



Radio Stations : **All Community Radio Stations**
Subject : **Early Childhood Development**
Audience : **Parents, caregivers and educators**
Program Topic : **Good Sanitation and Hygiene (PROTECTION)**

Guidelines to the presenter

- Presenter – please familiarize yourself with the brief and the use the facts effectively by referring to them from time to time during the show.
- You should be seen as a peer rather than an authority.
- Offer guidance or opinion rather than telling people what to do.
- Encourage people to seek further information
- Always keep the objectives and outcomes in mind and drive these.

Topic:

Good Sanitation and hygiene

Objectives

- Create understanding of the importance of clean environments for children’s health
- Create awareness of how to create hygienic environments, even in under-resourced settings
- The importance of ensuring clean water is understood
- Develop knowledge of how to reduce diseases caused by drinking contaminated water.

Introduction

On this show, we celebrate the fact that you are the most important person in your child’ life. You have the power to give your child the best possible start in life and it doesn’t have to cost you a cent.

Eighty-eight per cent of cases of diarrhoea worldwide are attributable to unsafe water,

inadequate sanitation or insufficient hygiene. These cases result in up to 1.5 million child deaths (for under the age of 5) each year. The only way to reduce this massive burden of disease is through the provision and use of safe drinking water, sanitation and improved hygiene practices.”

As we have discussed over the last few weeks, many childhood illnesses and child deaths are preventable. We focused on diarrhea as one of these – Diarrhoea is estimated to cause 1.5 million child deaths per year, mostly among children under five living in developing countries.

Today we discuss how we implement these hygienic practices to prevent this.

Questions	Facts/Information
<p>1. <i>What causes diarrhea?</i></p>	<p>Diarrhea like worms and cholera – are diseases that come from germs found in human excrement and dirty drinking water. These germs are too small to see and they can easily get into our food and drinking water. If we swallow the germs, they get inside our bodies and make us sick.</p>
<p>2. <i>How can people protect their families from these germs?</i></p>	<p>There are a few important things that people can do:</p> <ul style="list-style-type: none"> • Get rid of human excrement and nappies safely – clean up excrement immediately and throw away nappies safely • Wash hands thoroughly • Wash faces with soap and water every day • Use Clean, safe water • Keep food clean and healthy • And get rid of household waste safely
<p>3. <i>Many of those seem like obvious</i></p>	<p>Improving handwashing practices has</p>

<p><i>ones to everyone, but perhaps you can explain more about it. Why is handwashing so important?</i></p>	<p>show to reduce diarrhea by half! Teaching children to wash their hands with soap and water every time they go to the toilet or changes nappies and before breastfeeding, eating and preparing food is essential. Washing your face with soap and water daily is also important as a dirty face attracts flies that carry germs and health keep children healthy.</p>
<p><i>4. Not everyone has access to running water though. How can they ensure good handwashing practices?</i></p>	<p>If you don't have running water, you can put a bowl of soapy water out (in for an example a 2 litre ice-cream container) for family members to wash their hands. A trick with keeping the soap near by, is to put the soap in a sock. This way it doesn't get lost and used up too quickly. Important, if you do this is to change the bowl of water regularly otherwise the water will become too dirty and won't provide effective cleaning.</p>
<p><i>5. What happens if I have a big family, or am in an ECD centre or with a big group of children, surely then this is not very hygienic?</i></p>	<p>If you are a big group that needs to wash their hands, but don't have running water, there are many creative ways that you can make a hand-washing station. These are called Tippy Taps. All you need is a 3-5 litre plastic container and a way to hang it (like on a stick suspended between two forked sticks). You can then put a hole in the lid, and tip the bottle to wash your hands underneath it. Alternatively you can put a hole in the bottle and make a tap coming from it using an empty pen. The Penlid then becomes the top to close it. Again it is important to clean the bottle at least once a week.</p>

<p>6. <i>Why is clean water important?</i></p>	<p>Many disease such as diarrhoea, cholera, dysentery, typhoid, and hepatitis A are transmitted through water contaminated by human waste. In Africa 115 people die every hour from diseases linked to poor sanitation, poor hygiene and contaminated water. We know that in South Africa we have issues of not everyone having access to proper sanitation and running water, and often water can be dirty and contaminated by dangerous germs, even if it looks clean Drinking unsafe (contaminated) water can cause severe illness and even death. The immature immune systems and small bodies of young children cannot easily cope with the detrimental effects (i.e dehydration, fever and malnutrition) of diarrhoeal diseases. Children under five are therefore more vulnerable than any other age group to the ill effects of unsafe water, poor sanitation and poor hygiene practice, particularly lack of proper handwashing. In the developing world 24,000 children from under the age of five die every day from preventable causes like diarrhoea contracted from unclean water.</p>
<p>7. <i>How can we ensure we are drinking clean water?</i></p>	<p>Water from a tap has been treated with chlorine to kill germs. However always ensure that whatever you are pouring the water into is clean, and has not been exposed to germs. Importantly clean babies bottles well by boiling them in water or standing them in boiling water with a teaspoon of salt in it.</p>

<p>8. <i>What happens if I don't have running water in my house?</i></p>	<p>Water from rivers and dams can be made safe to drink by either:</p> <ul style="list-style-type: none"> • Boiling it for 60 seconds or • Adding 1 teaspoon of bleach to 25 litres of water and mixing it well. MAKE SURE YOU use the right amount – too much bleach is poisonous! And don't drink it straightaway – wait 2 hours before using it.
<p>9. <i>How should one safely store water to keep it clean?</i></p>	<p>Always store clean water for drinking and cooking in a covered container and keep animals away from it. Also don't allow children to urinate or defecate near the water supplies.</p>
<p>10. <i>How do we ensure safe water and good sanitation? I guess that germs are not only in water but can also be in food. How do I keep food clean and healthy?</i></p>	<p>Raw fruit and vegetables should be washed or peeled before eating. If food is cooked, remember that germs grow quickly in warm food so eat as soon as possible. Don't give babies and young children leftover food, especially if you don't have a fridge to store them in. It is important also to keep cooking things and surfaces clean and to store food safely away from flies, rats and cockroaches.</p>
<p>11. <i>Why is it important to disposing of household rubbish safely?</i></p>	<p>Rubbish attracts flies, cockroaches and rats that spread disease. Always store rubbish in covered bins. If there is not rubbish removal service in your community, bury or burn waste to prevent flies. Remember that dispose of all waste in proper bins so that water sources are not polluted by your waste. Also disposing of faeces properly helps to</p>

	<p>keep water sources clean. All faeces, including those of babies and young children, should be disposed of safely and in an environmentally- acceptable manner. Making sure that all family members have access to a toilet, latrine or dedicated “chamber-pot” that is cleaned daily is the best way to reduce exposure to faeces. Unsafe disposal of human waste risks the contamination of unprotected water sources. Water-borne diseases are transmitted through contaminated and unsafe water. Disposal of faeces in all cases should be done so that it does not contaminate water resources, particularly those used for household supply.</p>

Conclusion

Sometimes serious illnesses in children are caused by things that don't seem that serious to adults. Regular handwashing and hygiene are critical family practices for ensuring healthy children and families. Dirty water can make you, and your children sick. This may not be something that we often think about because many of us can get good water from a tap. However clean water is not always available on tap. Ensuring water is clean by boiling or treating it if necessary can make all the difference as well as keeping your house and community clean to prevent the spread of disease.

Learning outcomes

After listening to this show the audience should:

- Ensure regular handwashing
- Know that clean water is ensured through boiling and correct storage
- Know to dispose of household rubbish correctly
- Know to protect water sources from contamination and from human waste

