

GETTING SICK STINKS!

No matter where you live, you can get very sick if you don't wash your hands regularly and properly.

These sicknesses come from germs - tiny organisms - that live all around us. They can cause colds, give you stomach pain, cause vomiting, diarrhea and yellowed skin, and make you feel weak for a long time.

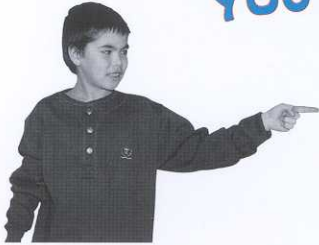
Sometimes they kill people, especially children and elders.

These germs like to grow around moisture and waste products, and they spread-easily by touching hand-to-hand, or hand-to-mouth.

So, our only protection is keeping ourselves clean - and it's easy, even if you don't have running water.



YOU SHOULD ALWAYS WASH YOUR HANDS:



- After using the toilet.
- After coughing or sneezing.
- After changing a baby's diapers.
- After dumping & cleaning honeybuckets.
- After handling meat, skins & fish.
- Before eating & cooking food.

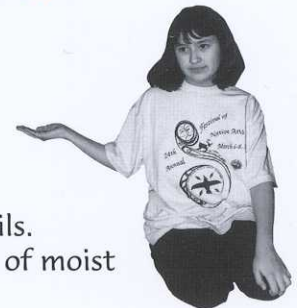
IF YOU HAVE RUNNING WATER:

- Use lots of soap and water when you wash your hands.
- Rinse well.
- Use paper towels, or wash cloth towels frequently.



IF YOU DON'T HAVE RUNNING WATER:

- Keep drinking water and wash water in separate containers.
- Change the water in the wash basin before each use.
- Use a second basin for rinsing your hands.
- Clean both wash and rinse basins often, wipe dry with a paper towel.
- Keep your finger nails trimmed (and clean them often). Germs grow under nails.
- In case water becomes temporarily unavailable, keep a bottle of alcohol or box of moist towelettes for hand washing.

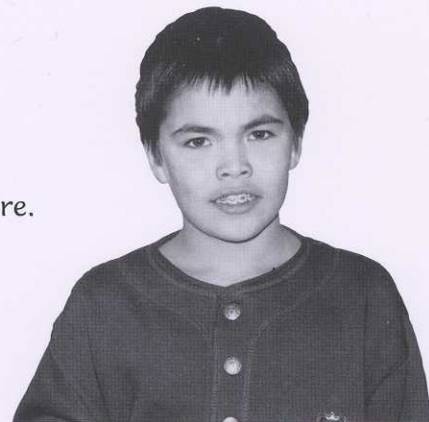


For more information on handling honeybuckets and safe drinking water, turn to the other side...



IF YOUR HOUSEHOLD USES A HONEYBUCKET:

- Make sure your bucket has a lid.
- Empty when the bucket is two-thirds full.
- Older children spill less. Children under 12 may be too young for this chore.
- Clean the bucket thoroughly and frequently.
- Use rubber gloves, disinfectant and a toilet brush to clean the bucket.
- Keep honeybucket away from food, cooking area and drinking water.
- Keep extra buckets and lids on hand in case of leaks or cracks.
- Clean the area around the bucket to keep germs from spreading.



IF YOU HAUL WATER FOR HOUSEHOLD USE, REMEMBER:

- Use a village watering point if at all possible; river and lake water may be contaminated by human or animal waste.
- The most reliable way to purify drinking water is boiling for 5 minutes.
- Another way to kill some - but not all germs - is to treat water with chlorine bleach. Use one drop of bleach (Clorox, Hi-Lex, Purex) for a quart, or 1/2 teaspoon for five gallons. Mix well and let stand for 30 minutes. A slight odor of bleach should be noticeable in the water. If water is cloudy, double the amount of bleach.
- Use a drinking water container that has a spout or faucet; dipping for water greatly increases the chances of contamination.
- Don't let children under 12 haul water.
- Keep drinking water away from human waste, don't dispose of human waste near water sources.
- The container for hauling water should have a tight fitting, waterproof lid, and should periodically be sanitized by rinsing with a strong bleach solution.



A Special Note to Parents, Teachers & Clinicians:

There's only one reason to follow these simple suggestions: To prevent a child, parent, or elder, from becoming seriously ill (or at risk for death).

There's no question that sanitation is a lot easier with running water and flush toilets, and every household or community that desires such a system deserves one.

In the meantime, let's do the right thing: practice good handwashing and safe waste disposal.

Like the kids say:

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