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FAMILY HEALTH

BOTSOGO JWA MALWAPA

LIBRARY INTERNATIONAL REFERENCE CENTRE
CENTRE FOR SUSTAINABLE WATER SUPPLY AND
SANITATION (IIRC)

(GUIDE BOOK ON SANITATION AND HEALTH)
BUKANA EE GO TLHAGISANG KA TSA BOTSOGO

LIBRARY INTERNATIONAL REFERENCE
CENTRE FOR SUSTAINABLE WATER SUPPLY
AND SANITATION (IIRC)
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SELF-HELP ENVIRONMENTAL SANITATION PROJECT, SOUTHERN DISTRICT COUNCIL.

THIS BOOK IS DESIGNED ESPECIALLY FOR THOSE FAMILIES
WHO HAVE MADE VENTILATED IMPROVED PIT LATRINES

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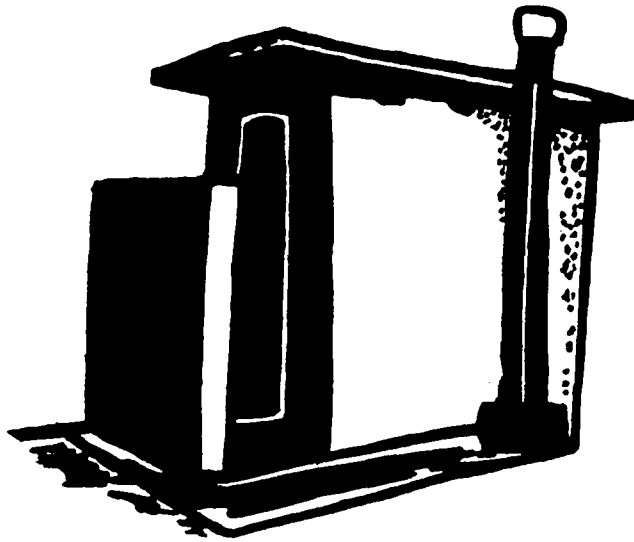
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REFERENCES:

1. RURAL VENTILATED IMPROVED PIT LATRINES: A FIELD MANUAL FOR BOTSWANA.
— JOHN VAN NOSTRAND AND JAMES G. WILSON.
2. ENJOY GOOD HEALTH THROUGH PROPER PERSONAL HYGIENE AND SANITATION.
— D. NYAMWAYA.
3. HAND BOOK FOR VILLAGE HEALTH EDUCATORS.
— D. NYAMWAYA.

USE LATRINE
DIRISA NTLWANA YA BOITHOMELO



IT WILL PROTECT YOUR HEALTH
E TLAA SIRELE TSA BOITEKANELO JWA GAGO

DIARRHOEAL DISEASES ARE AMONG THE TOP THREE
KILLERS IN CHILDREN UNDER FIVE YEARS OF AGE IN
BOTSWANA

MALWETSE A LETSHOLOLO KE MANGWE AA KO
GODIMO A MARARO AA BOLAYANG BANA BA BA
DINGWAGA TSEDİ KWA TLASE GA BOTLHANO MO
BOTSWANA

USE OF LATRINE HELPS PREVENT DIARRHOEA

TIRISO YA NTLWANA YA BOITHOMELO E SIRELETSA
LETSHOLOLO

ADVANTAGES OF VENTILATED IMPROVED PIT (VIP) LATRINE
BOMOSOLA JWA MATLWANA A BOITHOMELO AA TLHABOLOTSWENG

→ IT DOES NOT COLLAPSE AND THEREFORE CAN BE USED FOR A LONGTIME
GA E WELE JALO EKA DIRISIWA KA LOBAKA LO LO LEELE.

→ IT IS PROVIDED WITH A VENTILATION PIPE WHICH EMITS BAD ODOURS
AND TRAPS IN FLIES

→ ENA LE POMPO EE NTSANG MENKO EE BOSULA GAPE DINTSI TSE DI
TSENYENG DI SWELA MO TENG.

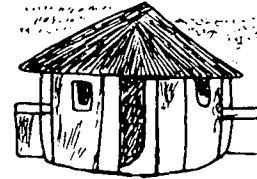
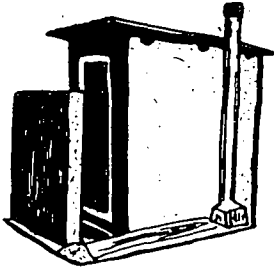
→ THE SEAT HAS A SAFE DROP-HOLE. SO CHILDREN CAN ALSO USE IT.
E PABALELO EE BOTOKA. E KA DIRISIWA LE KE BANA

→ IT REDUCES WATER AND SANITATION RELATED DISEASES
E FOKOTSA MALWETSE AA TSAMAALANANG LE METSI KANA TIKOLOGO EO.

→ IT IS EASY TO CLEAN
E MOTLHOFO GO E PHEPHAFATSA.

OH! OUR VIP-LATRINE IS COMPLETE!

IJOO! NTLWANA YA RONA YA BOITHOMELO E FEDILE!



HOW NICE!

GO GONTLE JANG!

HOW TO MAINTAIN THE VIP-LATRINE

TLHOKOMELO YA NTLWANA YA BOITHOMELO

- DO NOT POUR WATER INTO THE PIT
SE-TSHELE METSI MO LEHUTING

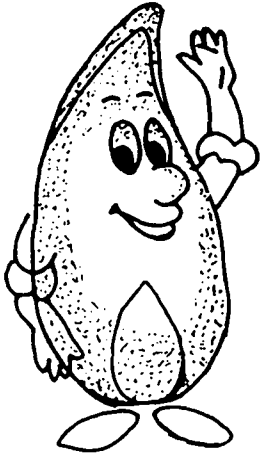
- DO NOT THROW RUBBISH INTO THE PIT
SE-LATLHELE MALELE MO LEHUTING

- KEEP THE LATRINE SEAT CLEAN AND COVERED
NTLWANA YA BOITHOMELO E TSHWANETSE GO NNA ELE PHEPA NAKO
LE NAKO EBILE E KHURUMETSWE

- INSPECT THE FLY-SCREEN AND SLABS REGULARLY
TLHATLHOBA SETSHWARA DINTSI LE TIKOLOGO YA NTLWANA NAKO LE
NAKO

- ENSURE THAT THE ENTIRE FAMILY USES THE LATRINE
TLHOMAMISA GORE BA LOLWAPA BOTLHE BA DIRISA NTLWANA YA
BOITHOMELO

**WHAT IS THE PURPOSE OF THE SELF-HELP SANITATION PROJECT?
MAIKAELELO A THULAGANYO YA BOITEKANELO KA BOIPELEGO KE ENG?**



**TO ASSIST THE VILLAGERS TO IMPROVE THEIR PERSONAL HYGIENE
AND SANITATION**

**KE GO THUSA BA MALAPA GO TOKAFATSA BOPHEPA JWA MEBELE
YA BONE LE JWA TIKOLOGO**

MANPOWER: BOTSWANA'S STRENGTH

BADIRI: THATA YA BOTSWANA



LET US KEEP ON CLEANING

ARE TSWELELENG KA GO PHEPAFATSA

WASH YOUR HANDS:

TLHAPA DIATLA:

AFTER USING A LATRINE

*
FA O SENA GO DIRISA NTLWANA YA BOITHOMELO

BEFORE PREPARING FOOD

*
PELE GA O TSHWARA DIJO

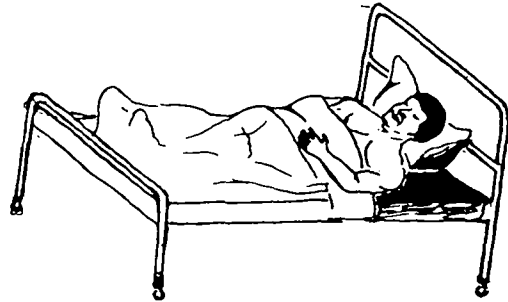
BEFORE EATING FOOD

*
PELE GA O OJA DIJO

**IF YOU DRINK WATER STRAIGHT FROM THE RIVER OR POND
FA O NWA METSI AA TSWANG MO MOGOBENG KANA NOKA**



**IT MAY MAKE YOU SICK
A KA NNA A GO TSENYA BOLWETSE**



**IT IS BETTER TO BOIL THIS WATER BEFORE DRINKING IT TO KILL GERMS
GO BOTOKA GO BIDISA METSI A PELE GA O A ANWA GO BOLAYA MEGARE**

DRINKING WATER SHOULD BE PURE

METSI AA NOWANG A TSHWANETSE GO GALALELA A NNE PHEPA

FETCH IT FROM PROTECTED SOURCE LIKE STAND-PIPE

*
AGE MO POMONG EE SIRELEDITSWENG

HANDLE AND STORE IT PROPERLY

*
A TSHWARE O BE OA HAPHE SENTLE

BOIL IT IF THE SOURCE IS UNPROTECTED LIKE RIVER, POND, ETC.

*
A BIDISE FA A TSWA MO FELONG LE LE SA DIRELEDIWANG JAAKA DINOKA.
MATAMO, MEGOBE, JALO, JALO.

EAT FRUITS AND VEGETABLES TO IMPROVE YOUR HEALTH

JA MAUNGO LE MEROGO GO TOKAFATSA BOITEKANELO JWA GAGO

BANANA

ORANGE

APPLE

MANGO

PINEAPPLE

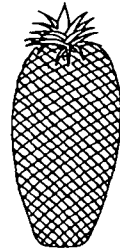
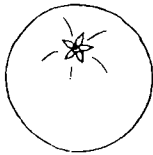
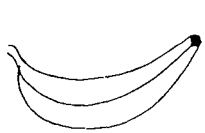
PANANA

NAMUNE

APOLE

MMENKU

PHAENAPOLE



POTATO

CABBAGE

BEANS

CARROT

TOMATO

ONION

TAPOLE

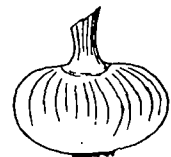
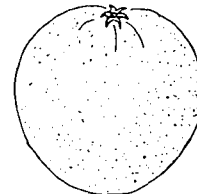
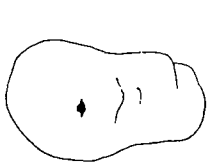
KHABECHE

DINAWA

SEGWETE

TAMATI

KWII



YOUR BODY NEEDS VARIETIES OF FOODS
MMELE WA GAGO O TLHOKA DIJO TSE DI FAROLOGANYENG JAAKA

MEAT, MILK, ETC.

- * NAMA, MASHI, JALO, JALO.

FRUITS

- * DIGWERE

VEGETABLES

- * MEROGO

RICE, MAIZE, ETC.

- * RAESE, MMIDI, JALO, JALO.

CARE OF CHILDREN

TLHOKOMELO YA BANA

BREAST FEED YOUR BABY FOR TWO YEARS
AMUSA NGWANA WA GAGO NGWAGA TSE PEDI

START TO FEED HIM WITH FRUITS AND OTHER SOFT FOODS AT FOUR MONTHS
MO JESE MAUNGO LE DIJO TSE DI BOLETA MORAGO GA KGWEDI TSE NNE

IMMUNIZE YOUR CHILD IN TIME AGAINST THE SIX KILLER DISEASES LIKE
TUBERCULOSIS, DIPHTHERIA, WHOOPING COUGH, TITANUS, MEASLES AND POLIO

THIBELA NGWANA KA NAKO KGATLHANONG LE MALWETSE A MARATARO AA
BOLAYANG BANA: KE KGOTLHOLO E TONA, DIKODUTSE DI TSHWEU, SEHUBA SA
MONGANGANYEGO, KITLANO YA DITLHAA, MMOKWANE, LE GO SWA MHAMA

KEEP YOUR BABY ALWAYS CLEAN
TLHAPISA NGWANA WA GAGO NAKO TSOTLHE

USE LATRINE. IT HELPS TO PREVENT DIARRHOEA IN CHILDREN
DIRISA NTLWANA YA BOITHOMELO GO THIBELA NGWANA WA GAGO GO TSENWA
KE LETSHOLOLO

THE END
BOKHUTLO