



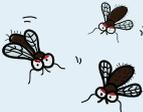
Toilet and Sanitation

Sanitation refers to the management of human waste. Infectious bacteria that cause conditions like diarrhoea can be spread through contact with human waste. The safe and effective disposal of human waste and sanitation facilities such as latrines and toilets can reduce the number of incidents of disease in your school, home and community.

Why do we use and keep our toilet clean?

No matter what sort of toilet the school has, students need to understand and apply the rules to use and keep toilets clean. Cleaning the toilet after use, or banning open defecation, is a healthy practice that breaks the chain of infection transmission in the home, school and community.

The faecal oral cycle refers to how faecal matter (poo) can be transmitted from our environment into our mouths. The germs are most likely to reach us through what is referred to as the **“Six Fs”**:

F	Description	Example
 Fluids	Dirty drinking water	Drinking water can be contaminated if open defecation occurs too close to the water source.
 Fields	Soil and crops that have been contaminated with human faecal matter	Open defecation takes place where crops or food are grown.
 Fingers	Unwashed hands preparing food or going into the mouth	Hands are not washed with soap and clean water prior to food preparation
 Feet	Walking barefoot through contaminated fields can spread faecal matter.	Children walk barefoot through fields and then into the classroom.
 Food	Eating contaminated food	Food is contaminated by unwashed fingers. Food is not washed properly prior to preparation or food is washed with contaminated water.
 Flies	Spreading disease from faeces to food and water or directly to people—particularly problematic where open defecation is the norm.	Flies carry poo particles into homes and schools and can affect food and water

Good toilet rules

These are the rules that apply to school toilets

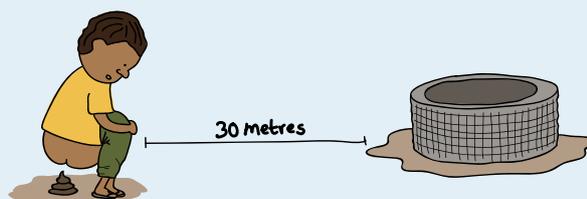
1. We should always go to the toilet in the proper place.
2. Girls must always go to the girls toilet. Boys must always go to the boys toilet.
3. Sit properly on the toilet bowl so you will not make a mess outside the toilet bowl. Don't squat on the toilet bowl. If you make a mess you clean it.
4. You must only ever clean yourself with toilet paper. Never put cardboard, exercise book paper, stones, leaves, rags or kimbies down the toilet.
5. Check the toilet to see if it needs to be cleaned. If it needs cleaning use the brush that is in the toilet
6. Only flush the toilet after everything is finished.
7. Don't play with water in the toilet
8. Leave the door open when you go out so other people can see the toilet is available and to let in sunlight
9. Encourage your friends keep these rules.
10. **Always wash your hands with soap**



Rules for Open Defecation

If your school does not build toilet yet, please use beach or bush properly. Once your toilet is build, do not ever use open defecation. Here are the rules for using the beach:

1. Use a spot at least 30 metres from the nearest well.
2. Toilet areas should not be too far away from the school as it is not safe for students to go a long way to go to the toilet
3. Have something to dig with. These must be left at the proper place and left clean and in good condition.
4. Clean yourself properly.
5. Always bury your waste and anything you use to clean yourself. You must bury it deep enough so that no paper or other waste shows. Do not leave anything exposed.
6. Do not shout or make rude jokes with anyone as you go to or come back from the toilet.
7. Wash your hands with soap as soon as possible after finishing. If there is no soap use sand.



School rules for open defecation

1. Always go to the right place.
2. Clean yourself properly.
3. Always cover your waste.
4. Always wash your hands with soap.



Types of Toilets

There are types of low-cost easy to construct latrines and toilets in schools, home or community.

1. Septic tank
2. Pit toilet
3. Kamkamka

The best toilet in Kiribati and particularly in South Tarawa is a toilet connected to the sewer system. A Te kamkam toilet is the best toilet to use, otherwise use a septic toilet. However, septic tanks and pit toilets are not safe to build, and they can leak. Leaking sewage water can contaminate our high water table. Well water is not safe to drink.

DID YOU KNOW?

One gram of human waste may contain:

- 10,000,000 viruses
- 1,000,000 bacteria
- 1,000 parasite cysts – worms
- 100 parasite eggs – worms.

Source: UNICEF 2008



PIT TOILET



SEPTIC TANK TOILET



KAMKAMKA

