

IMPORTANT STEPS TO PREVENT DIARRHEA

CLEAN WATER: Ensure the safety of your drinking water. Clarify water with the TRUSTED Charcoal Water Filter. Then pour water into plastic bottles and expose to the sun for 6 hours, or boil for one minute, or add 2 drops of chlorine bleach per liter and wait 30 minutes.

SAFE WATER TRANSPORT: Keep hands and fingers out of the water bucket when transporting to the home. Cover the buckets with a lid during transport and at home.

SAFE WATER STORAGE: Keep water buckets covered at home.

SAFE FOOD STORAGE: Keep flies away from food and utensils.

FOOD PREPARATION: Wash, peel or cook all foods.

DISPOSE OF FECES: All feces CARRY disease, including those of infants and young children. All feces should be properly disposed of in a latrine or toilet or buried 12 inches deep. Keep all feces 30 meters from water sources.

NO TOILET: Adults and children should defecate away from houses, paths, water supplies and places where children play. Feces should then be buried under a 12 inch layer of soil.

HUMAN AND ANIMAL FECES: Should be kept out of and away from all water sources.

HAND WASHING: If soap is not available, ash and water can be used as a substitute.

CLEAN DISHES: Wash with soap or charcoal and ash as a substitute.

LATRINE HYGIENE: Keep sanitized and deodorized with ash and charcoal. Cover opening, kill maggots with boiling water or motor oil.

FLY CONTROL: Flies spread infections and disease. Flies live, eat and breed in feces. Flies should be kept away from food, water, dishes and wounds. Keep flies from breeding in toilets.

STOP FLIES: Bury, burn or safely dispose of all garbage and animal remains to stop flies from breeding and spreading disease.

BREASTFEEDING: Is healthy.

DISINFECT: Wash with soap or ash the places touched by feces.

