

# Healthy Homes Guidebook

Guidebook for Teaching Household-Level WASH Interventions





## 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

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## 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

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## 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.

Lesson	Duration	Key Message(s)	Materials Needed
Lesson 1	30-45 mins	Healthy homes are clean and prevent disease.	Disease Pathways Diagram Healthy Home Diagram Unhealthy Home Diagram
Lesson 2	30-45 mins	A home is not complete if it does not have a latrine for health, pride, and dignity.	Latrine with Dignity Diagram Large, Comfortable, and Clean Latrines Diagram Different Types of Latrines Diagram 5 Parts of a Latrine with Dignity Diagram
Lesson 3	30-45 mins	Healthy families wash their hands to be clean and strong.	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
Lesson 4	30-45 mins	Clean water saves money and improves health. Clean water comes from a safe source or from boiling.	Prepare Dirty Water for Boiling poster How to Boil Water poster Safe Drinking Water poster Dirty Water Sources poster Protected Water Sources poster

Lesson 5	30-45 mins	Healthy homes have good water containers that are easy to use.	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
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

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## 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

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## Key Messages

**Healthy Homes are clean and prevent disease.**

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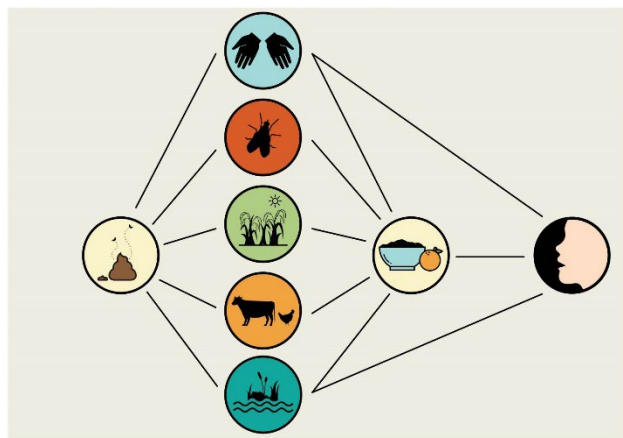
## Discussion

**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.*

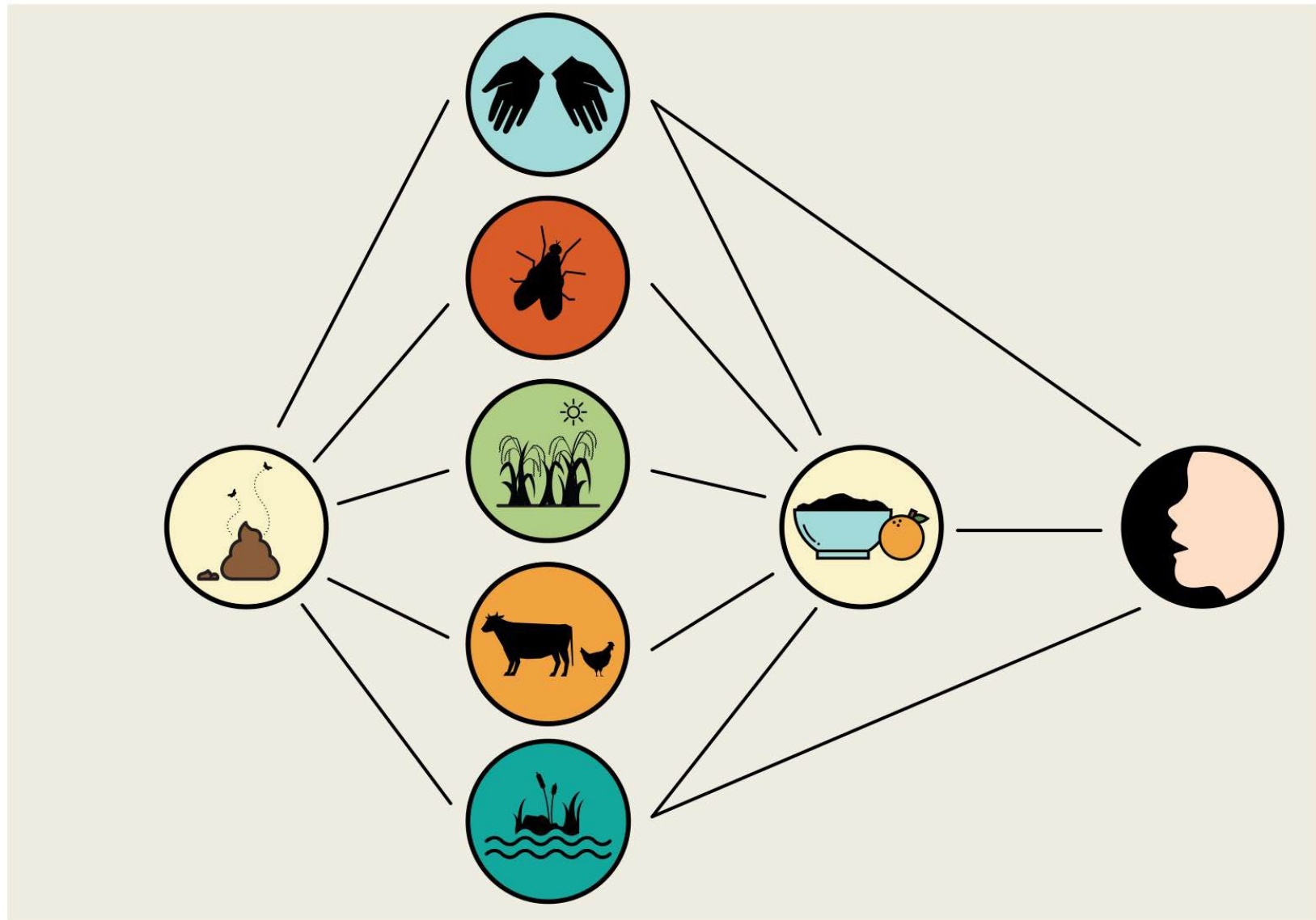
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## Take-Home Messages

**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





## Unhealthy Home Diagram



## Healthy Home Diagram



## Lesson 2: Latrines

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### 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?*

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## Take-Home Messages

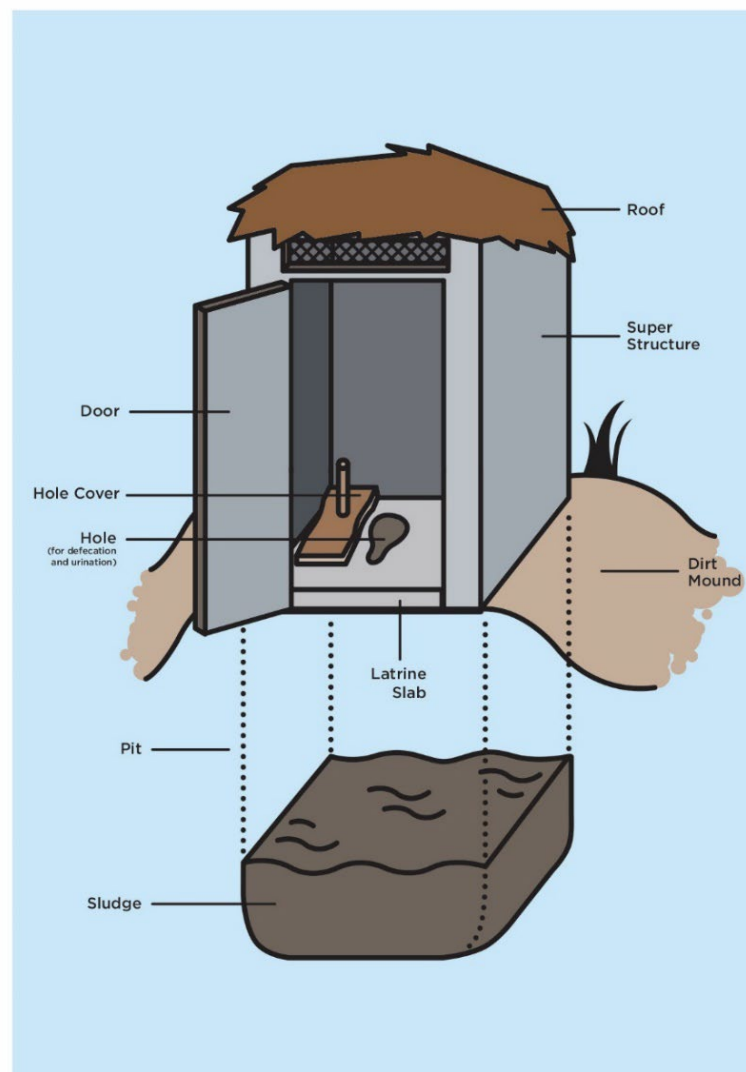
**Ask:**

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

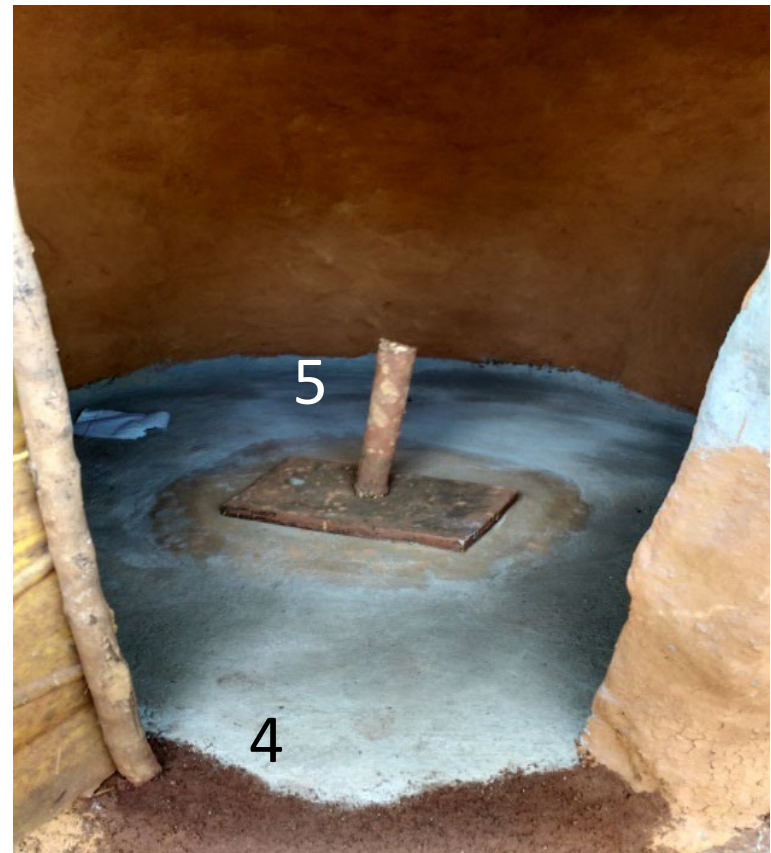
- Roof keeps rain out
- Vent allows light and airflow
- Walls provide complete privacy and are tall enough for adults to be comfortable
- Slab is strong, has no cracks, and is easy to clean
- Small dirt mound prevents rainwater from collecting to weaken the latrine
- Door provides complete privacy
- 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

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### 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

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### Key Messages

**Healthy families wash their hands to be clean and strong.**

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### 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**

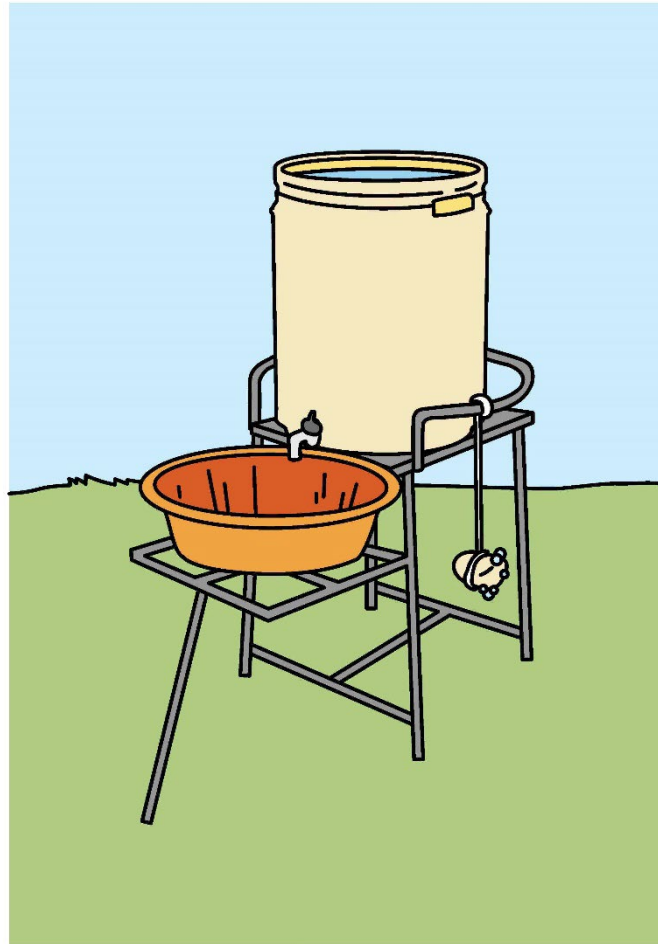
**Ask:**

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





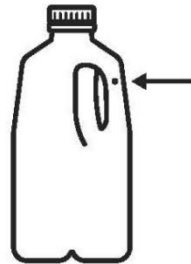
## Wash Hands With Soap and Water Before Eating



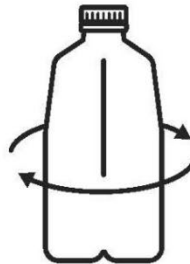
## Making a Tippy Tap



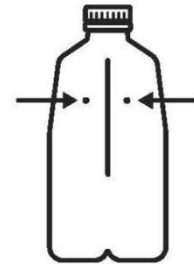
## Making a Tippy Tap



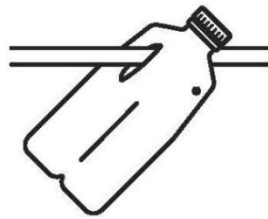
Pierce a hole on top of the jug handle.



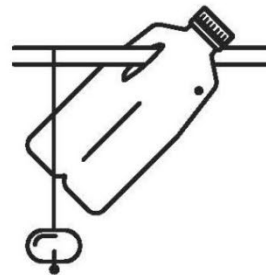
Turn the jug around so that you are facing the opposite side from the handle.



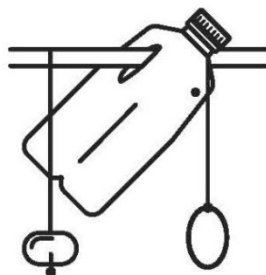
Pierce a hole in the jug on the opposite side of the handle.



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

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### 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

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### Expected Time

30-45 mins

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### Key Messages

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

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### 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.

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### Take-Home Messages

**Ask:**

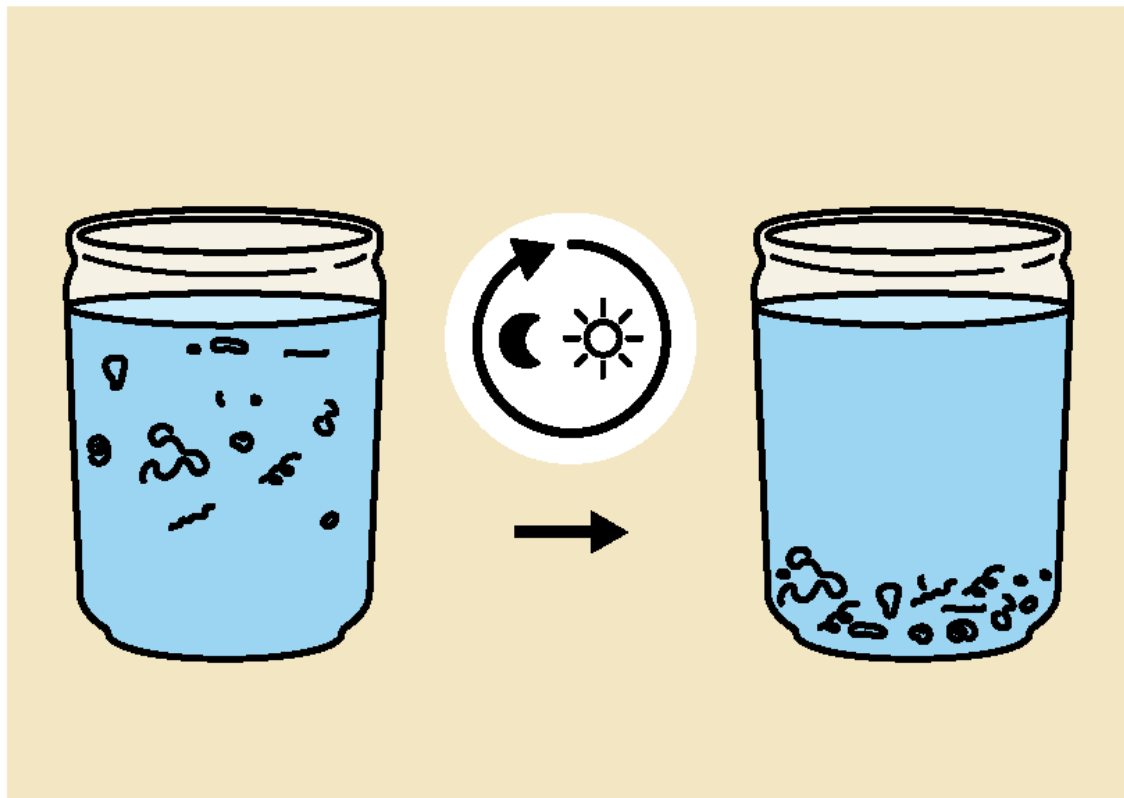
1. *Is there any way that you need to change the way you drink water?*
2. *What should you do if you do not have access to a safe drinking water source?*
3. *How do you boil water?*

## 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.



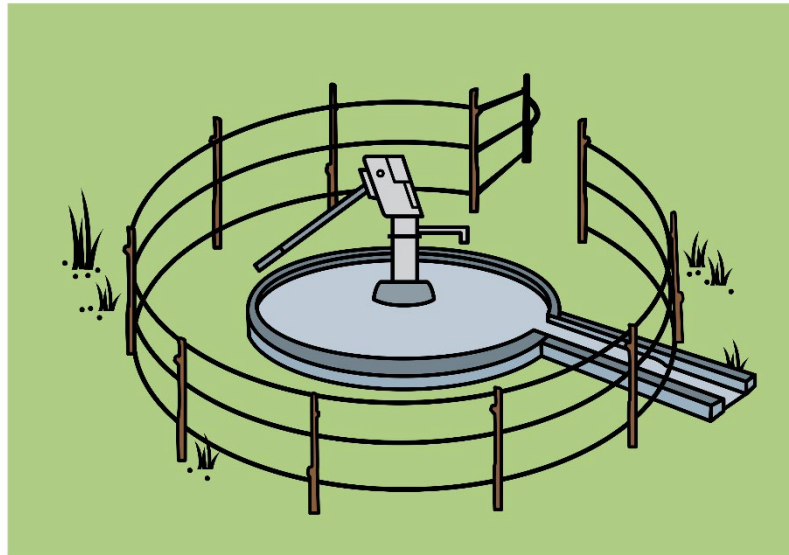
4. Remove water from heat and let water cool.



5. Water is safe to drink!

## Safe Drinking Water

Drink water from a safe source or



- Drilled well
- Protected spring
- Protected rainwater tank

Treat water to make it safe



- 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

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### 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

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### Key Messages

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

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### 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.*

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## Take-Home Messages

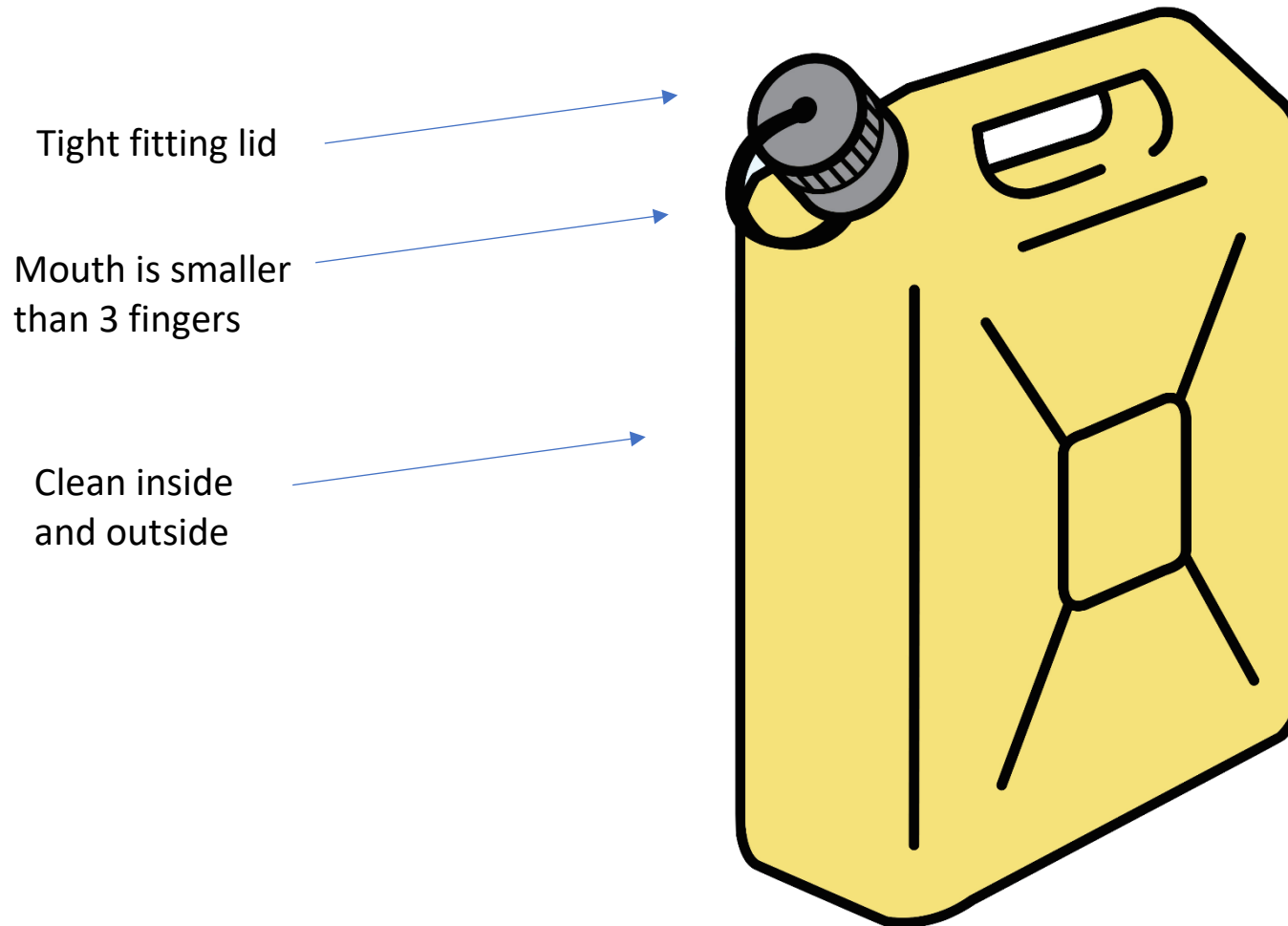
**Ask:**

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



## Clean Water Storage



**Clean, Covered, Small Mouth Containers**

## Dirty Water Storage



**Dirty, Uncovered, or Large Mouth Containers**

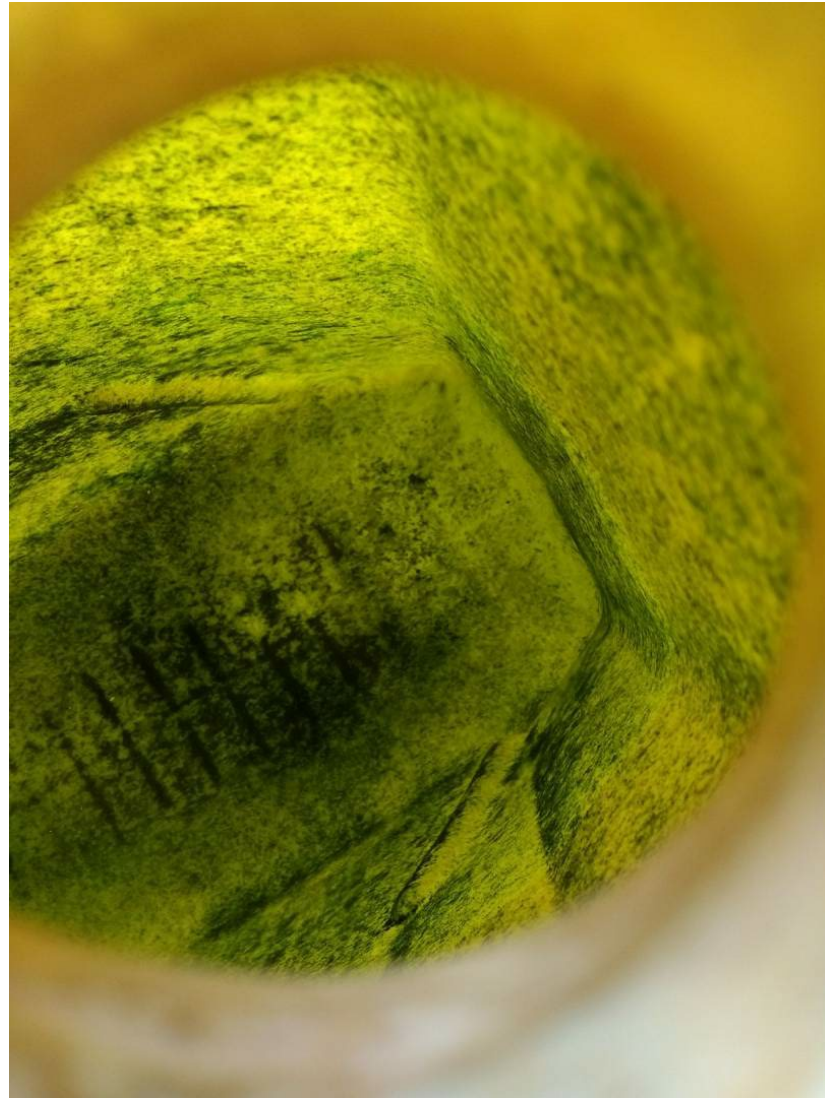


## Dirty Water Containers



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

# Lesson 6: Drying Racks

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## 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

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## Key Messages

**Drying racks keep dishes neat and clean.**

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## 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

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## 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

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## Key Messages

**Healthy homes are clean and free from trash.**

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## 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 do 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



## Lesson 8: Healthy Animals

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### Preparation and Materials Needed

*Included at the end of this lesson:*

Animals Secured poster

Tidy Animal Pen poster

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### Expected Time

30 mins

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### Key Messages

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

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### 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.*

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### 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

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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.

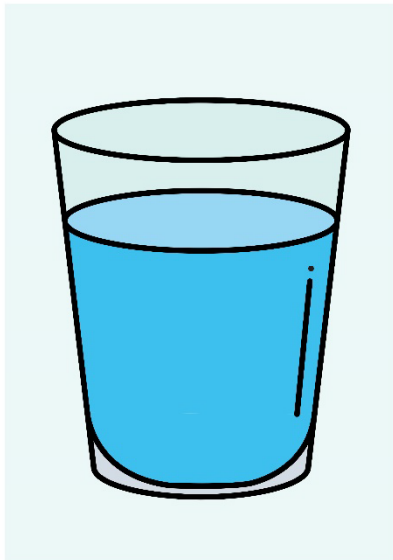
## Appendix A: Disease Prevention Posters

**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

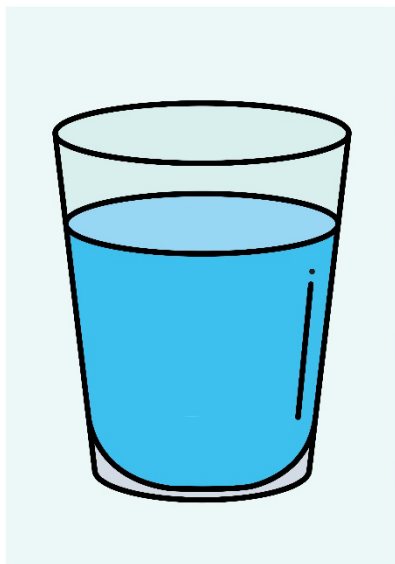


## Prevent diarrhea by:

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



1. Teach children to always use latrines

2



2. Teach children to always drink safe water

3



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