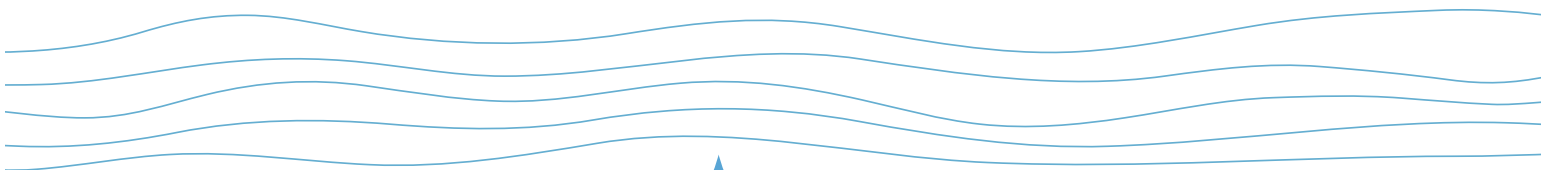


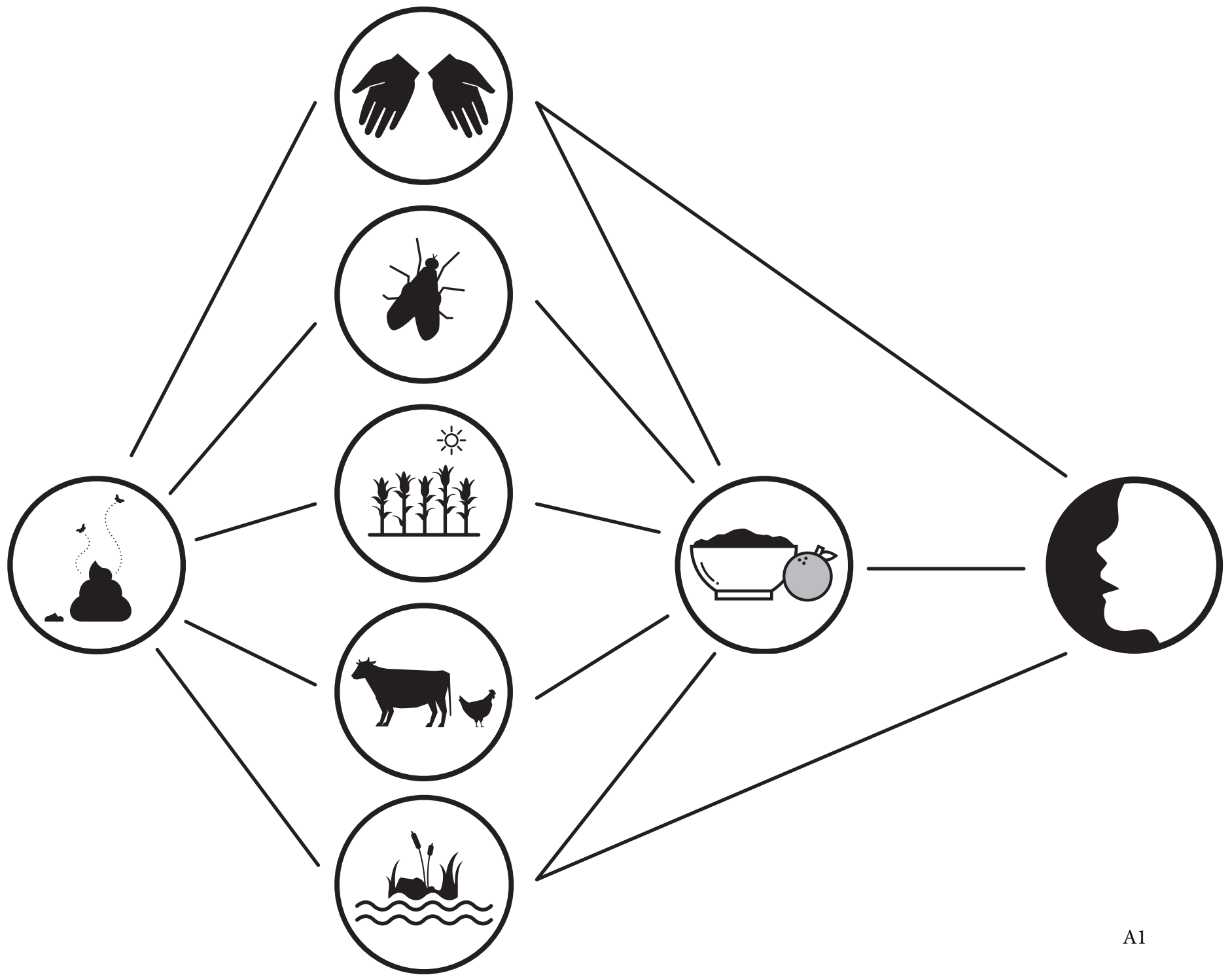


Resource Packet

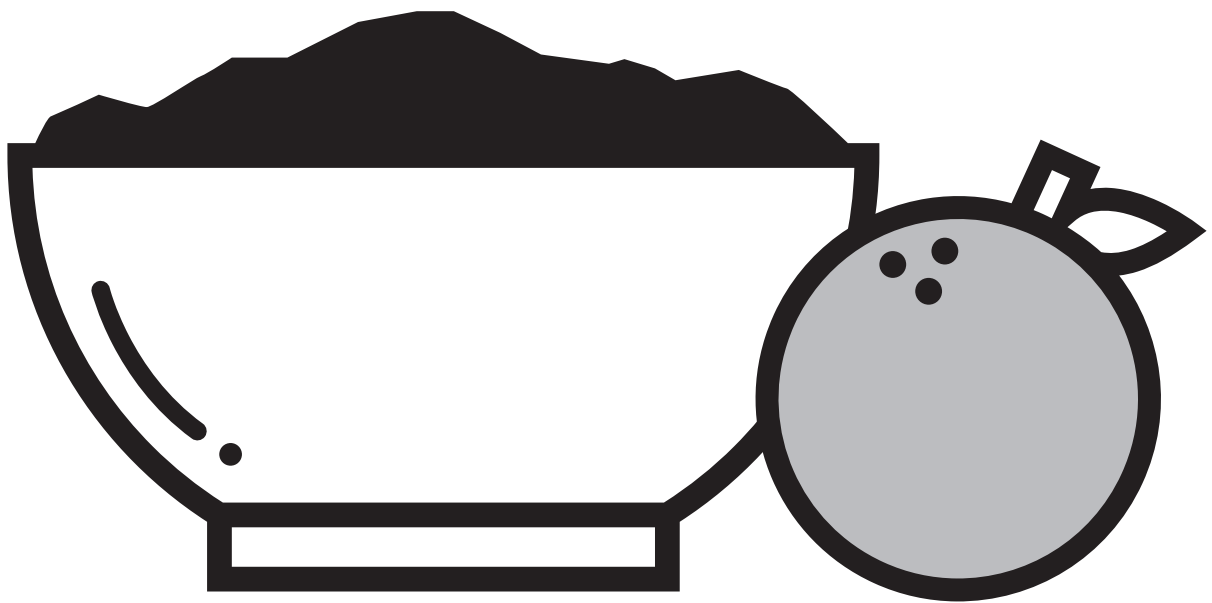


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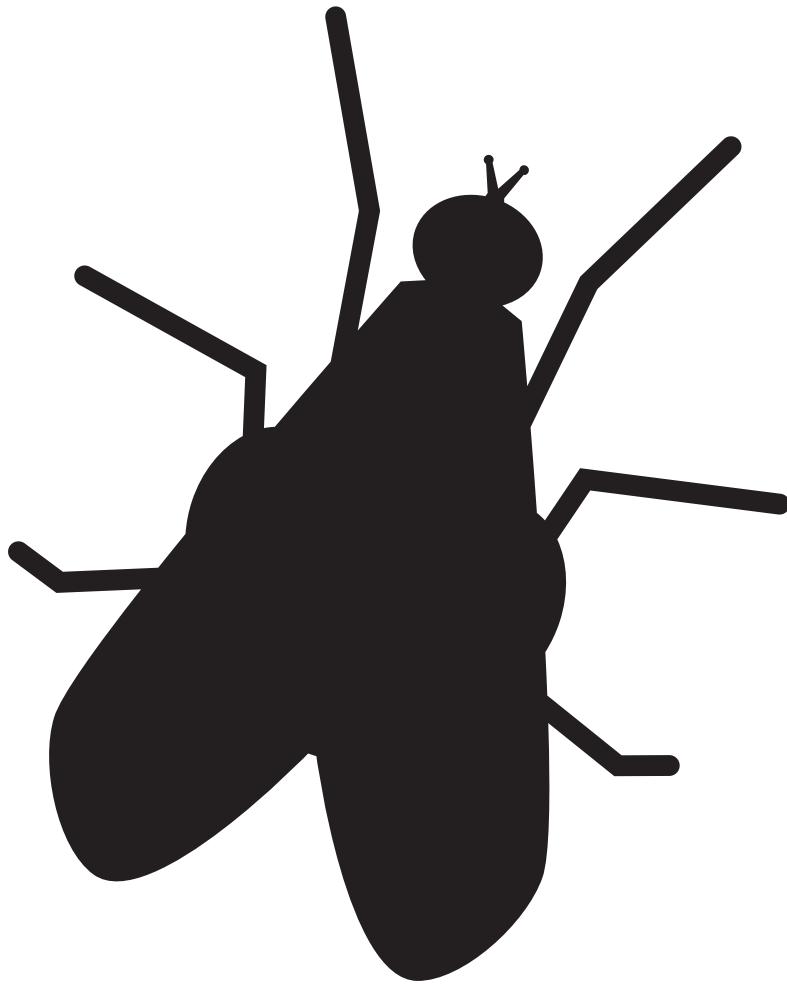
Lesson 2.1: WASH-Related Disease Transmission

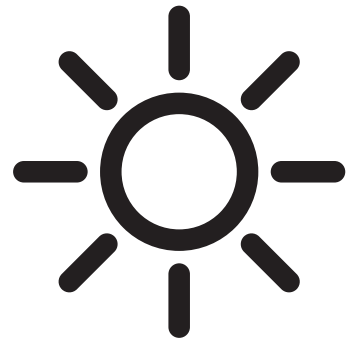


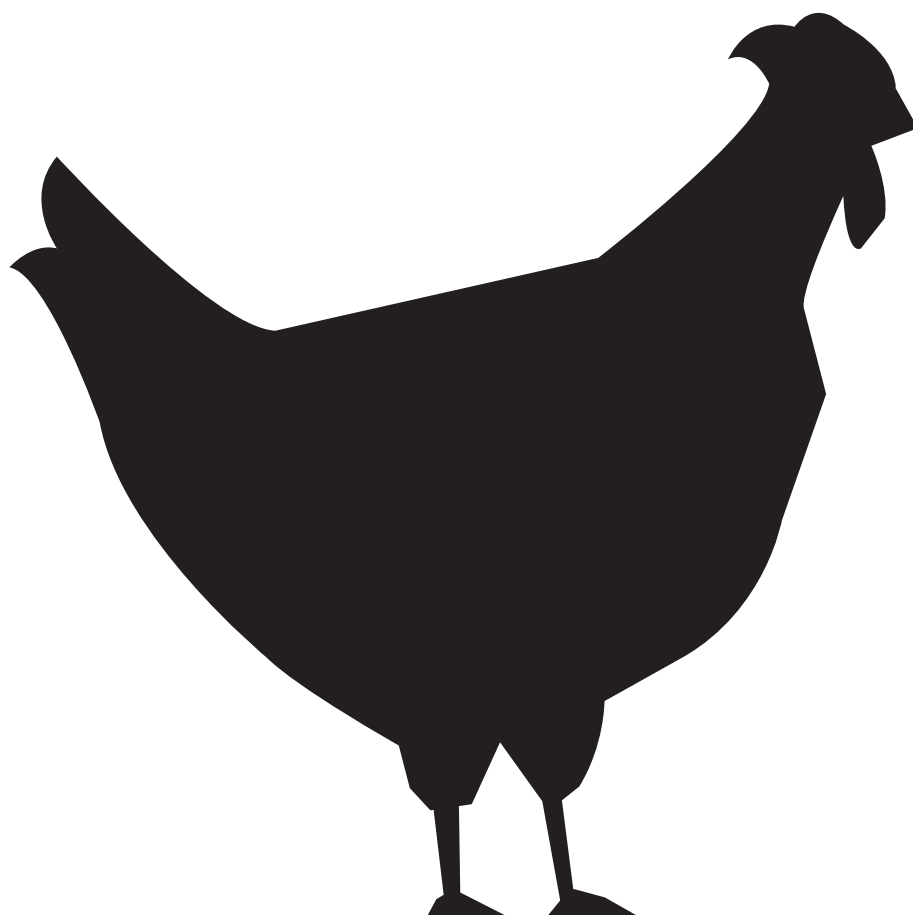




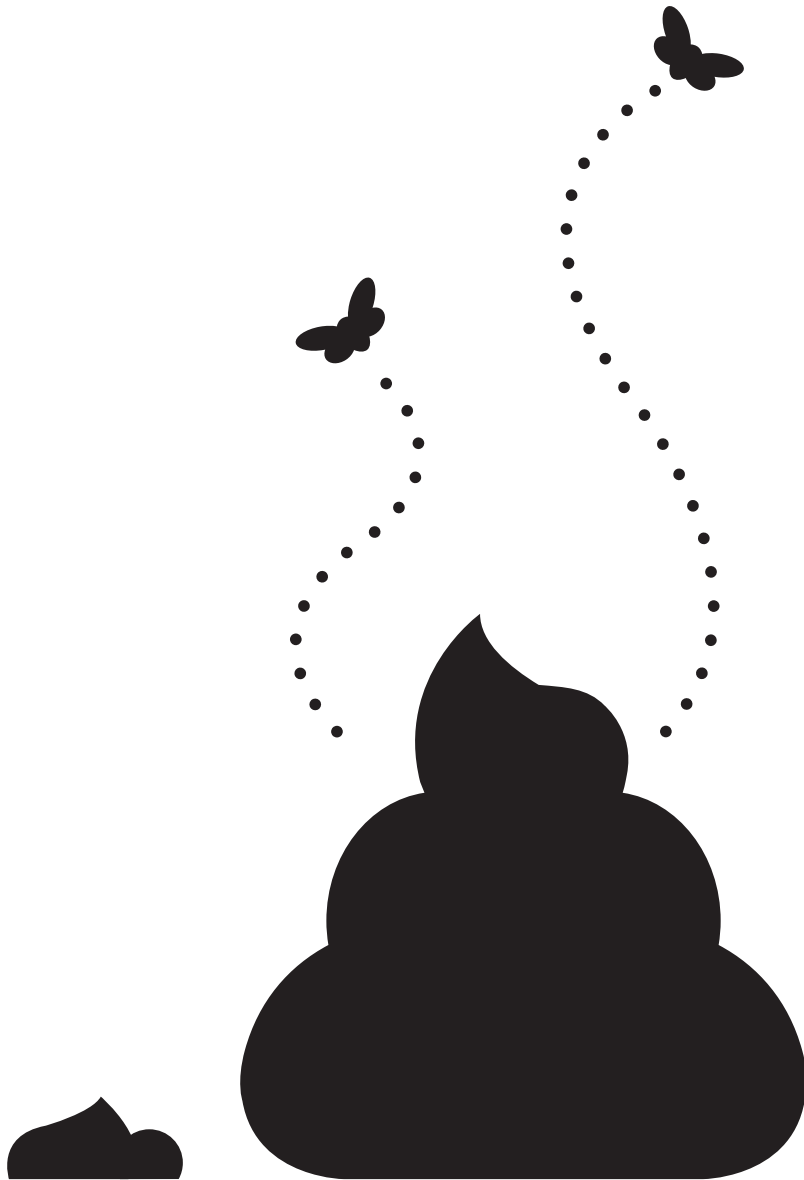


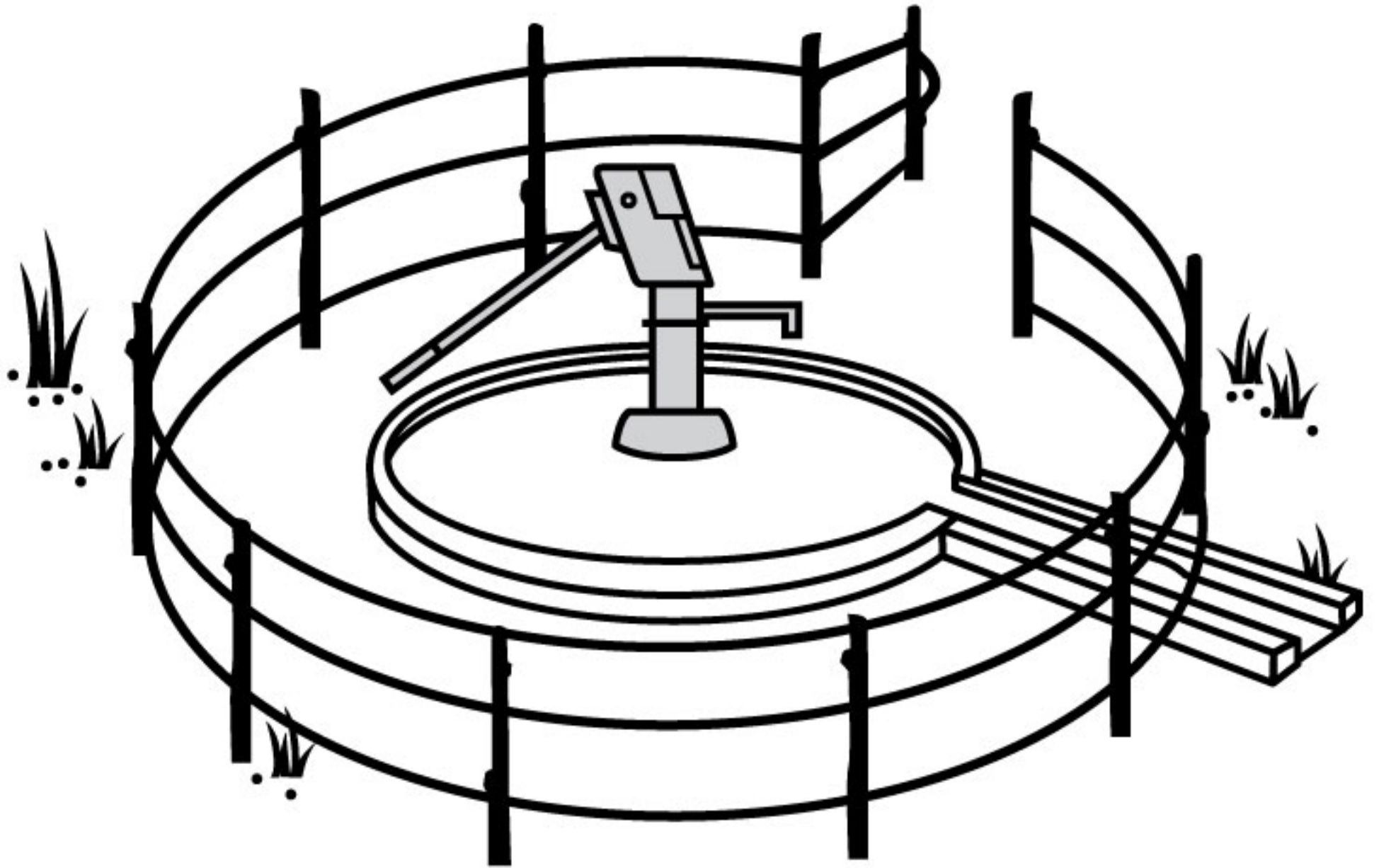


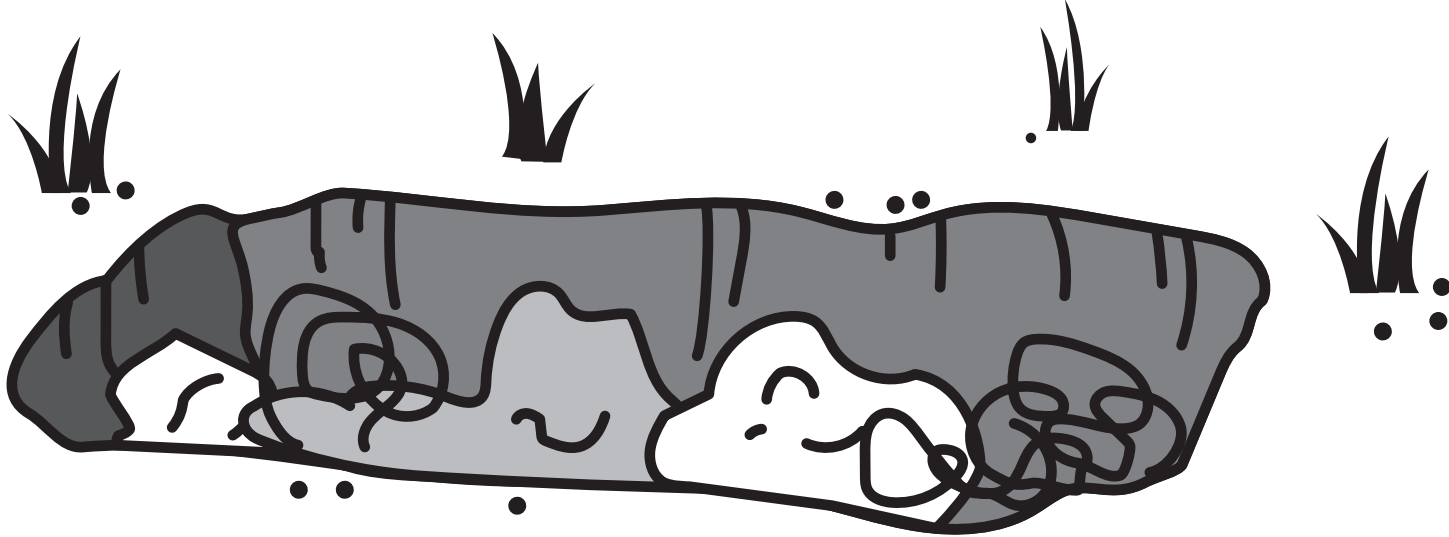
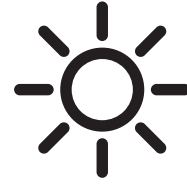


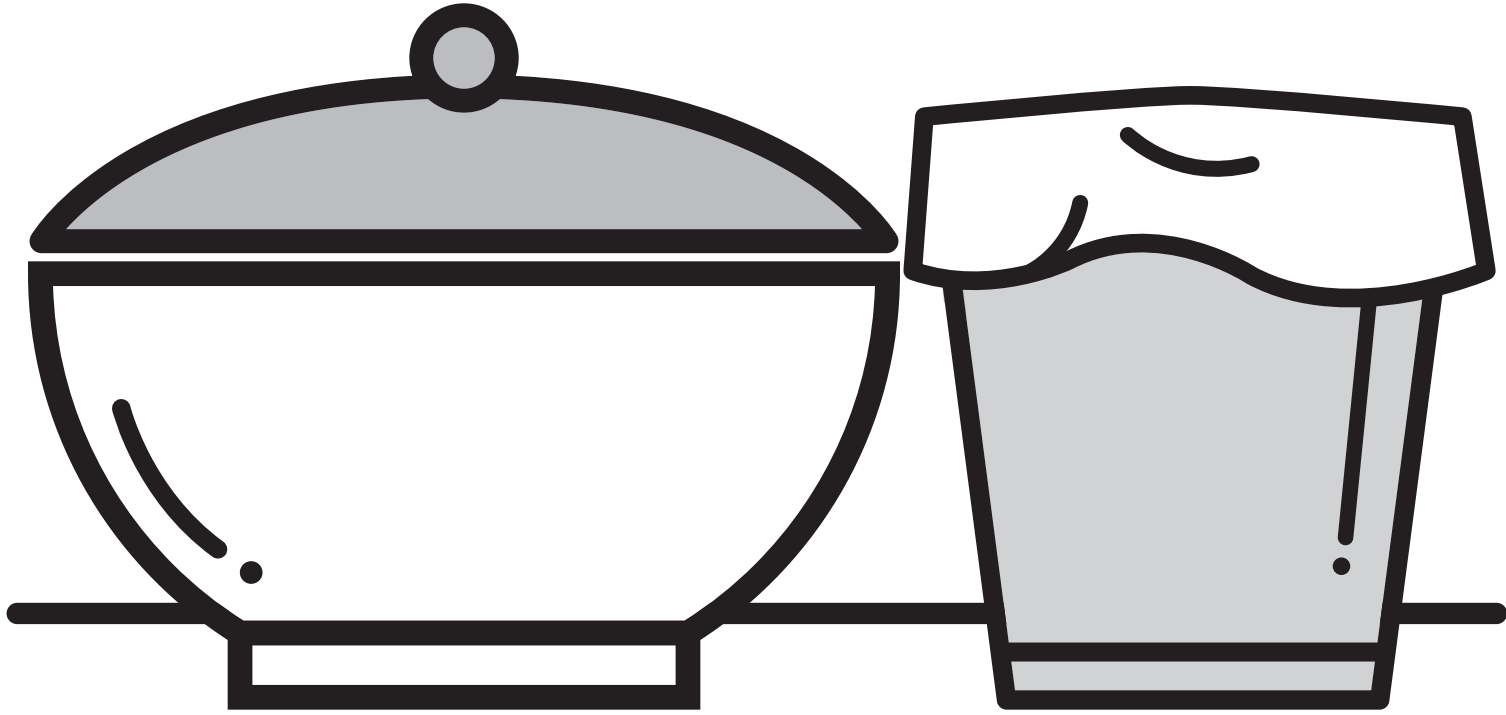








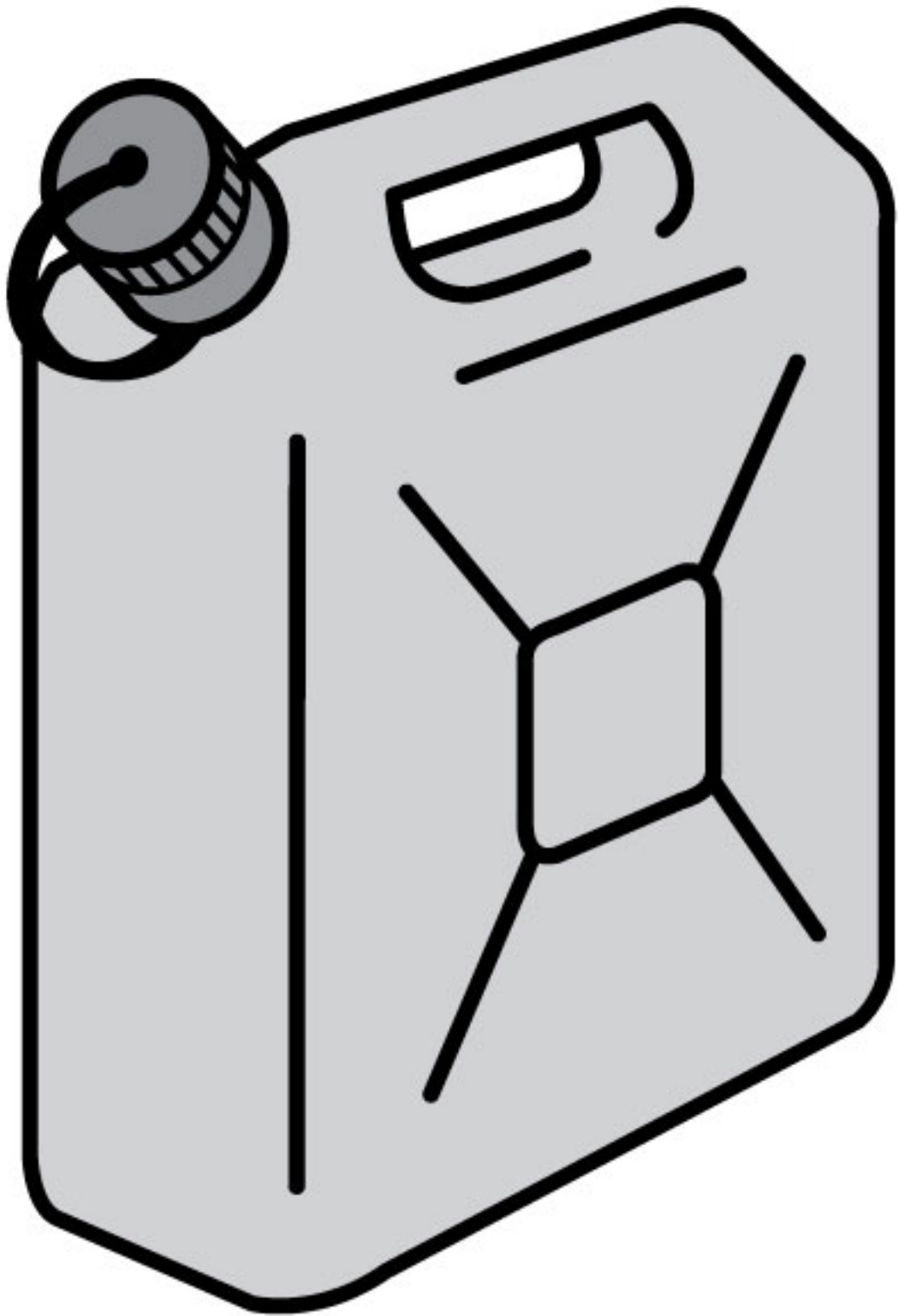


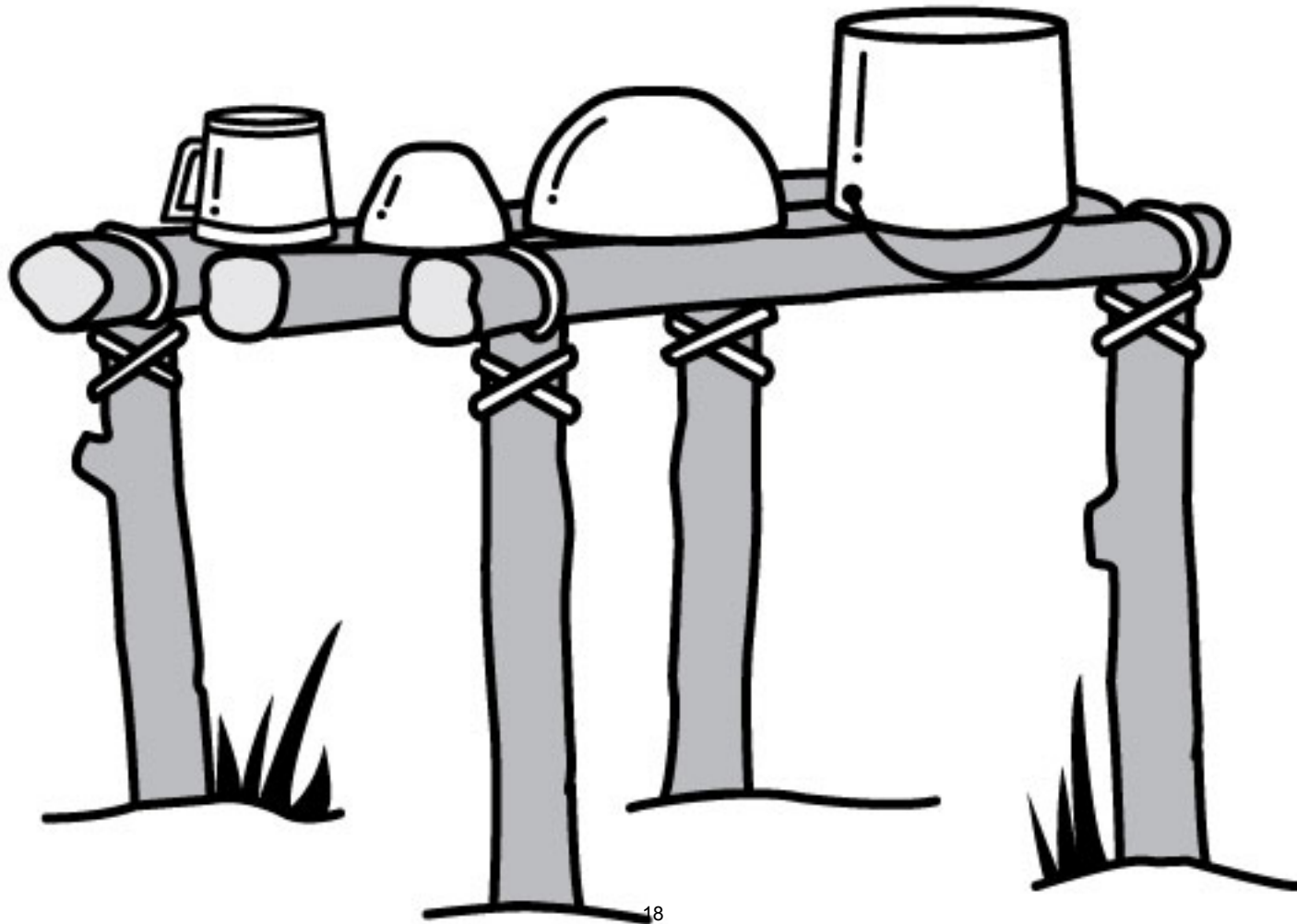


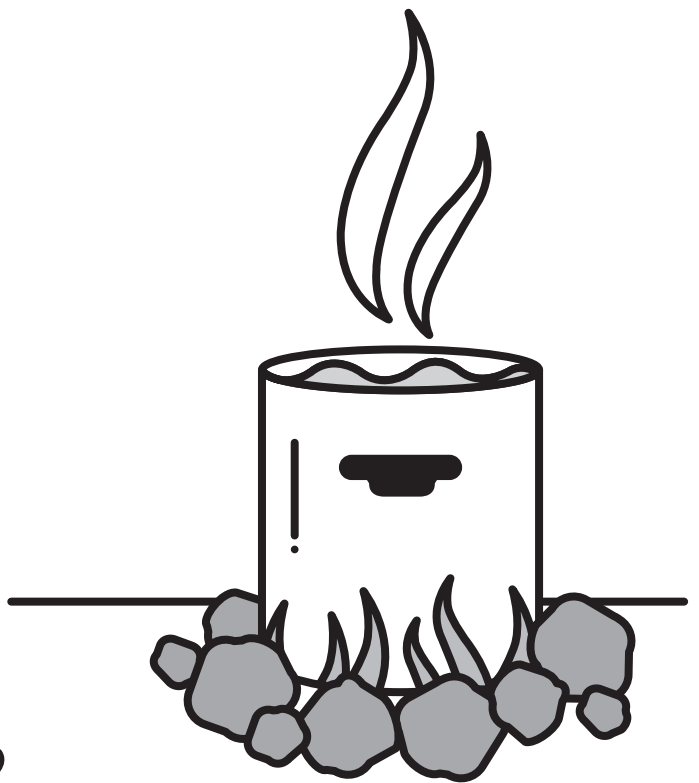


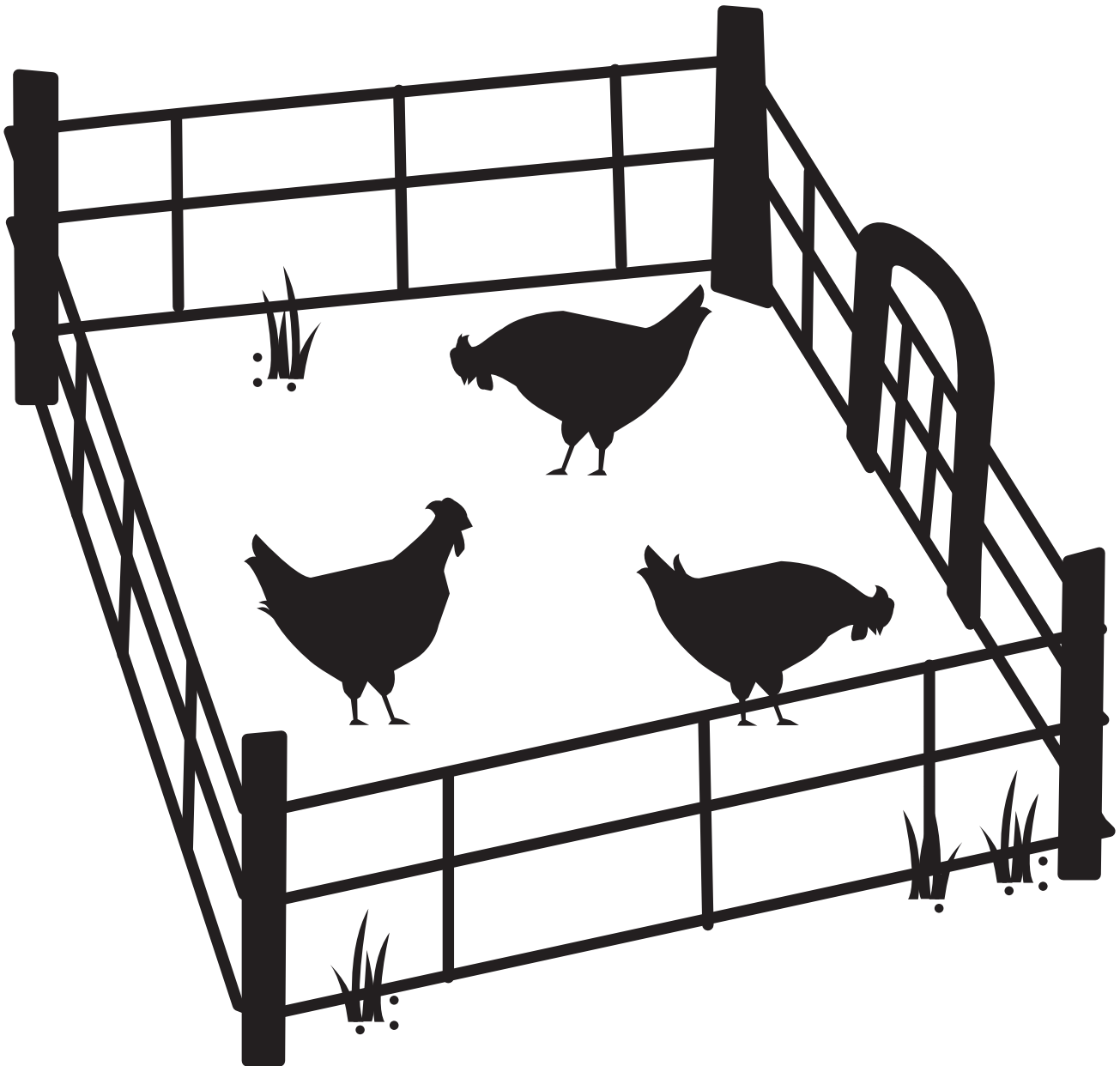
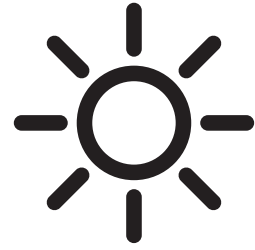












Lesson 2.2

WASH-Related Diseases

WASH Related Disease Characteristics

Cholera

- An infection of the intestines caused by bacteria
- Produces watery diarrhea, vomiting, and leg cramps
- Can lead to dehydration and death if not treated within 24 hours
- Is spread by drinking unsafe water and eating unwashed, unpeeled or unboiled food
- Can be prevented by drinking safe water, washing hands, and eating washed, peeled and boiled food

Guinea Worm

- An infection caused by a parasite entering the stomach
- Up to 1 year later blisters develop on the skin on legs and feet. Worms break out of the blisters.
- Full size worms can be 60-100 centimeters long.
- Is spread by drinking water containing water fleas with the parasite
- Can be treated by pulling the worm out a few centimeters a day wrapped around a small stick
- Can be prevented by drinking safe water

Hookworm

- An intestinal parasite
- Produces a rash that itches, mild diarrhea, and cramps
- Can lead to a loss of appetite, weight loss, and a loss of iron and protein in the body
- Is spread by walking barefoot in poop or accidentally swallowing dirt or sand with hookworm eggs
- Can be prevented by wearing shoes and washing hands after contact with dirt or soil

Malaria

- Caused by a parasite passed between people by mosquitoes
- Produces fever and tiredness, liver problems, and kills red blood cells
- Can lead to death
- Is spread by infected mosquitoes biting people
- Can be prevented by sleeping under a mosquito net and avoiding or removing stagnant (not-moving) water where mosquitoes multiply

Ringworm

- A skin, nail, and scalp disease caused by fungi
- Produces patches of scaly skin, or an itchy reddish ring-shaped rash which is dry and scaly or wet and crusty. Nails can become discolored, thick, or crumbly
- Is spread from by skin contact with infected people or animal (cows, goats, pigs, horses, dogs, and kittens) skin and hair
- Can be prevented by keeping washing daily, and keeping skin clean and dry. Also keep bed sheets and blankets clean

Roundworm

- An animal to people infection caused by a parasite found in the stomach of animals
- Movements of the worm through the body produces fever, coughing, asthma, or pneumonia. Can infect the eyes and cause blindness. Can also cause swelling of the body organs or nervous system
- Is spread by contact with poop
- Can be prevented by washing hands after contact with animals or poop on the ground

Scabies

- A disease of the skin caused by mites (tiny organisms that are too small to see with the eye)
- Produces an itchy rash, especially at night. Constant scratching can cause infected sores
- Is spread by skin-to-skin contact with infected people
- Can be prevented by keeping the body clean, and washing all clothes, bedding and towels and hanging them in the sun to dry

Schistosomiasis (Bilharzia)

- Caused by a parasite
- Produces urinary tract infections, fever, lack of appetite, weakness, weight loss, stomach pain, headaches, muscle pain, diarrhea, nausea, and coughing. It can also cause bladder, kidney, and lung problems.
- Is spread by wading, swimming, and bathing in unsafe water.
- Can be prevented by not standing, playing, or bathing in unsafe water.

Trachoma

- Repeated infections of the eyes which lead to scarring on the eye covering (cornea).
- Produces hurting, burning, and weeping eyes. Can cause poor vision and blindness.
- Is spread from person to person by infected eye, nose, and throat mucous (secretions)
- Can be prevented by keeping hands and face washed and clean

Typhoid Fever

- Caused by bacteria in the blood and intestines (stomach).
- Produces fever, diarrhea, stomach cramps. It can cause death
- Is spread by drinking unsafe water or by eating food touched by someone who has the bacteria
- Can be prevented by drinking safe water and by eating boiled, cooked, or peeled food

Lesson 2.3

Diarrhea Care & Treatment

Symptoms of Severe Dehydration Requiring Visit to Clinic

Weak and tired body

Sunken eyes, cheeks, and stomach

Very dark yellow urine

On an infant's head the soft spot is sunken

Blood in stools

Problems breathing

Infant is under two months old

Vomits everything

High fever

Physically unable to drink

No improvement after 3 days

No or only partial consciousness

Lesson 2.4

The Sanitation Ladder

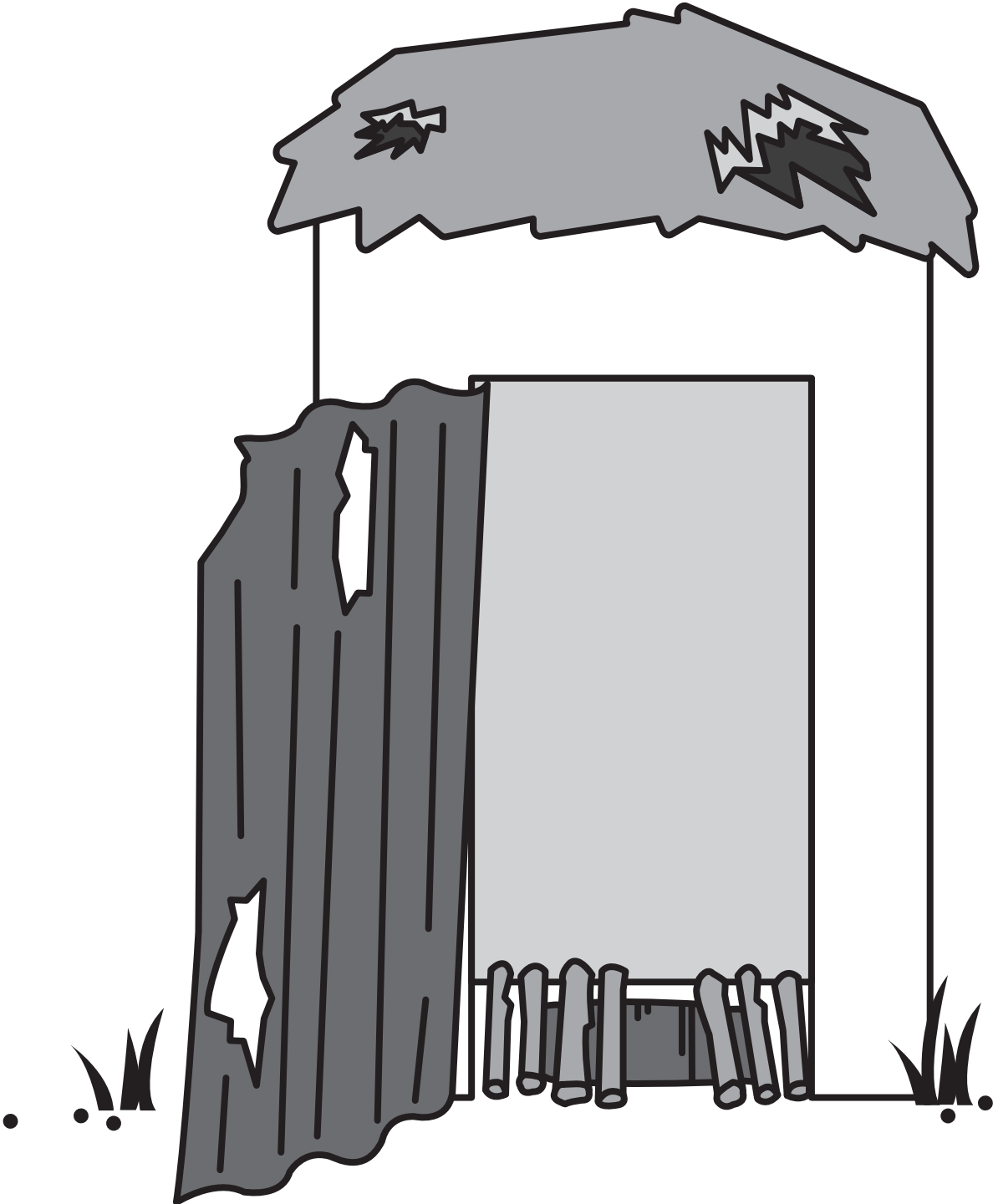
Open Defecation



Dig and Bury



Unimproved Latrine



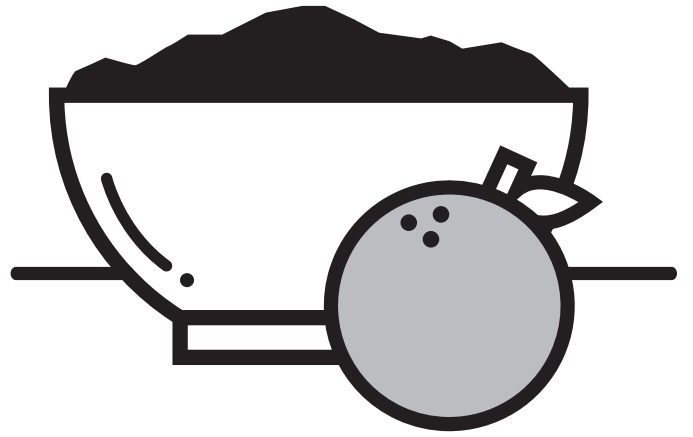
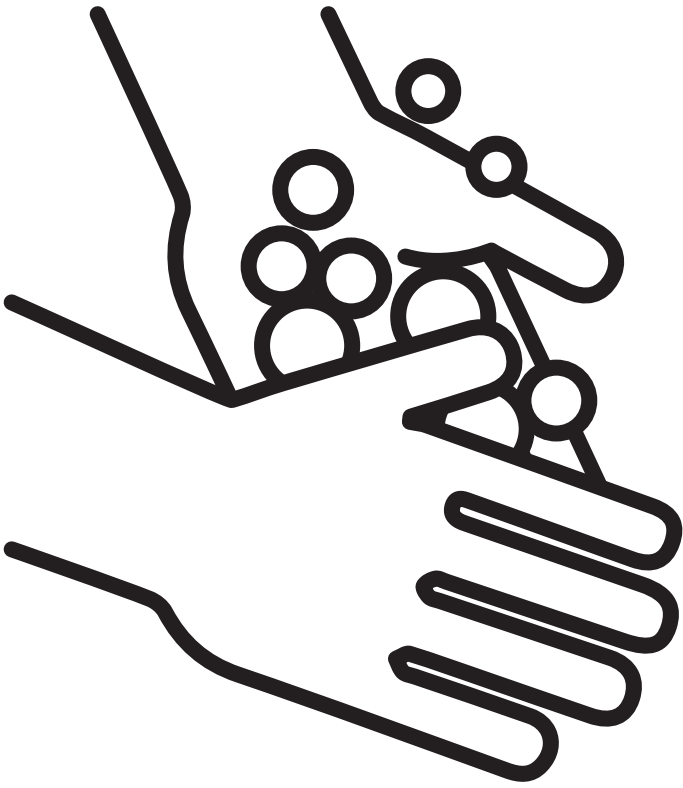
Improved Simple Latrine



Ventilated Improved
Pit Latrine



Lesson 2.6: Handwashing at Critical Times





D2



D3



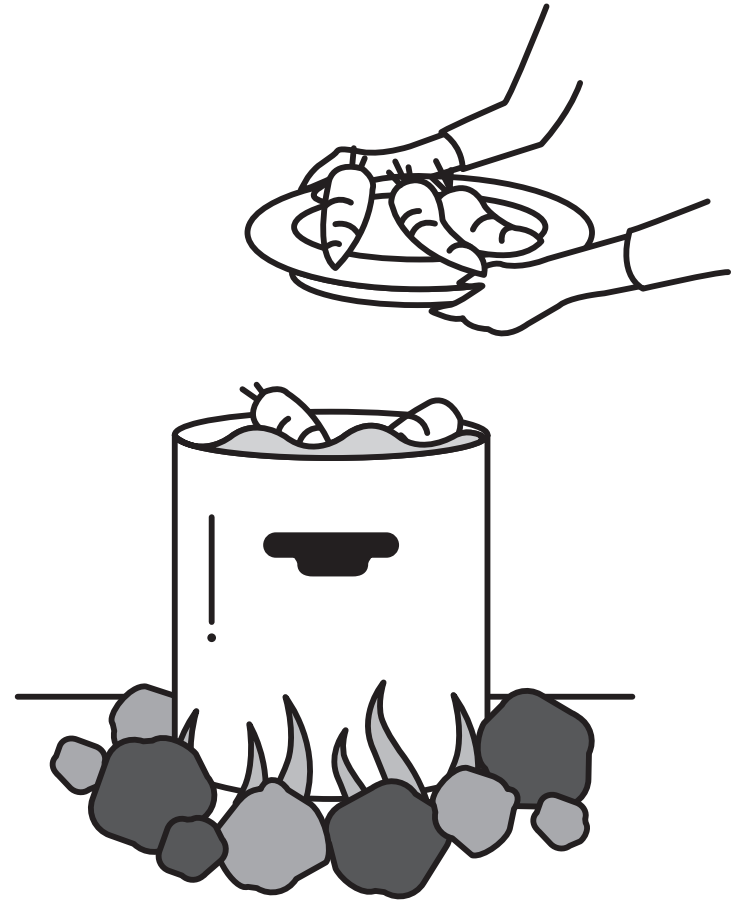
D4



D5



D6



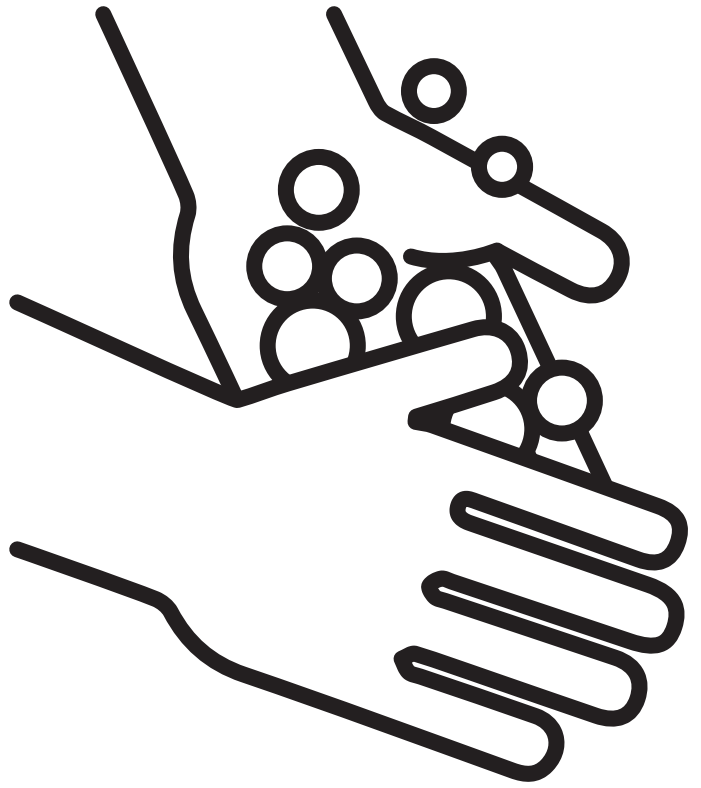
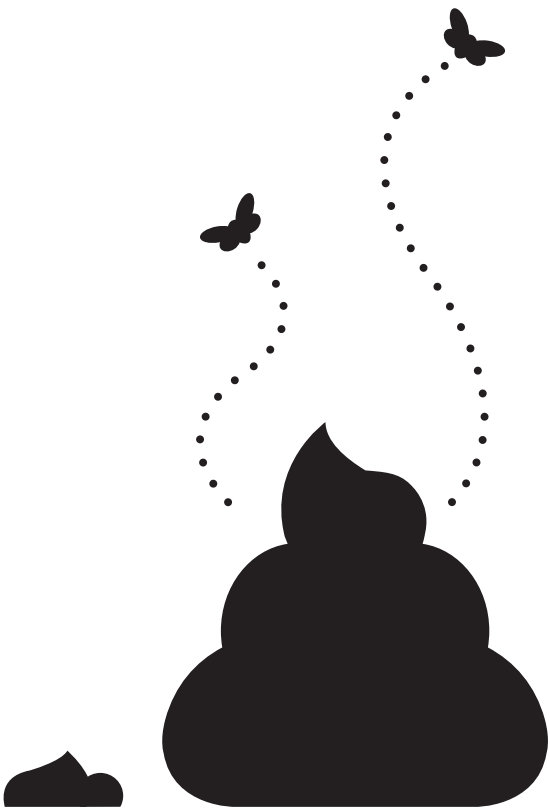
D7



D8



D9





E2



E3



E4



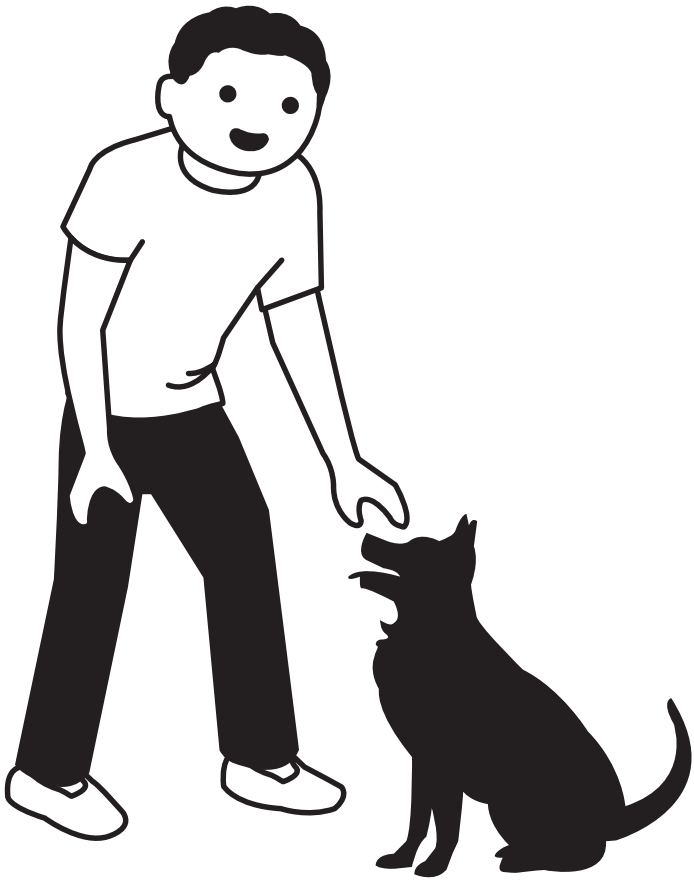
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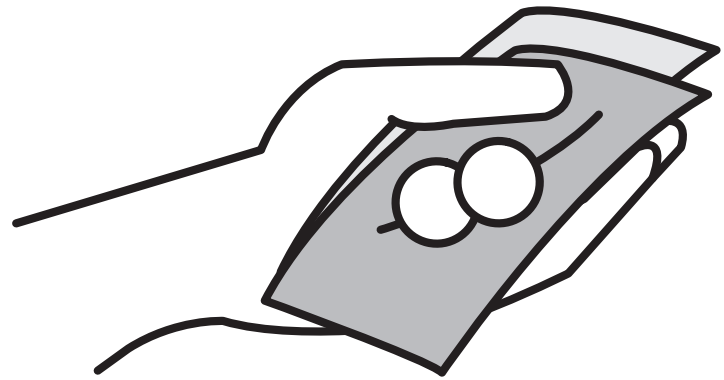
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E7

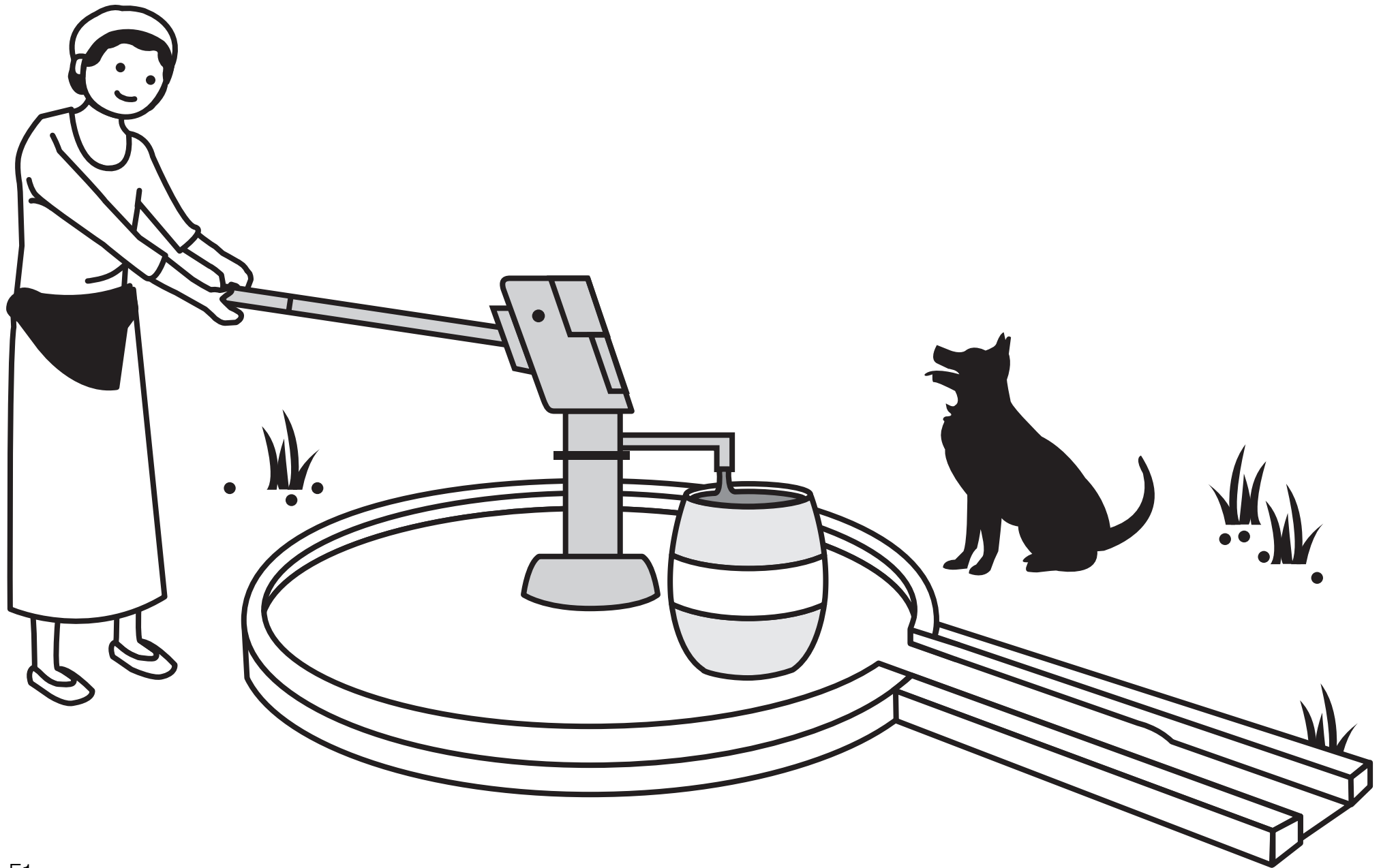


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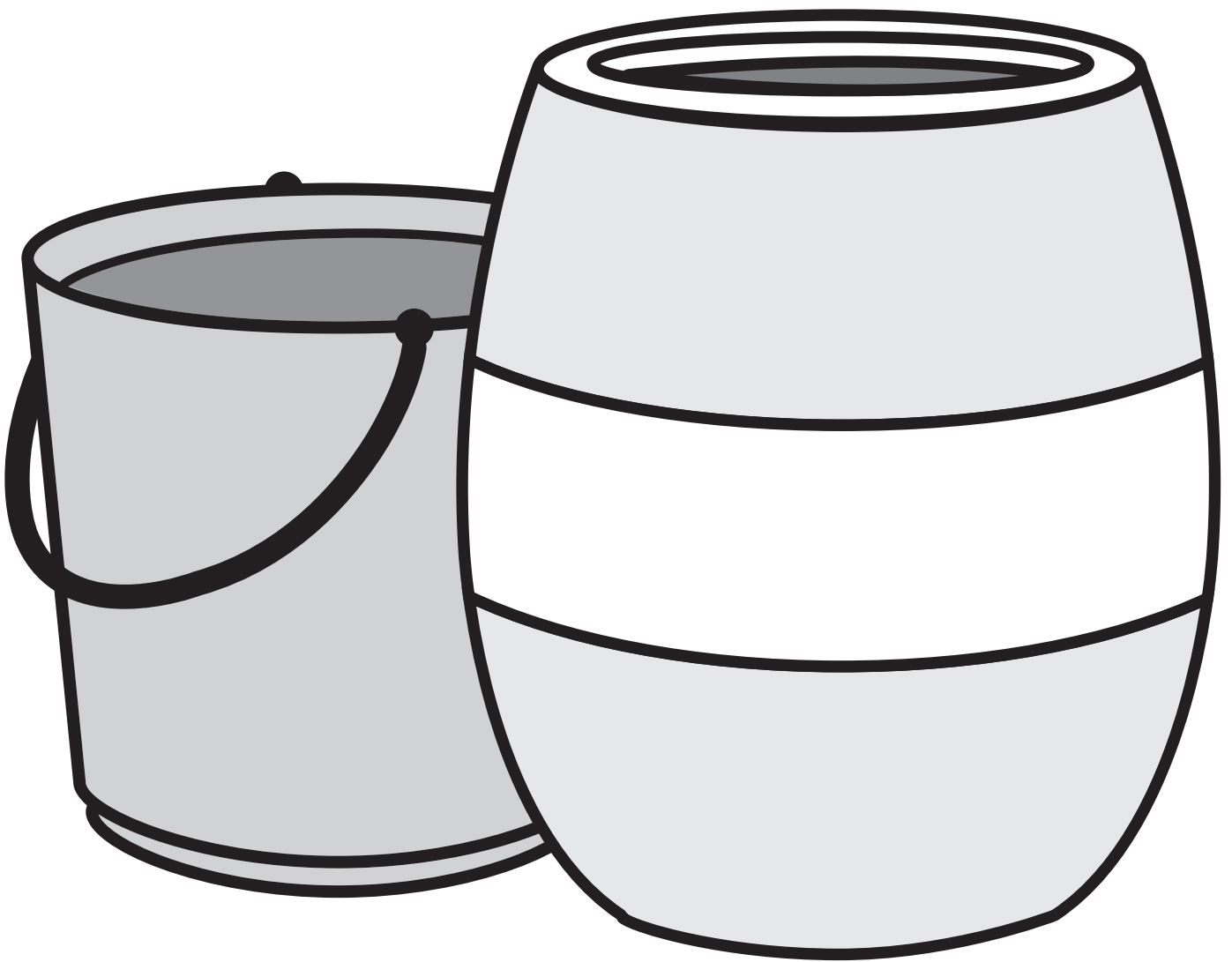


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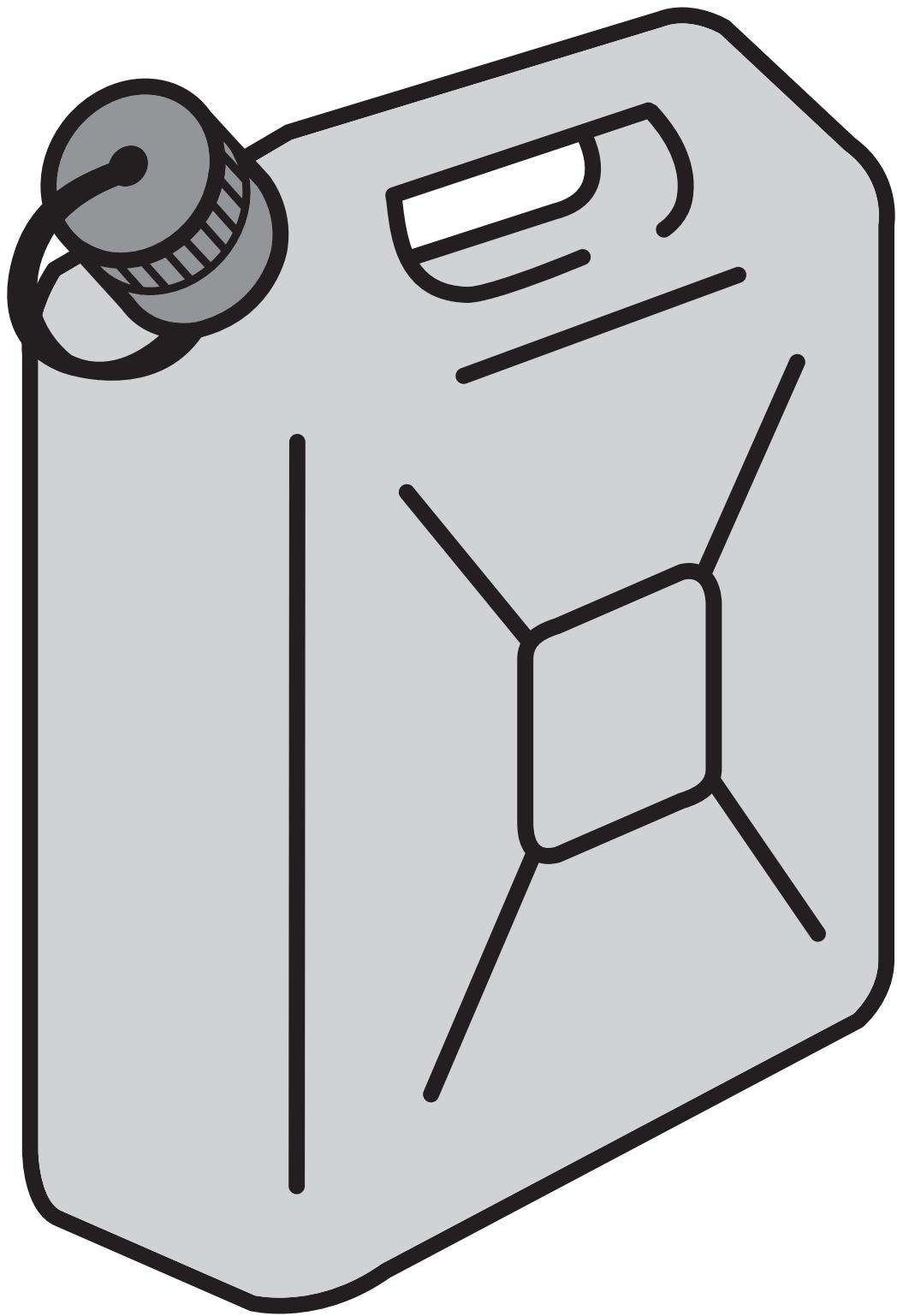
Lesson 2.9: Keeping Water Safe





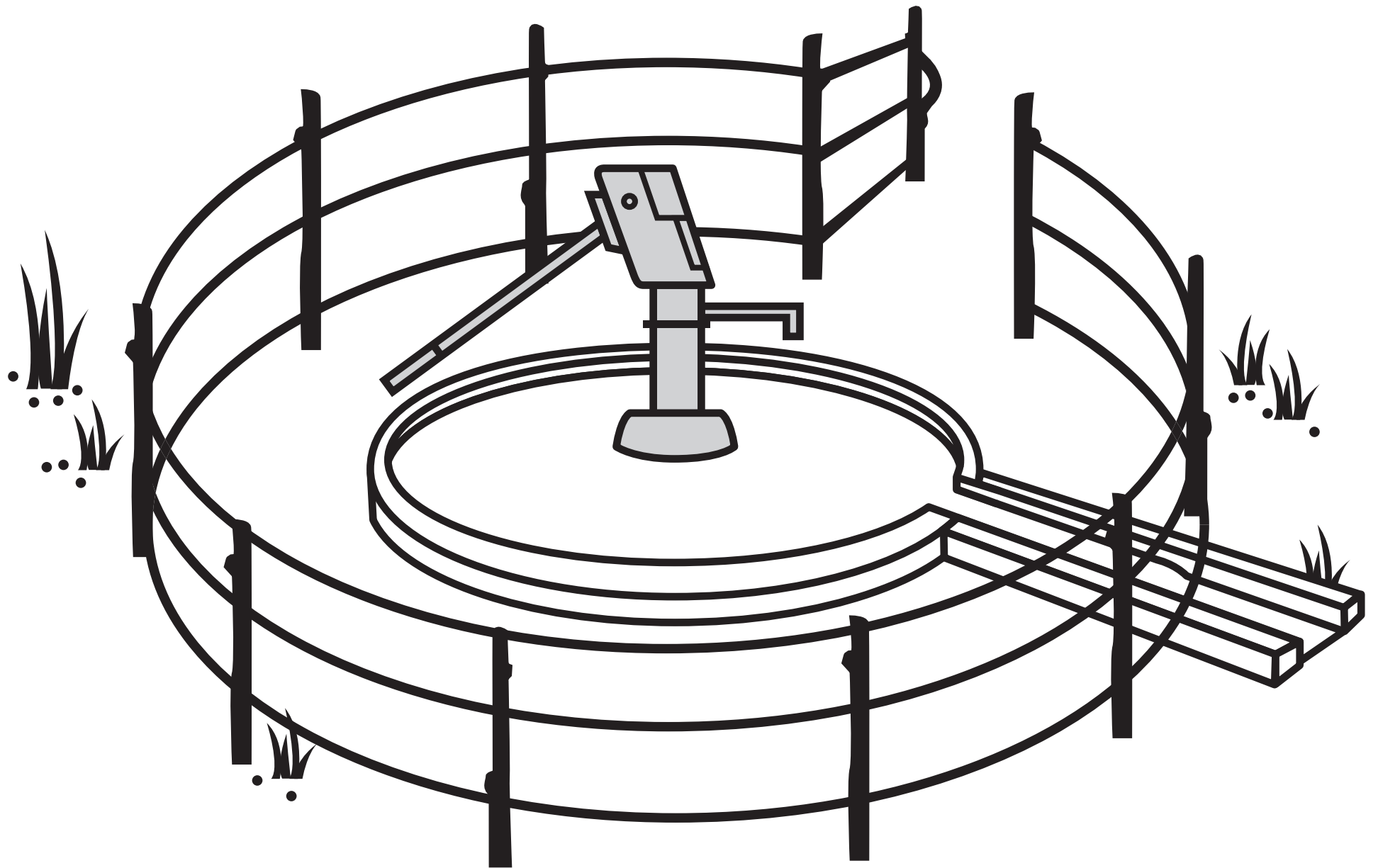








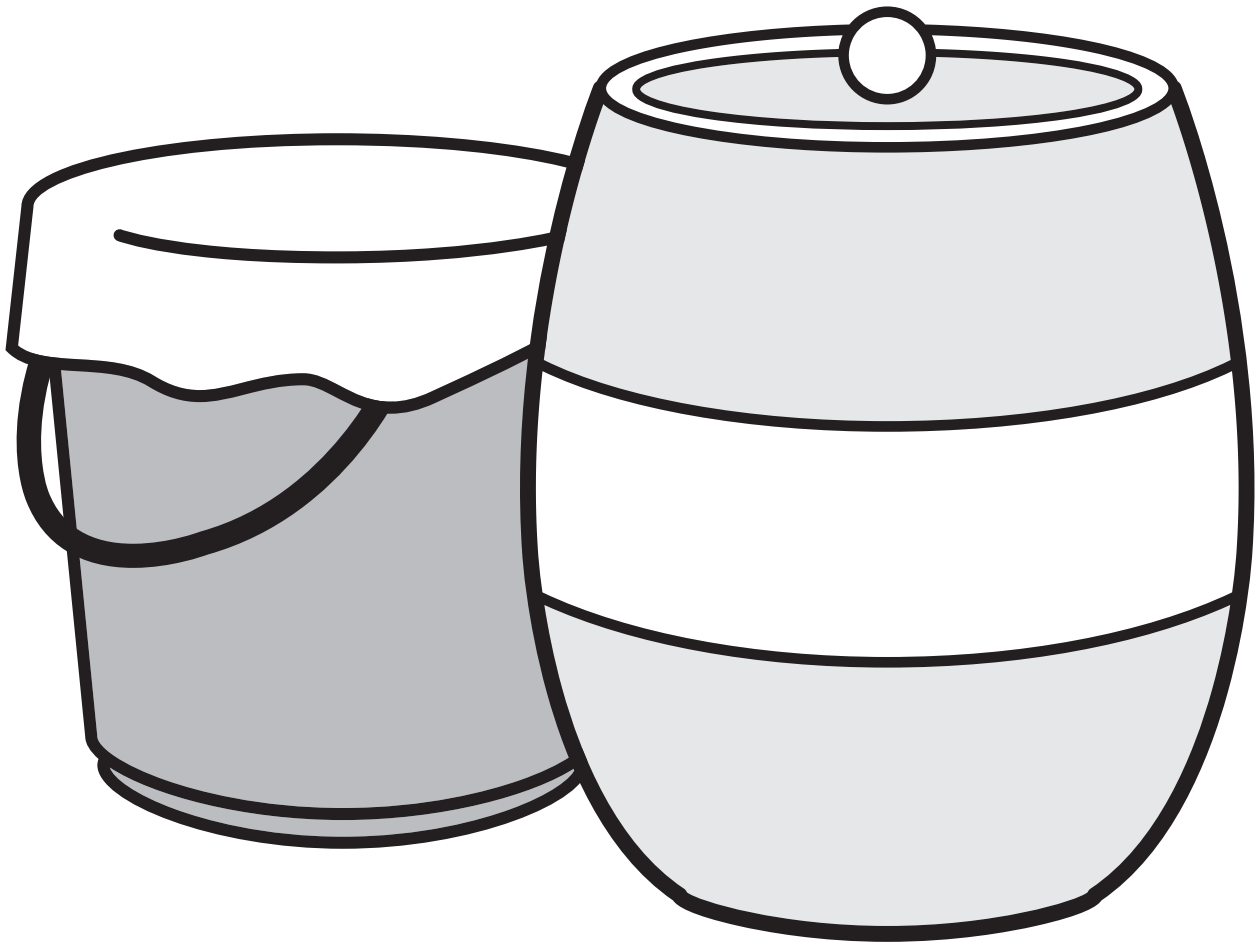










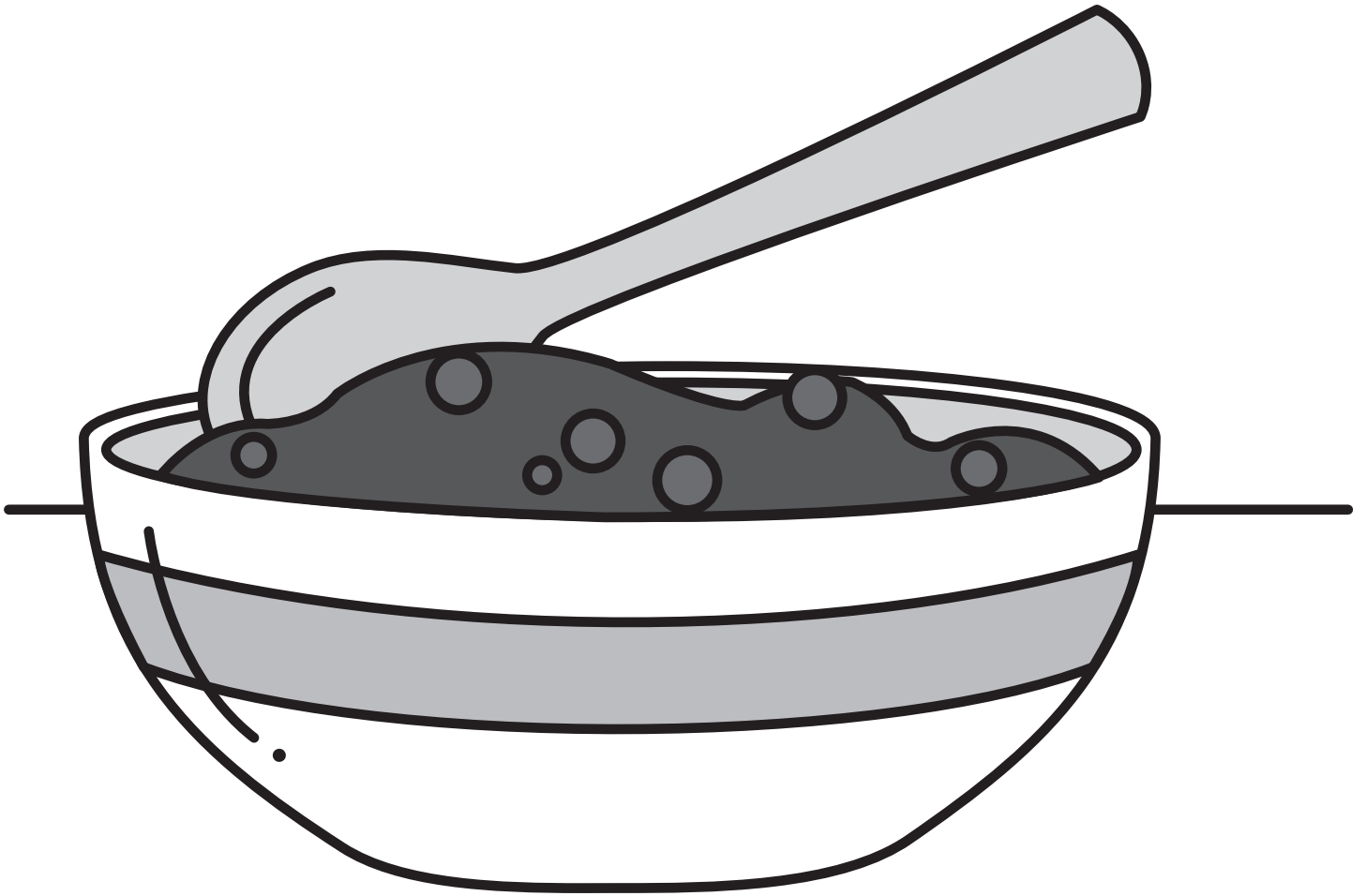


Lesson 2.10: Keeping Food and Utensils Clean

Washing Fruits and Vegetables



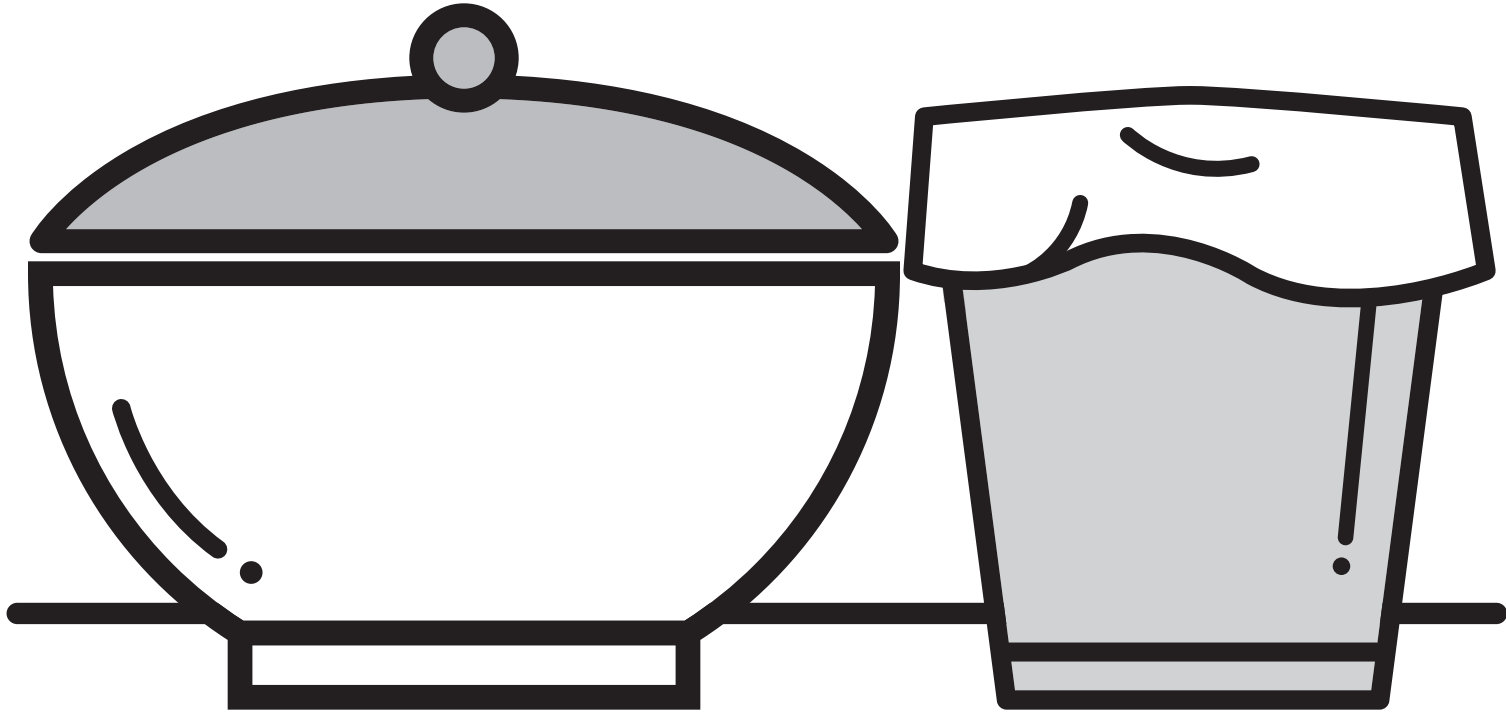
Serving Food with Utensils



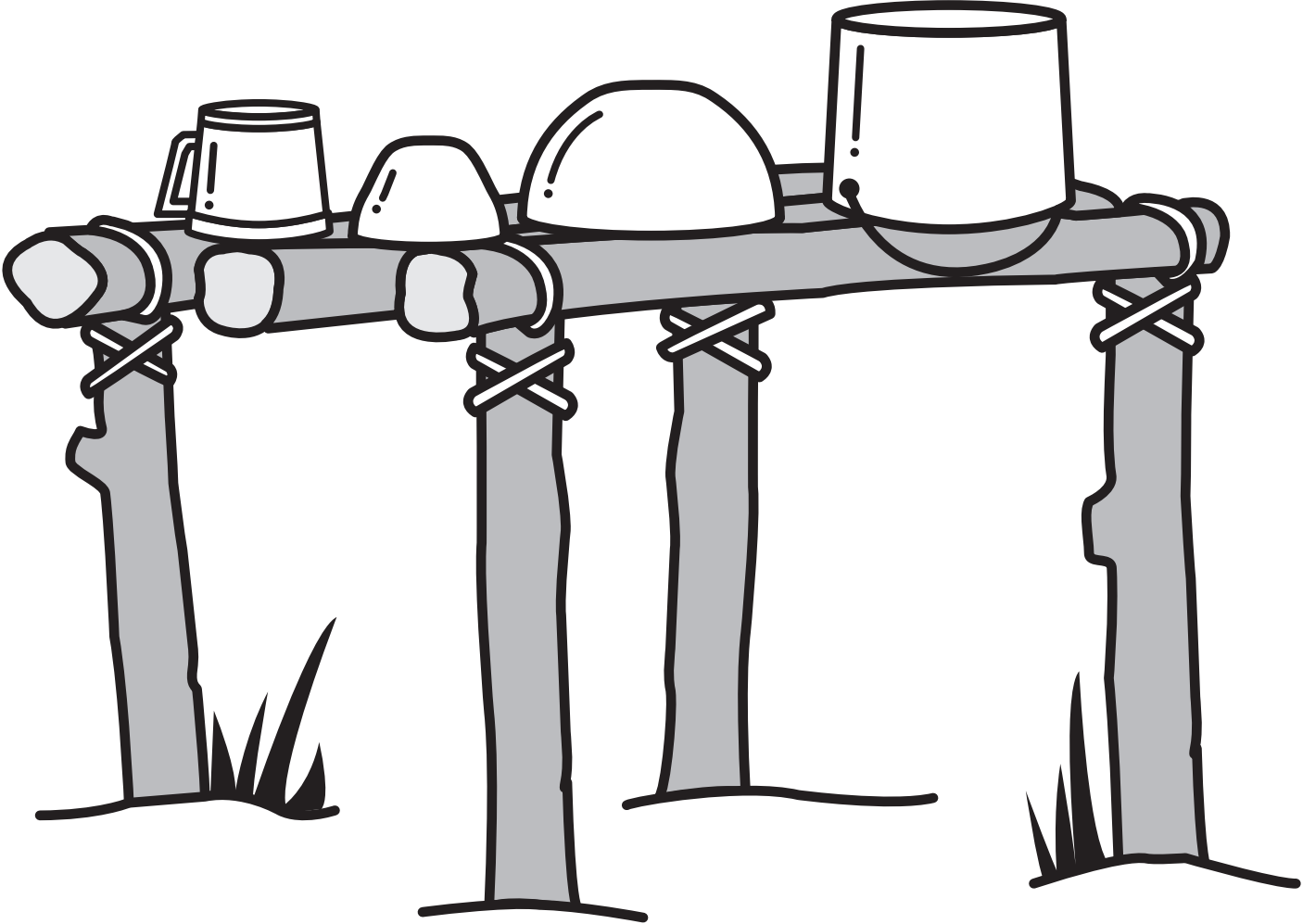
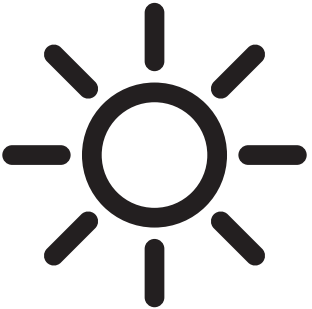
Washing Dishes with Soap and Water



Covering Food



Using a Drying Rack with Clean Dishes



Lesson 2.12

Environmental Hygiene

