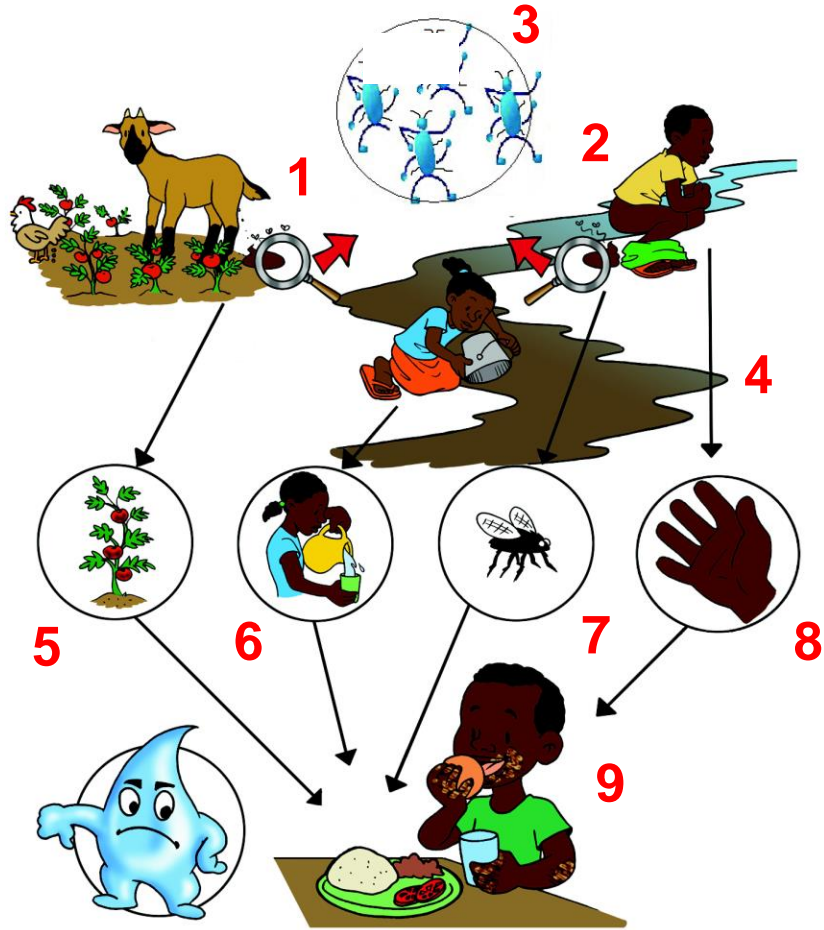


# Water Missions International

## Promotion Cycle 3:

### Healthy Hygiene Practices



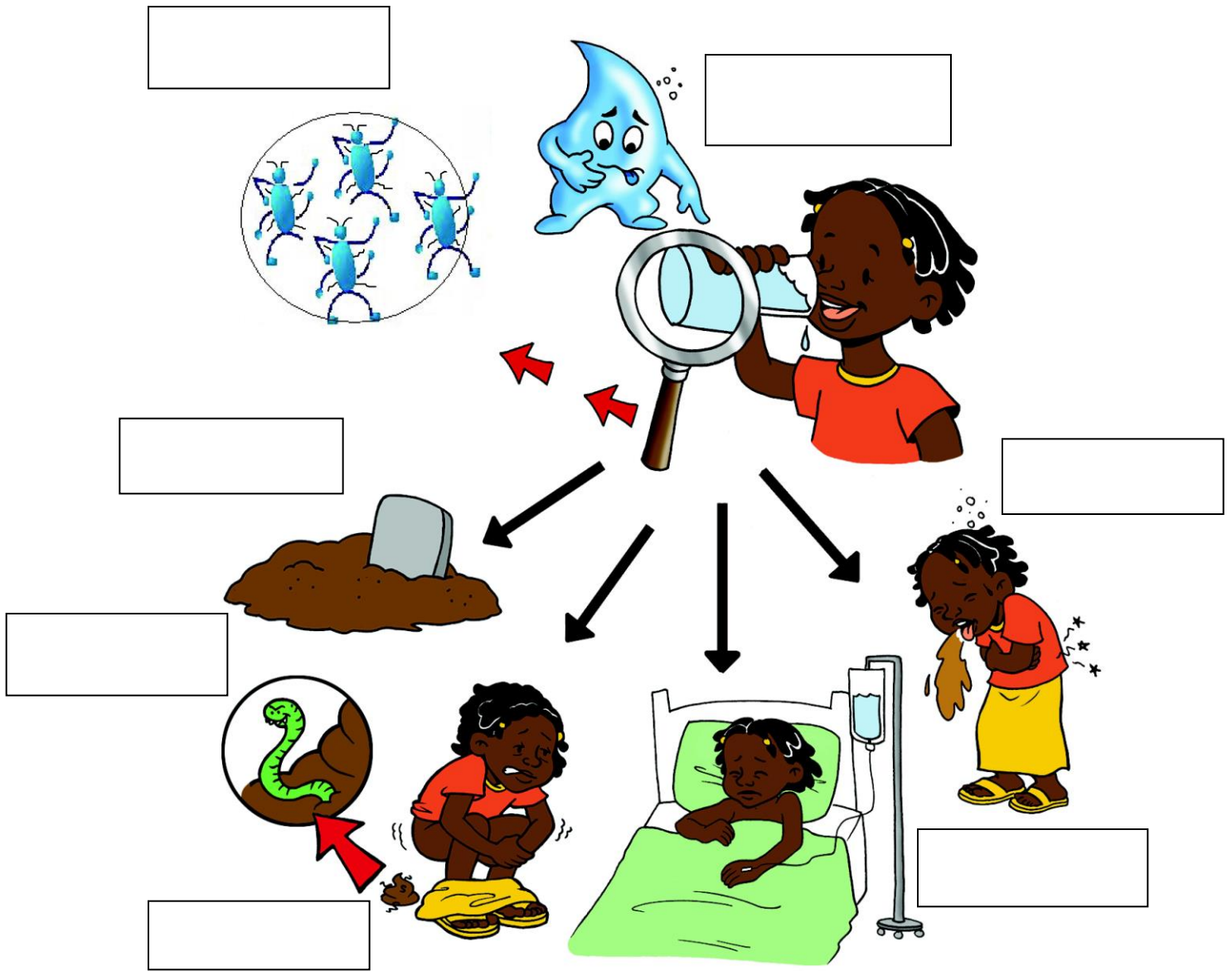


## Microbes come from poop



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_





Contaminated water contains  
Microbes that make you sick!

1. The key messages are (fill-in the blank):

- a. Contaminated water can contain \_\_\_\_\_ that are too small for human eyes to see.
- b. When microbes get in your mouth they can cause you to \_\_\_\_\_, go to the \_\_\_\_\_, have \_\_\_\_\_, and even \_\_\_\_\_.

2. Water that is clear, colorless and odorless is always safe to drink. (circle the correct answer)

- A. Yes      B. No

3. Feces from humans and animals contain microbes that can make you sick with diarrhea, intestinal worms, and other bacterial viral illnesses. (circle the correct answer)

- A. Yes      B. No

4. How do we protect ourselves from becoming sick?

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Notes:

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\_\_\_\_\_



**STOP MICROBES  
WASH YOUR HANDS**

1 \_\_\_\_\_  
2 \_\_\_\_\_

1. The key messages are (fill-in the blank):

a. Wash your hands with soap and running, treated water after \_\_\_\_\_,  
\_\_\_\_\_ children and touching animals

b. Wash your hands with soap and running water, treated water before  
preparing \_\_\_\_\_, \_\_\_\_\_ children and \_\_\_\_\_.

2. It is unnecessary to wash your hands if they do NOT look dirty. (circle the correct answer)

A. Yes    B. No

3. When should you wash your hands? (circle the correct answer)

- A. After defecating
- B. After caring for sick people
- C. After handling animals or garbage
- D. Before preparing food for cooking
- E. Before feeding a child or eating
- F. All of the above

4. When do you have to wash your hands with soap and treated water?

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Notes:

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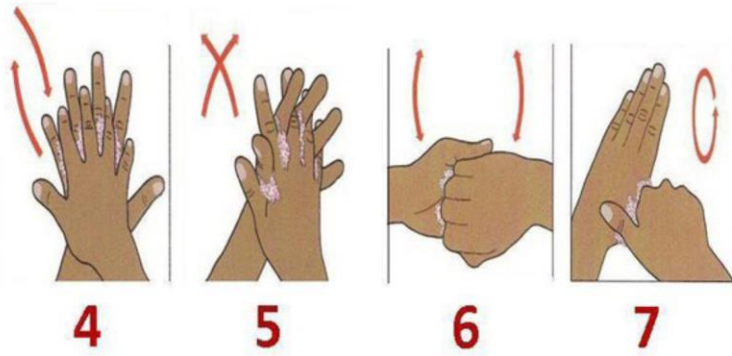
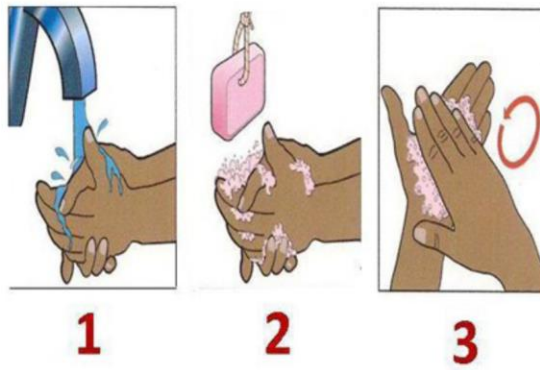
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## Wash Your Hands

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_



1. The key messages are (fill-in the blank):

The 10 steps of proper handwashing are:

- a. Wet hands with safe \_\_\_\_\_ water
- b. Apply \_\_\_\_\_ to hands
- c. Rub hand thoroughly to produce \_\_\_\_\_
- d. Scrub \_\_\_\_\_ of hands
- e. Scrub between \_\_\_\_\_
- f. Scrub \_\_\_\_\_
- g. Scrub \_\_\_\_\_
- h. Scrub \_\_\_\_\_
- i. Rinse with safe \_\_\_\_\_ water
- j. \_\_\_\_\_ hands with a clean towel or in the air

2. Which of the following hand washing techniques is NOT recommended to remove dirt and microbes from your hands? (Circle the correct answer)

- a. Using soap to form a lather
- b. Scrubbing for at least 30 seconds
- c. Rinsing hands with water in a bowl or basin
- d. Rinsing hands with running water

3. What is important for proper handwashing?

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Notes:

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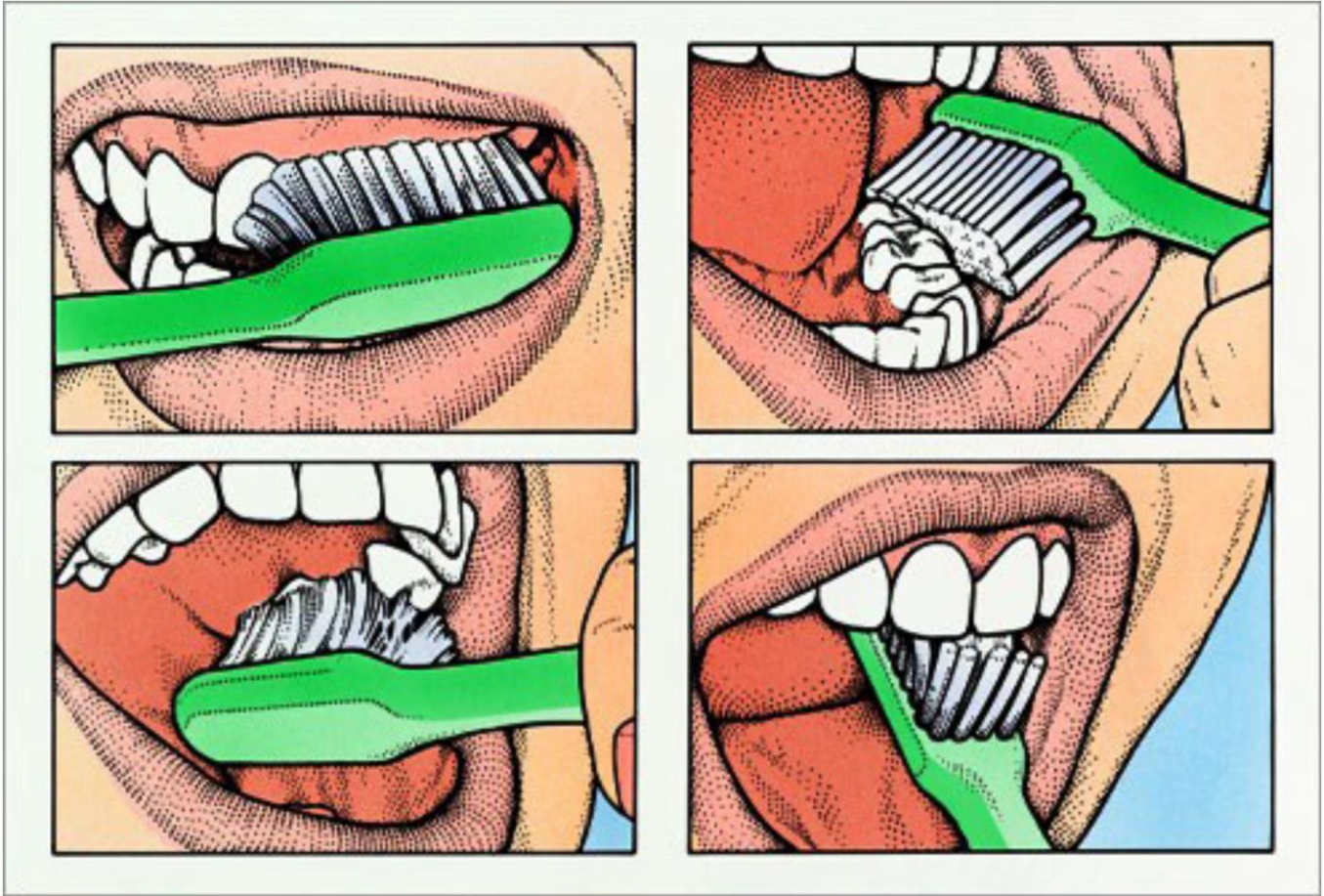
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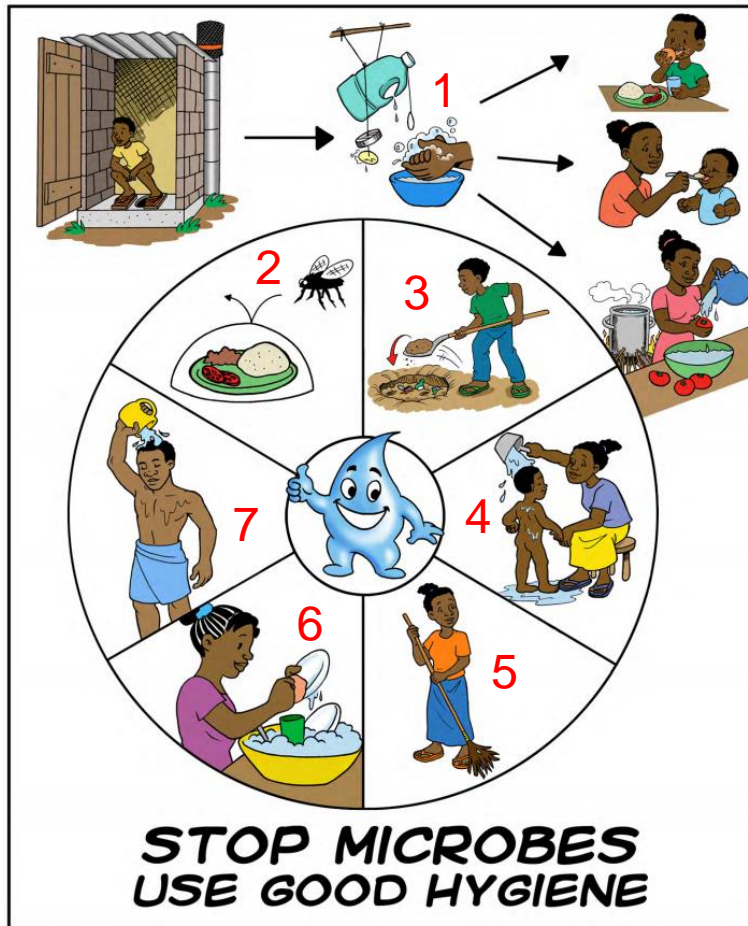
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February 2011



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

1. The key messages are (fill-in the blank):

- a. Wash your hands after using the \_\_\_\_\_ and touching \_\_\_\_\_
- b. Wash your hands before preparing \_\_\_\_\_, feeding \_\_\_\_\_ and \_\_\_\_\_
- c. \_\_\_\_\_ yourself and your family with safe water
- d. Cover your food to protect it from \_\_\_\_\_
- e. Wash and keep your \_\_\_\_\_ clean
- f. Burn and bury all household \_\_\_\_\_
- g. Keep your \_\_\_\_\_ clean

2. You can become sick from bathing in contaminated water. (circle the correct answer)

- a Yes      b No

3. Healthy hygiene habits include (circle the correct answer):

- a. Washing hands with safe water
- b. Covering food
- c. Washing utensils and dishes with safe water
- d. Bathing with safe water
- e. All of the above

4. What can you do to practice healthy hygiene?

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Notes:

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