

THEME: THE HUMAN HEALTH

TOPIC: SANITATION

1. What is sanitation?

- This is the general cleanliness of a place where we live or stay.
- This is the keeping of our environment clean.
- This is the general cleanliness of the environment in which we live.

2. Write down elements of sanitation

- Having latrines or toilets
- Having rubbish pits/dustbins
- Having plate racks
- Slashing around our homes

3. State any four ways of maintaining sanitation

- Slashing bushes/tall grass near homes
Reason: To keep vectors and snakes away
- Draining stagnant water
Reason: To reduce breeding places of mosquitoes
- Digging rubbish pits and providing dustbins
Reason: For proper disposal of rubbish/household refuse
- Constructing latrines and toilets
Reason: For proper disposal of faeces and urine
- Sweeping houses and compounds
Reason: To prevent contamination
- Protecting and cleaning around water sources
Reason: To prevent water contamination/pollution
- Smoking and washing toilets
Reason: To reduce bad smell
- Mopping house floors and verandas
- Removing cobwebs from ceilings and corners of houses.

4. Write down activities done to promote sanitation

a) At home

- Sweeping the compound, house floors and verandas.
- Mopping house floors and verandas.
- Smoking toilets
- Removing cobwebs from the house.

- Slashing bushes around the home.
- Draining away stagnant water.
- Scrubbing and washing toilets.
- Providing dustbins
- Digging rubbish pits/Compost pits
- Constructing toilets/latrines

b) At school

- Sweeping classrooms and school compound.
- Mopping classrooms and their verandas
- Picking/collecting rubbish in the compound
- Scrubbing and washing school toilets
- Providing dustbins
- Digging rubbish pits/compost pits
- Constructing toilets/latrines

c) In the community

- Collecting garbage/rubbish
- Installing sewage tanks to treat sewage
- Recycling wastes
- Constructing public toilets
- Providing public waste bins/garbage cans.
- Cleaning water sources
- Educating members about waste management

5. Name any four components/ elements of a clean home

Component	Uses
- Latrine/toilet	For proper disposal of faeces and urine
- Kitchen	It is where meals are prepared.
- Rubbish pit	For proper disposal of rubbish
- Rack	For proper drying of utensils
- Bathroom	It is where people bathe from
- Ventilated house	It allows proper air circulation

6. Give two reasons why people should observe/practice good sanitation

- To prevent the spread of some diseases
- To prevent contamination of food
- To prevent a bad smell

- To prevent pollution of air and water sources
- To control some disease vectors.

7. Identify equipment/items/tools used to promote sanitation

- Brooms** → For sweeping
- Rake** → For collecting rubbish
- Scrubbing brush** → For scrubbing toilets
- Mops/rags** → For mopping

8. State any two benefits/importance of maintaining good sanitation

- It controls some vectors
- It prevents bad smell
- It prevents outbreak of some diseases
- It prevents contamination of air and water sources

9. Write down two causes of poor sanitation

- Overcrowding in a home.
- Poor disposal of human wastes and rubbish
- Poor drainage
- Overpopulation

10. Give any four signs or indicators of poor sanitation in a home.

- Presence of many houseflies
- Bad smell
- Presence of faeces in the compound
- Presence of bedbugs, rats and cockroaches.
- Bushes around homes
- Stagnant water in a home compound

11. State any two danger/effects of poor sanitation

- Leads to outbreak of faecal/diarrhoeal diseases
- Leads to worm infestation
- Leads to infestation of vectors
- Leads to bad smell

SUBTOPIC: LATRINES AND TOILETS

A latrine/toilet is a place for defecation and urination.

A latrine/toilet is a place where human wastes are deposited/disposed.

Types of latrines and toilets

- Pit latrines
- Potties
- Ecosan
- Mobile toilets
- Flush toilets/waterborne toilets (water closet system)

PIT LATRINES

They collect faeces in a hole dug in the ground

Types of pit latrines

- Ordinary pit latrines
- VIP latrines

Ordinary pit latrines

It is also called a [conventional pit latrine](#)

It is common in villages.

Characteristics of an ordinary pit latrine

- It has a lid
- It does not have a vent pipe.
- It does not have a screen
- It does not use water

Advantages of ordinary pit latrines (conventional pit latrines)

- They are cheap to construct
- They do not require the use of flushing water.
- They are easy to use.

Disadvantages of ordinary pit latrines

- They smell badly
- They do not last long.
- They are easily damaged by too much rainfall and wind.
- They are sometimes not safe to use.

Ways of maintaining an ordinary pit latrine

- Smoking it regularly
- Sweeping the floor
- Providing toilet papers for users.
- Slashing grass and bushes around it.

- Removing weeds (any plant and grass) around it.
- Covering the drop hole with a lid after use.
- Providing water for washing hands after use.

A VIP latrine (Ventilated Improved Pit latrine)

- It has a vent pipe and a screen
- It is improved because it controls smell and houseflies.
- It is ventilated because it has a vent pipe.

Characteristics of a VIP latrine

- It has a vent pipe
- It has a screen on top of the vent pipe.
- It doesn't require a lid.

Parts of a VIP Latrine and their uses

1. Vent pipe

- It lets out bad smell (smelly air)

2. Screen

- It traps houseflies to death.

3. Pit (hole in the ground)

- It collects faeces and urine

4. Concrete floor/slab

- It is where the user stand or squat.

5. Squatting hole/Drop hole

- It lets in fresh air
- It allows faeces and urine into the pit.

6. Spiral walls

- They provide privacy to the user
- They prevent direct sunlight into the latrine

7. Shelter

- Provides privacy

Why do VIP latrines don't require a lid?

- To allow fresh air to enter into the latrine
- To allow free circulation of air.

Why are VIP latrines built without doors most of the time?

- To maximize flowing of air.

Ways of maintaining a VIP latrine

- Sweeping the floor regularly
- Providing toilet papers for users
- Scrubbing and washing the floor regularly
- Cutting grass or bushes around it
- Providing water and soap for washing hands after use.
- Removing cobwebs from the latrine

Things you should not do (don'ts) when using a VIP latrine.

- Don't cover a VIP Latrine with a lid

Reason : To allow free circulation of air.

- Don't pour disinfectants into a VIP latrine

Reason: They kill maggots and bacteria which reduce the volume of faeces

- Don't clean your anus using walls

Reason: It increases bad smell and houseflies

- Don't defecate or urinate on the floor

Reason: It makes the latrine smell badly.

Qualities of well built pit latrines

- They should be deep enough to hold faeces and urine for a long time.
- They should have a strong floor to support the weight of users and reduce chances of users falling into the pit.
- They should have a strong roof which does not leak to protect users and its floor from strong sunshine and rainfall.
- It should have a sizable drip hole
- It should have a cemented and smooth floor for easy cleaning
- It should have walls and doors to provide privacy to the users.
- It should have a lid to cover the hole after use.
- It be built on a hard/firm ground.

NOTE:

- The squat hole/drop hole of a pit latrine should be big enough to allow faeces and urine to pass.

- The squat hole/drop hole should also be small enough to prevent little children and small animals from falling into inside.

Sites of a pit latrine

- It should be built **10cm** away from a main house (home, school, hospital, market, kitchen etc.)
Reason 1: To prevent odour/smell from reaching people.
Reason 2: To prevent houseflies from contaminating food easily
- It should be built **30cm** away from a water source.
Reason 1: To allow water which comes into contact with faeces to filter into soil.
Reason 2: To prevent faeces and urine from contaminating water
- It should be built below/downhill/at a lower level (altitude) than a water source.
Reason: To prevent faeces and urine from seeping into water sources
- To prevent water contamination.
- It should be built on hard/firm soil/ground but not in valley or swamps
Reason: To prevent it from collapsing during rainy seasons

POTTY

- This is a bowl used by little children as a toilet.
- It is used by little children/toddlers
- It should be emptied, cleaned and disinfected after use.

Advantages of potties

- They are portable
- They are durable
- Children can easily use them.
- They are easy to empty, clean and disinfect

Disadvantages of potties

- They require regular emptying and cleaning.
- They are expensive to buy.

TOILETS

- **A toilet** is a piece of hardware used for disposal of human faeces and urine.

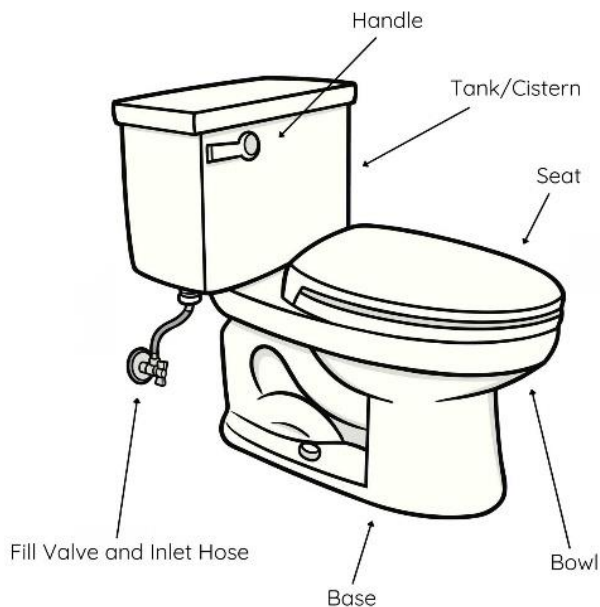
- Toilets with flushing water are called **flush toilets**
- Toilets without flushing water are called **dry toilet**

FLUSH TOILETS/WATER CLOSET SYSTEM

- They are also called **waterborne toilets**.
- This is because they use water to flush/carry away faeces and urine.
- They are common in modern houses/buildings in towns and cities where there is piped water
- They are usually built within the house

Characteristics of flush toilets/waterborne toilets

- They have a bowl
- They have a cistern/tank
- They have a seat with a cover/lid
- They have a handle
- They have pipes
- They have a septic tank



Parts/components of a flush toilet and their functions.

1. Bowl

- It is where faeces and urine are deposited

2. Lid

- It covers and protects the seat and to keep houseflies away.

3. Cistern/tank

- It holds/ stores water for flushing.

4. Seat

- It is where the user sits to defecate

5. Handle

- It is used to flush water

6. Flush pipe carries water from the tank into the bowl

- **Soil pipe** carries wastes to the septic tank

7. Septic tank

- It is a big underground tank
- It stores wastes (faeces and urine) for sometime.
- It is emptied when it becomes full.

NB Septic tanks and pit latrines are emptied by a vehicle called a **Cesspool emptier**



Uganda National Water and Sewage Corporation (UNWSC) is responsible for connecting and emptying septic tanks.

Ways of maintaining a flush toilet/ water closet toilet

- Keeping the seats clean
- Flushing a toilet after use
- Keeping the bowl clean
- Using soft tissue/toilet papers to clean yourself
- Don't use the toilet when it is blocked or when there is no water
- Don't deposit any hard object/ material into the bowl

Reason: They block the pipes

- Always repair damaged parts of the toilet

Advantages of flush toilets

- They are user-friendly
- They are easy to clean
- They can be put inside the house or vehicles
- They hardly smell

Disadvantages of flush toilets

- They are very expensive
- They use a lot of water
- They are only used when there is piped water
- They can easily get blocked if hard objects are put in them.

Problems faced by urban toilets

- Shortage of water for flushing
- Blockage of pipes due the use of hard things to clean oneself.
- Spread of diseases e.g. candidiasis
- Poor cleaning of toilets

ECOSAN TOILETS

- **ECOSAN** stands for **Ecological Sanitation**
- They are called **dry toilets** because they are waterless.
- They are made up of two chambers (vaults) to separate urine from faeces.
- They separates urine from faeces.
- They are dry/waterless
- Human wastes are removed and disposed in another area.

- Faeces can be used as manure and urine as liquid fertilizer in gardens.
- Their pits are usually sealed with concrete to prevent contact between human wastes and soil.
- Their pits are shallow for easy removal of human wastes.

Objectives/reasons for using ecosan toilets

- To recycle human wastes as manure/fertilizer
- To avoid contamination of ground water
- To make human wastes less attractive to germs.
- To reduce bad smell/odour.
- To reduce pollution of water, air and soil.

Advantages of ecosan toilets

- They do not smell
- They can be used in areas without water (deserts)
- They reduce costs of constructing pits
- They provide manure/fertilizer
- They enable human wastes to be recycled as manure/fertilizer

Why is dry ash, lime or sawdust applied on faeces in the faecal chamber after using an ecosan toilet?

- To dry up the faeces
- To absorb moisture from faeces.
- To increase acidity of faeces so as to deter multiplication of germs.