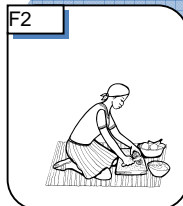


**TRANSMISSION**

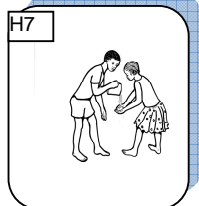
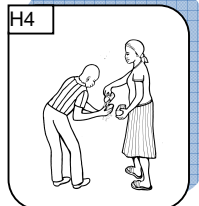


**5. DIARRHOEA THROUGH FINGERS**

**ACTIVITY: 5. Blocking the Route** TIME: 1 Hour

1. Ask the group to think of all the ways that we use our hands that could enable the transmission of faeces to our mouths.
2. Hand out the Transmission pictures (left) and ask each person to come to the front and explain their card.
3. Now hand out the cards that show ways to 'block the route' of the transmission of diarrhoea by fingers (right).
4. Ask each person to use their picture to block one of the transmission pictures. Stand behind the person with the picture.

**RECOMMENDED**



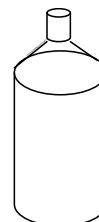
**TRANSMISSION PRACTICES**

1. Shaking hands
2. Preparing food with dirty hands
3. Touching fruit and vegetables
4. Eating with hands
5. Touching drinking water
6. Touching babies nappy
7. Wiping after defecation
8. Cleaning up excreta / toilet

**PLANNING for NEXT WEEK:**

In the next session we will be making a 'hand-washing facility' (H10).

Everyone should bring an empty one litre plastic bottle.



**RECOMMENDED PRACTICES**

Wash hands WITH SOAP BEFORE

1. Shaking hands
2. Preparing food
3. Touching fruit and vegetables
4. Eating with hands
5. Touching drinking water

Wash hands WITH SOAP AFTER

1. Touching babies nappy
2. Wiping after defecation
3. Cleaning up excreta / toilet

**NEW PRACTICE**  
Wash hands with soap from now onwards