

Posters by CAWST



The following illustrations are taken from the “Water, Hygiene, and Sanitation Presentations”, published by CAWST (Centre for Affordable Water and Sanitation Technology). CAWST is a Canadian humanitarian organization focused on the principle that clean water changes lives. CAWST transfers knowledge and skills to organizations and individuals in developing countries through education, training and consulting services. The full poster collection can be viewed at and downloaded from the CAWST homepage: www.cawst.org

The poster presentation are open content, aiming to be used as a participatory learning tool by Community Health Promoters. It is a collection of various posters from water related issues, to sanitation and hygiene.

For the SSP journal we have chosen five illustrations from the CAWST homepage. We additionally include the short text about key messages and content of each poster as provided by CAWST. The posters chosen for this issue are:

1. **How water is contaminated.** This poster shows that water that contains microbes and other pollutants make us sick.
2. **Microbes come from poop.** This poster shows ways in which microbes are transferred from faeces to our mouth and into our stomach.
3. **Stop microbes – Protect yourselves.** This poster illustrates the three main ways to prevent illness by stopping the transfer of microbes to our mouths: a well maintained toilet, good quality drinking water and proper hygiene.
4. **Stop microbes – Use good sanitation.** This poster illustrates the different ways to prevent illness by practicing good sanitation.
5. **Stop microbes – Use good hygiene.** This poster illustrates the importance of hand washing after using the latrine, before we eat and before we prepare food and after contacting children’s faeces

CAWST is a Canadian humanitarian organization focused on the principle that clean water changes lives. Safe water and basic sanitation are fundamentals necessary to empower the world’s poorest people and break the cycle of poverty. CAWST believes that the place to start is to teach people the skills they need to have safe water in their homes. CAWST transfers knowledge and skills to organizations and individuals in developing countries through education, training and consulting services. This ever expanding network can motivate individual households to take action to meet their own water and sanitation needs. More information: www.cawst.org



How Water is Contaminated

Key Message:

Water can be contaminated in many ways.

Possible Questions:

- Where does the water come from?
- What does it mean when we say that water is contaminated?
- What are the possible sources for water contamination?
- Are humans the only ones contaminating the water?
- Where do the people dispose of faeces?
- Is it alright to defecate anywhere?
- How can we protect the water that we use?

Content:

Water that contains microbes and other pollutants is contaminated. Human and animal faeces are the main source of water contamination. Water is contaminated when people and animals defecate in an open field or near a water source and when latrines are not properly used and maintained. The faeces get into the water and are spread to everyone who uses that water.

Contaminated water can come through rivers, streams, wells and is carried to our homes in pipelines and buckets.

Water can also be contaminated when:

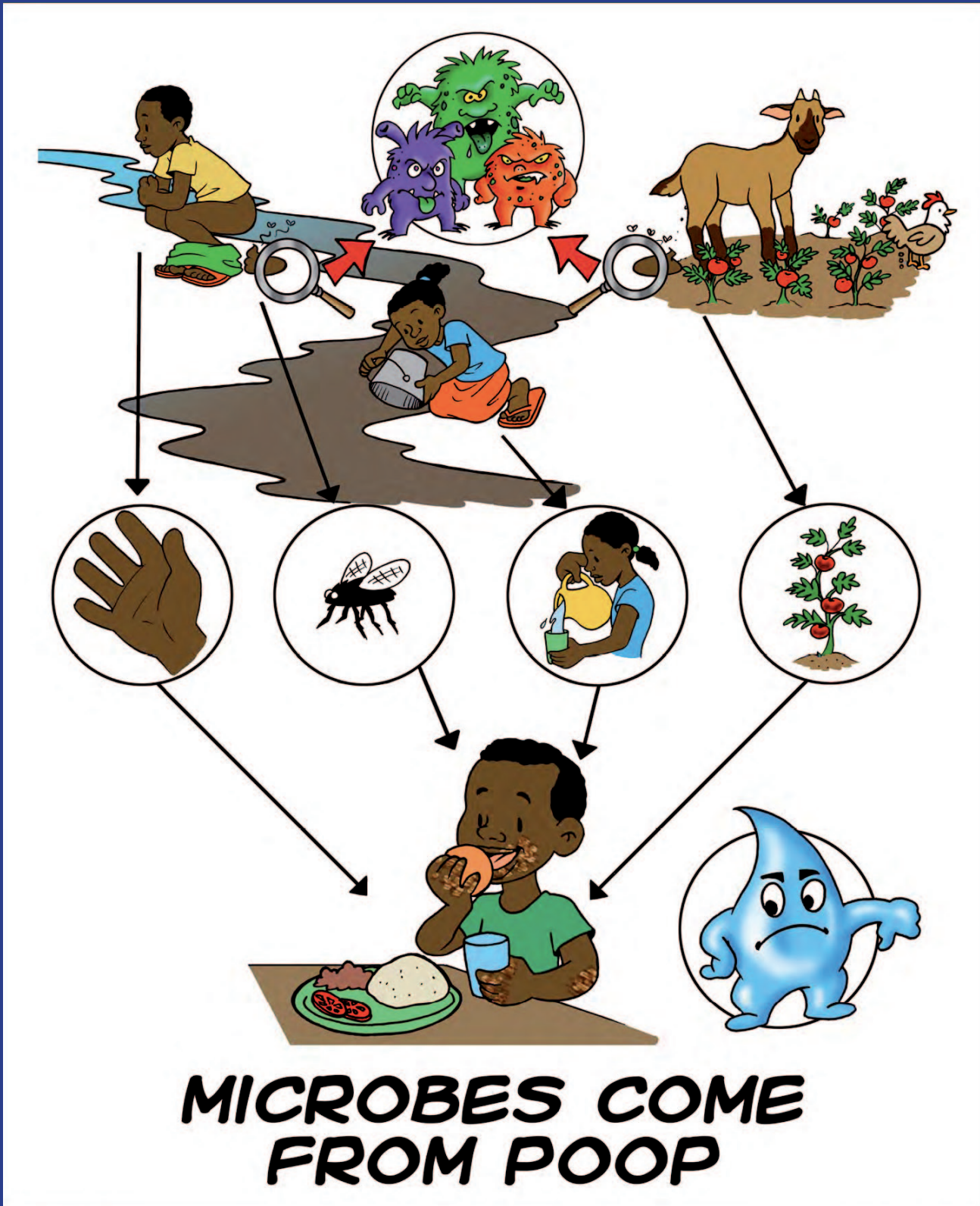
- Containers for storing water are not cleaned properly
- Water storage tanks are not covered to protect against contamination
- The bucket and rope that are used to pull water out of the well were in contact with something dirty (hands, animals, ground)

Water can look dirty when it is contaminated, but even clear water can contain microbes that cause illness. Not all sources of water are good quality water.

Rainwater is pure when falling from the sky, but may become dirty when landing on the roof. Groundwater can be of good quality, but may be contaminated with chemicals or latrine waste. Surface water is of poor quality because there are many so ways it can become contaminated.

Check for Understanding:

- Explain, in your own words, what contamination means.
- Which sources of drinking water are easily contaminated?
- Why are these water sources easily contaminated?
- If you get water from a well, can microbes get into that well? How?
- How can garbage contaminate our water?
- What are some other habits that can lead to contamination of water?
- If the water is clear, could it be contaminated?



Microbes Come From Poop

Key Message:

Microbes are transferred from faeces to our mouths in many ways.

Possible Questions:

- How do you think microbes can be transferred from faeces to your mouth?

Content:

This poster shows ways in which microbes are transferred from faeces to our mouth and into our stomach. These are the ways that we become sick from microbes.

Microbes can spread on our hands and fingers. Every time that our hands touch human or animal faeces, there is a chance that microbes can be spread to our mouth or to our food. The microbes can also be spread to other people's hands and food.

Flies are attracted to the smell of human or animal faeces. When they land on faeces and then fly and land on our food, they spread the microbes that cause illness. Also if the flies land on our face or hands, they can spread the microbes to us.

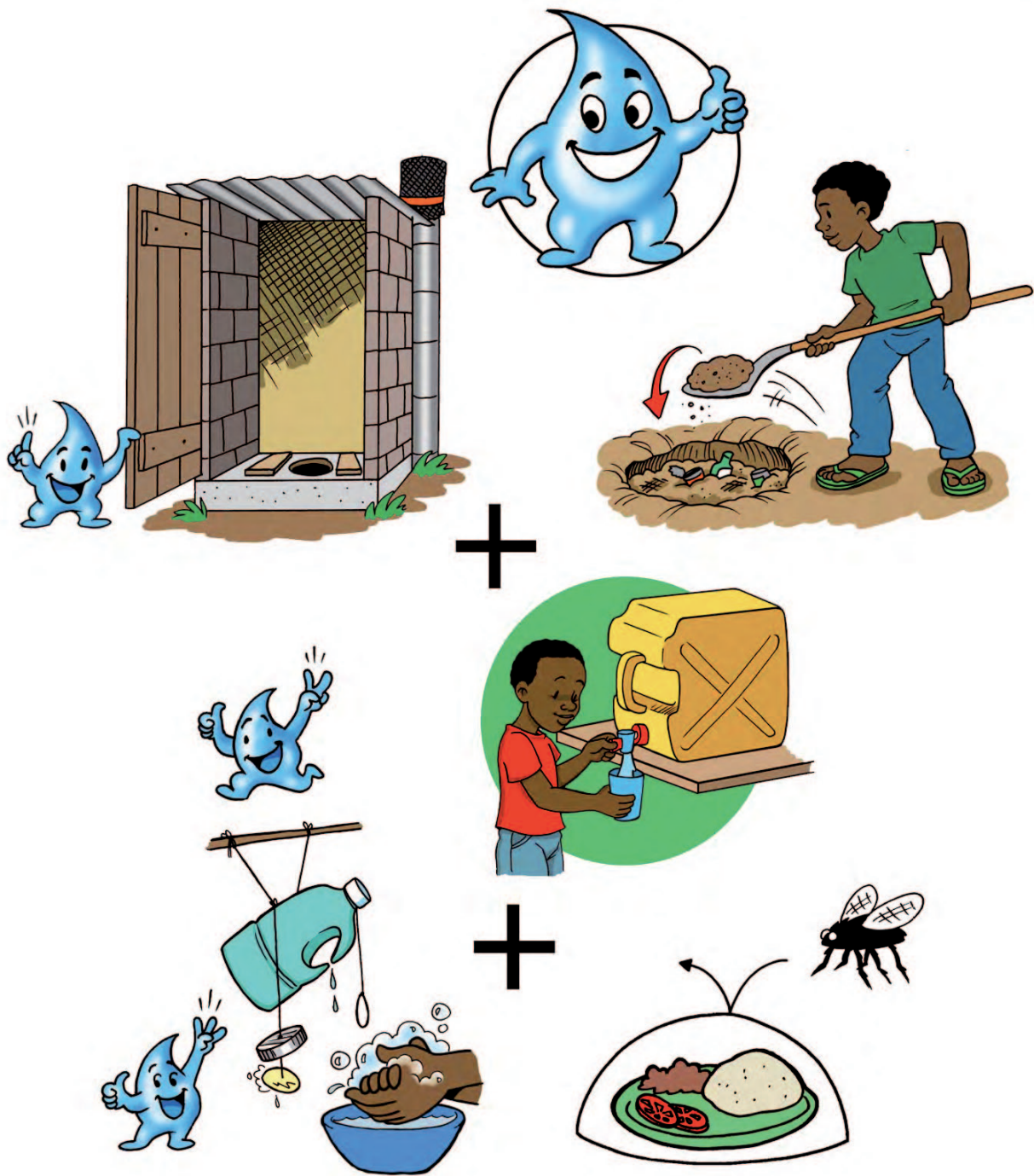
Water that is contaminated with faeces will flow around the countryside and spread the contamination. When this water is used in the household, the microbes could be transferred to our mouth. This can happen when we drink the water and also when we use dishes washed in contaminated water.

Plants can also pick up microbes from faeces. The fruit or vegetables may become contaminated with microbes from animal or human faeces. If fruit or vegetables are not washed with clean water then we can become sick.

When a healthy person consumes contaminated food and water, the microbes enter the stomach and can result in illness. When children and adults are sick, their faeces contain the microbes that caused their illness. When a sick person defecates, especially out in the open field, the microbes are once again entering the environment. In this way, the transmission cycle of microbes and disease continues.

Check for Understanding:

- How do flies transfer microbes from faeces?
- How can microbes be transferred through water?
- How are microbes transferred through our hands and fingers?
- How can food become contaminated?
- How is water contaminated?



**STOP MICROBES
PROTECT YOURSELVES**

Stop Microbes - Protect Yourself

Key Message:

There are three main ways to stop the transfer of microbes to our mouths: basic sanitation, safe water and proper hygiene.

Possible Questions:

If poster is used as an introduction:

- What do you see on this page?
- How do you think these items and activities will help make your family healthier?

If poster is used as a review:

- Show the ways that microbes can go from faeces to your mouth.
- How do you keep a latrine clean?
- What are some ways to treat water to ensure that it is of good quality?
- What is a good way to wash your hands?
- How do you protect your food?

Content:

This poster illustrates the three main ways to prevent illness by stopping the transfer of microbes to our mouths.

1. Sanitation: A well maintained latrine will not attract the flies and will stop the spread of human faeces from contaminating our food and water systems. Burying our garbage is a good way to reduce the number of flies and rodents around our homes.
2. Water: Treating our water before drinking is a good way to ensure our water is safe to drink. We can make sure our families do not become sick by drinking good quality water.
3. Hygiene: Keeping food covered so that flies don't get on our food is a good way to protect ourselves from illness. Washing our hands with soap and water will remove microbes from our hands so that they can't get into our mouths.

The cycle of transferring microbes from faeces to our mouths can be stopped with a few easy steps. Good sanitation, water treatment and good hygiene practices will improve the health of our families. By doing these things regularly, we will establish good habits that will lead to better health.

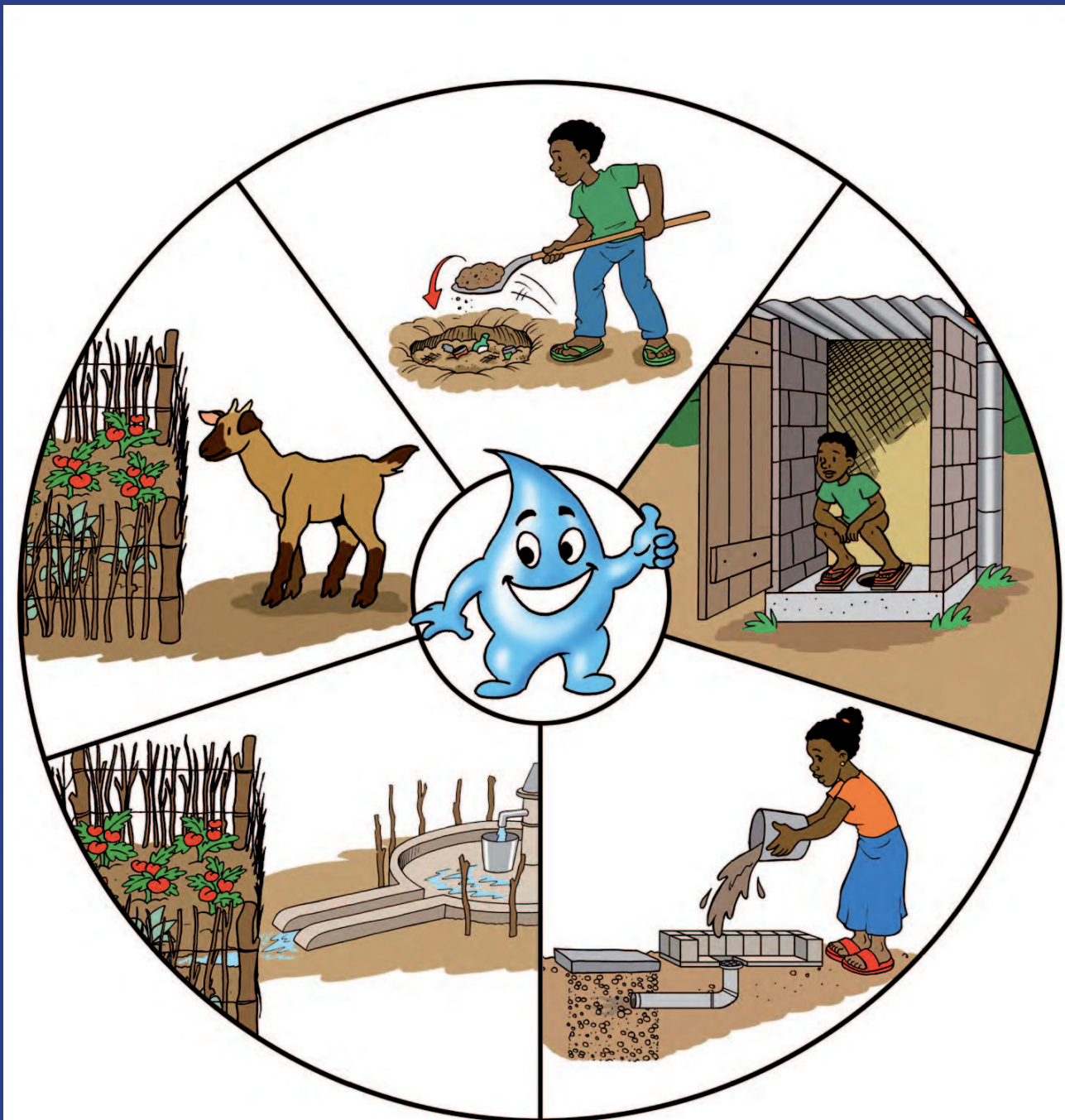
Check for Understanding:

If poster is used as an introduction:

- What are the three ways to stop the transfer of microbes from faeces to your mouth?

If poster is used as a review:

- What will a properly used and maintained latrine prevent?
- Why should household garbage be buried?
- How can we stop the transfer of microbes through water?
- Why should we wash our hands?
- How can we protect food from contamination?



**STOP MICROBES
USE GOOD SANITATION**

Stop Microbes - Use Good Sanitation

Key Message:

Good sanitation habits prevent transmission of microbes.

Possible Questions:

- Do you have a latrine?
- If yes, is it a communal or household latrine?
- What do you use your latrine for?
- Do you or your community practice any of these activities?

Content:

This poster illustrates the different ways to prevent illness by practicing good sanitation.

A well maintained latrine will not attract flies and will stop the spread of human faeces from contaminating our food and water systems.

Wastewater can be disposed of in a soak pit. A soak pit is a hole in the ground filled with gravel where water can soak into the ground safely. Standing water is dangerous because mosquitoes breed in standing water. Mosquitoes spread illnesses like malaria and dengue fever. We can help stop these illnesses by constructing and using soak pits.

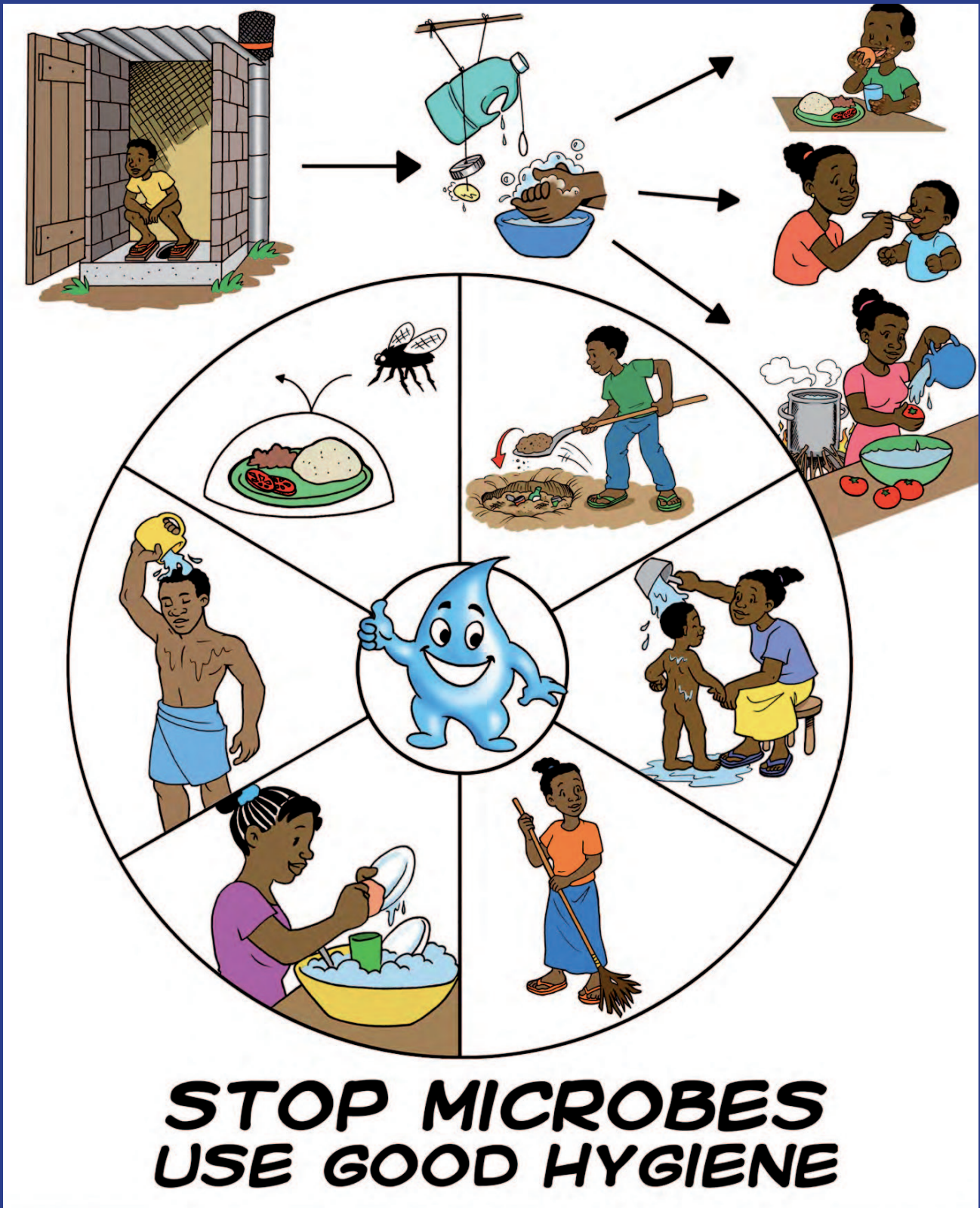
Protecting our water sources from animal faeces is very important. If we use a well for our water then it is best to build a fence around it to keep animals out. To prevent pools of water forming around the well, divert the spilled water away from the well, pump or tapstand. The wastewater from the well, pump or tapstand can be used to water a small garden or diverted into a soak pit.

Animals can contaminate the food we grow in gardens if there is no fence to keep them out. Make a fence around the garden to protect fruit and vegetables.

Burying household garbage is a good way to maintain a clean home and compound. We can help stop flies from being attracted to our garbage and laying eggs there.

Check for Understanding:

- How can we stop the transfer of microbes through sanitation?
- What are some good sanitation habits?



Stop Microbes - Use Good Hygiene

Key Message:

There are things we can do to protect ourselves from microbes.

Possible Questions:

- How can microbes from faeces be transferred to your mouth?
- How can microbes from faeces be transferred to your food?
- What are some good personal habits to stop the transfer of microbes from our fingers to our mouths?
- How can we protect our food and dishes from being contaminated?
- What can we do to keep our homes clean?

Content:

Good and bad habits can determine whether our food is clean or contaminated. Faeces from humans and animals are the main cause of contamination and illness.

Microbes can be transferred from faeces through our hands and fingers and then on to our food or mouth.

Microbes will be transferred to our fingers every time we touch something that has been contaminated. When our fingers are contaminated and we touch our mouths, we may become sick.

We should wash our hands after using the latrine, before we eat and before we prepare food. We should also wash our hands after contacting children's faeces.

Regular baths with soap are important to wash off microbes that may be on our bodies. This will help keep us clean and healthy.

Protecting our food from flies will help stop the spread of microbes. Washing dishes in soapy water after we eat will stop the transfer of microbes to the next person who uses that dish.

Keeping our houses clean and burying our garbage also helps stop the transfer of microbes.

Check for Understanding:

- What are some good hygiene practices?
- How are microbes spread through our fingers?
- How can we stop microbes from being spread on our fingers and hands?
- Why do we keep flies off food?
- What should we do with garbage?
- When should we wash our hands?