

"CLEAN HANDS SAVE LIVES"



LIVE & LEARN
Environmental Education

unicef 

unite for children

"CLEAN HANDS SAVE LIVES"

“Hand washing is one of the most effective means of preventing diarrhoeal diseases, along with safe disposal of excreta and safe and adequate household water supply. Evidence suggests that improved hand washing can have a major impact on public health in any country and significantly reduce the two leading causes of childhood mortality – diarrheal disease and acute respiratory infection.

The bitter truth is that globally one and half million children die each year due to diarrhea and respiratory illnesses. The data in the Pacific show that about 3,000 children die each year due to these illnesses.” – Pranab Shah, UNICEF Pacific.



This booklet is a compilation of children’s ideas of innovative forms of delivering the message – “Clean Hands Saves Lives”.

This initiative is made possible through the support provided by UNICEF. The following schools have been instrumental in delivering the Hand Washing Campaign in Fiji.

Waidalice District School
Nuku District School
Rama Krishna Mission School
Tai District School
Vugalei District School
Nakini District School
Nacokaika Village School
Naduruloulou Fijian School
Burebasaga District School

Holy Trinity Anglican School
Gospel Primary School
Gospel High School
Stella Maris Primary School
John Wesley Primary School
Draiba Fijian School
Marist Brothers Primary School
Vunimono Arya Samaj School
Samabula Primary School

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Hand Washing Pledge

Today, I pledge to practice hand washing with soap and water and to remind my friends to do the same before meals, after visiting the toilet, after gardening or playing with friends.

I pledge to practice hand washing with soap and water to help my friends and I to be healthy and protect us from harmful diseases.

I ask this of you in return, that we continue to commit our school to saving lives through clean hands.





Through Poems

Hand-washing Saves Lives

Before preparing food or eating
After playing or working outside
After sneezing or blowing nose
After changing nappies
After going to the bathroom
After treating sores or cuts

Remember to always wash your hands
with soap and water

We should wash our hands or we will get sick



Anare, Amani, Lagesh, Seru, Sunia & Emosi - Vunimono School Primary



Why washing hands is important?

Wash, Wash, Bacteria is everywhere
 Clean hands save lives
 Your hands will be clean and smell cool
 You'll be healthy and be happy about it
 It kills germs and bacteria
 You'll be free from diseases

HANDWASHING

Washing hands is important because we are free from germs. We should wash our hands with our soap and water. Washing of hands is important to our friends, family, your neighbors and our community.

Make sure wash your hands before preparing meals, after going to the toilet and before eating.

Wash your hands; wash your hands with soap and water. Make sure to clean your fingers and finger-tips, back and front, wrist up to wrist, rinse and pour out water.



Sushanita, Priashana, Tirisa,
 Setaita, Ivamere -
 Vunimono School Primary

WHY IS HANDWASHING IMPORTANT?

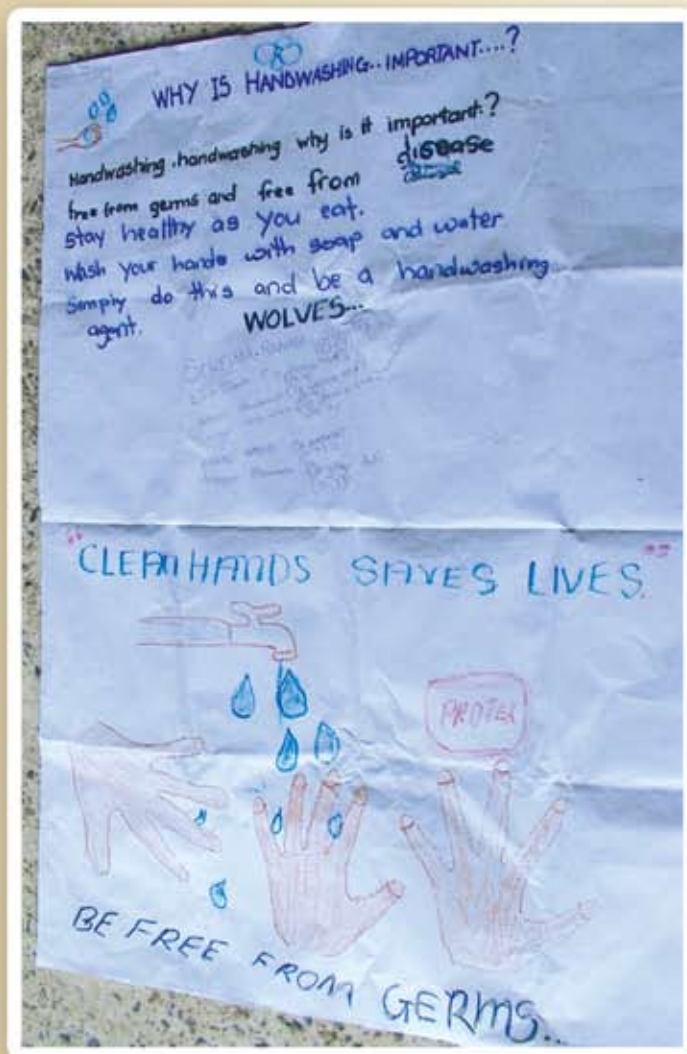


Be free from germs - clean hands save lives

Hand-washing! Why is it important? Free from germs and free from disease.

Stay healthy as you eat. Wash your hands with soap and water.

Simply do this and be a hand-washing agent



Savata na ligamu
(Wash your hands)
I wash my hand
Iko na bula balavu kina
(You will live longer)
because it kills germs
Savata na ligamu
(Wash your hands)

Class 1 student (Aseri)
Nacokaica Village School



Sereima, Ashnit, Apikali, Litia, Kajal, Anaseini -
Vunimono School Primary



Please Save Fiji
I wash my hand to remove germs
I wash my hands with soap and
water to protect diseases

I like handwashing, it removes germs
This is my hand, I want to keep it clean.
I don't want my fingernails to get dirty

This hands has scabies, germs has dysentery, diarrhoea
I like soap and water
Soap is important
I like soap to wash my hands

Class 4 Mereoni (Nacokaica village school)

Wash with soap and water

Sebera mo kana, sasavui na
ligamu ena sovu,
O au dau lesu mai valenivo, au dau
sasavui ena sovu

Before eating, always wash your
hands with soap.
After returning from the toilet, I always
wash my hands with soap



O au dau savata na ligaqu e na sovu (I wash my hands
with soap)

Dau lesu mai valenivo, dau savui (after returning from
the toilet, always wash your hands)

Saukuru, Dan, Livai, Henry, Mariana, Mili - Class 3 (Nakini Village School)

Through Games

Hand Washing Race



How to Play the Game

Get participants to stand in a line all at the same side of the playing field.

Tell participants that each time a set of questions would be read out they would move according to questions they were asked. The number of steps forward would be told to them by the facilitator. At times according to the instructions given, participants may not to move at all.

Questions asked are based on sanitation and hygiene. This game allows participants to reflect on daily activities and assess their habits. It also demands honesty from participants, and develops interpersonal skills.

Materials required: None
Timing of activity: 10-15minutes

Questions to ask participants as follows:

- When I woke up this morning I washed my face with...
(2 steps -soap and water, 1 step only water, no step if nothing was done).



- Before I had my breakfast this morning I washed my hands with... (2 steps -soap and water, 1 step only water, no step if nothing was done).
- Each time, before I have my lunch whether at home, school or anywhere I always wash my hands...(2 steps -soap and water, 1 step only water, no step if nothing was done).
- After I finish playing on the playground during lunch break before I rush to the taps to drink water I first wash hands (2 steps -soap and water, 1 step only water, no step if nothing was done).
- After I finish visiting the toilet I always wash my hands (2 steps -soap and water, 1 step only water, no step if nothing was done).
- It is a must that I always dry my hands after I finish washing them (1 step forward- if they do, No step -if no action is taken).

Note: these are just some of the questions that could be asked, others could be added depending on the surroundings and different scenarios



Class 7 Students of Vunimono Arya School participating in the Hand Washing Race Activity.

Hand Washing Steps



How to play the game

Present participants with a scenario that dangerous pathogens are threatening the lives of people in their village.

Get participants to assemble in one end of the field. Mark off the safe zone (the other end of the field). Participants are given 'safety pads'. Each pad has a proper hand washing step printed on it. The only way they could get to the safe zone is by using the pads they were given to step on.

Note: For the total number of participants in the group, there should be 4 pads less given. This would encourage the participants to think strategically on how to use the limited number of pads to get everyone across safely.

Each pad represents a step to safe and proper hand washing. Each time the participant stand on the pad, he/she is required to demonstrate the hand washing step represented by the pad. If the participants are not demonstrating the step, whilst on the pad or if the pad is unattended, it is removed from the game.

Materials required: Sponge pads for participants to stand on. (Alternative substitute: equally cut out cardboard pieces enough to fit one person).

Timing of activity: 10-15minutes





Questions to generate discussion:

1. How were all members of the village (participants) able to reach the safe zone?
2. How did the removal of the pads impact on the team?
3. What does the safe zone represent in reality?
4. What simple action can we do to reduce the chances of getting diarrhoeal illnesses?
5. What key message can we learn from this game?



This activity focused on the importance of working together as a team as agents of hand washing in effectively advocating the message of hand washing in their social surroundings.



Glitter Ball



How to play the game

Before the game begins, ensure that the ball is dampened and glitter spread over it.

Get participants to stand in a circle.

Throw the ball around making sure that everyone has a turn in catching the ball.

Once everyone has had a chance at catching and passing the ball, ask participants to look at their hands.

See if they have glitter on their hands.

Ask them what they think this represents?

Explain to participants that in this game, the glitter represents "germs".

Explain to participants that each day through the activities we do, we find we come into contact with many "germs", some of which can cause serious illnesses.

With this information, ask participants what are simple actions that could be taken to avoid getting sick.

Note: This activity could be facilitated as an introductory activity, leading to the demonstration of the steps to proper hand washing.





Through Drama

What to do:

Divide participants into three (3) groups.
The 3 different groups were to represent the: community, family and school environment.

Each group focuses on a specific scenario. Each group is to develop a role play showing the importance of hand washing.

Questions that could help guide the participants finding it hard to come up with different scenes would be:

Who are the people you would find in your setting?

What are their daily activities?

What are some impacts of neglecting the practice of hand washing?

How does this impact on the other members of your setting?

Materials required: Costumes and Scripts.

Timing of activity: 20-25 minutes



Through Dance



Hand Washing Demonstration

The purpose of this activity was for the students to be taken through the 5 basic steps of hand washing done in a form of a dance





Taking Action

Making a Soap Solution

A survey carried out by the Live & Learn WASH team found that one of the in many centers, hand washing with soap is not common. Most of the responses were justified by the lack of or the difficulty in getting soap. Some even expressed that “to have soap available is a luxury that not many can afford”.

This initiative was developed to provide an alternative to soap. Through the “Soap Solution” activity, children in the target schools are now reported to be collecting pieces of soap to make their soap solutions.

“It’s easy, simple and doesn’t cost much” Burebasaga Class 6 student



Step 1:

Get pieces of soap from home and a bottle water

Step 2:

Add the pieces of soap into a half filled bottle water



Step 3:

Shake well till the soap solution lathers.

“This is something simple that I can do at home, I have plenty of soap at home” Burebasaga Class 6 student



Five Important Facts of Hand Washing:

1. Washing one's hands with water alone is not enough
2. Hand washing with soap can prevent diseases that kill millions of children every year
3. The critical moments for hand washing with soap are after using toilet or cleaning a child and before handling food
4. Hand washing with soap is the single most cost effective health intervention
5. Children can be **AGENTS OF CHANGE**





HAND WASHING PLEDGE



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I ask this of you in return, that we continue to commit our school to saving lives through clean hands.

Name of School: _____

Signature (Head Teacher)

Date



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