

Unit 2: Hand Washing

4. Why You Should Wash Your Hands

Hands are always dirty with germs. We transmit germs from one person to another with our hands. Hands come in contact with many germs throughout the day, including when cleaning ourselves after we defecate. No matter what material (toilet paper, newspaper, leaves, etc.) is used to clean yourself after defecating, your hands still get dirty from the faeces (even if you cannot see or smell what got on your hands). For this reason, both hands should always be washed using soap (or ash) after defecation or after using a latrine.

One very important way illnesses are spread from one person to another person is through people's hands. Research studies show that washing your hands can reduce the risk of getting sick with diarrhoea by as much as 45%¹ and also suggest that unwashed hands contribute to the spread of respiratory illnesses.

5. How to Wash Your Hands with Soap (or Ash)

| | |
|-------------------|--|
| STEP 1 | <u>Wet both of your hands with water.</u> It does not matter if the water you use is in a bowl or whether it is running water. It is important to use running water only when rinsing your hands. |
| STEP 2 | <u>Lather with soap</u> (Note: if no soap is available, it can be replaced with ash, another cleansing agent). |
| STEP 3 | <u>Rub your hands together thoroughly.</u> It is the soap (or ash) combined with the scrubbing action that helps loosen and remove germs. |
| STEP 4 | <u>Rinse your hands with running water</u> Rinse with water poured from a water container such as a Jerrican, pitcher, cup, jug or tap to sweep away the loosened germs. |
| STEP 5 | <u>Shake the excess water off your hands and allow them to air dry.</u> |

¹ V. Curtis and S. Cairncross. 2003. **Effect of Washing Hands with Soap on Diarrhoea Risk in the Community: A Systematic Review** *Lancet Infectious Diseases* 3: 5 275 - 81

HOW TO WASH YOUR HANDS

Counselling Card

1

Wet your hands and lather them with soap (or ash).



2

Rub your hands together and clean under your nails.



3

Rinse your hands with a stream of water.



4



Shake excess water off your hands and air dry them.

6. What You Need to Wash Your Hands



You should wash your hands with water and soap. If you don't have soap, you can use ash instead. It serves the same purpose as the soap, to help 'scrub' what is stuck on your hands, so the running water can sweep it off. You can wash your hands with water that has not been treated, and still get clean hands, as long as you POUR the water over your hands (no dipping in a bowl!). The soap or ash "lifts" the dirt, and the water then washes off the visible and invisible germs.

7. When You Wash Your Hands

There are many important times you should wash your hands; however, in your role as a HBC provider you, your clients and their family members should wash hands at the following "critical times:"

BEFORE:

- Preparing food and cooking
- Eating or feeding someone
- Taking or giving medications
- Putting on gloves/plastic material, cleaning wounds, or handling any blood or body fluids

AFTER:

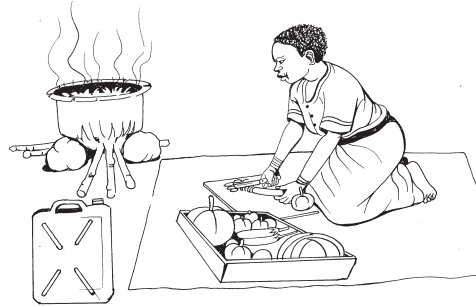
- Defecating (passing faeces)
- Cleaning your own or your client's private parts (e.g., cleansing due to urination, defecation, menstruation).
- Changing a nappie/diaper and cleaning a baby's bottom
- Taking off gloves/plastic materials, cleaning wounds, or handling any blood or body fluids

CRITICAL TIMES TO WASH HANDS

Counselling Card



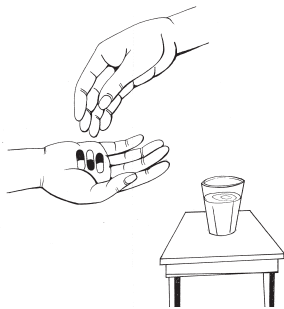
Wash hands with soap (ash)...



Before cooking



Before eating, feeding patient, or breastfeeding

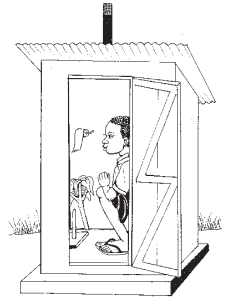


Before giving/taking medicine



Before touching body fluids

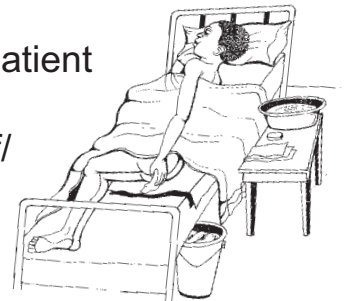
After defecating



After cleaning patient



After patient cleans himself/herself



After cleaning baby



After touching body fluids



THE REPUBLIC OF UGANDA
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8. Who Should Wash Their Hands?

Everyone should wash their hands including adults, the elderly, young people, children and babies. If children are unable to wash their hands by themselves, an adult should help them.

9. Hand Washing Station

A hand washing station is a place that has all the supplies that you need for washing your hands. Having a hand washing station increases the chance that people will actually wash their hands. It is especially important to set up a hand washing station by your latrine and/or near where food is prepared and eaten.

A hand washing station should include:

- Soap (or ash) to lift the germs off your hands
- Water to wet your hands
- Water in a container (such as a jerrican, saucepan, pot, bucket, cup, basin, etc.) that easily allows you to pour water over your soapy (or ash covered) hands.
- A vessel or container to hold the used water that is then thrown out.

WHERE TO PUT A HAND WASHING STATION

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Water and soap (or ash) near cooking and eating area



Water and soap (or ash) near latrine



Water and soap (or ash) next to patient's bed

10. Tippy-Taps for Hand Washing



A “Tippy Tap” is a device that helps you wash your hands using very little water and can be part of a hand washing station. It consists of a container filled with water (such as a 3- or 5-litre jerrican) that has a small hole made in it to allow a very small stream of water to pour out to wet and rinse your hands. For some tippy tap models, one end of a rope is attached to the container

and the other end of the rope is attached to a stick on the ground. When the user steps on the stick it tilts the container so that the water spills out.

A piece of soap (or a container of ash) should be attached to the pole/stick that supports the tippy tap. When you correctly use a Tippy Tap that has a foot lever attached, only the soap or ash is touched during hand washing, making it an effective way to wash your hands without contaminating them in the process.

How to build a tippy tap

Follow these easy steps build your own Tippy Tap:

STEP

1

Marking the hole:

Select a clean, empty 3-litre or 5-litre plastic container for your Tippy Tap. Mark the location for the hole on the container, around 12 cm below the cap.

STEP

2

Heating the nail:

Hold the nail with a pair of pliers or a cloth, and heat the nail with any flame, such as from a fire, a candle or a lighter.

STEP

3

Making the holes:

With the hot nail, make the hole in the container, and a second hole in the cap.

STEP**4****Inserting the rope:**

Put the longer piece of rope (1-metre) through the hole in the cap. Start by putting the end of the rope through the outside surface of the cap so that the loose end of the rope ends up on the inside of the cap.

STEP**5****Knotting the rope:**

Make a knot in the rope that rests on the inside surface of the cap. Make sure the knot is big enough that the knot cannot be pulled back through the cap. Screw the cap back on the container. The knot should now be inside the container with the remaining long, loose end of the rope hanging outside the container.

STEP**6****Attaching the stick (foot pedal):**

Tie the end of the rope to a 1-metre stick. The stick is now connected to the container with the rope. This is the foot pedal of the Tippy Tap.

Note: You can adjust the length of the rope, if needed, during Step 11.

STEP**7****Making the hole through the soap:**

Using a tool (e.g. screwdriver, thick stick), make a hole through the soap by slowly rotating and pushing the tool through the soap.

STEP**8****Inserting the rope:**

Put the shorter, second piece of rope (.5 metre) through the hole in the soap and tie to a short stick or piece of wood.

STEP**9****Filling the container:**

Fill the container with water, up to the level of the hole.

STEP**10****Putting the poles in the ground:**

Decide the best place to put your Tippy Tap. It should be where frequent hand washing should take place, such as near a latrine or kitchen. Using a tool to dig holes (e.g. shovel, spade), make two holes in the ground to a depth of 50 cm. Place the poles about 70 cm apart. Put the poles in the holes and pack the soil around them.

STEP**11****Hanging the Jerrican, the foot pedal stick and the soap rope:**

1. Put the stick through the handle of the Jerrican, and put the stick between the two poles. The Jerrican should now be hanging from the stick.
2. Tie the rope with the soap near the Jerrican so it is hanging from the stick. (If no soap is available, a container to hold ash can be used instead.)
3. Make sure the rope for your foot pedal is adjusted so *that one end of the stick/foot pedal hangs about 15cm above the ground and the other end of the stick rests on the ground.*

STEP**12****Make a soak pit:**

Make a hole under the Jerrican where the water will likely fall (about 40x40cm in length and width and 20cm deep). Fill in the hole with rocks. This is a soak pit, which keeps the Tippy Tap from becoming a mud hole and a mosquito-breeding place.

To Use Your Tippy Tap:

- Push the stick down with your foot. This tips the container, which makes water run out of the hole. Wet your hands and release the stick. Apply soap (or ash) to your hands. Push the stick down again and rinse your hands.

To Maintain Your Tippy Tap:

- Keep the tippy tap full of water by refilling it regularly so it is always ready for use.
- Wash the inside and outside of the tippy tap weekly or sooner if it looks dirty.
- Replace the soap (or ash) when it is gone.
- Unclog the soak pit of any soil clumps to prevent overflowing
- Replace the wooden sticks over time to prevent collapsing of the Tippy tap.

HOW TO BUILD A TIPPY TAP FOR HAND WASHING

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Materials Needed:

1. Two wooden branches (2 metre length, Y-shaped end)
2. Two thinner sticks 1 metre long (one for Tippy Tap handle, one for foot pedal)
3. Saw to cut wood
4. 8 to 11 cm length nail
5. Piece of cloth or nail pliers
6. Heat source (flame)



7. Spade or shovel
8. Two pieces of rope (0.5 metre for cap; 1 metre for foot pedal)
9. 3- or 5-litre jerry can
10. Soap
11. Piece of wood same length as piece of soap
12. Screwdriver or tool to make hole through soap
13. Rocks, gravel for soak pit

How to Build a Tippy Tap:

- 1 Mark hole.** Select clean, empty 3-litre or 5-litre plastic container. Mark location for hole, about 12 cm below cap.



- 2 Heat the nail.** Hold the nail with a pair of pliers or a cloth, and heat the nail with any flame.



- 3 Make holes.** With hot nail, make hole in container, and second hole in cap.



- 4 Insert rope.** Put longer piece of rope (1 metre) through hole in cap. Start by putting end of rope through outside surface of cap so loose end of rope ends up on inside of cap.



- 5 Knot rope.** Make a knot in the rope that rests on inside surface of cap. Make knot big enough that knot cannot be pulled back through cap. Screw cap back on container. Knot should now be inside container with remaining long, loose end of rope hanging outside container.



- 6 Attach stick (foot pedal).** Tie end of rope to 1 metre stick. Stick is now connected to container with rope. This is foot pedal for Tippy Tap.

Note—You can adjust the length of the rope, if needed, during Step 11.



Instructions adapted from, "How to Make a Tippy Tap – A hygienic handwashing device with running water. Authors/Photos Mark Tiele Westra. Werkgroep OntwikkelingsTechnieken (WOT); University of Twente, the Netherlands; Henk Holtslag Connect International.

7 Make hole through soap. Using tool (e.g. screwdriver, stick), make hole through soap by slowly rotating and pushing tool through the soap.



8 Insert rope. Put shorter, second piece of rope (.5 metre) through hole in soap and tie to short stick or piece of wood.



9 Fill container. Fill container with water, up to level of hole.



10 Put poles in ground. Decide best place to put Tippy Tap. Should be where frequent hand washing should take place (near a latrine or kitchen). With shovel or spade, make two holes in ground to depth of 50 cm. Place poles about 70 cm apart. Put poles in holes and pack soil around them.



11 Hang jerry can, foot pedal stick, and soap rope.

- Put stick through handle of jerry can, and put stick between two poles. Jerry can should now be hanging from stick.
- Tie rope with soap near jerry can so it is hanging from stick. (If no soap available, use container to hold ash).
- Make sure rope for foot pedal is adjusted so that one end of stick/foot pedal hangs about 15cm above ground and other end of stick rests on ground.



12 Make soak pit. Make hole (40x40cm and 20cm deep) under jerry can where water will fall). Fill hole with rocks. This is a soak pit that keeps Tippy Tap from becoming mud hole, mosquito breeding place.



To Use:

Push stick down with foot. This tips container, which makes water run out of hole. Wet hands and release stick. Apply soap (or ash) to hands. Push stick down again and rinse hands.

How to Maintain Tippy Tap:

1. Keep Tippy Tap full of water by refilling so it is always ready for use.
2. Wash inside and outside of tippy tap weekly or sooner if it looks dirty.
3. Replace soap (or ash) when used up.
4. Replace wooden sticks over time to prevent collapse.

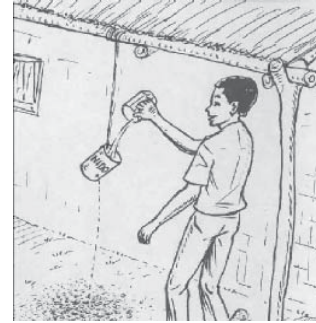


DIFFERENT KINDS OF TIPPY TAPS

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Tin Can

- Make hole on side of tin can near bottom
- Hang can
- To start water flow: pour cup of water in can
- To stop water flow: let water run out



Hollow Tube

- Make hole in container
- Insert hollow tube (pen casing, pawpaw stem...) in hole
- Find plug/cover for tube (pen cap, stick, ...)
- To start water flow: remove plug/cap
- To stop water flow: cover/plug tube



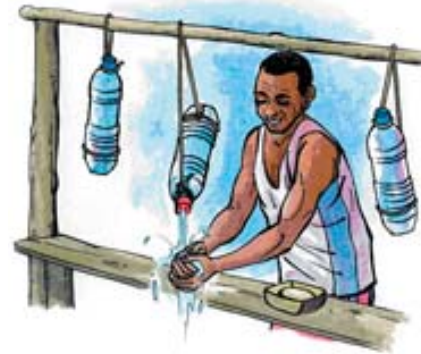
Screw Top with Hollow Tube

- Make hole in side of screw top bottle
- Insert tube into hole
- To start water flow: loosen screw top
- To stop water flow: tighten screw top



Hole in Cap

- Make hole in container cap
- Hang container so can tip over
- To start water flow: tip container
- To stop water flow: put container upright



Tilting Jug

- Make hole in jug side or handle
- Hang so can tilt
- To start water flow: tilt container
- To stop water flow: put container upright

