WHAT IS SANITATION?
Sanitation literally means measures necessary for improving and protecting health and well being of the people. Sanitation is any system that promotes proper disposal of human and animal wastes, proper use of toilet and avoiding open space defaecation.

WHAT IS DEFAECATION?
It is the practice of passing out excreta

WHAT IS OPEN DEFAECATION?
It is the practice of passing out excreta in open field and indiscriminately. This excreta often finds it way into sources of drinking water and food and may lead to disease.

A drop can kill: One gram of excreta can contain;
- 10,000,000 viruses
- 1,000,000 bacteria
- 1,000 parasites cysts
- 100 parasite eggs

WHY SHOULD I STOP OPEN DEFAECATION?
To prevent the spread of excreta-related diseases such as typhoid, cholera, diarrhoea and dysentery.

WHY MUST I USE THE LATRINE ALWAYS?
To prevent the spread of excreta related diseases

WHY IS 2008 DECLARED THE INTERNATIONAL YEAR FOR SANITATION?
Sanitation has been neglected for a long time. This has contributed to high levels of sickness and death especially among infants and children. More investment is required in hygiene and sanitation.

CAN POOR PEOPLE AFFORD TO BUILD SAFE LATRINES?
Yes, poor people can build latrines using locally available materials

WHAT ARE THE SAFE SOURCES OF WATER?
- Protected springs and boreholes, treated pipe borne water and protected hand dug wells

WHY SHOULD I DRINK WATER FROM SAFE SOURCES ONLY?
To prevent diseases like guinea worm, cholera, diarrhoea, typhoid and to remain healthy.

WHY MUST WE LIVE IN A CLEAN AND HEALTHY ENVIRONMENT?
To prevent hygiene and sanitation related diseases and enjoy good health.

HOW CAN WE ENSURE A CLEAN AND HEALTHY ENVIRONMENT?
Undertake individual and collective actions by sweeping, cleaning, clearing drainages, proper disposal of human and animal wastes, proper use of toilet and avoiding open space defaecation.

HANDWASHING IS THE MOST EFFECTIVE WAY TO PREVENT THE SPREAD OF DISEASES

WHAT IS HYGIENE?
Hygiene is the practice of keeping yourself and your surroundings clean, especially to avoid illness or the spread of preventable diseases.

WHAT IS HYGIENE EDUCATION?
The process that helps people learn about the things and practices that prevent sickness and promote good health. It enables people to understand their situation, empowers them to plan and act to prevent diseases.

WHAT IS HYGIENE PROMOTION?
The process of changing hygiene behaviour using systems and messages on what people know, do and want. It involves working with people to understand their beliefs, practices, taboos and building on this to achieve the desired hygiene behaviour.
• **WHY SHOULD I WASH MY HANDS REGULARLY?**
  - Your hands can carry seen and unseen dirt that cause diseases. Always wash hands with soap/ash and water to prevent infections.

• **WHEN IS IT IMPORTANT FOR ME TO WASH MY HANDS?**
  - After going to the toilet and after changing baby's nappies
  - Before handling and eating food
  - After blowing or cleaning nose

• **WHAT SHOULD I USE FOR HAND WASHING?**
  - Clean water with soap or ashes

• **HOW CAN I WASH MY HANDS PROPERLY?**
  - Wet your hands with water, rub on soap/ash.
  - Rub all over including the back of hands, wrists, between fingers and under nails.
  - Rinse well with clean water

• **WHY SHOULD I WASH MY HANDS WITH ASH?**
  - You can use ash for hand washing if soap is not available.

• **WHY SHOULD I TAKE BATH EVERYDAY?**
  - To prevent skin diseases and body odour

• **WHY SHOULD I CLEAN MY TEETH DAILY?**
  - To prevent tooth decay and mouth odour

• **WHAT TYPES OF DISEASES CAN GOOD HAND WASHING PREVENT?**
  - Good hand washing prevents the spread of diseases that occur as a result of open defaecation and unhygienic practices. These diseases include: cholera, typhoid fever, diarrhoea, dysentery and avian influenza.

• **HOW CAN CHILDREN PARTICIPATE IN THE CAMPAIGN ACTIVITES?**
  - Children can be encouraged to develop knowledge, attitudes and skills that support the adoption of good hygiene behaviours and healthy living.
  - Children can be agents of change to their peers, families and their communities and promote the importance of drinking safe water, good hygiene practice and use of safe sanitation facilities.

• **WHO SHOULD BE RESPONSIBLE FOR HYGIENE AND SANITATION IN THE FAMILY?**
  - Every member of the family has responsibility for Hygiene and sanitation.