



## A Guide to Washing Your Hands and How International Action (Dlo Pwòp) Helps Clean Your Water

“Clear Water Doesn’t Mean Clean Water”

### *Make Sure to Wash Your Hands...*

- **Before, during and after** you touch **or eat** food... **ALWAYS**
- **ALWAYS** after you use the toilet
- **ALWAYS** after you **sneeze, cough, or blow your nose**
- **ALWAYS** after you **touch** an **animal** or cleanup after them
- **ALWAYS** after you have touched **garbage**

#### *Why Care About Clean Water?*

A long time ago, in 1849, Dr. John Snow in England was wondering why people in his neighborhood were sick with cholera (a disease that causes a lot of diarrhea). He found germs in the water from the local pumps. Dr. Snow had people stop drinking the water from the pumps. This stopped people from getting sick with cholera. Thanks to Dr. Snow we know dirty water can make people sick!

Today, he is called one of the fathers of **epidemiology** – **Whoa! Big Word!**  
**It means the study of health and illness.**

### *5 Fun and Easy Steps to get Those Hands Clean! With Soap!*

1. Get Excited! You are about to clean your hands! Wahoo!
2. Now that you are excited and ready to wash, roll up your sleeves and get your hands nice and wet. Then, turn off the water so you are not letting it go to waste!
3. Here is the really fun part. Rub soap all over your hands so they get nice and bubbly. See if you can get the soapiest hands in your class!
4. Quick! Rub your hands together as fast as you can for 30 seconds! Sing your favorite nursery rhyme two times from start to finish. While you are singing, make sure your hands are completely covered in soap bubbles.
5. After you finish your song, turn the water back on and put your hands under it to rinse them off. Make sure you use clean water to get the soap off or the soap will not do you any good.
6. Dry your hands so the dirt does not stick to them!

## ***How Does International Action (Dlo Pwòp) Clean Water?***

International Action (Dlo Pwòp) uses chlorine to make water safe to drink. I bet you are wondering what chlorine is. Good Question. Chlorine is a chemical element that kills germs and bacteria. It was discovered in 1774 by a Swedish chemist. Dr. John Snow used it to purify water in 1850!

Today, over 98% of water-systems in the world use chlorine to make water safe to drink!

If you are able to taste and smell a hint of chlorine in your water, that is great news! It means the water you are drinking is safe to drink. **Remember this!** – Once the chlorine touches the water, it takes 40 minutes for the water to be clean. **Do not use the water until the 40 minutes have passed or it will not be safe to use!**

## ***The Student Becomes the Teacher***

Tonight, **you are the teacher!** Teach your friends, family, and neighbors all that you have learned about how important clean water is, how to wash your hands, and what International Action (Dlo Pwòp) does. Make sure your parents stay on task!



**Caution!** – Do not eat or touch the chlorine. If you do touch or eat it, **wash it off right away!**

## ***Your Local Leader Says:***



"The water before was clear. But, that didn't mean it was not contaminated. After International Action installed chlorinators on water tanks, **no kids were getting sick anymore and everybody felt much better. We used to have epidemics of fever, malaria, cholera, typhoid, and hepatitis. I see a very big, big difference...**

*Jean Raymond Herard*  
President of Villa Rosa, Port-au-Prince

## ***Our Chlorinator and How it Works***

You know that chlorine makes water safe to drink. But how do you get the chlorine into the water? That is what our **chlorinators** are for. The **chlorinator** goes on top of a water tank.

Only some of the water (10%--20%) needs to go through the **chlorinator** to get **disinfected** – the rest goes right into the tank, still dirty. The water that does go through the **chlorinator** is made safe by the chlorine. The safe water then goes into the tank with the dirty water. The safe water mixes with the dirty water. The dirty water in the tank is disinfected by the safe water. After 40 minutes, all the water in the tank is now safe to drink.

**Disinfect** = kill germs