

SESSION PLANS



Day 2

Module 5, Session 1:

How to Treat Your Drinking Water

Session Learning Objectives

By the end of this session, participants should be able to:

1. Explain that although water is clear and seems clean, it may have germs that can make a person ill.
2. Get the “dirt” (turbidity) out of their water before treating it.
3. Treat their water by boiling.
4. Treat their water by using a locally available chlorine product.

Time: 1 hour, 40 minutes

Prep Work

Before You Teach:

1. Assemble the following supplies:
 - 2 half-litre plastic bottles of clean water
 - Salt
 - A piece of thread or a long blade of grass
 - Animal or human faeces
 - 1 bar of soap (or ash)
 - 1 bowl/basin/katasa
 - 1 jug/container of water for rinsing hands
 - 1 bottle of WaterGuard chlorine solution
 - 1 sachet of PUR chlorine product
 - 1 WaterGuard tab (in its blister pack)
 - 1 Aquasafe chlorine tablet (in its blister pack)

- 1 long-handled spoon or stirring sticks
 - 2 pieces of tightly woven cloth (with no holes) to use as a filter over the container
 - 1 clear bucket/container that holds 10 litres (for the PUR demonstration)
 - 1 10-litre jerrican filled with water (for the PUR demonstration)
 - 1 20-litre jerrican container (empty, if possible with a tap [like from PSI or Afford], container will receive the filtered water for the WaterGuard Liquid demonstration)
 - 3 20-litre jerrican container one filled with water (for the Waterguard Liquid solution, WaterGuard Tab, and Aquasafe demonstrations).
 - 30-plus disposable cups (for the salty/not salty water exercise and for each participant to taste the treated water)
2. Put enough salt in one of the half-litre bottles of water to make it very salty, and then shake the bottle to dissolve all of the salt. Put a tiny dot on the lid of the bottle so you know it is the one with salt.
 3. For each participant, have one of each of the following five Counselling Cards: **How to Boil and Store Water, PUR Instructions, WaterGuard Liquid Instructions, WaterGuard Tab Instructions, Aquasafe Instructions.**

Trainer Steps, Part 1: How to Treat Your Drinking Water

A. Introduction

There are four important safe water practices and one of them is making water safe to drink, which is also called treating your water. The other three are transporting, storing, and serving (or retrieving) water, which will be covered in a later session. During this session the participants will learn how to treat their water with locally available commercial chlorine products and by boiling their water.

B. Climate Setter

Large Group Discussion

Part One: Salty – Not Salty Water Exercise

- Show the participants two ½ litre bottles of water (one bottle with water WITH SALT and the other bottle with water WITHOUT SALT) and ask them to look at them closely. Ask them if they see any difference in the water in the two bottles.
 - Hold up one of the bottles and ask those who think that the water in that bottle is safe to drink to raise their hands.

- Hold up the other bottle and ask those who think that the water in that bottle is safe to drink to raise their hands.
- Ask two volunteers to taste the sample of water **WITHOUT** salt. They should both drink the water at the same time and be standing so that the other participants can see their faces when they taste the water. Repeat this process with the same volunteers using the water **WITH** salt.
- Give the volunteers the opportunity to explain the difference between the two bottles of water.
- Ask the observers what they learned from the volunteers' experience drinking the water. Reinforce the idea that although water appears clear and clean, it may have germs that can make a person ill.
- Find out if anyone has any questions about this exercise and respond appropriately.

Part Two: Thread and Faeces Exercise

- Have a long piece of thread or a blade of grass ready. Put the sample of faeces, which you collected before the meeting, where everyone can see it. Hold one end of the thread/strand of grass in each hand and run the thread/grass through the faeces. Submerge the grass/thread with faeces on it in a glass of water and then remove the grass/thread.
- Ask for a volunteer to drink the water from the glass (only to see the participant's reactions). No one should consume this water.
- Lead a discussion about the group's reaction and be sure to stress the idea that the community's water has faeces just like the glass of water used in the activity.
- Explain that now they are going to learn how to treat their water so that it is safe to drink.

Part Three: Present Need to Treat Water

- Tell participants that we have just seen that it is possible for water to look perfectly clear and good to drink when it can actually have something in it that is very bad for you. It is therefore important to know what to do to "kill the germs" in water so that it is safe to drink, which is called "treating" your water. In Uganda, there are two choices for water treatment: adding chemicals to it (chlorinating it) or boiling it. But, as we know, many households in Uganda have water that is not clear, particularly during the rainy season. Instead, their water can be very muddy or dirty looking, which is sometimes called "turbid" water. So before treating the dirty looking water, most people want to get the mud out first. We will now learn how to get the dirt out of your water before you treat it.

C. Getting the 'Dirt' Out of Your Water Before You Treat It

Large Group Discussion

1. Explain to participants that if their water looks dirty (muddy, cloudy, or not clear), then most people prefer to get as much of the "dirt" out of the water before treating it with chlorine products or by boiling it. Getting the dirt out of the water improves the way the treated water tastes and looks.
2. Ask the participants to open the **Participant's Guide** to **page 36**, item **13**, **Getting the 'Dirt' out of your Water Before You Treat It**. Ask a participant to read the text for "filtering" and ask a second participant to read the text for "settling and decanting." Instruct everyone to look at the pictures in their Participant's Guide.

Trainer Note:

The two methods to review with participants include:

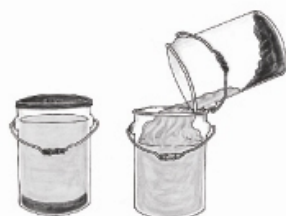


- **Check for "Dirt" and Remove the "Dirt":** Fill a container with the untreated water. Determine if the water is clear or if it looks dirty (muddy, cloudy). If your water looks dirty (muddy, cloudy), then you need to remove the dirt.
- **Remove the dirt by either of the following two methods:**

Remove the 'Dirt' with a Cloth (Filtering): Pour the water through a clean piece of cloth (tightly woven with no holes in it) that is placed over the opening of a clean container. The dirt will get trapped by the cloth. After filtering your water, put the dirt that collected on the cloth where children and animals cannot get to it, such as in a latrine or buried in a hole. After dumping the dirt, wash the filter cloth and dry it in the sun.



OR



Let the 'Dirt' Go to the Bottom and Pour Out the Clear Water (Settling and Decanting): Let the untreated water sit untouched for 12 hours so that the dirt settles to the bottom of the container while the clear water remains at the top of the container. Then pour (or decant) the clear water into a second container while leaving the dirt behind in the original container. Throw away the dirt or residue remaining in the first container by placing it where children and animals cannot get to it, such as in a

latrine or buried in a hole.

3. Explain to participants that any tightly woven cloth can be used for this pretreatment step as long as it is clean, without holes, and big enough to cover the opening of the container into which the water is being poured. A simple test to determine whether the cloth is adequate is to use it to filter the water. If the dirt does not pass through the cloth, then it is working correctly. You should not be able to see through the cloth. On the other hand, the cloth should not be so thick that it takes a very long time to filter the water. Wash the cloth with soap between uses. Filtering alone will not make water from a contaminated source safe to drink. Filtering is just the first step before treating water.
4. Ask participants if they have any questions and respond accordingly.

D. How to Treat Your Drinking Water by Boiling (15 minutes)

Large Group Discussion

1. Tell participants that if your water is very dirty (cloudy/muddy), then the first step is to get some of the dirt out as we just saw. The next step is to treat the water (or kill the germs in the water) by either boiling it or by adding some chemicals. Tell them we will now review how to boil water and ask participants to spend one to two minutes sharing some of their experiences with boiling water to make it safe for drinking. Suggested follow-up questions for further probing include:
 - “How long do you boil it?”
 - “What type of fuel do you use to boil your water?”
 - “What type of container do you use to boil your water?”



Trainer Note:

The purpose of this discussion is to get the participants thinking about how they boil their water. Do not prolong the discussion.

2. Ask the participants to open their **Participant's Guide** to page 48, item “**16. How to Treat Your Water by Boiling**,” and distribute the **Counselling Card, labelled, How to Boil and Store Water**. Point out to the participants that the first line of this card shows the steps for how to get the dirt out of the water. Ask a volunteer to read each step aloud and ask the other participants to follow along. See copy in Module 5 Annex 1.
3. Remind participants that they do not have to keep boiling the water after large bubbles appear. (It is not necessary to keep the water boiling for many minutes.)

4. Mention briefly how important it is to let the water cool and then be placed in a secure storage container. The best container in which to keep your boiled water is the container in which the water was boiled (because you can be sure that the container is clean). However, if it is not possible to keep the water in the boiling container, then it should be put in a container with a tight fitting lid and, preferably, a tap (spigot.) Say that they will look at storage and serving later in more detail.
5. Ask participants to name one or two advantages and disadvantages of boiling water. Take one to two minutes for this activity. Suggested follow-up questions for further probing include:
 - “What are some of the advantages of boiling water?”
 - “What are some of the barriers to boiling water?”
 - “What are some reasons that people might not want to boil their water?”

**Trainer Note:**

Boiling water is a water treatment method that is known to be more widely available than chlorination. However, fuel may not be cheaply available, as it can have a substantial cost associated with it. It is important for participants, their clients, and their household members to choose the appropriate method of water treatment according to their household situation. However, there are particular advantages of chlorination that should be presented, as mentioned below.

6. **Review the main points of the session on boiling (5 minutes).**
 - Boiling is a way to make water safe for drinking.
 - Boiling is a method that can be used on clear and very turbid (muddy, cloudy) water. Most people prefer to remove the dirt before boiling to make the water look and taste better in the end.
 - Water needs to be heated until LARGE BUBBLES appear, not just the small bubbles on the side of the container.
 - Care must be taken not to recontaminate the water once it has been boiled. The boiled water must be placed in a secure storage container, preferably with a lid and spigot to avoid recontamination. If the water is stored and served properly, it is safe to drink for **24 hours** after it is treated. After 24 hours, the water is likely to be recontaminated and needs to be replaced with newly boiled water.
 - Do not add “new” boiled water to “old” boiled water, meaning that you should completely empty your storage container of “old” boiled water before adding a batch of “new” boiled water. The “old” boiled water can be used for household work like washing clothes and dishes or for watering the plants.

Transition: Transition to the next part of the lesson on how to treat your drinking water by using a chlorine product (chemicals).

E. Demonstration of Common Chlorination Methods in Uganda (1 hour, 10 minutes)

Large Group Activity



Trainer Note:

During the three parts of this large group activity, volunteers will chlorinate water using PUR, WaterGuard Liquid, WaterGuard tabs, and Aquasafe. Save the treated water for the participants to taste and smell after the treated water sits for the required amount of time.

Part One of Four: How to Use PUR

1. Distribute to the participants the **Counselling Card, PUR Instructions** (see copy in the Annex) and ask them to open the **Participant's Guide** to **page 46**, item **15C, Using a PUR Sachet to Treat Your Drinking Water**. Explain to them that everything that you are about to cover is included in the text in the Participant's Guide and summarised on the counselling card. Ask them to follow along on the counselling card while some volunteers demonstrate the PUR chlorination technique
2. Ask for three volunteers. The first volunteer will read out loud the information on how to use PUR in the Participant's Guide. The other two volunteers will come to the front of the room where everyone can see them and carry out the steps (demonstrate) how to use PUR sachets to treat water following the steps that are being read out loud by the first volunteer.

Trainer Note:

The steps for using PUR are:



- **Step One – Add Chlorine:** Fill a 10-litre container with untreated water that needs to be chlorinated. Open the PUR sachet and pour the powder into the water.
- **Step Two – Stir:** Stir the water vigorously for five minutes. Stop stirring and let the water sit still for five minutes. At the end of the five minutes, the water should look clear and the particles or "dirt" should be at the bottom. Check and see if the water is clear. If the water is not clear, stir again until the dirt is separated from the water. The PUR powder causes the particles or "dirt" suspended in the water to clump together and then sink.
- **Step Three – Remove the 'Dirt' with a Cloth (Filtering):** Remove the

dirt that has settled on the bottom by filtering the water through a tightly woven cloth. Pour the water through a clean piece of cloth (tightly woven with no holes in it) that has been placed over the opening of another clean container. After filtering your water, put the “dirt” that collected on the cloth during the filtering step where children and animals cannot get to it, such as in a latrine or buried in a hole. After dumping the dirt, wash the filter cloth and dry it in the sun.

- **Step Four – Wait and Drink:** Let the clear water sit for 20 minutes. After waiting for the water to sit for 20 minutes, the 10 litres of treated water is safe to drink.



Trainer Note:

As part of the PUR demonstration a participant has to stir the water for five minutes and then let it stand for 10 minutes.

During this time, have a second group of participants conduct the demonstration for how to use WaterGuard Liquid solution.

Part Two of Four: How to Use WaterGuard Liquid Chlorine Solution

1. Distribute to the participants the **counselling card**, “**WaterGuard Liquid Instructions**” (see copy in Module 5 Annex 1) and ask them to open their **Participant’s Guide** to **page 39**, item **15A, Using WaterGuard Solution to Treat Your Drinking Water**. Explain to them that everything that you are about to cover is included in the text in the Participant’s Guide and summarised on the counselling card. Ask them to follow along on the counselling card while some volunteers demonstrate the WaterGuard solution chlorination technique.
2. Ask for three volunteers. The first volunteer will read out loud the information on how to use WaterGuard Liquid in the Participant’s Guide. The other two volunteers will come to the front of the room where everyone can see them and carry out the steps (demonstrate) how to use PUR sachets to treat water following the steps that are being read out loud by the first volunteer.

Trainer Note:

The steps for using WaterGuard Liquid solution are:

- **Step One – Filter Water through Cloth:** Fill a 20-litre container with untreated water that is filtered through a clean cloth.
- **Step Two – Add Chlorine Solution:** Remove the cap from the WaterGuard bottle.

- If your water was “DIRTY” before you filtered it through a cloth (in Step 1), then pour **TWO CAPFULS** of WaterGuard Liquid into the 20-litre jerrican full of untreated water.
- If your water was CLEAR before you filtered it through a cloth (in Step 1), then pour **ONE CAPFUL** of WaterGuard Liquid into a 20-litre jerrican full of untreated water.
- **Step Three – Shake:** Cover the jerrican and shake thoroughly until the WaterGuard is completely mixed with the water in the jerrican.
- **Step Four – Wait and Drink:** Let the water sit for 30 minutes. The water is now safe to drink.

Remember: After a week, be sure to discard any unused water treated with WaterGuard Liquid solution and use it for other household activities like washing dishes and clothes. Empty the container before you treat another batch! Treated water lasts only up to a week if stored in a clean narrow necked container with a lid (and tap/spigot, preferably).

3. Tell the participants that the **bottle of WaterGuard Liquid solution is good for 30 days (one month) after it has been opened**. After 30 days, an opened bottle of WaterGuard Liquid solution should be discarded. It is also very important to check the expiration date on the bottle and not use the product after that date. Also, tell the participants that they should always filter the water through a cloth first, whether the water looks clear or dirty, before adding the WaterGuard Liquid.

Part Three of Four: How to Use WaterGuard Tab Chlorine Tablets

1. Distribute to the participants the **Counselling Card, WaterGuard Tab Instructions** (see copy in the Annex) and ask them to open their **Participant's Guide** to **page 41**, item, **15B[1], Using WaterGuard Tab to Treat Your Drinking Water**. Explain to them that everything that you are about to cover is included in the text in the Participant's Guide and summarised on the Counselling Card. Ask them to follow along on the counselling card while some volunteers demonstrate the WaterGuard Tab chlorination technique.
2. Ask for three volunteers. The first volunteer will read out loud the information on how to use WaterGuard Tabs in the Participant's Guide. The other two volunteers will come to the front of the room where everyone can see them and carry out the steps (demonstrate) how to use WaterGuard Tabs to treat water following the steps that are being read out loud by the first volunteer.

Trainer Note:

The steps for using WaterGuard Tabs are:

- **Step One – Filter Water through Cloth:** Fill a 20-litre container with untreated water that is filtered through a clean cloth.



- **Step Two – Add Chlorine Tablet(s):**
 - If your water was “DIRTY” before you filtered it through a cloth (in Step 1), then open the WaterGuard Tablet package and put **TWO chlorine tablets** into the untreated water. Cover the container. There is no need to stir or shake the water.
- OR
- If your water was CLEAR before you filtered it through a cloth (in Step 1), then open the WaterGuard Tablet package and put **ONE chlorine tablet** into the untreated water. Cover the container. There is no need to stir or shake the water.
- **Step Three – Wait and Drink:** Let the water sit for 30 minutes. The water is now safe to drink.

Remember: After a week, be sure to discard any unused water treated with WaterGuard Tablets and use it for other household activities like washing dishes and clothes. Empty the container before you treat another batch! Treated water lasts only up to a week if stored in a clean narrow necked container with a lid (and tap/spigot, preferably).

3. Tell participants that they should always filter the water through a cloth first, whether the water looks clear or dirty, before adding the WaterGuard Tabs.

Part Four of Four: How to Use Aquasafe Chlorine Tablets

1. Distribute to the participants the **Counselling Card, Aquasafe Instructions** (see copy in the Annex) and ask them to open their **Participant's Guide** to **page 43**, item **15B[2], Using Aquasafe to Treat Your Drinking Water**. Explain to them that everything that you are about to cover is included in the text in the Participant's Guide and summarised on the counselling card. Ask them to follow along on the counselling card while some volunteers demonstrate the Aquasafe chlorination technique.
2. Ask for three volunteers. The first volunteer will read out loud the information on how to use Aquasafe in the Participant's Guide. The other two volunteers will come to the front of the room where everyone can see them and carry out the steps (demonstrate) how to use Aquasafe to treat water following the steps that are being read out loud by the first volunteer.

Trainer Note:

The steps for using Aquasafe are:

- **Step One – Check for “Dirt” and Remove the “Dirt”:** Fill a 20-litre container with water that needs to be chlorinated. Determine if the water is clear or if it looks “dirty” (muddy, cloudy). If the water looks clear, skip the rest of this step and go directly to Step 3. If the water looks “dirty,” then go to Step 2 to filter the “dirt” from the water.

- **Step Two – Remove the “Dirt”:** To remove the “dirt,” follow the steps presented in section “C. Getting the “Dirt” Out of Your Water Before You Treat It”, above.
- **Step Three – Add Chlorine Tablet(s):**
 - **Add Two Tablets for River, Well, Dam or Dirty Water:** If your water was collected from a river, well, dam, or from any source and it was “DIRTY” (and you had to get the “dirt” out first by filtering or settling and decanting), then open the Aquasafe blister package and put TWO chlorine tablets into the water. Cover the container. There is no need to stir or shake the water.

OR

- **Add One Tablet for Tap Water:** If your water was collected from a tap and was CLEAR (so you did not need to get the “dirt” out first), then open the Aquasafe blister package and put ONE chlorine tablet into the water. Cover the container. There is no need to stir or shake the water.
- **Step Four – Wait and Drink:** Let the water sit for 30 minutes. The water is now safe to drink.

Remember: After a week, be sure to discard any water treated with Aquasafe (use it for other household activities like washing dishes and clothes) before you treat another batch! Water treated with Aquasafe that is stored in a narrow neck container with a tight fitting lid can be drunk for up to seven days. Treated water stored in a wide mouth container or without a tight fitting lid can be drunk for only 24 hours.

3. Explain to participants that there are a few important water treatment facts that should not be overlooked. These include:
 - All water that has been treated by chlorination must be used or dumped from the container before a new batch of water is chlorinated and stored.
 - Care must be taken not to recontaminate the water once the product has been added. Treated water must be placed in a secure storage container, preferably with a lid and spigot to avoid recontamination. If the water treated with chlorine is stored and served properly, **it is safe to drink for up to a week** after it is treated.
 - It is very important to check the expiration date on the package and to NOT use the product after it has expired.
 - The bottle WaterGuard Liquid solution is good for 30 days (one month) after it has been opened. After 30 days, an opened bottle of WaterGuard Liquid solution should be discarded.
 - Water treated with chlorine can be kept and drunk for up to one week when it is stored in a narrow neck container with a tight fitting lid. If it is stored in a wide mouth container or without a lid, it can only be drunk for up to 24 hours.

- Explain that they will look at storage and serving in more detail in a later session.
 - Care should always be taken when working with chemicals. Do not allow the chemicals to come into contact with the eyes. Chemicals should be stored out of reach from children in a dry place out of direct sunlight.
 - Because of quality control concerns and the wide range of concentrations, common household chemicals such as laundry bleach (or Jik) should NOT be used to treat water.
4. Facilitate two to three minutes of discussion and record the participant's responses on the flipchart and post on the wall. Save these for the last session in the module on water so the participants can recall the advantages and disadvantage when reviewing each of the treatment alternatives. Suggested questions to open up the discussion include:
- "Name one or two advantages and disadvantages of the chlorination method."
 - "What are some of the barriers to using the product? What are some reasons that people might not want to chlorinate?"

**Trainer Note:**

Chemical disinfection of water with chlorine products has several advantages and disadvantages. Advantages include: the products are easy and safe to use and there is a residual effect of chlorine, which gives some protection against recontamination after treatment. (This will be further explained to participants at the end of the session after water boiling is discussed.) Disadvantages include: the products must be brought from outside of the household and may not be widely available or affordable, especially for replenishment. Also, water should be filtered prior to use of some chlorine products in order to ensure that the germs are killed and all risks are eliminated.

5. **Review the key points on treating your water with chlorine (5 minutes).**
- Chlorination products in Uganda that are locally available include WaterGuard Liquid, WaterGuard Tabs, PUR sachets, and Aquasafe tablets.
 - Water treated with chlorine can be kept and drunk for up to one week when it is stored in a narrow neck container with a tight fitting lid. If it is stored in a wide mouth container or without a lid, it can only be drunk for up to 24 hours.
 - All water that has been treated must be used or dumped from the container before a new batch of water is treated.
 - Care must be taken not to recontaminate the water once the product has been added. Treated water must be placed in a secure storage container, preferably with a lid and spigot to avoid recontamination.
 - Always check the expiry dates of the chlorine products before using them and only keep opened bottles of WaterGuard Liquid solution for one month.

6. Direct participants to their earlier responses on the advantages and disadvantages of chlorination, which were recorded on the flipchart. Explain that both boiling and chlorination treat water really well. Explain that it is important for participants, their clients, and their household members to choose the appropriate method of water treatment according to their individual household situations.
7. Explain to participants that despite the choices available, it is important to understand an advantage of chlorination over boiling. When chlorine is used to treat water, chlorine remains in the water and helps protect the water from becoming recontaminated easily, in contrast the boiling method does not have any elements that remain in the water and protect it from contamination. Therefore, the chlorination method is considered to have an advantage (as residual chlorine protects the water). While boiling treats water just as well as chlorine, nothing remains in the water to protect it from recontamination.

Transition

Transition to the next part of this module, which is on transporting, storing, and serving treated water.



Day 2

Module 5, Session 2:

How to Safely Transport, Store, and Serve Drinking Water for Consumption

Session Learning Objectives

By the end of this session, the participants should be able to:

1. Safely transport water.
2. Safely store treated drinking water.
3. Safely serve treated drinking water.
4. Demonstrate how to clean their water storage containers.

Time: 30 minutes

Prep Work

Before You Teach:

1. Assemble the following supplies:
 - 1 jerrican with a lid (container with a lid that seals tightly)
 - 1 container that has a tightly fitting cover with a spigot.
 - 1 wide mouth container (like a clay pot or bucket)
 - 1 water jug
 - 1 long-handled dipper
 - 1 bottle of bleach (Jik)
2. For each participant, have a copy of the **How to Take Care of Cooking and Drinking Water Counselling Card**.

Trainer Steps: How to Safely Transport, Store, and Serve Drinking Water; Who Should Drink Treated Water

A. Introduction

Say that during the previous sessions they have learned about how to treat water. During this session they will learn about ways to safely carry (transport), store, and serve (retrieve) water, which are important to reduce the risk of contamination or recontamination.

B. Climate Setter (5 minutes)

In the large group, ask two participants how water gets to their houses, two different participants how they store water in their homes, and two different participants how they serve their drinking and cooking water. If someone gives the same example as another person, then ask them to tell you a different example from another family in the community (so that all the examples are different). Draw or record these on the flipchart and post on the wall.



Trainer Note:

If you feel that the participants are reluctant to talk about themselves, ask them about “other” families in their communities or in the communities where they are going to work. Do not belabour this activity. The idea is to get the participants thinking about the four essential practices.

C. Review of Counselling Card, “How to Take Care of Cooking and Drinking Water” (10 minutes)

Large Group Activity

1. Distribute to the participants the **How to Take Care of Drinking and Cooking Water Counselling Card** and ask them to open their **Participant's Guide** to **page 51**, item **17, How to Safely Transport, Handle and Store Drinking Water** and explain that all the information that we are about to cover is in the Participant's Guide.
2. Explain to participants that there are three situations we must consider when taking care of our water:
 - How we transport or carry water
 - How we store treated water
 - How we serve water

3. Direct participants to the top row of the **Counselling Card, How to Take Care of Drinking and Cooking Water**. Explain that this illustration shows how to transport water in a container with a tight fitting lid (shown on the left side) that does not allow water to spill out while it is transported.

Do not transport the water in an open container because it can get contaminated.



Trainer Note:

If you were able to arrange the sample supplies, pause after each illustration is explained to show participants examples of the containers and dipping devices. At this point you can show participants the jerrican with a cap or container with the tight fitting lid and pass it around.

4. Direct participants to the second row of the counselling card—water serving illustrations. Say that in this illustration, we see that with serving water, using the tap (or spigot, spout, or other control device) from a container with a lid is ideal (as shown on the left side). If you are using a container without a tap, if possible, serve it by pouring the water from the container, such as with a jerrican or jug. If you cannot easily pour the water from the container, then take the water out by using a clean, long-handled dipper. Store the dipper by hanging it on the inside of the water storage vessel or on a nail on the wall.

Never dip a bowl, cup, or your hands into the container with your treated water because you can recontaminate it.



Trainer Note:

At this point you can show participants the jug and a wide mouth container and long-handled dipper.

5. Direct participants to the water storage illustration on the bottom row of the counselling card. Say that in this illustration, we see that with storing water, using a covered, narrow-neck container with a lid and, preferably, a spigot (or tap, spout) is best (as shown on the left side.) It is important to have a lid that seals tightly on the container in which treated water is stored. Water should never be stored in an open container or a container with a loosely fitting cover (as shown on the right side) because it can easily be contaminated.



Trainer Note:

At this point you can show participants the container that has a tightly fitting cover with a spigot, if available.

6. Facilitate discussion on these three issues (transporting water in a covered, well-sealed container; serving water using the spout on a container with a lid; and storing treated water in a container with a lid). Suggested questions for the participants include:
 - “What do you see your families doing when you visit their homes?”
 - “What is the real situation occurring in your houses?”
 - “What are ways your families could do better or improve on how they transport, serve, and store treated water?”

Record responses on the flipchart paper and post. Relate what they've just reviewed to actual conditions in the community. Talk about ways that water is stored, for example, that are less than “ideal” (e.g., in uncovered clay pots, in clay pots with a piece of woven cloth covering the opening, etc.).

D. Review of How to Clean Containers that Have Stored Treated Drinking Water (10 minutes)

Large Group Discussion

1. Explain to the participants that it is very important for every household to ensure that ALL containers and other equipment used to handle or serve their household drinking water are kept clean. Ask participants, “Why do you think it is important to clean the dirt from a container that will be used for storing treated water?”

Gather responses and record on a flipchart.

2. Explain that storing your water in a dirty container or using dirty utensils can easily cause new germs to go into your treated water, which can make you sick with illnesses such as diarrhoea.
3. Ask participants to turn in their **Participant's Guide to page 53, item 18, Cleaning Drinking Water Storage Containers** to review the steps for cleaning their water containers.

Trainer Note:**Steps include:**

- **Step One: Wash outside of container with soap and water**
– Clean the outside of the container with soap and water to remove visible dirt.
- **Step Two: Rinse out visible dirt inside** – Put a small amount of water inside the container and swish it and shake it around and dump the water. Repeat this step as many times as needed until you no longer see visible dirt on the bottom of the container.
- **Step Three: Use bleach (Jik) or soap –**

[Preferred method:] If Jik is available, pour one spoonful of Jik and nine spoonfuls of water into the water container. Swish and shake the liquid around in the container, making sure that all sides of the container are coated with the Jik and water mix. Let the Jik and water sit in the container for 20 minutes. After 20 minutes, dump out the mixture of Jik and water. Add plain water to the container and swish and shake the water around in the container, making sure that all sides of the container have been rinsed. Dump the rinse water. The container is now ready to store more treated drinking water.

[Less preferred method:] If NO Jik is available, dissolve a piece of bar soap in water and/or create a soapy lather with a bar of soap and pour the soapy substance inside the container. Swish and shake the soapy liquid around in the container, making sure that all sides of the container are coated with the soapy solution. Let the soap sit in the container for 20 minutes. After 20 minutes, rinse the inside of the container by adding water and swishing and shaking the water around in the container, making sure that all sides of the container have been rinsed. Dump the rinse water and rinse again with plain water until no soap bubbles form. The container is now ready to store more treated drinking water.

NOTE: You may wipe the inside of a container with a clean cloth before the Jik or soapy water is added, but it is very important that you **DO NOT** clean the inside of your container with rough, scratchy material or tools (like wire brushes, sand, gravel)! This makes the inside of your container rough, which makes it easier for germs to grow in your container. It is important **NOT** to wipe the inside of the container after it has sat with Jik or soap in it.

E. Review the Main Points of the Session (5 minutes)

How to Safely Transport, Store, Serve, and Drink Treated Water

Review Summary Points:

- Point out to the participants that all the Counselling Cards about water are printed on blue paper.
- Transporting water is done in a container with a tightly sealed lid. Water should never be transported in a container without a lid.
- It is important to have a lid that seals tightly on the container in which treated water is stored.
- Water should never be served by dipping a bowl or cup into the water because it can easily be contaminated if the cup or bowl is dirty.
- Serving water, using the spout, from a container with a lid is ideal. If there is no container with a spout and a lid available, the best alternative is to serve water by pouring it with a jug or to serve it with a clean, long-handled dipper and well-washed hands.
- Containers that store treated water must be cleaned regularly. If storing chlorine-treated water, make sure to clean the outside of the container. If storing boiled water, make sure to clean the entire container with one part Jik solution to nine parts water (preferred) or soap and water.

Transition

Transition to the next part of the training on safe handling and disposal of faeces.

Annex 1

HOW TO BOIL AND STORE WATER

Counselling Card

1

“Dirty” looking water:

Let it settle until it is clear and pour it into a new container, leaving the dirt behind.



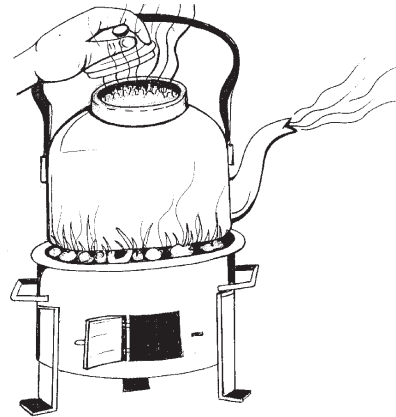
OR

Filter it through a cloth.



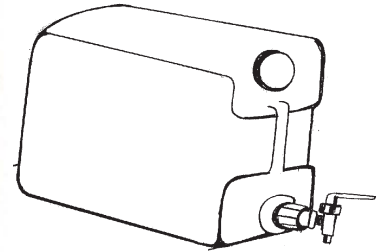
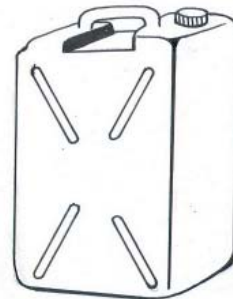
2

Boil the water until **LARGE BUBBLES** appear.



3

Let boiled water cool, then store in a safe container with a tight fitting lid and, if possible, a tap (spigot).



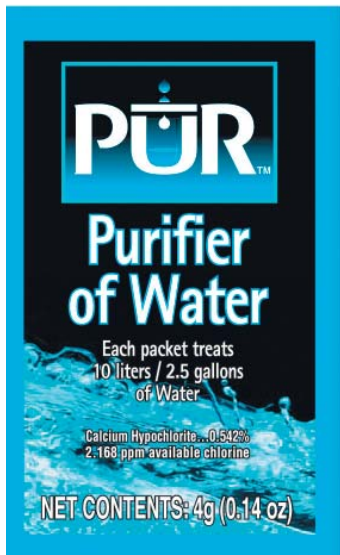
4

Do not drink boiled water stored for more than 24 hours.



PUR™ INSTRUCTIONS

Counselling Card

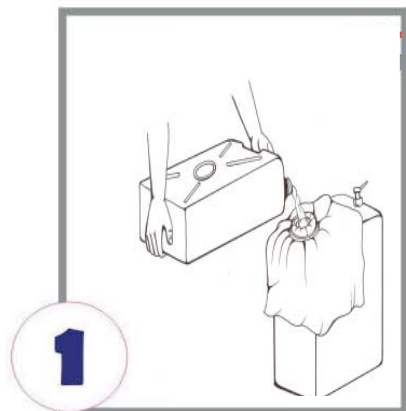


Remember: Water treated with PUR that is stored in a narrow neck container with a tight fitting lid can be drunk for up to seven days. Treated water in a wide mouth container or without a tight fitting lid can be drunk for only 24 hours.

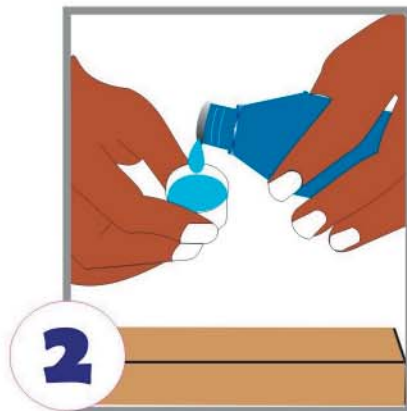


WaterGuard™ LIQUID INSTRUCTIONS

Counselling Card



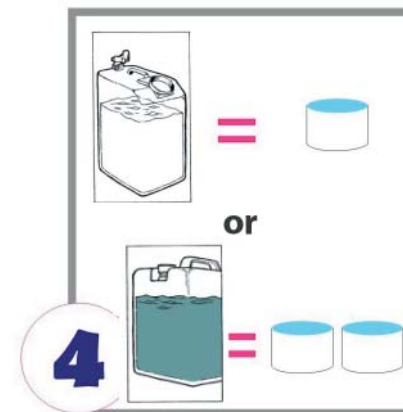
1 Fill a clean 20 litre jerrycan with water filtered through a clean cloth.



2 Fill the bottle cap with WaterGuard.



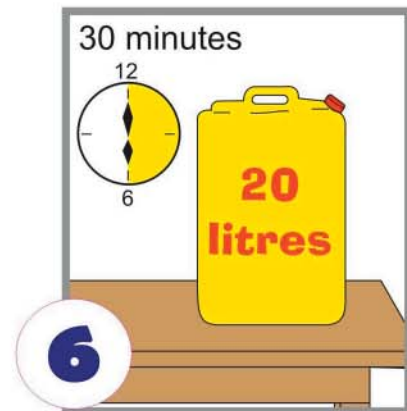
3 Pour the capful into the 20 litres of water.



4 For clear water use 1 capful. For dirty water use 2 caps full.



5 Close the jerrycan and shake.



6 Wait 30 minutes before using.



7 The water is now ready to drink.

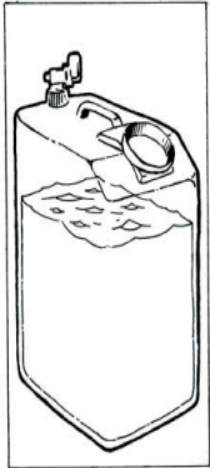


8 Store it away from children and sunlight.

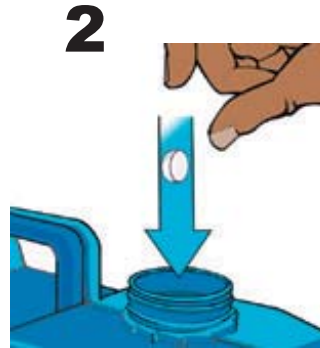
Remember: Do not swallow tablets and store them away from children and sunlight. Water treated with WaterGuard that is stored in a narrow neck container with a tight fitting lid can be drunk for up to seven days. Treated water in a wide mouth container or without a tight fitting lid can be drunk for only 24 hours.

Counselling Card

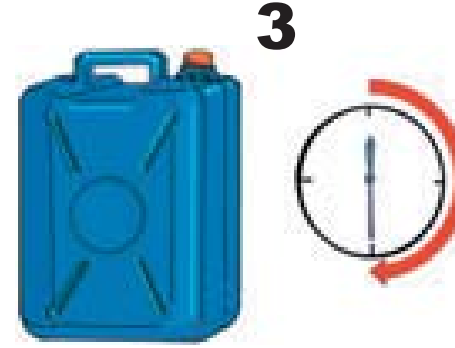
Does your water look clear?



Filter the water through a clean cotton cloth.



Add 1 tablet to 20 litres of filtered water.

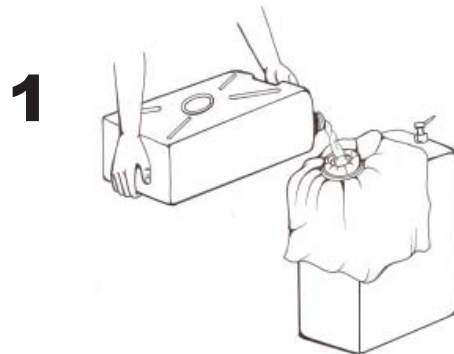
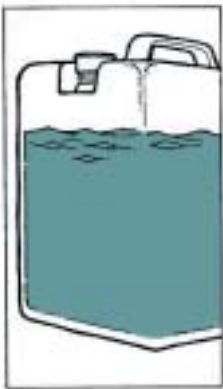


Wait 30 minutes.

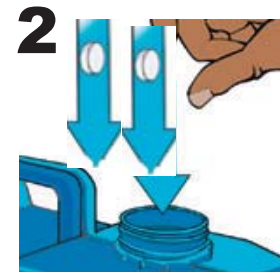


Water is now ready to drink.

Does your water look dirty?



Filter the water through a clean cotton cloth.



Add 2 tablets to 20 litres of filtered water.



Wait 30 minutes.



Water is now ready to drink.

Remember: Do not swallow tablets and store them away from children and sunlight. Water treated with WaterGuard that is stored in a narrow neck container with a tight fitting lid can be drunk for up to seven days. Treated water in a wide mouth container or without a tight fitting lid can be drunk for only 24 hours.

AQUASAFE™ INSTRUCTIONS

Counselling Card



FOR WATER COLLECTED FROM TAP



Add 1 tablet of Aquasafe to 20 litres of clear water



Wait for 30 minutes



Your water is now safe and ready to drink



FOR WATER COLLECTED FROM RIVER, WELL OR DAM

(Water collected from river, well or dam is more impure than tap water)



Add 2 tablets of Aquasafe to 20 litres of clear water



Wait for 30 minutes



Your water is now safe and ready to drink



IF THE WATER IS UNCLEAR OR MUDDY

First filter the water through a clean cloth, then add 2 tablets to 20 litres of water and wait for 30 minutes before you can drink

Remember: Water treated with Aquasafe that is stored in a narrow neck container with a tight fitting lid can be drunk for up to seven days. Treated water in a wide mouth container or without a tight fitting lid can be drunk for only 24 hours.

HOW TO TAKE CARE OF DRINKING AND COOKING WATER

Counselling Card

TRANSPORT



Carry your water home in a container with a lid



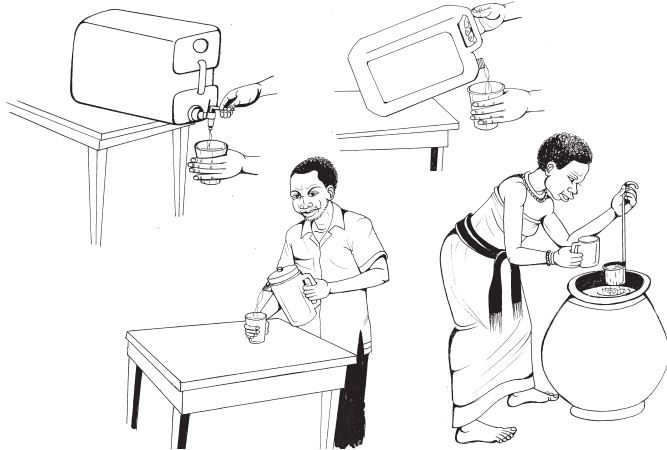
Do NOT transport it in a container without a lid



SERVING



Serve the water without letting anything dirty (such as your hands or a cup) touch it



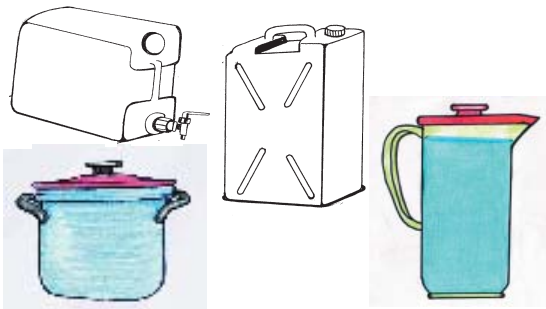
Do NOT scoop the water out with a cup or a bowl



STORAGE



Store water in a container with a tight fitting lid



Do NOT store water in a container without a lid or with a lid that does not fit tightly

