WASHText

| {Lesson: Healthy Home, Healthy Families} | | |
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| Script | On Slide Text | Animation Notes |
| Welcome! It’s great to have you here on WASHText!   Today’s lesson is about keeping a healthy home and a healthy family.    Staying clean and healthy helps prevent many unwanted illnesses and bugs, such as diarrhoea and worms in your water and around your home.  We will learn more about these and how to keep your home clean.  Ready to learn more? | Healthy Home, Healthy Families |  |
| First, let’s learn about the disease diarrhoea.  Diarrhoea is when you have a runny tummy and go to the bathroom three or more times per day. It is often a sign that your body has a bug, like a bacterial, viral, or parasitic infection.  Diarrhoea can be prevented but can be serious, especially when the body loses a lot of water.  You can prevent diarrhoea by remembering to wash your hands with soap often and keeping your food and water clean. You will learn more about these things in the next lessons. | DIARRHOEA  A runny tummy  Going to the bathroom three or more times per day  A sign of an infection  Prevent Diarrhoea by:   1. Washing hands with soap often 2. Keep your food and water clean | Animate words to text.  Add icons and illustrations |
| Next, worms in your water. These are tiny, invisible worms that can cause a disease known as bilharzia or schistosomiasis.  They lead to tummy aches, rash, diarrhoea, and blood in your poo. People become infected when coming into contact with infected water.  Prevent the spread of this disease by drinking and bathing in clean water, and don't contaminate the water sources by pooping in open areas or the stream. | WORMS IN YOUR WATER  Tiny, invisible worms can cause diseases.  Infection caused by contact with infected water  Prevent worms in your water by:   1. Drink and bath in clean water 2. Don’t contaminate water sources | ^ |
| Finally, you and your family can also fall sick because of worms around your home.  Worms that break down food for compost are helpful. Other worms, like hookworms, roundworms, and whipworms, are tiny, invisible, and dangerous.  They can cause diarrhoea, tummy aches, and malnutrition, among other symptoms.  Eggs of these worms are found in human poo which can land on the ground and transfer to your feet and hands.  To prevent this, regularly clean your home, yard and toilet. Always throw away children’s poo in the toilet, and wash your hands regularly with soap.  Remember to keep your food and water clean. | WORMS AROUND YOUR HOME  Dangerous worms like hookworms, roundworms, and whipworms.  Eggs of these worms are in human poo  Prevent worms in your home by:   1. Clean your home, yard and toilet regularly 2. Put children’s poo in the toilet 3. Wash your hands with soap often | ^ |
| Now, let’s look at some tips for keeping your home clean.  First, make sure you clean your house and yard regularly. Children’s poo should be thrown in the toilet, and animal poo and rubbish should be removed. It is always best to use water and soap to clean the floor and walls where you can. | HOW DO YOU KEEP YOUR HOME CLEAN?  Clean regularly  Use soap and water | ^ |
| Another tip for keeping your home clean is to get rid of mould, insects and rats in your house by sweeping, washing and drying up damp places regularly.  Protect food and throw rubbish in the rubbish bin - flies like rubbish, so keep this separate from your food!  Mosquitoes like to live in still water, such as in open containers and puddles. Cover or empty any still water in your home to keep mosquitoes away. | MORE TIPS TO KEEP A CLEAN HOME  Sweep, wash and dry damp places regularly  Throw rubbish into a rubbish bin  Cover or empty still water |  |
| Finally, it is important to see your doctor.  If you feel unwell, it is important to visit a clinic. They can help! | SEE YOUR DOCTOR |  |
| Now you know how to keep your home and family healthy. Practice the tips you have learnt today. | Healthy Home, Healthy Families |  |

| {Lesson: Handwashing} | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona futhi! It is great to see you on WASHText.  Today’s lesson is about when and how to wash your hands.  Why do we wash our hands? Does soap matter? When should we wash them? What’s the best way to wash our hands?  These are important questions! Let’s learn more together! | Handwashing |  |
| We are often told that washing our hands is important but do you know why?  Washing your hands with soap is one of the cheapest and most effective things you can do to protect yourself from getting sick.  Handwashing with soap stops germs, which cause sicknesses like diarrhoea and flu, from passing from person to person or your food and water. | WHY DO WE WASH HANDS  Protect ourselves from getting sick  Stop transfer of germs |  |
| Next, you might ask why soap is important.  Here’s why! Washing your hands with just water is not enough to remove dirt and poo from your hands after you have been to the toilet or changed a nappy.  Even if your hands look clean, you can still have poop germs on them, especially if you haven't washed your hands with soap. These germs spread and can make you sick when you touch your face, nose, or mouth. | WHY IS SOAP IMPORTANT  Water cannot remove all dirt, germs or poo |  |
| Now that you know this, what do you need to wash your hands correctly?  That’s easy! All you need is a tap or container of clean water and some soap. Soap should be kept near the tap.  If your tap is outside, keep soap nearby so it can be easily accessed whenever you need to wash your hands.  Ukugcina insipho eduze kukampompi wakho kwenza ukugeza izandla kube lula ngemva kokusebenzisa indlu yangasese, kokushintsha inabukeni, noma kokusebenza engadini. | WHAT DO YOU NEED  A tap OR container of water  soap  Keep soap near your tap |  |
| Our next question is when you need to wash your hands.  This is an important question. To help keep healthy, it is very important to wash your hands with soap before and after cooking, before eating, before and after caring for a sick person, and after using the toilet.  It is also important to always wash your hands after changing a baby’s nappy. Baby poop looks and smells different from adult poop, but it can still make you sick. This will help prevent germs from spreading and help keep you healthy. | WHEN DO YOU NEED TO WASH YOUR HANDS  ✅Before and after cooking  ✅Before eating  ✅ Ngaphambi nangemuva kokunakekela umuntu ogulayo  ✅After using the toilet  ✅After Changing a baby’s nappy. |  |
| Next, let us learn how to wash our hands properly!  First, wet your hands with clean water.  Make sure you use enough soap to cover your hands.  Next, rub all surfaces of your hands—such as the back of your hands, between fingers, and under the nails—for at least 20 seconds.  When this is done, rinse well with clean water. Finally, dry your hands with a clean cloth or towel. | How To Wash Your Hands  1️⃣: Wet your hands  2️⃣: Cover with soap  3️⃣: Rub all over for at least 20 seconds.  4️⃣: Rinse well  5️⃣: Dry | Use hand washing image |
| Now, you are a handwashing expert! Wenze kahle! Share these tips with your family to help keep them all healthy. | Handwashing |  |

| {Lesson: Safe Food and Water} | | |
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| Script | On Slide Text | Animation Notes |
| Welcome back to WASHText.  Isifundo sanamuhla besikhuluma ngokweseka impilo yomndeni wethu ngokudla nangamanzi aphephile.  Here are five tips to keep your food and water safe:  Access safe water when you can. Treat it when you can’t  [pause]  Keep water safely in a container  [pause]  Keep your container clean  [pause]  Keep your cooking space clean  [pause]  and Separate raw and cooked food.  Ready to dive in together? | Safe Food and Water  ACCESS SAFE SAFE WATER WHEN YOUC AN. TREAT IT WHEN YOU CAN’.  KEEP WATER SAFELY IN A CONTAINER   KEEP YOUR CONTAINER CLEAN   KEEP YOUR COOKING SPACE CLEAN   SEPARATE RAW AND COOKED FOOD |  |
| First, access safe water when you can. Treat it when you can’t. You can get water from many sources. The safest water is often from a tap.  Water from unprotected streams, open sources such as a lake, and open-dug wells are not always safe. This water may have bugs, parasites or poo from animals and or humans in it and we have already learned that this can make us sick.  If you are worried about the quality of your water, boiling water can make it safe to drink and cook with. Here are the steps to take:  First, let the water sit for some time until the dirt settles at the bottom. Next, pour it into a pot or kettle and boil it for at least 10 minutes to make sure all the germs are killed before using it.  Lastly, make sure to drink the water within 24 hours. This helps to keep it clean, fresh, and free from other germs. | ACCESS SAFE WATER WHEN YOU CAN. TREAT IT WHEN YOU CAN’T  Get water from a safe source  To make sure water is safe, boil it:   1. Pour water into a pot or kettle 2. Boil for at least 10 minutes 3. Use within 24 hours |  |
| Our second tip is to keep water safely in a container.  If you need to store water, make sure that it does not come into contact with hands, dirt or insects. Remember, hands, dirt, and insects can make drinking water unsafe.  Amanzi kufanele angcinwe ezitsheni ezihlanzekile futhi ezivalekile. There are many designs for water containers.  A safe water storage container is one that is strong and has a tightly fitting lid or cover, a stable base so it does not tip over, is durable so that it does not leak easily, and has a comfortable handle. Finally, don’t forget that it should be easy to clean. | KEEP WATER SAFELY IN A CONTAINER  Avoid contact with hands, dirt or insects  Store water in clean and closed containers  A good container:   1. Strong and has a tightly fitting lid or cover 2. Stable base 3. Does not leak 4. Comfortable handle 5. Easy to clean |  |
| It is very important to keep your container clean when using it to store water. Here is the best way to do this.  First, wash your hands like you learned in the previous lesson.  Next, pour clean and soapy water into the container. Put on the lid and shake the container for one minute or, if you can, scrub the inside of the container.  To finish off, pour the soapy water out and rinse the container with non-soapy water. | KEEP YOUR CONTAINER CLEAN  Wash your hands  Pour in clean, soapy water  Close and shake or scrub the container  Empty and rinse |  |
| Another important area to keep clean is your cooking space.  Small germs that cause disease can transfer from your unwashed hands, chopping boards, clothes, and utensils. That is why it is important to keep these clean. Here is how you can do this.  First, wash your hands with soap before touching food and while cooking.  Next, wash your hands after going to the toilet. Then, clean your cooking space and tools every time you use them.  Make sure to keep bugs, rats, and other animals away from the cooking area. Always cover food if you can.  Finally, remember to wash your fruits and vegetables with safe water before using them. | KEEP YOUR COOKING SPACE CLEAN  ✅Wash your hands  ✅Clean cooking space and utensils every time  ✅ Keep animals away  ✅Cover food  ✅Wash fruit and vegetables |  |
| Our last tip in this lesson is to separate raw and cooked food.  Germs causing diseases can be found in raw food (such as meat, chicken, and seafood).  These can be transferred to other foods when you prepare or store food. Separating raw and cooked food is therefore important.  Make sure to wash your knife and cutting board after cutting raw meat, chicken, or fish before using them to cut other foods.  You can also store food in covered containers when you can. This will keep it safe from insects, rats, moisture, and rot, and also stop the mixing of raw and prepared foods. Make sure to clean up any leftover ingredients when done, especially raw meat. | SEPARATE RAW AND COOKED FOOD  Wash your knife and cutting board  Store food in covered containers  Clean up leftover ingredients |  |
| There are many ways to keep your food and water safe. Share these tips with others in your family to help keep them safe and healthy. | Safe Food and Water |  |

| {Lesson: Clean Toilets} | | |
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| Script | On Slide Text | Animation Notes |
| Hi, you're back on WASHText, fantastic!  Isifundo sanamuhla sikhuluma ngama-toilets. Keeping your toilet clean keeps germs away and stops the spread of disease. Besides, you don't want to be stepping on poo or urine while you are using the toilet. Keep it clean for you and your family  We have four tips to help you keep your toilet clean.  Masifunde kabanzi. | Clean Toilets |  |
| First, clean your toilet, the area around your toilet and the pathway to it every day.  Second, make sure you use soap to get rid of any urine stains or poo.  Third, it is important always to throw used toilet paper into the toilet.  Finally, make sure you check your toilet regularly. If something is broken, you should have it repaired as quickly as possible. | CLEAN DAILY  USE SOAP  USED TOILET PAPER IN THE TOILET  CHECK REGULARLY AND MAKE REPAIRS QUICKLY |  |
| These tips will help keep your toilet clean and safe for you and your family. Keep up the great work making your house a safe and healthy place to live! | Clean Toilets |  |

| {Lesson: Managing Rubbish} | | |
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| Script | On Slide Text | Animation Notes |
| Hello again. It is great to have you back on WASHText.  Isifundo sanamuhla sikhuluma ngokuthi singawucoca kanjani udoti ekhaya. There are many advantages to managing our rubbish that help to keep our houses and families safe and healthy.  Here are two tips to help you:  Manage solid rubbish and reduce the amount of rubbish you create.  Ready to dive in together? | Managing Rubbish |  |
| First, let’s learn more about managing solid rubbish.  How you get rid of solid rubbish depends on the type and amount of rubbish.  Paper, for example, can be recycled, reused or collected with your other rubbish.  Organic materials like vegetable peels or garden waste can be composted and used as fertiliser for trees and plants around your home. Plastic can be collected with your other rubbish or recycled.  It is very important to remember that you must not throw your solid rubbish in the toilet. | MANAGE SOLID RUBBISH  Paper: recycle, reuse, add to rubbish bin  Organic material: compost  Plastic: recycle, add to rubbish bin  DO NOT throw solid rubbish in the toilet | Image of waste uses, recycling of paper, plastic and composting of organic matter |
| Our last tip in this lesson is about how to reduce the amount of rubbish you create. Carry your own bag to the shops to avoid having to purchase a new plastic bag.This will save money too! Use reusable containers, like plastic or glass bottles, rather than buying new ones. Lastly, try to fix or repair things when they break instead of immediately throwing them away. | REDUCE THE AMOUNT OF RUBBISH YOU CREATE  Carry your own bag to the shops  Use reusable containers.  Try to fix or repair things |  |
| Now you know a lot about how to manage and reduce your solid rubbish. Share these tips with others in your family to help keep them safe and healthy. | Managing Rubbish |  |