

Take Action for Sanitation and Hygiene

- Young children's immune systems are less developed, so it is most important that children have access to basic sanitation and hygiene.
- Using a toilet or latrine is the best way to dispose of faeces.
- Take special care to ensure that germs from faeces are not allowed to contaminate drinking water, as this will cause young children to get diarrhoea.
- All family members must use toilets or latrines.
- Where toilets are unavailable, faeces should be buried.
- Safe disposal of all household refuse helps to keep the living environment clean and healthy.
- Hand-washing with soap after using the toilet and before eating is the most cost-effective health intervention.
- All family members must wash hands with soap.
- Where soap is not available, a substitute, such as ash and water, can be used.
- Hand-washing with soap is extremely important in emergency situations.
- Older girls and women must have clean, private space available to them, so they can practice good hygiene practices during menstruation.
- Sanitary napkins should be carefully disposed with other refuse or burned.