



TOWARDS BETTER HEALTH

HOME SANITATION



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THE TITLES OF THE FLIP CHARTS ARE

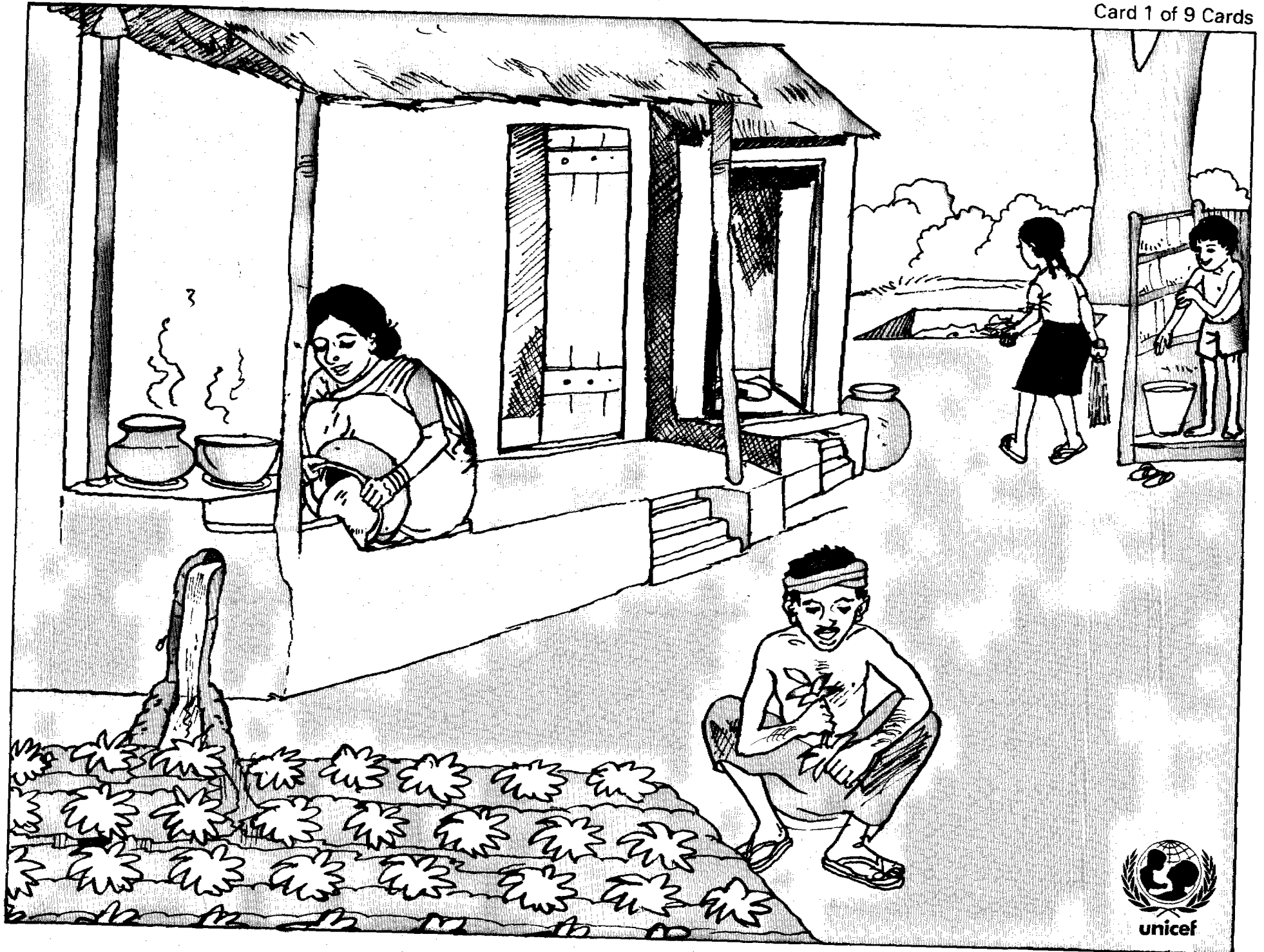
1. Sanitation and Diseases
2. Wastewater and Cattle Dung/Garbage Disposal
3. Disposal of Human Excreta—Sanitary Latrine
4. Vector Control
5. Personal Hygiene
6. Home Sanitation

The Texts of these Flip Charts are available in English, Hindi, Telugu, Tamil, Oriya, Marathi, Bengali, Gujrati, Kanada, Malayalam and Urdu.

WATER AND ENVIRONMENTAL SANITATION SECTION
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CARD 1

Shanta has a happy family. She, her husband and children are healthy. Her husband, who is a farm labourer, has lost only one day's wage over the last six months due to illness. Hence they live quite comfortably even though his earning is moderate.



CARD 2

Although Shanta's home is small, it is always clean and pleasant. Shanta always tells her neighbours that it is not difficult to keep a home clean and comfortable. Let us see how Shanta keeps her home so nice.

She sweeps the floor daily and throws the rubbish in a garbage pit in the backyard. Some of her neighbours just sweep the rubbish out of the house. This still attracts disease-carriers such as flies, cockroaches and rats inside the house.

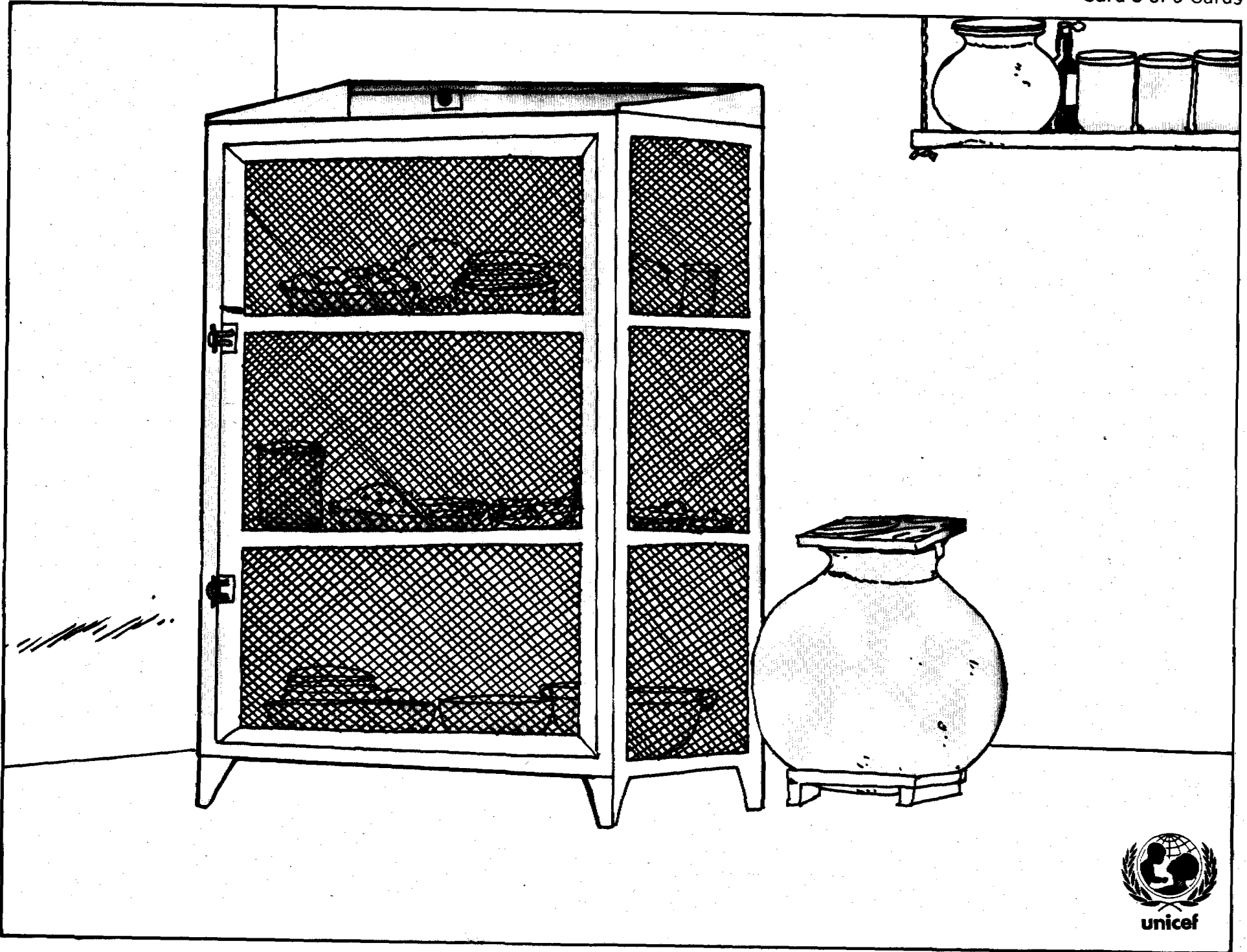
Also when Shanta's husband built the house, he saw to it that it had many windows for sufficient ventilation.



CARD 3

All food is kept in a food safe fitted with a mesh screen to keep away flies, cockroaches and rats that spread diseases.

Water pitchers are covered to keep away dirt, flies and other insects. Nobody in the family is allowed to dip his cup into the pitcher. Instead, they use a ladle.



CARD 4

Shanta cooks on a smokeless chulha which has a chimney to draw the smoke away. So she does not inhale the black smoke from the chulha which can cause disease. She no longer suffers from eye irritation due to smoke. In addition, her kitchen is free from smoke. Furthermore, she uses less cowdung cakes/firewood compared to other women using the ordinary chulha.

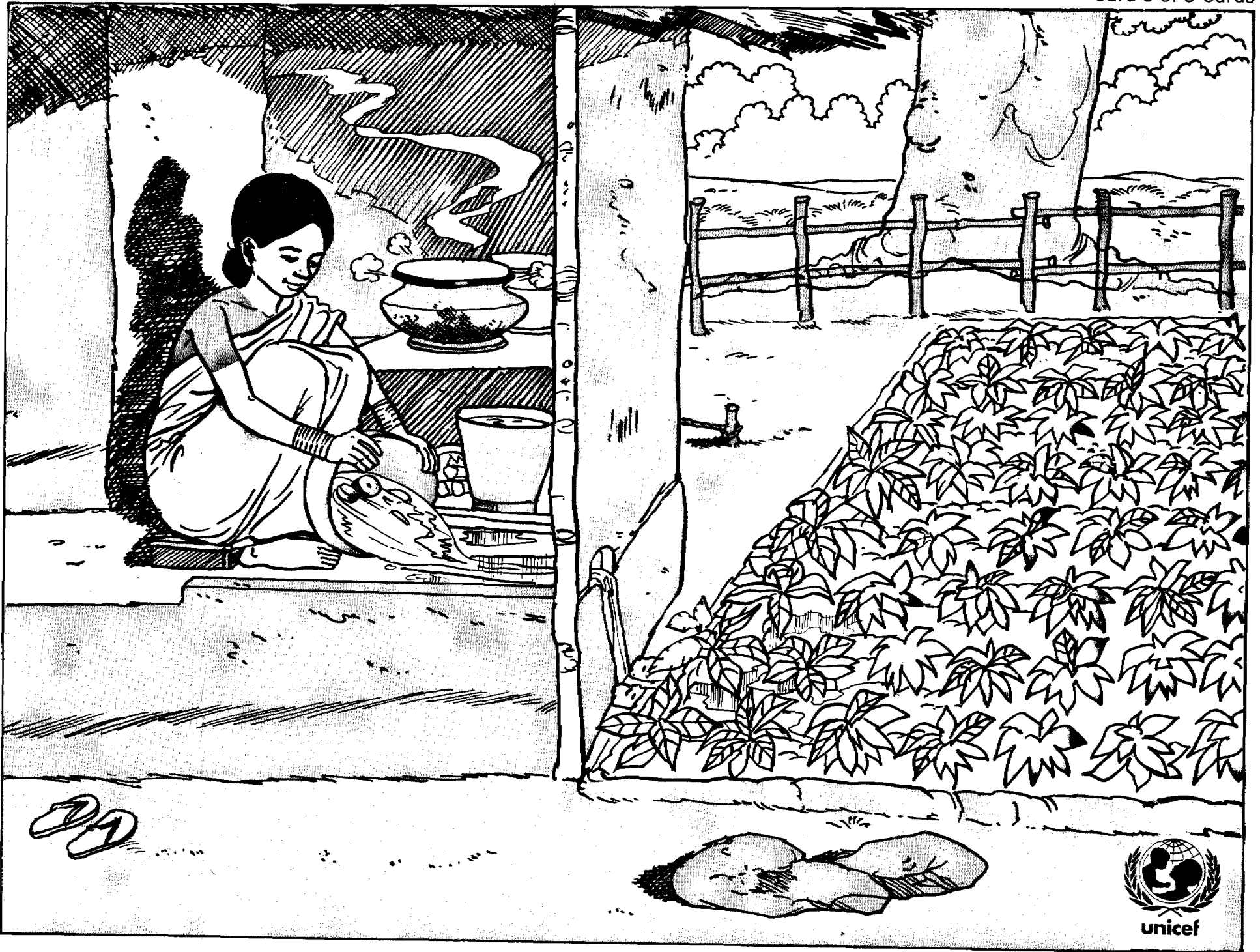


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CARD 5

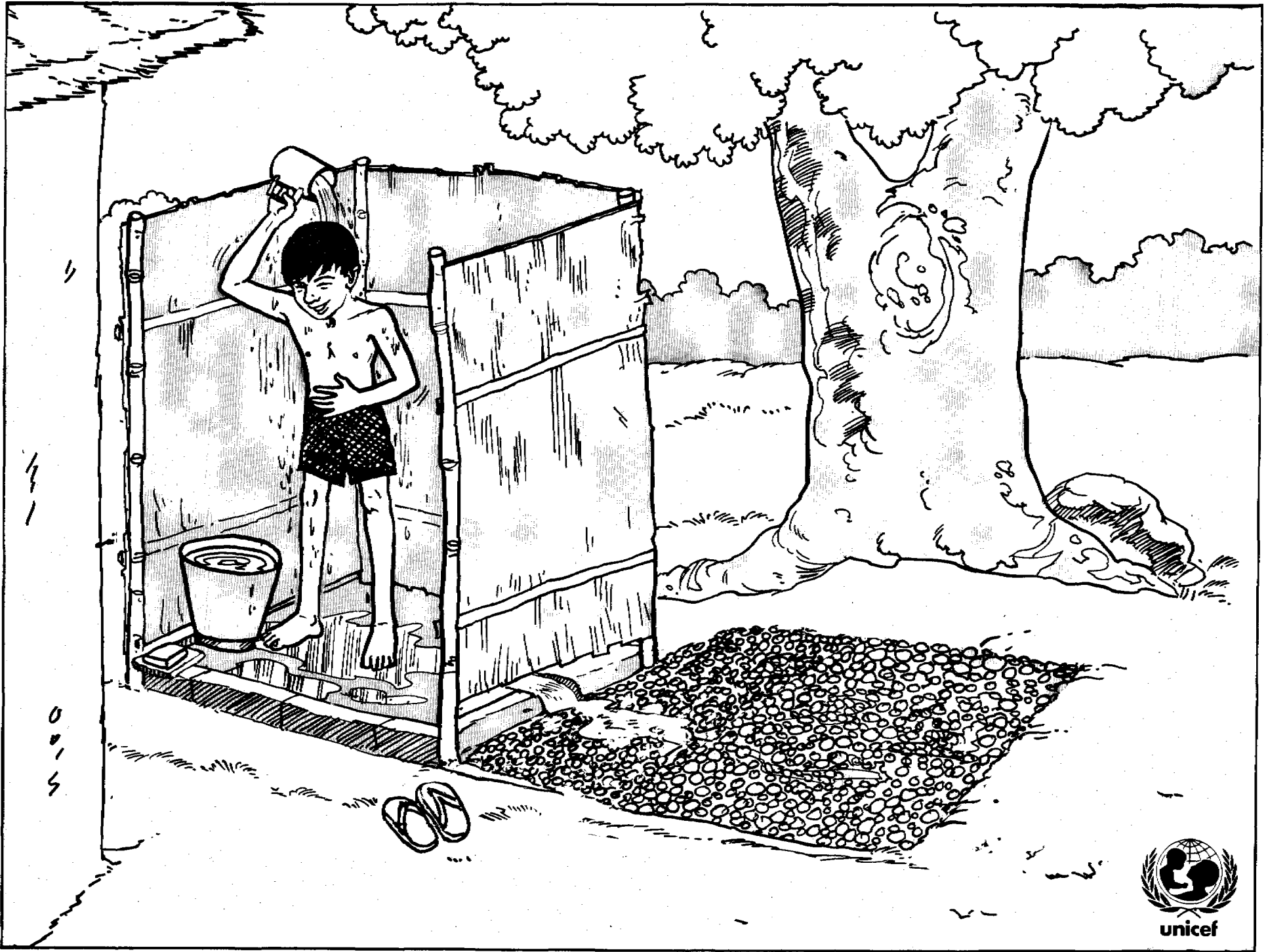
Shanta realises that her home is not limited only to the house but also includes the front and back yards. Outside Shanta's house, it is also very clean: there is no messy cowdung or garbage deposits and stagnant water around it.

Shanta is growing some vegetables on a plot of land next to her kitchen. She calls it "a kitchen garden." She has built an earth drain to divert the wastewater from the kitchen to the kitchen garden. She has fresh vegetables for the family all year round.



CARD 6

Shanta has built a very simple bathing cubicle; now all her family members including herself can have a regular bath at any time and in privacy. To ensure that waste water from the bathing cubicle does not flow everywhere and becomes stagnant pools, it is drained into a soakage pit. She does not use the waste water for the kitchen garden because the water contains soap which is not good for the vegetables.



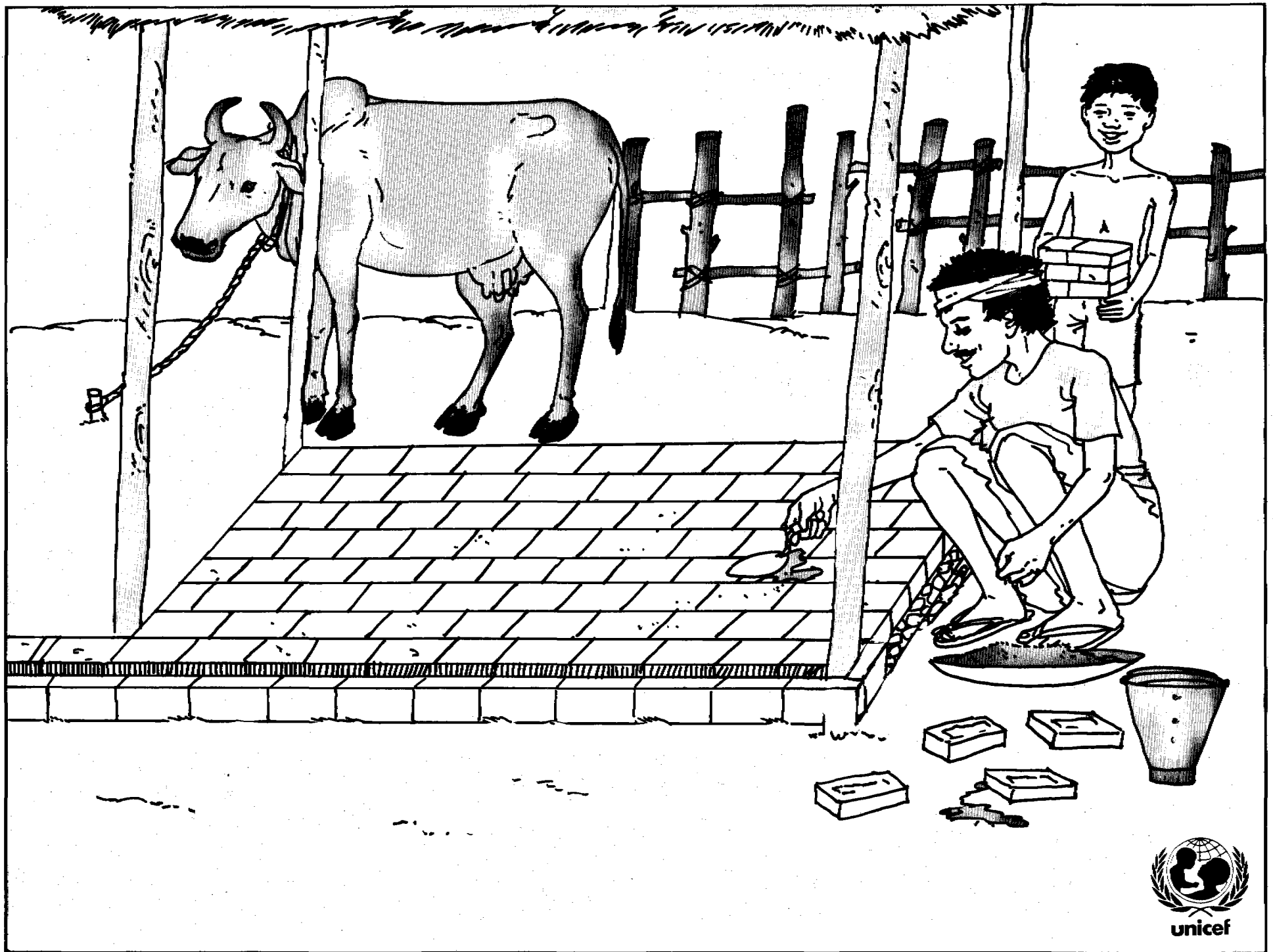
CARD 7

The family has a sanitary latrine next to their house. Shanta no longer has to go to the field in the early morning or in the dark for defecation. The latrine is so convenient for the whole family. This is particularly so for any sick and old family member, and during the rains or at night time. Above all, using a sanitary latrine stops the spread of excreta-related diseases. This is discussed in detail under the topic of Sanitation and Diseases.



CARD 8

Shanta's family has a few cows. Cowdung and urine are a source of bad smell and encourage the breeding of flies. The cow-shed is built away from their living quarter. The cow-shed floor is built with stones (bricks can be used, as well) and the joints filled with cement mortar or lime mortar. The floor is sloping towards a cement-lined drain connected to a soakage pit. In this way the animals' urine can be drained away. Shanta sweeps the cow-shed floor regularly to keep it clean.



CARD 9

She makes cowdung cakes to use as fuel. The excess cowdung together with the garbage which is swept from the floor daily are dumped into a pit, which is called a "garbage pit." Shanta levels the garbage in the pit every week or 10 days and covers it with a layer of compacted soil of about 3 fingers thickness. This prevents the flies breeding in it. When full, the pit should be covered with a layer of compact soil and left undisturbed. After 2 to 3 months, the pit content is turned into a good fertilizer. This can be applied on the agricultural land as well as the kitchen garden. In the meantime, she digs another garbage pit and uses these two pits turn by turn.

Home Sweet Home. The Englishman says his home is his castle.

More than one-third of your life is spent in the home! So why not keep it **CLEAN** and make it **COMFORTABLE**.

