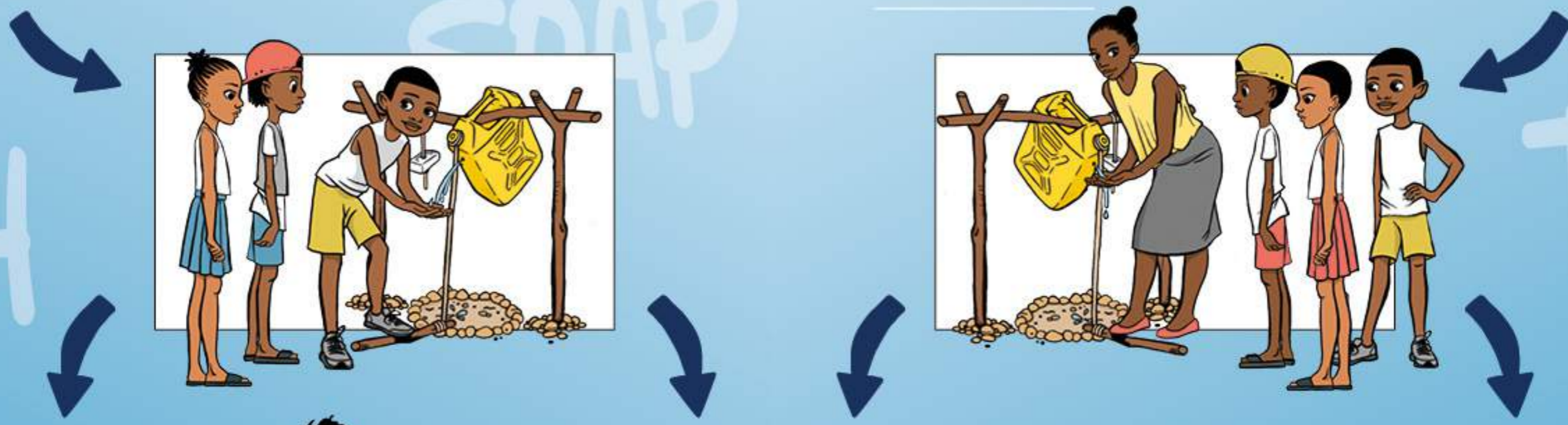




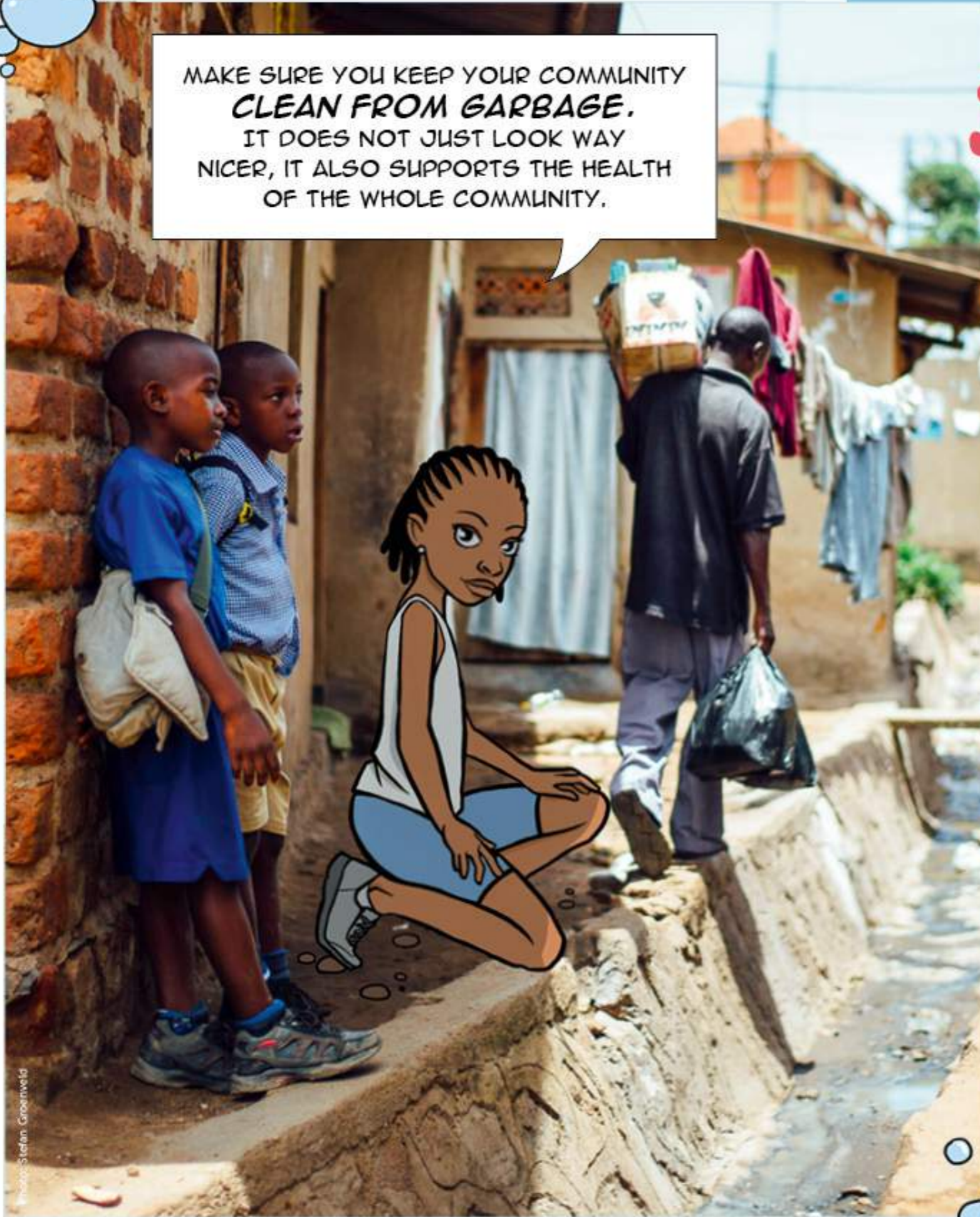
EACH ONE TEACH ONE



Knowledge may spread faster than germs – the more you talk about water and hygiene, the more will know about it!



MAKE SURE YOU KEEP YOUR COMMUNITY
CLEAN FROM GARBAGE.
 IT DOES NOT JUST LOOK WAY
 NICER, IT ALSO SUPPORTS THE HEALTH
 OF THE WHOLE COMMUNITY.



BEWARE OF...



Stagnant water in blocked drainage channels increases the risk of contaminated water and environment. Germs and parasites may settle. Mosquitos love to lay their larvae into puddles and ponds. This increases the risk of Malaria.



ARE YOU A

WASHAMPION?

Check here, if you've got what it takes to be a WASHampion. If you aren't sure about an answer look for clues in this manual. In the end, control your answers on page 47 and count your points (from 0 to 11). The squares on page 45 tell you if you are a WASHampion!

2

CAN YOU TRANSMIT GERMS WITH YOUR **HANDS**?



YES MAYBE NO

1

DO **GERMS** MAKE YOU SICK?



YES MAYBE NO

3

CAN YOU **SEE** GERMS?



YES MAYBE NO

4

CAN YOU KILL GERMS BY ONLY USING **WATER**?



YES MAYBE NO

6

IS A **SCHOOL UNIFORM** PROTECTING YOU FROM DIARRHEA?



YES MAYBE NO

5

CAN **FLIES** TRANSMIT GERMS FROM POO TO PEOPLE?



YES MAYBE NO

7

DO YOU NEED TO WASH YOUR HANDS AFTER GOING TO THE **TOILET**?



YES MAYBE NO

MAKE IT!



EVALUATION

Compare your answers with the solution on page 47 and count your points (from 0 to 11). Check if you are a Litter Bug, a Padawan or a WASHampion!



LITTER BUG

0-3
POINTS

You are a Litter Bug... but hey, you're already learning something new and exciting while you're exploring this manual. Maybe you can have a second look at it or ask friends for advice... we're in this together and you'll see, practicing jointly is lots of fun!



PADAWAN

4-7
POINTS

You are a WASH Padawan. You have some first ideas about germs and how to protect yourself. You're on the right way. Being healthy is super cool so keep asking your friends if you're not sure about something. Keep learning and practicing and finally you'll become a WASHampion!



WASHAMPION

8-11
POINTS

You are a true WASHampion! You know how to stay fresh and clean, and most importantly, how to take good care of yourself and others. Spread the word and support your family and friends to stay healthy. Be a role model by putting your knowledge into everyday practice!

8

CAN YOU PROTECT YOURSELF FROM **DIARRHEA** THROUGH WASHING YOUR HANDS WITH SOAP?



YES MAYBE NO

9

CAN YOU KILL GERMS THROUGH **BOILING** YOUR WATER BEFORE DRINKING IT?



YES MAYBE NO

10

DO YOU NEED TO WASH YOUR HANDS BEFORE **EATING**?



YES MAYBE NO

11

HOW LONG DOES IT TAKE TO WASH YOUR HANDS?

1 5 10 20

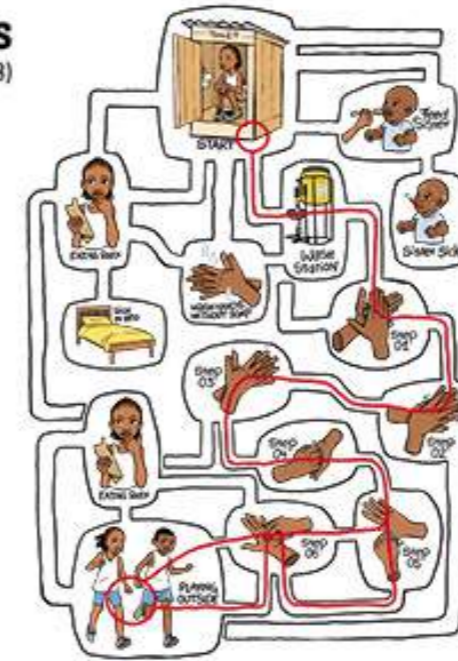
SECOND SECONDS SECONDS SECONDS

**DRAW
YOUR
OWN**

WASHAMPION!

SOLUTIONS

MAZE (Page 18)



FINAL TEST
(Pages 42–44)

- 1 • Yes
- 2 • Yes
- 3 • No
- 4 • No
- 5 • Yes
- 6 • No
- 7 • Yes
- 8 • Yes
- 9 • Yes
- 10 • Yes
- 11 • 20 seconds

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Pages 14–15: The section on infection, prevention and control is adapted from the ZDF Mediathek online programme for children. Their information is collated from renown German sources on public health including the Robert Koch Institute. see: <https://www.zdf.de/kinder/logo/was-ist-eine-impfung-100.html>

**NAME OF YOUR
WASHAMPION:** _____

TATION MAKE
WASH
HYG
NCE
BRE



VIVA CON AGUA

In cooperation with:

sustainable
sanitation
alliance



Implemented by:

