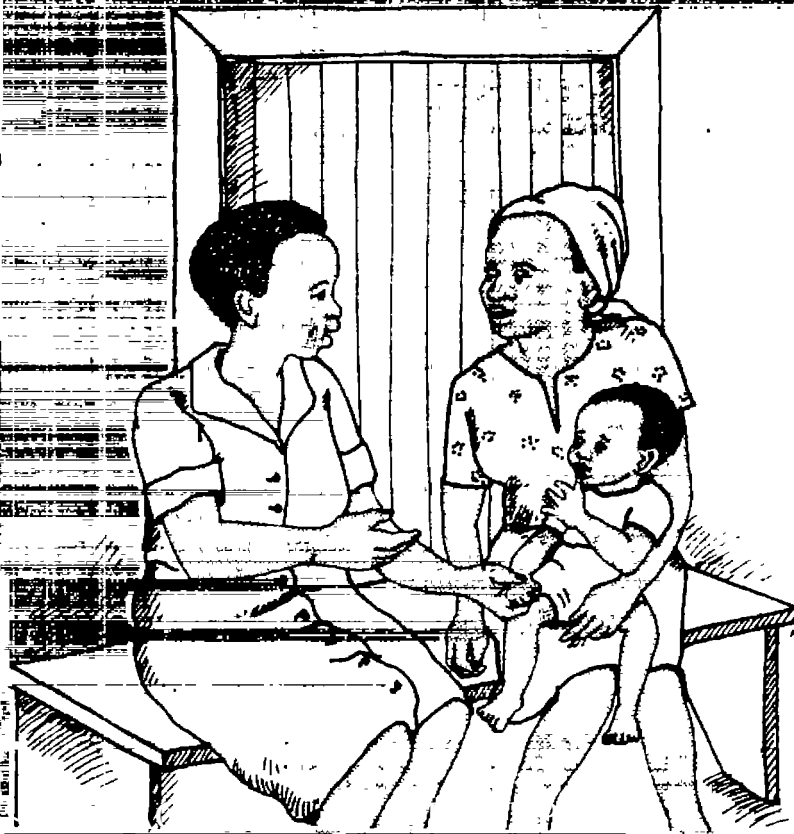


203.2

87 VI

**VILLAGE HEALTH WORKERS  
GUIDE FOR HOME VISITS  
IN RELATION TO WATER  
AND SANITATION**



VILLAGE WATER SUPPLY  
MINISTRY OF INTERIOR

1987

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# VILLAGE HEALTH WORKERS' GUIDE FOR HOME VISITS, IN RELATION TO WATER AND SANITATION PROBLEMS

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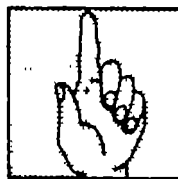
Home visits are an important part of promoting water and sanitation programmes in your community. You can use home visits to improve health by promoting good health practices.

You can use this booklet as a check list to find out some of the influences on the health of your community. Suggestions are also given on what advice you can give.

You should not regard this booklet as the only answer to some of the problems, but as a guide. Feel free to ask any questions relevant to water and sanitation, even if the question does not appear in this booklet.



Your questions



Your suggestions

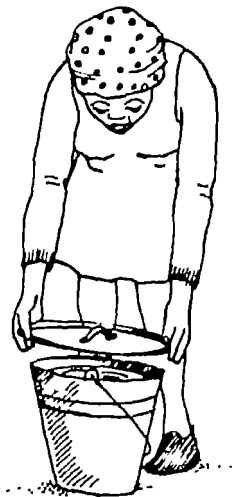
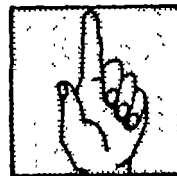


## QUESTIONS YOU CAN ASK ABOUT WATER COLLECTION, STORAGE AND USE

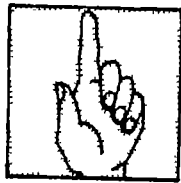
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1. Where do you get water from?
2. How is water stored in your home?
3. What kind of utensil is used to take water from the storage container?
4. Is the storage container washed after use?
5. In what container do you collect water?
6. Is this container washed before use?
7. How is the container washed?
8. Do you use the same source of water for drinking, cooking and washing clothes?
9. Is unused water from a cup/mug etc returned to the container?
10. Is the cup/mug used for drinking stored away or left in the container?

## SUGGESTIONS ON HEALTHY WATER COLLECTION, STORAGE AND USE



- Advise people to use water from protected sources.
- Advise mothers always to store water in containers with covers. If a container does not have a lid, a tea tray could be used to cover the container, or anything that will not permit dust to penetrate and contaminate the water.
- Tell mothers that unused water from a drinking vessel should not be returned into the container, because the water in the container will become contaminated.

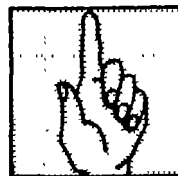


- 
- Water containers should be washed thoroughly inside and outside with water and soap.
  - Water scoops should have long handles ie gourd (mohope) so that fingers do not dip into the water in the container.
  - Water scoops should be washed thoroughly inside and outside at least once a day.
  - Advise mothers to store drinking cups/mugs etc. where they cannot get dusty.

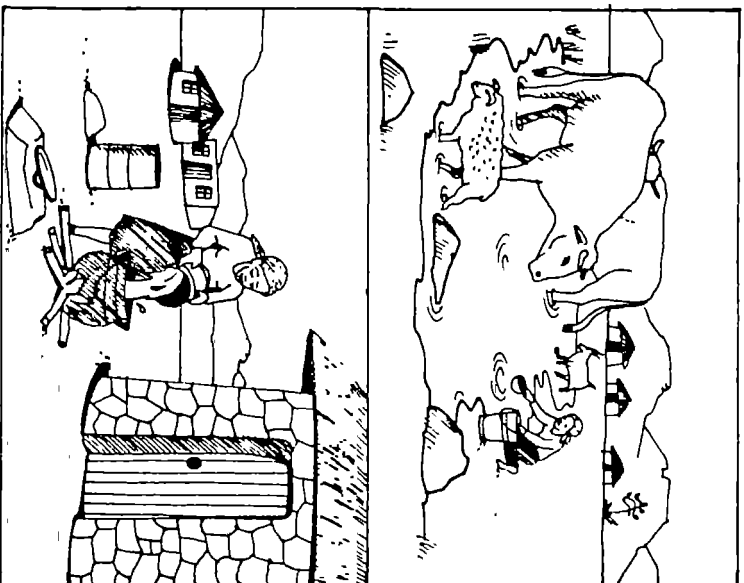


## SUGGESTIONS ON CARE AND MAINTANANCE OF WATER TAPS

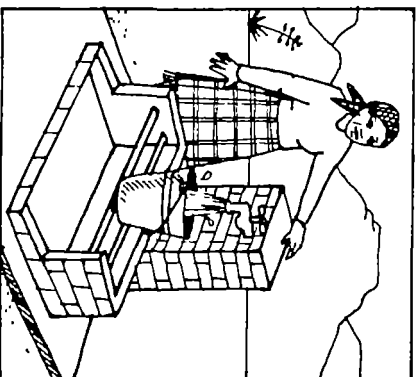
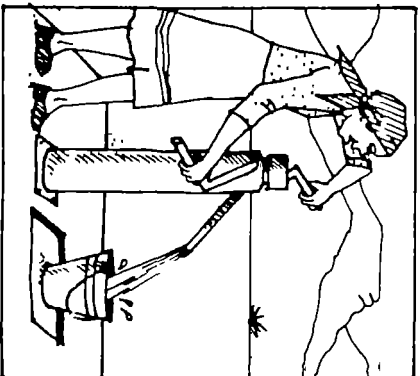
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1. Advise people that hand pumps are machines and when not used properly will break, and this will lead to loss of water.
2. Children should be warned to use these hand-pumps properly, and not play with them as toys.
3. People should not handle the mouth piece with their hands.
4. The area surrounding the tap should be kept clean and dry to prevent the spread of flies and germs which cause disease.
5. With the gravity system, make sure that the tap does not break, because this will lead to contamination of water.
6. Make sure you know water minders in your village such that maintenance could be done immediately if there are any breakages.
7. Advise mothers to always use water from protected springs to prevent the spread of germs which cause disease.



When your source of water is a dam or a river, always boil the water before drinking it.



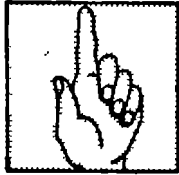
Water coming straight from the hand pump or from the water tap is safe for drinking.



QUESTIONS YOU CAN ASK  
ABOUT PERSONAL AND  
DOMESTIC HYGIENE



- 
1. When do you wash your hands?
  2. How do you wash your hands?
  3. Are there any dirty dishes & pots in the house?
  4. Are your fruits and vegetables washed before use?
  5. How often do you wash your body in a day?
  6. Are children washed as well?
  7. Does any member of the family have scabies?
  8. How do people treat a person with scabies?
  9. When are baby nappies washed?
  10. Is food covered to protect it from flies?
  11. Tell mothers to clean up the faeces of the baby and throw them into the latrine.

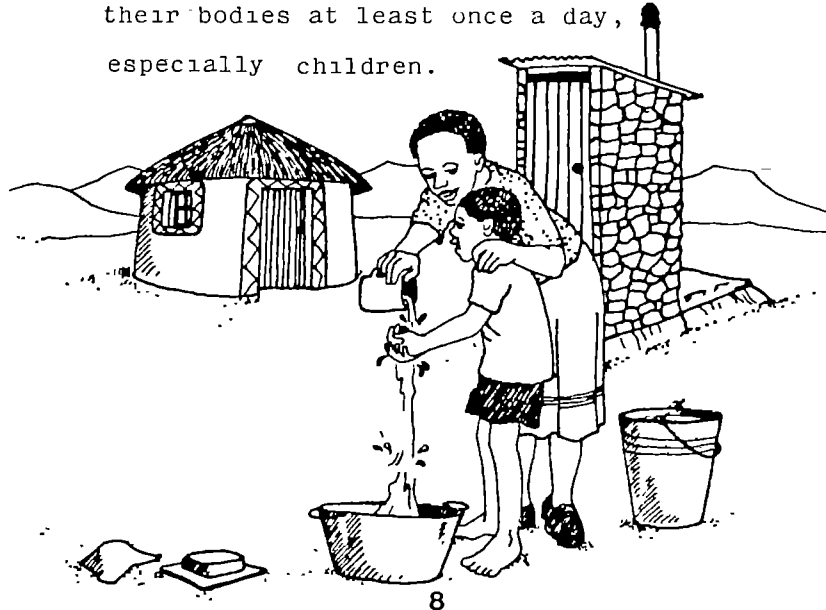


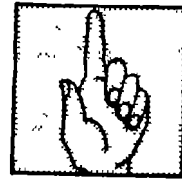
## SUGGESTIONS ON PERSONAL AND DOMESTIC HYGIENE

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Advise mothers to:

- Wash their hands (with water and soap) immediately after defecation. This should be done preferably from a running tap or with the help of someone (see illustration).
- Wash dirty dishes as soon as possible, because they attract flies.
- Always use clean utensils for cooking and eating.
- Encourage members of the family to wash their bodies at least once a day, especially children.





- Wash soiled nappies immediately so that they do not attract flies.
- Advise mothers to encourage every member of the family to wash their bodies every day to prevent scabies.





## QUESTIONS YOU CAN ASK ABOUT DIARRHOEA

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1. Does anyone in your family have diarrhoea?
2. What does the mother do when anyone of the family has diarrhoea?
3. What does the mother believe to be cause of diarrhoea?
4. Does she know how to make Salt and Sugar Solution (S.S.S.) for rehydration?
5. Does she bottle feed her children?
6. Does she know the dangers of bottlefeeding?
7. If yes, why does she bottlefeed?

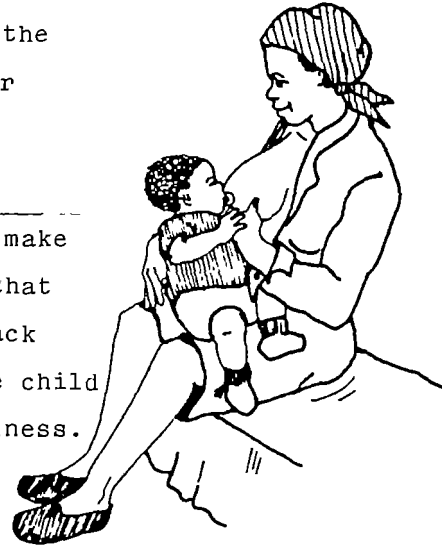


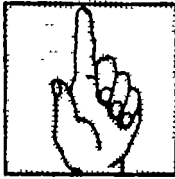
## WHAT TO DO WHEN THERE IS A CASE OF DIARRHOEA

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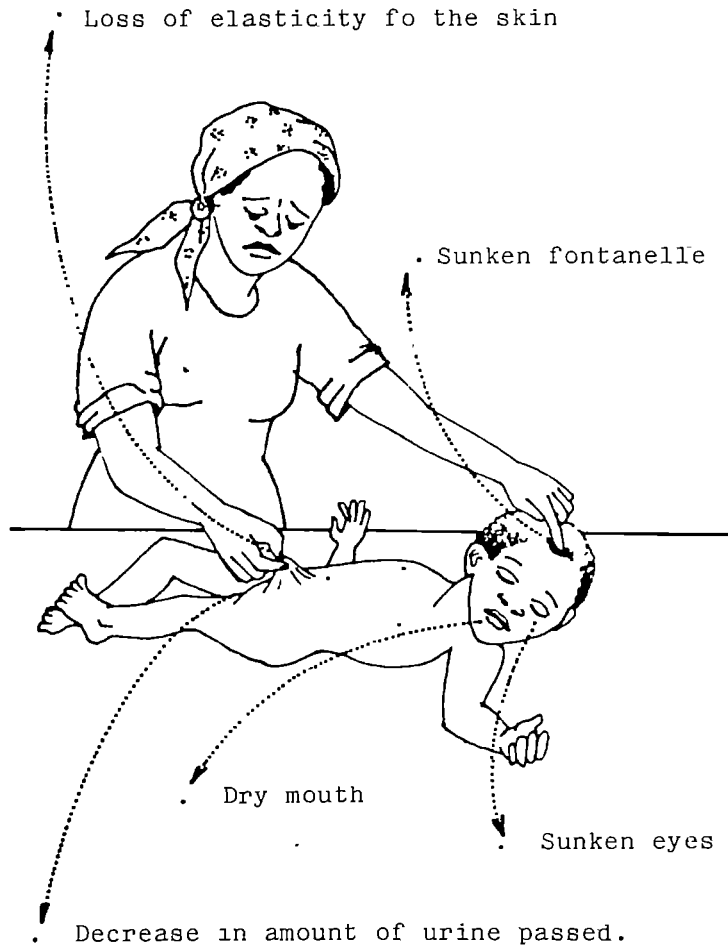
- Find out how long the child has had diarrhoea, find out if she has been given anything to drink; if not, give the child fluids (i.e. water fruit juice, etc.)
- Show the mother how to make S.S.S. Explain to her that the drink will bring back the water and salts the child has lost during the illness.
- Advise her to continue breastfeeding. Explain to her that breastmilk is always fresh, always available, and always clean.
- Advise her to use a cup and spoon to feed the baby instead of a bottle.
- Explain to the mother that, when a child has diarrhoea he loses a lot of water and salts, and therefore, becomes dehydrated.



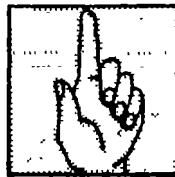


## SIGNS OF DEHYDRATION

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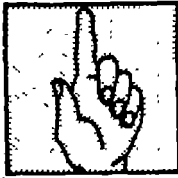
# WHY GIVING AN ENEMA TO A CHILD WITH DIARRHOEA IS DANGEROUS



When a child has diarrhoea he loses a lot of water and salts. If you give an enema to a child with Diarrhoea, you increase the loss of water and salts, and therefore the child becomes more dehydrated and is likely to die.

- MOTHERS SHOULD NEVER GIVE AN ENEMA TO CHILDREN WITH DIARRHOEA



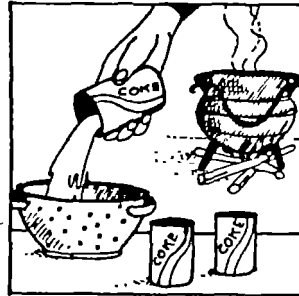


## HOW TO PREPARE S.S.S. DRINK

### Step 1

Take a soft drink tin (340ml), fill it three times with clean water from a protected source, or use a litre bottle of clean water and pour it in a bowl.

● WATER FROM AN UNPROTECTED SOURCE (i.e. dams, rivers, springs) SHOULD BE BOILED BEFORE USING.



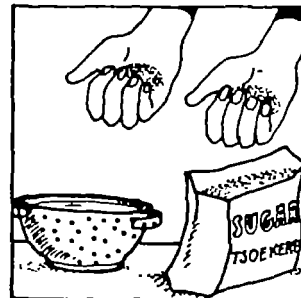
### Step 2

Take two pinches of salt with three fingers and pour into the bowl with water.



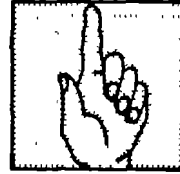
### Step 3

Take two (four fingers) Scoops of sugar and mix with water in the bowl



● Wash hands before step 1 and 2!





Step **4**

Mix the ingredients together until the salt and sugar have dissolved completely.



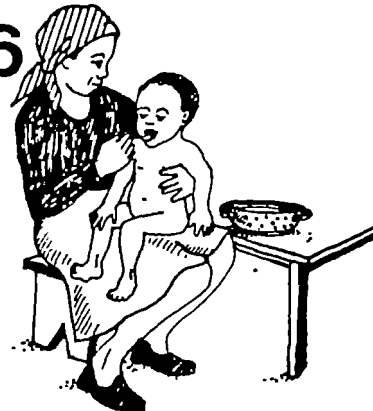
**5**

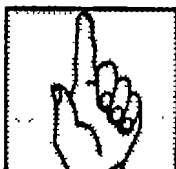
Taste the solution first before you give it to a child. The solution should taste like tears. If not, make another solution.



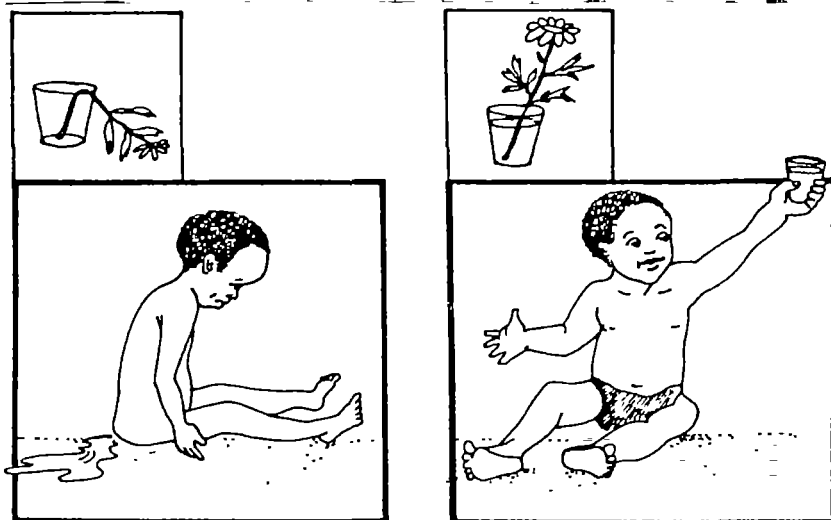
Step **6**

Give the child with Diarrhoea this solution with a spoon.





## A CHILD IS LIKE A FLOWER



A child is like a flower or a plant. Ask mothers what happens when a plant or flower has no water and food - it dies .

Ask mothers what happens when a plant or flower is watered - it lives .

When a child has diarrhoea, the mother must give more to drink than usual, and must continue feeding the child.

(Breastfeeding should also be continued.)

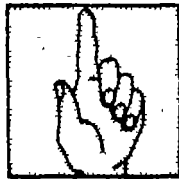
Otherwise the child will dry out and die, like a plant without water and food.

## WHEN A CHILD IS UNCONSCIOUS



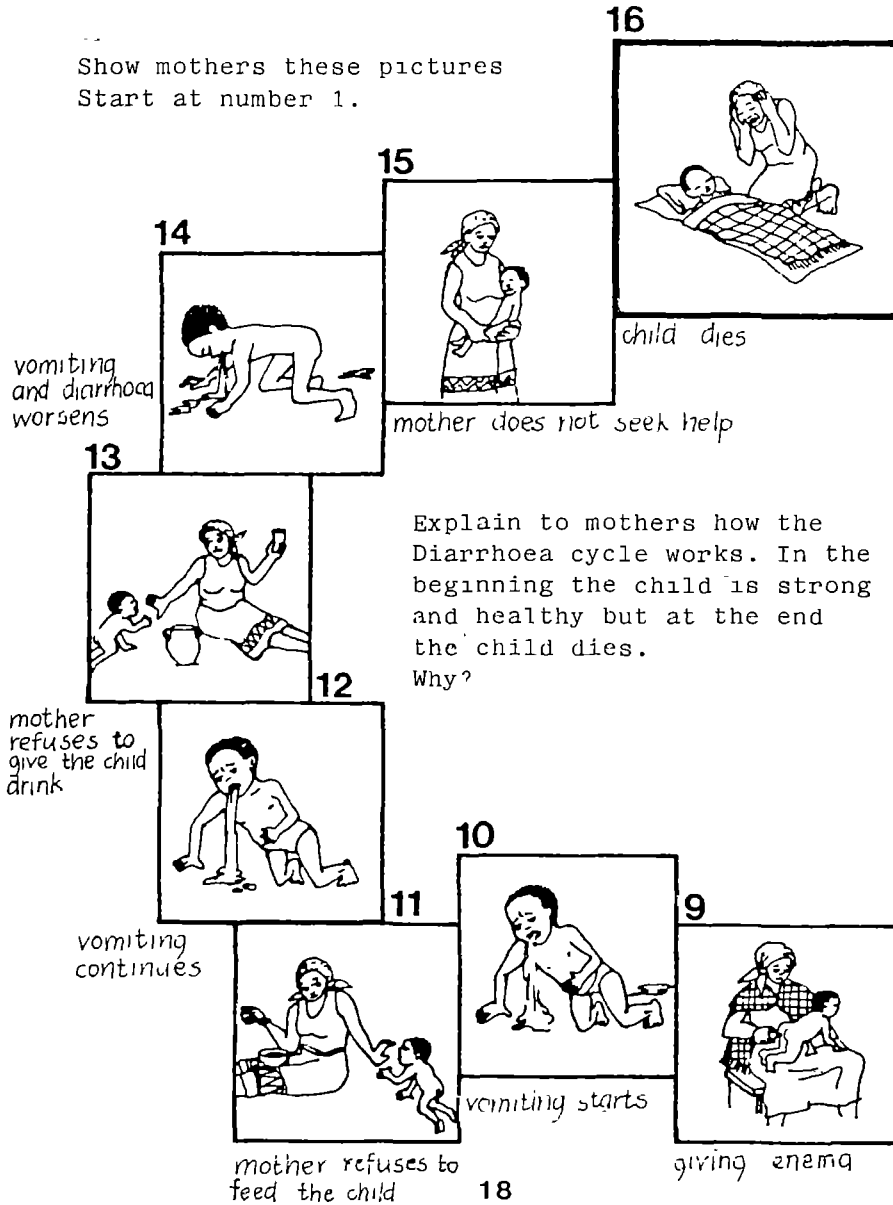
Do not give unconscious children anything to drink, because an unconscious person cannot swallow. He might choke and die if you try. Always refer patients who are unconscious to the clinic.

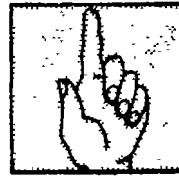




# THE CYCLE OF DIARRHOEA FLASH CARDS HOW TO USE THEM

Show mothers these pictures  
Start at number 1.





1



healthy child

2



bottle feeding

diarrhoea starts

3

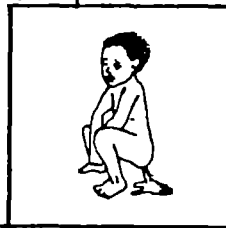


Talk about the dangers of bottle-feeding, what happens when there is poor personal and domestic hygiene and about the incorrect treatment of diarrhoea.

4



5



dirt and flies

Ask mothers to find out what went wrong in this Diarrhoea cycle.

7



dirty eating

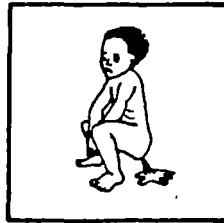
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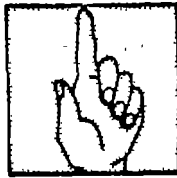
dirty cooking

more diarrhoea

8

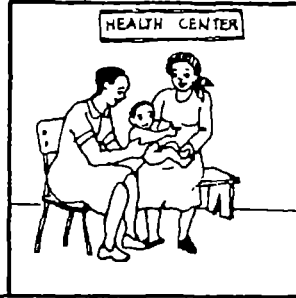


diarrhoea worsens



# BREAKING THE CYCLE OF DIARRHOEA FLASH CARDS HOW TO USE THEM

9 regular clinic visits



Now show the mothers pictures with healthy practices.

These can break the diarrhoea cycle and avoid the death of the child.

8



Talk about the importance of breastfeeding, the use of latrines, domestic and personal hygiene and the importance of maintaining contact with clinics.

clean eating

7

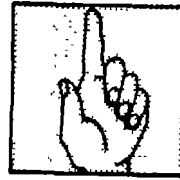


clean cooking

6



clean hands

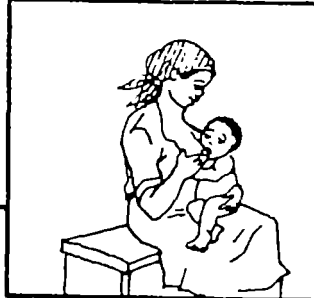


1



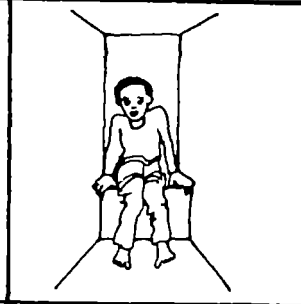
healthy child

2



breastfeeding

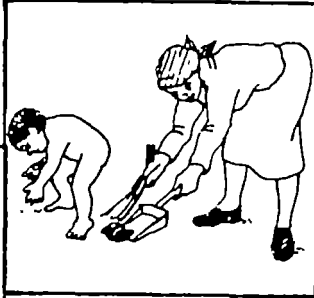
3



Ask mothers to place pictures of healthy practices on to the diarrhoea cycle so that they break the cycle.

Ask them to discuss their own experiences.

4



using pitlatrine

5



clean house

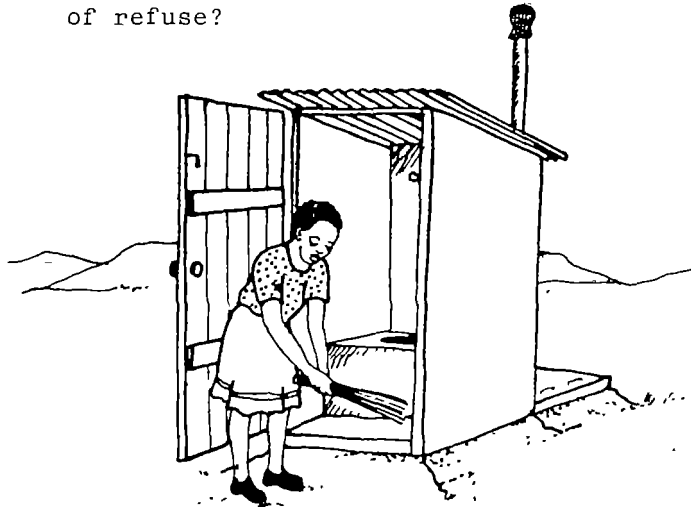
hygienic practises



## QUESTIONS YOU CAN ASK ABOUT SANITATION

---

1. Where do members of the household go for defecation?
2. If there is no latrine present, find out why?
3. If there is a latrine present, do all members of the family use it?
4. What type of a latrine is it?
5. Does the family know about V.I.P?
6. How does the mother dispose of baby faeces?
7. Does the family have a refuse pit, and a soakaway pit. If not, how do they dispose of refuse?

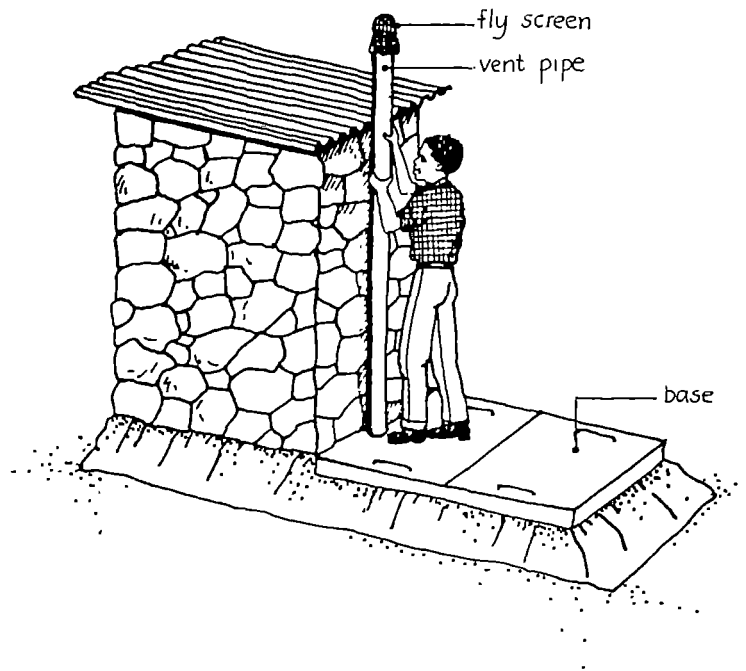




## HOW TO CHECK A V.I.P. LAT- RINE



- Is the fly screen torn?
- Is the vent. pipe above the superstructure?
- Are there no holes around the base which might allow light into the pit?





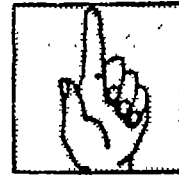
## HOW TO CHECK ANY OTHER LATRINE

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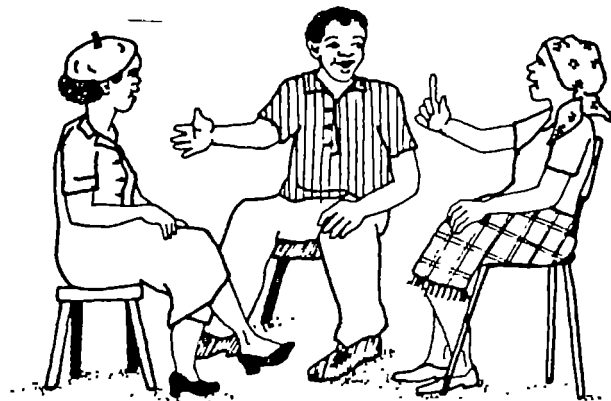
- Is the latrine safe for people to use without fear of falling in?
- Does it have a door?
- Does it have a seat cover?
- Is the latrine generally clean?

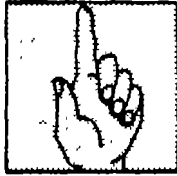
Scrub the toilet seat and floor with water and soap.





- Latrines should be properly sited and properly constructed.
- Contact the Public Health Office in your district, so that they can give you advice if you want to build yourself a latrine.
- Or contact your nurse at the Clinic or the district Public Health Nurse, about the construction of the latrine. There are also Health Assistants in every district in Lesotho. They can also help you with this matter.





## GENERAL ADVICE ON DOMESTIC HYGIENE

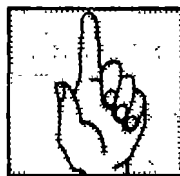
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Advise the family on a suitable place where they can dump refuse from the house and show them how to make a soakaway pit.

Look around the compound for any faeces lying around and explain to mothers that babies' faeces are the most dangerous, and must be deposited into a latrine or covered so that flies cannot breed in it. Advise mothers to always keep food and water covered from flies.

- Advise them to:
- a) keep their houses clean
  - b) cover food and water from flies and dust which can spread disease.
  - c) wash their hands before feeding the baby.
  - d) wash their hands with soap and water before handling food.





● Use clean utensils for feeding the baby.

● Not to allow animals into the house.



● Advise mothers to collect all the rubbish and burn it or bury it.



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