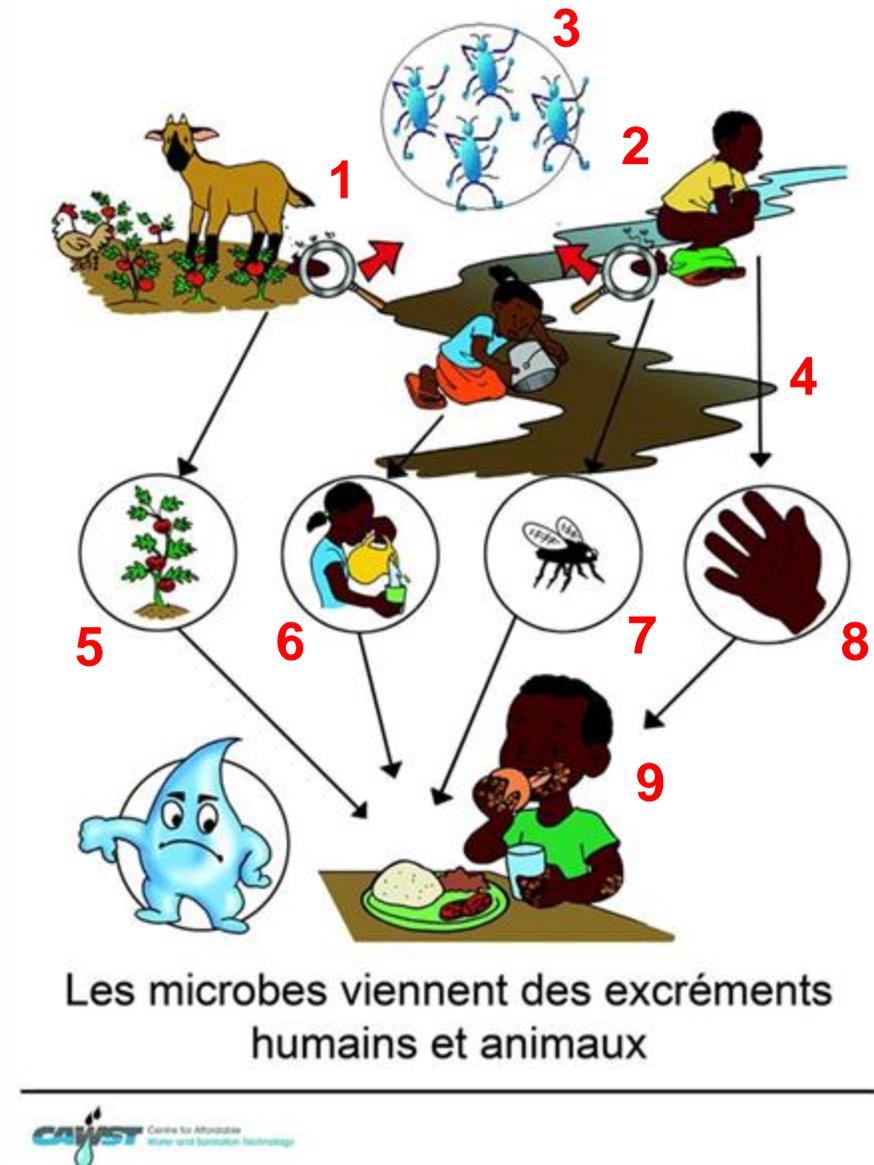


Water Missions International

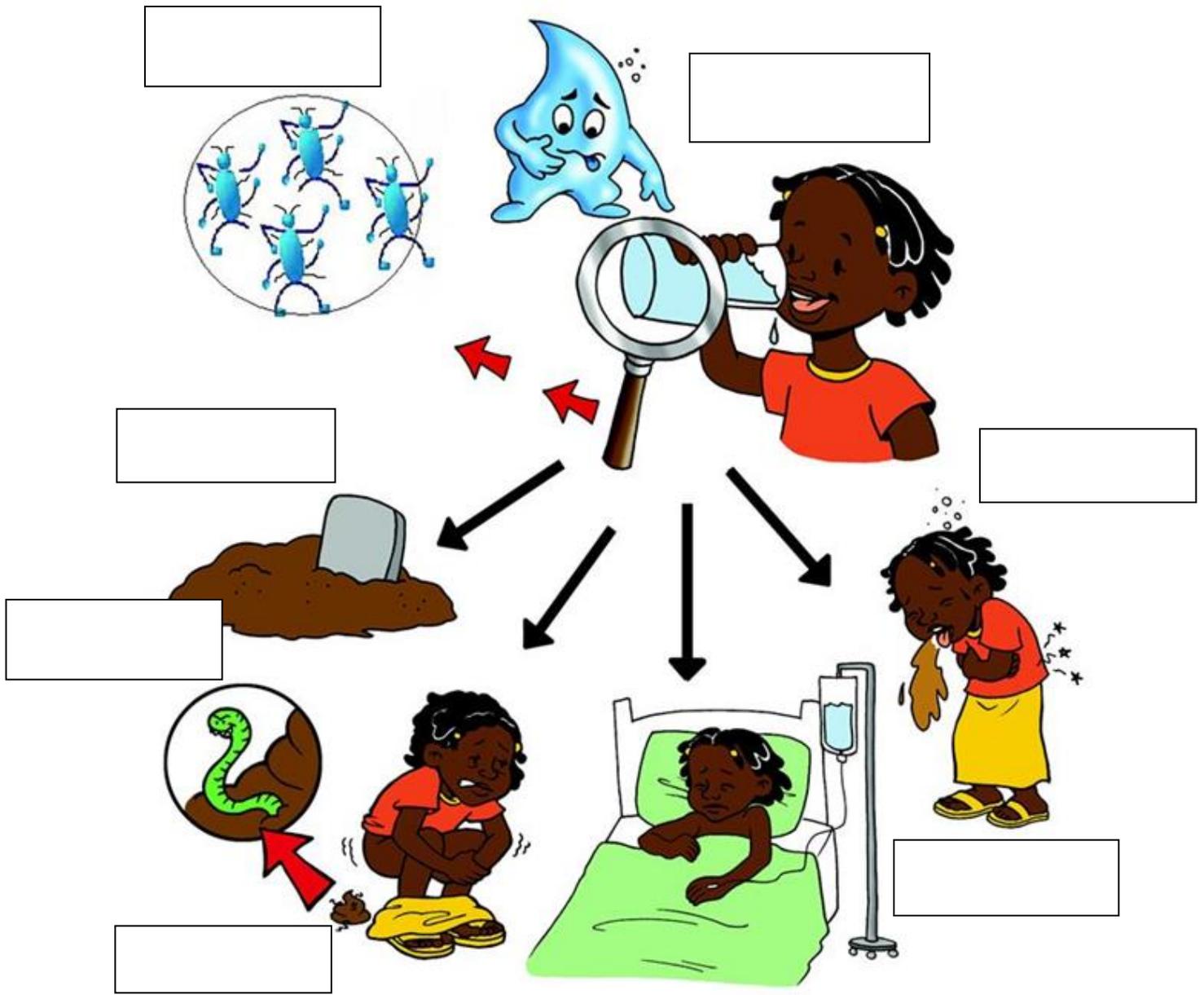
Promotion Cycle 3:

Healthy Hygiene Practices





1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____



L'eau contaminée renferme des microbes
qui nous rendent malades

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?

Notes:







1 _____
2 _____

ARRÊTEZ LES MICROBES
LAVEZ-VOUS LES MAINS

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)

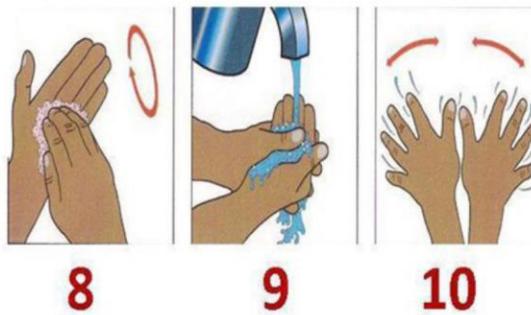
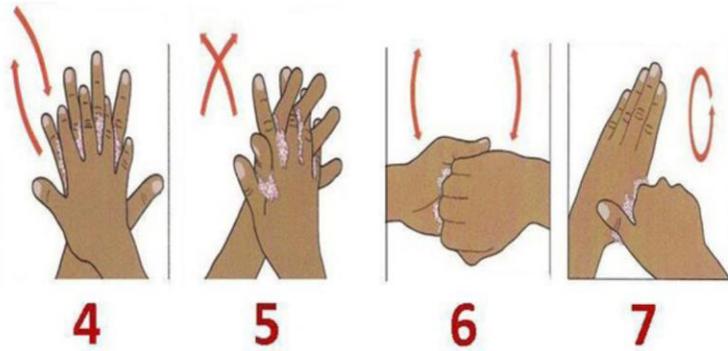
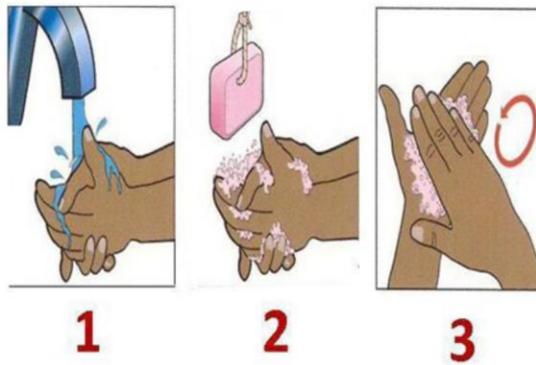
A. Yes B. No

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?

Notes:



Se laver soigneusement les mains

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:

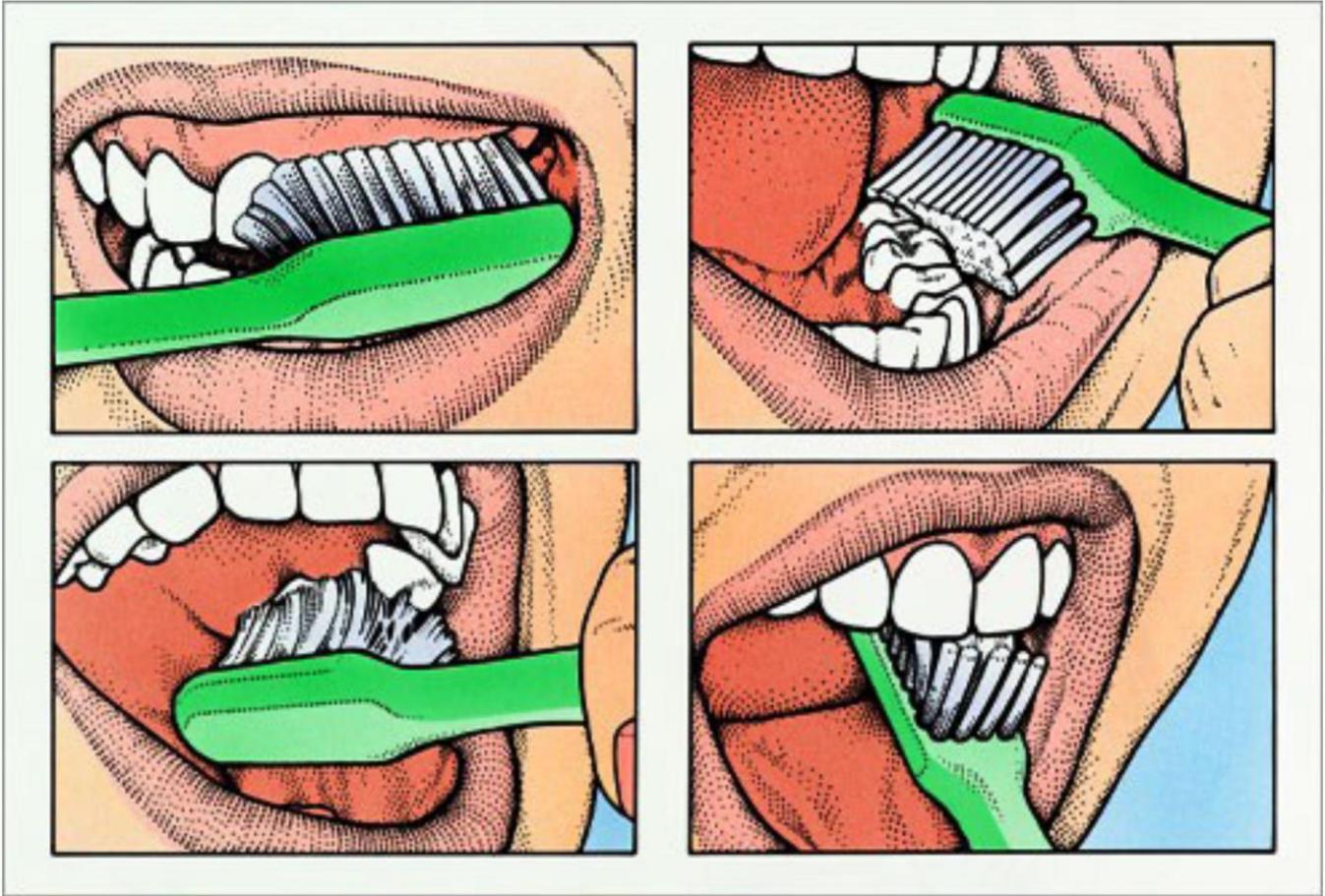
- a. Wet hands with safe _____ water
- b. Apply _____ to hands
- c. Rub hand thoroughly to produce _____
- d. Scrub _____ of hands
- e. Scrub between _____
- f. Scrub _____
- g. Scrub _____
- h. Scrub _____
- i. Rinse with safe _____ water
- j. _____ hands with a clean towel or in the air

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?

Notes:



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

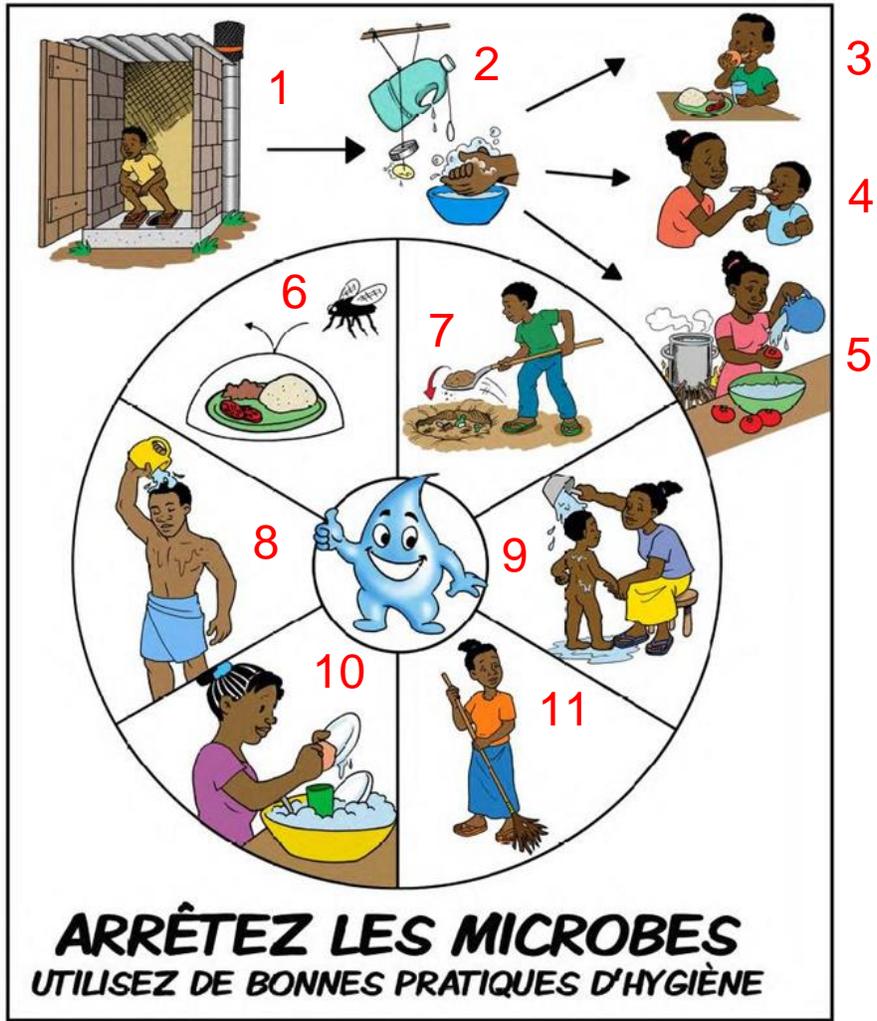
a. _____ remain in your mouth can damage your _____
and cause tooth _____ and unpleasant _____.

b. Brush your teeth with _____ water.

2. Why is it important to brush your teeth?

3. What is needed to brush your teeth?

Notes:



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

7. _____
8. _____
9. _____
10. _____
11. _____

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?

Notes:
