HEALTHY HOMES GUIDEBOOK
GUIDEBOOK FOR TEACHING HOUSEHOLD-LEVEL WASH INTERVENTIONS

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We are Christians committed to ending the global water and sanitation crisis, one village at a time.

Our Vision
Safe water for every child. A healthy home for each family. The love of Christ for all
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# Table of Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Table of Contents</td>
<td>2</td>
</tr>
<tr>
<td>Training Guidelines</td>
<td>3</td>
</tr>
<tr>
<td>1. Healthy Homes</td>
<td>4</td>
</tr>
<tr>
<td>2. Latrines</td>
<td>8</td>
</tr>
<tr>
<td>3. Handwashing</td>
<td>13</td>
</tr>
<tr>
<td>4. Clean Water</td>
<td>21</td>
</tr>
<tr>
<td>5. Water Containers</td>
<td>27</td>
</tr>
<tr>
<td>6. Drying Racks</td>
<td>35</td>
</tr>
<tr>
<td>7. Clean Compounds</td>
<td>38</td>
</tr>
<tr>
<td>8. Healthy Animals</td>
<td>43</td>
</tr>
</tbody>
</table>
Training Guidelines

Purpose of the Manual:

This manual is designed to provide small, manageable steps that rural households can make to stop the spread of Water, Sanitation, and Hygiene (WASH)-related diseases. Lessons have been selected based on those interventions which disrupt the most common routes of fecal-oral disease transmission, and those interventions which are practical at a household level. The manual should be used by WASH practitioners working at the household level in rural areas in need of WASH improvements. All interventions in this manual are designed to be capable of being carried out by households themselves without outside support, using locally-available materials. Specific materials and designs may need to be adapted to the target communities. This manual is intended to reinforce the lessons in Lifewater’s Community WASH Conversations Guidebook, so that this Healthy Homes Guidebook promotes WASH among individuals while the Community WASH Conversations Guidebook is simultaneously promoting WASH in a community-wide context.

Target Audience:

The lessons are designed for health practitioners who have been trained in basic WASH lessons. Practitioners need not have formal training nor high levels of literacy to use this manual effectively. Rather, it can be taught by community volunteers who have been introduced to key WASH practices with oversight by more highly trained professionals. The lessons are designed to spark conversation among small groups of people, such as a single family, and to remind households of more in-depth lessons they have previously learned, for example through Lifewater’s Community WASH Conversations Guidebook. The lessons can be adjusted for different cultures, ages, and contexts. Individuals working with households in rural settings desiring to improve the families’ health-related behaviors should find the curriculum useful.

Structure of the Manual:

The manual comprises eight lessons, each of which include discussion points and supporting visuals. Instructors are provided with the key message, materials list, and accompanying graphics for each lesson.

Principles of Training:

This manual is based on principles of participatory learning. The lessons are designed to guide individuals to understand underlying concepts tied to concrete actions rather than memorize facts by rote. Facilitators are encouraged to lead discussions that give individuals an opportunity to consider the issues at hand and allow individuals to create solutions to the problems they encounter in their environment.

Lesson length: 30 minutes – 1 hour

Number of lessons: 8

Ideal group size: 1-10 people
1. Healthy Homes

Key Message: “Healthy homes are clean and prevent disease”

Healthy Homes...
1. Have an improved latrine
2. Use a proper handwashing device
3. Drink safe water
4. Store water safely
5. Use a drying rack
6. Keep the compound clean

We are proud when we live in a Healthy home.
Healthy Home

1: Latrine
2: Handwashing station
3: Safe water
4: Safe water storage
5: Drying rack
6: Clean compound
Unhealthy Home
2. Latrines

Key Message: “A home is not complete if it does not have a latrine for health, pride, and dignity”

Remind people:

- Homes without latrines are shameful, unloving, and dirty
  - Other people may see you defecating or see the feces you left; defecating outside is shameful
  - Open defecation spreads diseases to those in the home, especially children, and even neighbors; defecating outside is unloving
  - Feces smells bad and attracts flies, insects, and animals; not having a latrine makes compounds dirty
- People with latrines can be proud of the way they are clean and loving their family, guests, and neighbors
  - Latrines allow compounds to smell good and have few flies; latrines are clean
  - Latrines provide health, dignity and privacy for you, your children, and your guests
  - Sprinkle ash in the latrine to reduce smell and flies
  - Sprinkle ash around slab, wait a few minutes, then sweep into the pit in order to keep the slab clean
  - Use a pit cover to prevent flies from spreading disease and causing disturbance
Latrine with Dignity

Latrines are not shared with other homes and provide safety and privacy

- **Door** provides complete privacy
- **Pit cover** is tight-fitting and does not allow flies through the pit hole
- **Roof** keeps rain out
- **Vent** allows light and airflow
- **Walls** provide complete privacy and are tall enough for adults to be comfortable
- **Slab** is strong, has no cracks, and is easy to clean
- **Small dirt mound** prevents rainwater from collecting to weaken the latrine
Latrines can be large, comfortable, and clean
Latrines Can Look Different

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Page 11
A Latrine with Dignity has 5 Parts

1. Superstructure/walls that provide complete privacy
2. Roof to protect from the rain and sun
3. Door to provide privacy
4. Slab to prevent contact with feces which is easy to clean
5. Pit cover to reduce flies and smell
3. Handwashing

Key Message: “Healthy families wash their hands to be clean and strong”

Remind people:

- People can wash their hands with many different types of devices
- Families can have different types of devices, but all devices should have soap and water available
- It is rude and dirty to eat or serve food without washing hands first
- Handwashing prevents disease and can help families save money on medicines and health facilities
- Water alone does not get the feces off, only soap or ash can do that
Proper Handwashing Device

A handwashing device has soap and water and is located near latrines and kitchens

- Water
- Soap or ash
- Does not reuse or recycle water
- Near latrine and near kitchen
- Can be purchased or self-made
Tippy Taps can be placed near the kitchen and near the latrine
Making A Tippy Tap
Steps to Make a Tippy Tap

1. Pierce a hole on top of the jug handle.
2. Turn the jug around so that you are facing the opposite side from the handle.
3. Pierce a hole in the jug on the opposite side of the handle.
4. Hang the jug from a stick by the handle.
5. Thread a string through a piece of soap and hang that from the stick.
6. Tie a string around the neck of the bottle and make a loop at the end of the string large enough to slide your wrist through.
7. Fill the tippy tap with water and pull the loop to begin washing hands.
How to Wash Hands

1. Get your hands wet
2. Add soap or ash
3. Scrub hands together for 20 seconds; clean between fingers and under nails
4. Rinse the soap/ash off your hands
5. Shake your hands in the air to dry
Wash Hands with Soap and Water After Defecating
Wash Hands with Soap and Water Before Eating
4. Clean Water

Key Message: “Clean water saves money and improves health. Clean water comes from a safe source or from boiling.”

Remind people:

- Streams and open wells often have feces, bugs, and parasites that can make us sick
- It is shameful to share a water source with animals – humans drink protected water or boiled water for health and dignity
- Boiling water shows guests and family members that you love them and want them to be healthy
- Boiling water makes water clean (Show poster How to Boil Water)
Prepare Dirty Water for Boiling

If your water looks very dirty and is not clear, do the following steps before boiling:

1. Let the water sit for one day
2. The dirt will settle to the bottom of the container
3. After 1 day, pour the water into the pot for boiling, keeping the dirt at the bottom from going into the pot.

(If your water is clear and does not look very dirty, you do not need to do this step and can go directly to boiling.)
How to Boil Water

1. Fill a pot with clear water and place on stove or fire.

2. Heat the pot over a fire and wait until you see large bubbles coming to the top of the water.

3. Wait one minute while the water continues boiling and bubbling.

4. Remove water from heat and let water cool.

5. Water is safe to drink!
Safe Drinking Water

Drink water from a safe source or Treat water to make it safe

- Drilled well
- Protected spring
- Protected rainwater tank

- Let dirt settle
- Boil water for 1 minute (60 seconds)
Dirty Water Sources

- River
- Pond/Dug well
- Lake
- Unprotected spring
Protected Water Sources
5. Water Containers

Key Message: “Healthy homes have good water containers that are easy to use”

Explain:

- Good, proper water containers have small mouths and are kept covered (mouths are narrower than 3 fingers)
- Containers with small mouths and lids keep dirty things out
- Containers with small mouths and lids reduce the risk of disease
- Clean water belongs in clean containers
- Dirty water containers are a sign of a dirty and lazy home
- To clean a container, wash the inside with soap and water every week, or drop a few rocks in with a little water and shake well until and green or black disappears
Safe Water Storage

Store water in clean, covered, and narrow-mouth containers

- Tight fitting lid
- Mouth is smaller than 3 fingers
- Clean inside and outside
Safe Water Chain

Water Access  Transportation  Storage  Use
Clean Water Storage

Clean, Covered, Small Mouth Containers
Dirty Water Storage

Dirty, Uncovered, or Large Mouth Containers
Dirty Water Containers

Dirt has germs in it that make people sick
Dirt builds up over time in water containers that are not washed regularly
Dirty Water Containers with Algae

Algae can make people sick and cause skin problems.

Algae grows in water containers that are not washed regularly.
How to Clean a Jerrycan

1. Pour clean and soapy water into container (if no soap, use rocks and water)

2. Put on lid and shake for one minute

3. Pour soapy water out. Then rinse it with non-soapy water
6. Drying Racks

Key Message: “Drying racks keep dishes neat and clean”

*Explain:*

- Drying racks are clean and beautiful
- Drying racks keep homes looking nice, clean, and organized
- Drying racks can look different, and can be made of wood, plastic, metal, or other materials.
- Drying racks should be high off the ground so that dirty animals can’t ruin the clean, beautiful dishes
- Drying racks are a sign of a model home
Drying Rack

Store dishes on a drying rack that protects from dust and animals

- Multiple levels for dirty and clean dishes
- Soak pit to prevent mud and flies
- Handwashing device
- Near latrine and near kitchen
- Can be purchased or self-made
Drying racks with soak pits, washing platforms, and tippy taps
7. Clean Compounds

Key Message: “Healthy homes are clean and free from trash”

*Explain:*

- Clean compounds are clean and beautiful
- Clean compounds smell nice and are the sign of a hardworking family
- Clean compounds make people proud to have visitors, and make guests want to come visit
Clean Compound

Beautiful compounds that are clean, smell nice, and beautiful

- Beautiful
- Swept
- Cleared/slashed
- Rubbish in pit/bin
- Feces in latrine
- Animals penned
- Dishes on rack
A Beautiful, Swept Compound
A Dirty, Not Swept Compound
Trash Disposal

Rubbish Bin

Pit with Fence
8. Healthy Animals

Key Message: “Healthy homes have animal pens to protect animals and keep compounds clean”

Discuss the benefits of keeping animals in a pen instead of letting them be free to walk around the compound and poop anywhere. Explain:

- Healthy homes have pens for the animals because living together with dirty animals is gross and shameful
- Healthy families show love for animals by giving them a special place to stay
- Proud parents do not let children play where feces are on the ground
- Guests enjoy homes that do not smell like poop or have poop visible
Animals secured to keep compound clean and beautiful
Tidy Animal Pen
Prevent worms by:

Drinking safe water

Using a latrine

Washing hands with soap and water
Prevent a cold by:

Washing hands

with soap and water
Prevent a flu by:
Washing hands with soap and water
Prevent a cough by:
Washing hands with soap and water
Prevent diarrhea by:

- Drinking safe water
- Using a latrine
- Washing hands with soap and water
Healthy Children Drink Safe Water
Healthy Children Use a Latrine
Healthy Children Wash their Hands
How to Keep Children Strong, Smart, and Healthy

1. Teach children to always use latrines

2. Teach children to always drink safe water

3. Teach children to always wash their hands with soap and water