## WHY IS IT IMPORTANT TO STAY HYDRATED?

| 1. WHEN DO YOU NEED TO DRINK CLEAN WATER? | Everyone needs to stay well hydrated!  
- Good health  
- Healthy babies  
- Healthy kidneys  
- Good feces  

Drink clean water every day.  

You should only drink clean water! |
|---|---|
| 2. WHAT HAPPENS IF YOU DRINK DIRTY WATER? | Dirty water can make you very sick. Viruses, bacteria, and parasites live in dirty water.  
- Cholera  
- Typhoid  
- Hepatitis A  
- Intestinal worms and other parasitic diseases  
- Diarrhea and vomiting |
| 3. WHAT SHOULD YOU DO IF YOU ARE SICK WITH DIARRHEA OR VOMITING? | STAY HYDRATED  
- SIP specially made water every few minutes until you are not sick and for the following day  
- Give your child small sips all day long. KEEP BREASTFEEDING.  
- If you are not urinating (passing water), you must drink more  
- Eat only small amounts of rice and bananas while you are sick  
- Slowly add back other foods  
ALWAYS:  
- Boil all of the water you drink!  
- Continue to drink water while you are sick  
- Have plenty of clean, fresh water available to drink  
- Drink as much water as you can during the day  
- If you are breast feeding your baby, keep breastfeeding while you are sick. |
# HOW CAN YOU MAKE WATER CLEAN FOR DRINKING?

## 1. WHAT DOES DIRTY WATER LOOK LIKE?

- Water is not clean just because it is clear.
- Buying water does not guarantee that it is clean.
- You cannot see most of the harmful things in water.
- Water for drinking should never be muddy, have sticks or debris in it, or be thick.
- Clean water should be kept in clean containers only used for clean water.

## 2. HOW CAN YOU MAKE WATER CLEAN?

- There are many different ways to purify water.
- It is ALWAYS important to drink clean water regardless of how you make it clean.
- **Combining more than one method is the most effective**
  - Boiling, Filtration, Disinfection with tablets, mixing with Bleach.
  - SODIS is safe and effective and easy for people to do by themselves
  - Rain water can be collected into a clean container, then boiled.
  - Keep drinking water in clean, closed containers!

## 3. SODIS

- SODIS stands for Solar Water Disinfection
- Uses the rays of the sun to kill germs such as viruses, bacteria, and parasites
- It is a good way to make small quantities of drinking water
- People can do it for themselves
### SODIS STEPS
- Clean a clear, 2 liter bottle with soap and rinse well.
- Label it for clean water only.
- Collect water in a container for dirty water only.
- Filter the water if it is cloudy or looks dirty.
- Fill the clean bottle with water and close the lid tightly.
- Expose the bottle to the sun morning to evening for at least 6 hours.
- Do not move or disturb the bottle.
- If more than half the sky is covered with clouds, keep the bottle in the sun for 2 days before drinking it.
- The water is now ready to drink.
- Pour from the clean container into a clean cup (do not dip).
- If it is raining, boil the water! DO NOT use SODIS.

### BOILING
- Heat water until it is bubbling fast.
- Keep boiling for 5 minutes.
- Cool the water before using.
- Keep in a clean container with a tight fitting lid.
- Do not use a cup or ladle to get the water – use a tap or pour it out.

### COMBINE METHODS
- The best way to purify water is to use two methods.
- Do this when you or your family is sick.
- Be extra careful after a flood.
**POSTER:**

<table>
<thead>
<tr>
<th>DRINK CLEAN WATER EVERY DAY</th>
<th>DIRTY WATER AND NOT WASHING YOUR HANDS MAKES YOU AND YOUR FAMILY SICK</th>
<th>YOU CAN CLEAN WATER FOR SAFE DRINKING</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="Clean Water" /></td>
<td><img src="image2" alt="Dirty Water" /></td>
<td><img src="image3" alt="Water Treatment" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WASH YOUR HANDS TO STAY HEALTHY</th>
<th>MAKE SPECIAL REHYDRATION WATER</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image4" alt="Washing Hands" /></td>
<td><img src="image5" alt="Rehydration Recipe" /></td>
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<th>IF YOU GET SICK</th>
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<tr>
<td>KEEP BREASTFEEDING</td>
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<tr>
<td>SIP CLEAN REHYDRATION WATER ALL DAY</td>
</tr>
<tr>
<td>EAT SMALL MEALS OF BANANA AND RICE</td>
</tr>
<tr>
<td>EAT MORE AS YOU FEEL BETTER</td>
</tr>
</tbody>
</table>

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### PRESENTER POINTS:

<table>
<thead>
<tr>
<th>PRESENTATION IDEAS</th>
<th>GROUP PROJECT IDEAS</th>
<th>GIVE - AWAY IDEAS FOR PATIENTS:</th>
<th>FOR COMMUNITY:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Use poster and follow presentation</td>
<td>• Have the group do all the steps of SODIS</td>
<td>• IMR will provide leaflet flyer with these same details</td>
<td>• Poster</td>
</tr>
<tr>
<td>• Use a 2 liter PET bottle (clear) and demonstrate SODIS</td>
<td>• Wash hands with clean water</td>
<td>• 2 liter bottles for SODIS</td>
<td>• Teaching tools used in class</td>
</tr>
<tr>
<td></td>
<td>• Make a tippy tap for a bottle</td>
<td>• Sharpie to mark clean and dirty water containers</td>
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<tr>
<td></td>
<td>• Wash and mark a container for clean water</td>
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BACKGROUND RESEARCH FOR PRESENTER:

More than 4000 children die every day from dirty water and water-borne diseases

Please download a free manual on clean water using this link:

http://en.hesperian.org/hhg/A_Community_Guide_to_Environmental_Health:Raise_Community_Awareness#Clear_water_might_not_be_clean_water

Other helpful links:


SODIS: http://www.sodis.ch/index_EN

Cleanliness: http://en.hesperian.org/hhg/Where_Women_Have_No_Doctor:Cleanliness#Clean_Water
HANDOUT: see separate file with handout printed 4/page