Ice breaker:

Introduce yourself and explain that you will be teaching the participants important health information they must learn because they are required to go and teach the same to members in their community.

Explain that it is about drinking safe water so that they can remain healthy. Ask who drank water this morning to raise their hand. Pick a couple of the participants to tell the participants if the water was safe and explain how they could tell that it is safe.

Explain that at the end of the lesson, each one would have learned how to ensure water safety between the time of collecting and drinking it, and how to make water safe for drinking without boiling.
Section 1: Safe water system

Info:

• **What is a safe water system?**
This is a household-based water quality intervention that has been developed in response to the need for inexpensive, alternative means of water treatment and storage in the short to medium term to populations lacking access to safe water.

• **Components of a Safe water system**
  1. Water treatment at home with WaterGuard
  2. Safe water storage containers with a narrow mouth and lid
  3. Behaviour change techniques regarding water treatment, storage and sanitation hygiene such as proper hand washing

• **Goals of a safe water system**
  1. To improve quality of water in the home
  2. To decrease death and diarrhoea disease
  3. To improve hygiene behaviour related to water use;

  Hand washing is the number one prevention against the spread of infection

• **The link between the Safe water system and proper hand washing**
  Together, the safe water system and proper hand washing with soap dramatically reduce the risk of diarrhoeal disease.
Section 2: Water and the body

Info:

• Why take water everyday?
Water helps the body clean out bad stuff and is essential for keeping healthy. If you don’t drink the required amount of water everyday your body becomes weak and easily attacked by disease. You must take a lot of water everyday. Taking lots of water reduces tiredness and improves your attention in participants.

• How much water per day?
You should take not less than 8 glasses or 5 big cups of water everyday

• What kind of water is safe?
Not all water we call “drinking water” is safe. Only boiled or treated water is safe.

• Dangers of unsafe water?
If you take unsafe water you may get dangerous diseases like diarrhoea, typhoid, and cholera.

- Diarrhoea and how it can be prevented
Diarrhoea can be deadly. Proper water treatment and storage combined with basic hygiene will prevent diarrhoeal diseases. To prevent diarrhoea, get water from the cleanest source, treat it with WaterGuard, use a narrow mouthed container to store your drinking water. When getting water to drink, use clean cups. Dipping dirty utensil will re-contaminate the water. Always wash your hands with soap after visiting a toilet, before preparing food or eating.

- Benefits of diarrhoeal prevention
You will be healthy and won’t have to be taken to the clinic.

Activity: Ask the questions listed in the info section above and get the participant’s response. Encourage those who try and applaud those who give correct answers. Prompt for the right answers and at all times try to get the correct answers from the participants to ensure interaction.
Info:

- **Can clear water be contaminated?**
  Water can look clear but contaminated. Just because water looks clear doesn’t mean it is safe. There are could be millions of germs in the water that can be seen by the eye.

- **What are your water sources? Is the water from your source safe to drink right way?**
  Not all our water sources are safe. Water from rivers, wells, springs, lakes and sometimes boreholes and taps may not be safe. Always ensure that your water is boiled or treated with WATERGUARD before you drink it.

- **Water is more often contaminated after collection**
  Most of the time, water is contaminated after collecting it for example from dirty jerry cans or buckets. Even borehole or tap water must be either boiled or treated with WATERGUARD. WATERGUARD is a home based chlorine treatment that is used in treating water, making it safe to drink at all times and without having to boil. WaterGuard is approved by the Uganda National Drug authority and Ministry of Health.

Activity:  
Ask the questions listed in the info section above and get the participants’ response. Encourage those who try and applaud those who give correct answers. Prompt for the right answers and at all times try to get the correct answers from the participants to ensure participation/interactivity.

Emphasise that unless one is sure the water was boiled properly or treated; appearing clear is no guarantee that it is safe. To illustrate this, go over the following instructions:

- Open and bottle of clean bottled mineral water and agree with the participants that the water safe (because it is passed through rigorous cleaning methods before it’s bottled)
- Drink some of the water to show your confidence in the bottled water
- Get another bottle previously filled with dirty turbid water (visibly brown) for the participants to compare. Agree with the participants that such water can’t be trusted and is full of germs.
• Get 2 volunteers to go away from participants to a place where they cannot see what is going on in the training

• In full view of the remaining participants, pour some of the dirty water into the bottle with the clean water (little enough not to change colour but for the participants to see that some of the germs in the dirty water have gone into the “clean” one

• Agree with the participants that the “clean” water has been contaminated and even though it still looks clear, it is unsafe for drinking and can cause diseases.

• Put both bottles on one table, call back the 2 volunteers and ask them to choose between the two bottles which one is safe and to drink some of the water.

• *(They will take the clean bottle and most likely the participants will shout or express discomfort warning them not to drink the water. If that doesn’t happen, make sure the 2 volunteers don't actually drinking the water)*

• Ask one of the participants to explain to the volunteers (and the rest of the participants) why the water is not safe for drinking.

• Emphasise that being clear is not a good way of knowing whether the water is safe but that having properly boiled the water (to a rolling boil for an extra 3 minutes) or treated the water with WATERGUARD and stored it correctly is the only way to know that water is safe.

• Tell them that water treated with WATERGUARD has chlorine or metallic taste which helps them to be sure the water was treated and is safe for drinking.

Tell the participants that next you are going to learn how to use WATERGUARD to treat water and that they must pay attention because what they learn they are going to teach members in their communities.
Section 4: How to make your water safe.

Info:

- Boiling must be done properly for the germs to completely die. This requires to get the water boiling to a rolling boil for more than 3 minutes.
- With WaterGuard, you don’t need to boil. If you follow the steps well, the WaterGuard will kill the germs and make the water safe for drinking.

- Why use WaterGuard?
  - It is effective in preventing diarrhoea, typhoid, cholera, dysentery and other waterborne diseases.
  - WATERGUARD kills disease-causing germs that are found in contaminated water.
  - WATERGUARD leaves a long lasting protection such that your drinking water is free from re-contamination.
  - Water treated with WATERGUARD may have a mild metal taste and chlorine smell which helps you to know that the water you are drinking has been treated and is perfectly safe.
  - The smell is not harmful and it reduces significantly as time goes by.
  - WATERGUARD is cheaper, easier to use, and better for the environment than boiling.
  - Treating water with WaterGuard takes only 30 minutes, a little time compared to dealing with sickness. We spend time washing clothes and that’s very important. But it’s even more important to clean the water we use since it’s fundamental to our health.
  - Always drink water treated with WaterGuard.
  - WaterGuard will help prevent diarrhoea in your family.
  - Children are the most affected by diarrhoea, and drinking unsafe water can have adverse effects for the children. Always ensure that children in your community drink WaterGuard treated water.
  - WaterGuard should be dosed according to the instructions.
  - Store your water in a closed container with a lid to avoid recontamination.
  - Even tap water or water that looks clean can have germs. All drinking water must be treated with WaterGuard.
  - WaterGuard is a household-based water treatment intervention. The dosing and treatment must be per 20 litre container. It is not suitable for treatment of water in boreholes or wells.
  - Treat your water year round, not just during the rainy season.
  - Use treated water to prepare food and infant formula.
• Use treated water for washing fruits, vegetables, and other foods consumed raw which potentially reduces the incidence of food-borne infections.
• Also, use treated water for washing kitchen utensils.

• How to use WaterGuard
In areas where water is very dirty, it is advisable to first filter the water through a clean cotton cloth or leaving the dirty water overnight to allow the dirt and particles to settle to the bottom, separating the water from the dirt, before treating it with WaterGuard. And for clear water without particles, the water may not be filtered.

1. Filter the water using a clean cotton cloth.
2. Pour 1 bottle top/cover of WaterGuard.
3. Cover the jerry can and shake thoroughly until WaterGuard is completely mixed with the water.
4. Wait for 30 minutes before using the water.
5. Your water is now safe for drinking.
Dosages for sources other than tap water

<table>
<thead>
<tr>
<th>Water Source</th>
<th>Plastic jerry can 20-litres</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rain, lake, spring, well and borehole</td>
<td>1 bottle cap</td>
</tr>
<tr>
<td>Shallow well, river and pond</td>
<td>2 bottle caps</td>
</tr>
</tbody>
</table>

- **Storage**
  - After treating your water, use a safe storage vessel to keep the water safe. A safe vessel has a narrow mouth and a lid so that people don’t dip dirty cups into the water. A safe water vessel will avoid recontamination.
  - Examples of safe water vessels include, a jerry can, a pot with a cover and tap, or a jar with a cover.

- **Important**
  - Do not put WaterGuard in wells, boreholes or water tanks
  - Do not put WaterGuard in open buckets
  - Do not store waterGuard in the sun
  - Do not drink waterGuard directly from the bottle

**Activity:** Pass out a few WATERGUARD bottles around the room so that the participants may touch and familiarise themselves with WATERGUARD.

- Explain that WATERGUARD is a home based chlorine treatment that is used in treating water, making it safe for drinking. It is just like the one used to treat drinking water in United States of America or United Kingdom.
- Go over the information in the info section above
- Get a table in the middle of the participant in full view of everyone.
• Go over the steps on how to use WATERGUARD above
• Ask for two volunteers to come and demonstrate how to use WATERGUARD
• Guide the volunteers to carry out a WATERGUARD demo.
• After the demo let the participants ask questions as you wait for the 30 minutes. Keep the questions few and go over the last section of “Safe water is your responsibility” after which drink the water and get as many participants to drink the treated water.
• Remind the participants that the metal taste WATERGUARD puts helps them to know that the water has been treated and is safe.
Section 5: **Safe water is your responsibility.**

Info:

- As a community resource person, you will be given bottles of WATERGUARD and safe water vessels to distribute to various households under your care/jurisdiction.
- Your responsibility is to go and train and demonstrate how to use WATERGUARD to members in your community, or specifically your blocks.
- Make sure that all members in your community learn how to use WATERGUARD.
- You will be in charge of certain households in your block.
- You will be responsible for making home visits to distribute safe water vessels and WaterGuard on the first visit. These will be given out freely so that your community can have safe water always.
- Every quarter, you will make home visits to refill supplies of WaterGuard.
- Always keep track of material distributed by filling in the monitoring and evaluation form that will be given to you by the PSI coordinators; remember to return the form to the PSI coordinator at the end of the period.
- Always remind your community members to use WATERGUARD so that they can treat the water.
- Drink only treated water.
- Always store your treated drinking water in a designated safe water vessel that you always keep clean.

Activity: **Go over the points highlighted in the info section above and ensure the participants understand their responsibility.**

Call for two volunteers to role play how they will teach their community members.

Have one pose as the trainer and start the dialogue the way they hope to approach the community, explain the whole process of why use WATERGUARD and how to use WATERGUARD. (No physical demonstration but highlighting the steps)

Applaud the volunteer and reward them if you have the gifts such as a WaterGuard T-shirt. Correct the mistakes, and encourage the participants to do the same when they go for their individual trainings.
• Always keep your home environment clean. Regularly smoke your toilets and keep them clean. Do not litter the home with rubbish but take all rubbish to the pit.
• Wash your hands every time:
  - You visit a toilet,
  - Before preparing food
  - After cleaning up rubbish or cleaning a child
  - Before eating
  - After blowing your nose, coughing or sneezing
• Proper hand washing steps
• In order for your hands to be clean, you must follow the proper hand washing procedures below.
• Illustrate hand washing procedures as below.

**Hand washing procedures**

1. Wet hands with lots of water.
2. Rub hands briskly to clean off dirt. Use soap.
3. Remove dirt underneath nails.
4. Dry hands with a clean cloth.
Frequently Asked Questions

1. **How long does a bottle of WaterGuard last?**
   The product’s shelf life is about 9-12 months if UNOPENED. Once opened, the solution should be used up within 2 months, because the introduction of air causes it to lose its potency.

2. **Is WaterGuard a prevention or a treatment for diarrhoea?**
   WaterGuard is a PREVENTION for diarrhoea, whereas Oral Rehydration Solution (ORS) is a treatment. You should seek medical help if your child has diarrhoea.

3. **Where should the bottle of WaterGuard be stored?**
   Out of sunlight, out of the reach of children, in a cool, dry place

4. **When should you use WaterGuard?**
   Every time you refill your water container, you should treat the water with WaterGuard. Water should be treated YEAR ROUND. You should even treat your water if you have piped water and store it, because the water can become contaminated during storage.

5. **How Dangerous is it if swallowed by Children**
   WaterGuard is dilute and very safe. If WaterGuard is accidentally ingested in large quantities by children, in the majority of cases, there are only minor, transient adverse effects on health. There are no reported cases of severity.