Our Mission

We are Christians providing access to safe water, and improved sanitation and hygiene, one village at a time.

Our Vision

Safe water for every child. A healthy home for every family. The love of Christ for all.
Healthy Homes Guidebook  
Revised March 2022

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Introduction

What This Guidebook Is

This manual is designed to provide small, manageable steps that rural households can take to stop the spread of Water, Sanitation, and Hygiene (WASH)-related diseases. Lessons have been selected based on which interventions disrupt the most common routes of fecal-oral disease transmission and 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. This manual is intended to reinforce the lessons in Lifewater’s *Community WASH Conversations Guidebook*. This *Healthy Homes Guidebook* promotes WASH among individuals while the *Community WASH Conversations Guidebook* promotes WASH in a community-wide context.

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.

Who This Guidebook Is For

These lessons are designed for use by 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 single families, and to remind households of more in-depth lessons they have previously learned 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.
Lesson Format

Structure

The following describes the sections included in each lesson.

**Preparation and Materials Needed**: This will explain any materials that need to be gathered or prepared before the start of the lesson. It is recommended to review these prior to the training so any necessary materials can be purchased, printed, prepared, and brought to the training.

**Expected Time**: This is the amount of time you should plan for the lesson to be completed.

**Key Message(s)**: These are the main messages the lesson, activities, and discussion intend to communicate.

**Review (if applicable)**: This is the part of the lesson where participants are asked to share the key messages from the previous lesson.

**Discussion**: These questions are intended to help participants engage around the topic of the lesson. They are a way to reflect upon any learning that may have taken place. These questions are a guide and can be supplemented with topical questions from the facilitator.

**Group Activity** (if applicable): Most lessons involve some type of group or interactive activity. Instructions for the activity are included within the lessons.

**Take-Home Messages**: Each lesson will end with a set of “take-home” messages. These are the key points from the lesson to review with the group.

Any text that is noted in *italics* should be read and communicated to the participants.

**Terms**

**WASH**: water, sanitation, and hygiene
Training Schedule and Overview

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.

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Safe Water Chain poster  
Clean Water Storage poster  
Dirty Water Storage poster  
Dirty Water Containers poster  
Dirty Water Containers with Algae poster  
How to Clean a Jerrycan poster |
| Lesson 6 | 30-45 mins | Drying racks keep dishes neat and clean. | Drying Rack poster  
Parts of a Drying Rack poster |
| Lesson 7 | 30 mins | Healthy homes are clean and free from trash. | Clean Compound poster  
A Beautiful, Swept Compound poster  
A Dirty, Not Swept Compound poster  
Trash Disposal poster |
| Lesson 8 | 30 mins | Healthy homes have animal pens to protect animals and keep compounds clean. | Animals Secured poster  
Tidy Animal Pen poster |
Lesson 1: Healthy Homes

Preparation and Materials Needed
Included at the end of this lesson:
  Disease Pathways Diagram
  Healthy Home Diagram
  Unhealthy Home Diagram

Expected Time
30-45 mins

Key Messages
Healthy Homes are clean and prevent disease.

Discussion

Show the Disease Pathways Diagram. Follow the chart and discuss together how feces and disease gets into our mouths before explaining it to the group.

Ask questions such as:
  1. How do feces get onto our hands?
  2. How can our hands get feces onto our food?
  3. How do feces get onto bugs?
  4. How can bugs spread feces onto our food?

See the diagram and explanation below for helpful hints.
Disease Pathways Diagram Explanation

1. Feces
2. Feces get on our hands after defecating. When we touch food, feces gets on our food
3. Bugs land on feces and spread them wherever they land (including on our bodies, on our food)
4. Feces are spread into our crops by animals, bugs, and our dirty hands. When we harvest the food, it has feces on it.
5. Livestock carry feces on them. When we touch our livestock and then touch our food, it has animal feces on it.
6. Human and animal feces sink into the ground or run down into the water. When we drink unsafe water, we drink feces!

Explain: There are many ways that we can keep feces from getting into our mouths. If we do nothing about these disease pathways, we will get sick and have an unhealthy home. (Show the Unhealthy Home Diagram.)

Show the Healthy Home Diagram.

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 a healthy home. A healthy home is clean and beautiful, and it prevents disease.

Take-Home Messages

Ask:
1. How can feces get into our mouths?
2. How can you stop feces from getting into your mouths?
3. What things does a healthy home have?
Disease Pathways Diagram
Lesson 2: Latrines

Preparation and Materials Needed
*Included at the end of this lesson:*
- Latrine with Dignity Diagram
- Large, Comfortable, and Clean Latrines Diagram
- Different Types of Latrines Diagram
- 5 Parts of a Latrine with Dignity Diagram

Expected Time
30-45 mins

Key Messages
*A home is not complete if it does not have a latrine for health, pride, and dignity.*

Discussion

Explain:
*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

Show the Latrine with Dignity Diagram. Discuss it together.
Show the 5 Parts of a Latrine with Dignity Diagram. Discuss the importance of walls, a roof, a door, a slab, and a pit cover.

Show the Large, Comfortable, and Clean Latrines and Different Kinds of Latrines Diagrams as examples. Have the participants point out the 5 Parts in these pictures.

Ask: Would you want to use these latrines?

Take-Home Messages

Ask:

1. Why is it important to use a latrine with dignity and not practice open defecation?
2. What are the 5 parts of a latrine with dignity?
Latrine with Dignity Diagram
Latrines are not shared with other homes and provide safety and privacy

- **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
- **Door** provides complete privacy
- **Pit cover** is tight-fitting and does not allow flies through the pit hole
5 Parts of a Latrine with Dignity

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
Latrines can be large, comfortable, and clean
Different Kinds of Latrines
Lesson 3: Handwashing

Preparation and Materials Needed

Included at the end of this lesson:
- Proper Handwashing Device poster
- Tippy Tap Locations poster
- Making a Tippy Tap posters (2)
- How to Wash Hands poster
- Wash Hands After Defecating poster
- Wash Hands Before Eating poster

Expected Time
30-45 mins

Key Messages

Healthy families wash their hands to be clean and strong.

Discussion

Proper handwashing is important to prevent sickness in yourself and your children.

Ask: Is it important to use soap when washing your hands, or can you just use water? (Answer: You must use soap to get all of the feces and germs off your hands.)

Families can have different types of handwashing devices, but all devices should have soap and water available.

Show the Proper Handwashing Device poster and discuss it together.

Show the How to Wash Hands poster and discuss it together.

Show the Wash Hands With Soap and Water Before Eating poster and Wash Hands with Soap and Water After Defecating poster.

Remember how feces and germs get on our hands when we don’t wash our hands? This will get onto the food we eat and serve. It is rude and dirty to eat or serve food without washing hands first. When you don’t wash your hands before eating or serving others food, you and your
family can get sick. But if you wash your hands, you can prevent disease and help your family save money on medicines and health facilities.

Show the Tippy Tap Location poster and discuss it together.

Ask: Do you have a handwashing device on your compound?

Show the Making a Tippy Tap posters and explain them

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**Take-Home Messages**

Ask:

1. *Where is it important to place handwashing devices?*
2. *Why is it important to use soap when you wash your hands?*
3. *How do you wash your hands?*
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
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
Making a Tippy Tap
Making 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.

- Hang the jug from a stick by the handle.
- Thread a string through a piece of soap and hang that from the stick.

- 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.
- Fill the tippy tap with water and pull the loop to begin washing hands.
Lesson 4: Clean Water

Preparation and Materials Needed

Included at the end of this lesson:
- Prepare Dirty Water for Boiling poster
- How to Boil Water poster
- Safe Drinking Water poster
- Dirty Water Sources poster
- Protected Water Sources poster

Expected Time
30-45 mins

Key Messages

Clean water saves money and improves health. Clean water comes from a safe source or from boiling.

Discussion

Show the Dirty Water Sources poster.

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.

Show the Safe Drinking Water poster and explain it. Show the Protected Water Sources poster.

Boiling water shows guests and family members that you love them and want them to be healthy. Boiling water makes water clean.

Show the Prepare Dirty Water for Boiling and How to Boil Water posters and explain them.

Take-Home Messages

Ask:
1. Is there any way that you need to change the way you drink water?
2. What should you do if you do not have access to a safe drinking water source?
3. How do you 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)
Unsafe Water Sources

River

Pond/Dug well

Lake

Unprotected spring
Protected Water Sources
Lesson 5: Water Containers

Preparation and Materials Needed
Included at the end of this lesson:
- Safe Water Storage poster
- Safe Water Chain poster
- Clean Water Storage poster
- Dirty Water Storage poster
- Dirty Water Containers poster
- Dirty Water Containers with Algae poster
- How to Clean a Jerrycan poster

Expected Time
30-45 mins

Key Messages
Healthy homes have good water containers that are easy to use.

Discussion

Show the Clean Water Storage poster and the Safe Water Storage poster.

Good, proper water containers have small mouths and are kept covered (mouths narrower than 3 fingers). Containers with small mouths and lids keep dirty things out and reduce the risk of disease.

Show the Clean water Storage poster and Dirty Water Storage poster together.

Ask: Which one of these pictures do your water storage containers look more like? Are they clean or dirty?

Show the Dirty Water Storage poster, Dirty Water Containers poster, and Dirty Water Containers with Algae poster.

Dirty water containers are a sign of a dirty and lazy home. Putting clean water in dirty containers makes the water dirty.

Show the How to Clean a Jerrycan poster.

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 green or black disappears.
Take-Home Messages

Ask:

1. Why should water storage containers have narrow mouths?
2. Are your water storage containers clean or dirty?
3. How can your water storage containers make you sick?
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
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 Jerry Can

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

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Lesson 6: Drying Racks

Preparation and Materials Needed

*Included at the end of this lesson:*
- Drying Rack poster
- Parts of a Drying Rack poster

Expected Time
30-45 mins

Key Messages

*Drying racks keep dishes neat and clean.*

Discussion

*Drying racks are clean and beautiful. They 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 the sign of a model home.*

**Show** the Drying Rack poster and discuss it together.

**Show** the Parts of a Drying Rack poster and discuss the pictures together.

*Drying racks should have:*
- *Tippy taps to wash hands*
- *Washing platforms to wash dishes*
- *Soak pits to keep water from pooling*

Take-Home Messages

**Ask:**

1. *Why are drying racks important?*
2. *What different parts should a drying rack have?*
3. *Do you think you should have a drying rack?*
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
Lesson 7: Clean Compounds

Preparation and Materials Needed

Included at the end of this lesson:
- Clean Compound poster
- A Beautiful, Swept Compound poster
- A Dirty, Not Swept Compound poster
- Trash Disposal poster

Expected Time

30 mins

Key Messages

Healthy homes are clean and free from trash.

Discussion

Show the Clean Compound poster.

Clean compounds are clean and beautiful. They smell nice and are a sign of a hardworking family. Clean compounds make people proud to have visitors and make guests want to come visit.

Clean compounds are swept, cleared, keep their rubbish in a pit or bin, put feces in a latrine, keep animals penned, and dry their dishes on a rack.

Show the Beautiful, Swept Compound and Dirty, Not Swept Compound posters together.

Ask: Which of these compounds to you think your compound looks like?

Show the Trash Disposal poster.

Trash should be kept in a rubbish bin or in a pit with a fence. This makes a compound, clean, healthy, and beautiful.

Take-Home Messages

Ask:

1. How do you keep your compound clean?
2. What can you do to make your compound cleaner?
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
Lesson 8: Healthy Animals

Preparation and Materials Needed
Included at the end of this lesson:
   Animals Secured poster
   Tidy Animal Pen poster

Expected Time
30 mins

Key Messages
Healthy homes have animal pens to protect animals and keep compounds clean.

Discussion
Show the Animals Secured poster and Tidy Animal Pen poster.

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. When animals are not penned, they can walk around and defecate anywhere on the compound and make it dirty.

Animals feces are gross and carry diseases that can make you and your family sick. Proud parents do not let children play where feces are on the ground.

Guests enjoy homes that do not smell like feces or have feces visible.

Take-Home Messages
Ask:
   1. How do you keep your animals?
   2. Why is it important to keep animals penned?
Animals secured to keep compound clean and beautiful
Tidy Animal Pen
Appendix

These appendices provide additional posters for discussion with households. Appendix A provides important information on the prevention of specific diseases while Appendix B provides information on keeping children healthy and strong. If these topics are applicable to the household you are speaking with, add discussions of these posters as you see fit.
Appendix A: Disease Prevention Posters

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
Appendix B: Healthy Children Posters

Healthy Children Use a Latrine
Healthy Children Drink Safe Water
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