



Department of Health

Eastern Visayas
Palo Leyte

Sa Kalamidad, Tulong-tulong sa WASH

(Water, Sanitation and Hygiene)



Local Chief
Officer

City Health Officer/
Rural/Municipal Health Officer

Community

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INTRODUCTION



Department of Health
Eastern Visayas
Palo, Leyte

The need to be proactive in the face of risk emergency disaster (RED) situations paved the way for the preparation of this primer on **Water, Sanitation and Hygiene (WASH)** titled **Sa Kalamidad, Tulong-tulong sa WASH**. The target audiences are the Local Chief Executives (LCE), City/Municipal Health Officers (CHO-MHO), and the affected community. These sectors have a crucial role in an immediate coordinated response where each second means number of lives saved.

In a series of discussions with concerned staff of the Department of Health (DOH) Eastern Visayas, results show that a coordinated effort among these key players and an understanding of roles and responsibilities of each sector greatly spell the success of addressing WASH concerns during disaster situations. The primer identifies the roles and responsibilities of the LCE, CHO-MHO, and the community. While this material may not include other details the disaster responders need to know, it attempts to provide a tool that could help each one to prepare for emergency and disaster situations as fast as possible, in a coordinated move. The goal is to save lives, whether these are at-risk or directly affected by disaster.

This primer could be redesigned, revised, reproduced or adapted for mobilization or education. Hopefully, the availability of other materials on WASH would complement this primer.

ACKNOWLEDGEMENT

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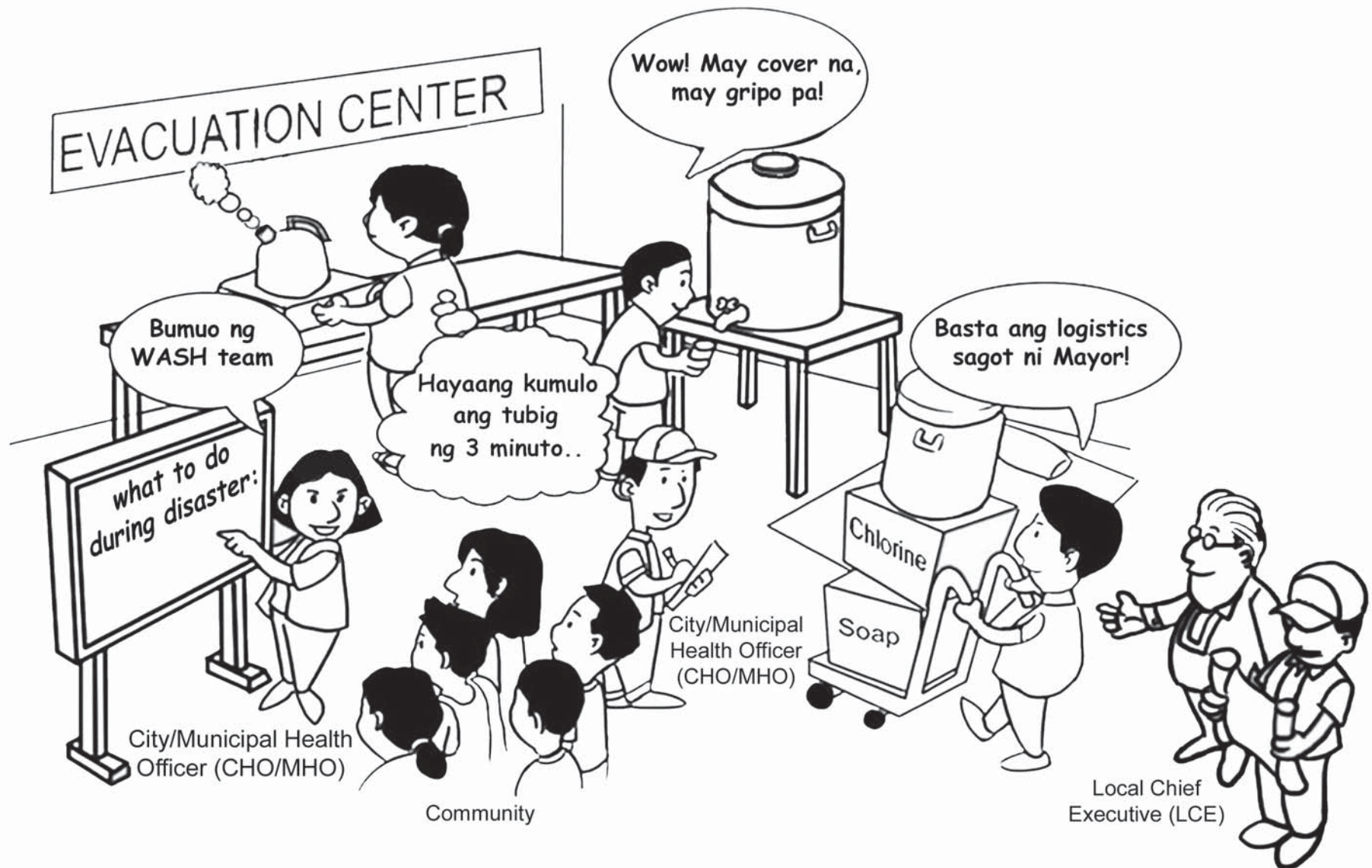
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WATER

Siguraduhin na may sapat at malinis na tubig

(Ensure adequate, clean, and safe water)



Community	Local Chief Executive (LCE)	City Health Officer/Municipal Health Officer (CHO/MHO)
<p>Key Message: Drink only safe/ potable water</p>	<p>Key Message: Ensure adequate and safe/ potable supply of water</p>	<p>Key Message: Oversee WASH of the municipality.</p>
<ul style="list-style-type: none"> ➤ Boil water; keep water boiling for three (3) minutes. OR • Disinfect water by using chlorine: <ul style="list-style-type: none"> a) Prepare a stock solution by dissolving 1 level teaspoon powder of chlorine compounds (65 to 75% available chlorine) to 1 liter of water b) Add 2 teaspoons of stock solution to 5 gallons (20 liters) of water c) Mix thoroughly and let it stand for at least 30 minutes before using; this will remove the smell of the chlorine. OR • Disinfect water by using 1.25% sodium hypochlorite: <ul style="list-style-type: none"> a) In 5 gallons (20 liters) of water, add 3.5 ml of sodium hypochlorite b) Shake moderately to mix the chlorine with water c) Leave the container open for 10 minutes then put the cover d) Wait for another 20 minutes before using the water for drinking. OR • Add 3.5 mg. tablet (free available chlorine 2 mg.) to one liter water, then mix thoroughly. OR • Add 67 mg. tablet (free available chlorine 40 mg.) to twenty liters water, then mix thoroughly. ➤ Use clean water container with faucet and cover 	<ul style="list-style-type: none"> ➤ Provide adequate supplies/logistics to ensure adequate and safe supply of water such as: <ul style="list-style-type: none"> • chlorine (65 to 75% available chlorine or 1.25 % sodium hydrochlorite) • chlorine tablets (3.5 mg. or 67 mg.) • soap (bath soap and detergent soap) • water container with cover and faucet • stationary and mobile water tanks with faucet approximately 10 cm off the bottom of the tank • adequate safe water distributed either through distribution tanks or tank trucks ➤ Reproduce IEC materials on adequate and safe supply of water in the dialect 	<ul style="list-style-type: none"> ➤ Organize WASH team ➤ Coordinate with inter and intra agencies on logistics, manpower, infrastructure requirements for water sanitation ➤ Make water requirement plans based on the Rapid Health Assessment (RHA) of affected area ➤ Act as supply officer in the incoming and outgoing health supplies ➤ Conduct IEC campaign on WASH ➤ Provide IEC materials at the LHO level

Protektahan ang pinanggagalingan ng tubig

(Protect sources of drinking water)



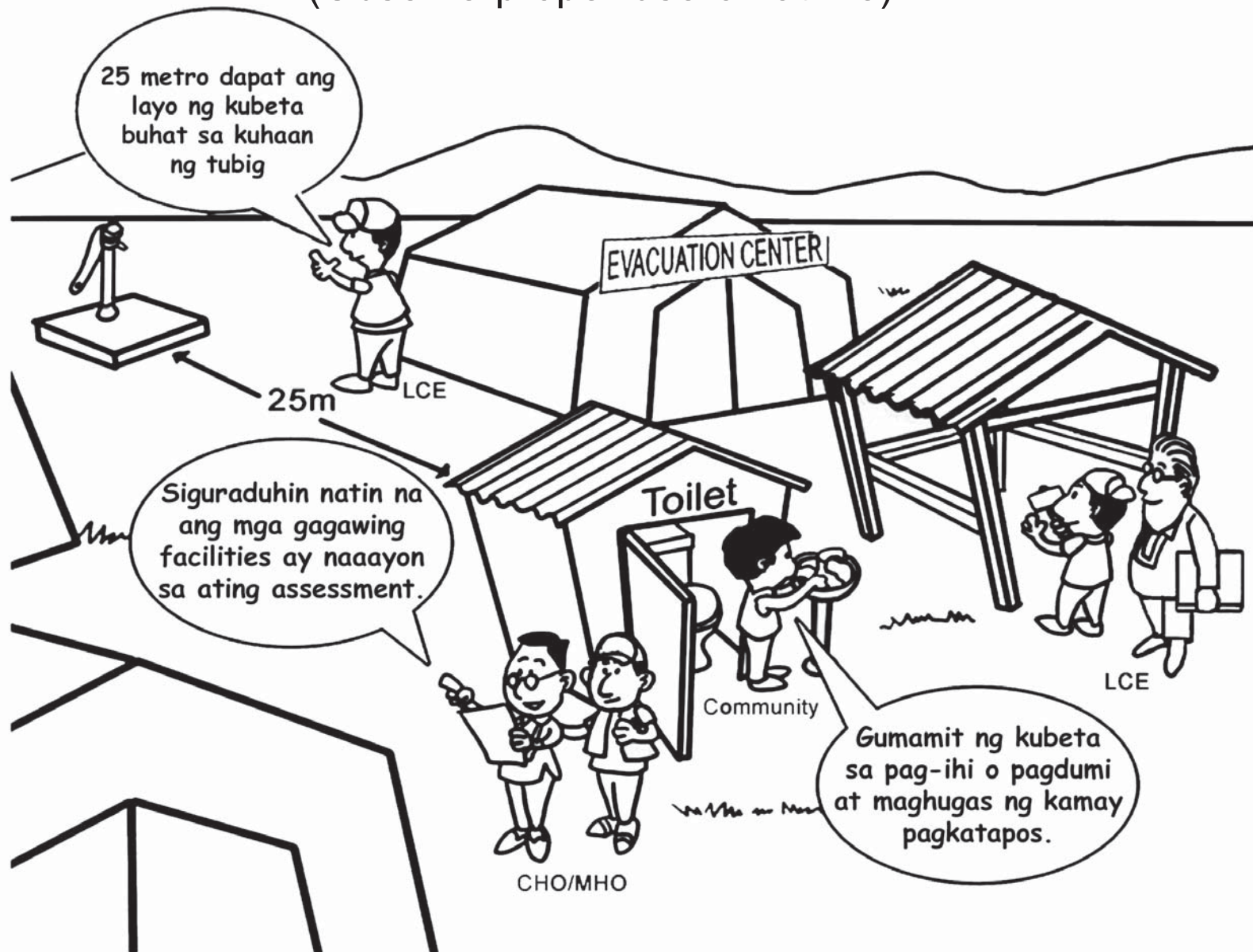
Community	Local Chief Executive (LCE)	City Health Officer/Municipal Health Officer (CHO/MHO)
<p>Key Message: Protect the sources of drinking water</p>	<p>Key Message: Provide adequate and safe water sources (Municipal Engineer)</p>	<p>Key Message: Ensure proper implementation of water sanitation requirements/standards.</p>
<ul style="list-style-type: none"> ➤ Do not pollute sources of drinking water by disposing human and solid wastes properly in approved sanitation facilities; ➤ Report immediately any damage on the water facilities; ➤ Keep excess waste water flowing away from the source of drinking water; ➤ Do not take a bath or wash dirty clothes/utensils on sources of water. 	<ul style="list-style-type: none"> ➤ Ensure needed materials for toilet constructions and evacuation centers based on approved plans; ➤ Provide hand washing and bathing areas facilities; ➤ Provide manpower requirements for maintenance of toilet, bathing and washing facilities; ➤ Provide manpower requirements for regular collection, handling, and disposal of solid wastes; ➤ Ensure adequate and clean food preparation area and its amenities by providing wire mesh screens in the Kitchen Facility to keep out flies, insects and rodents. ➤ Ensure provisional trash bin for wastes segregation and proper disposal (biodegradable and non-degradable); ➤ Ensure regular supply of soap, pail and dipper; ➤ Provide directional/WASH signage; ➤ Provide enclosure of water sources to prevent stray animals from polluting the sources; ➤ Provide drainage system and blind drainage ➤ Ensure/enforce the use of proper facilities for clothes/utensils washing away from sources of ground water 	<ul style="list-style-type: none"> ➤ Conduct Rapid Health Assessment (RHA) in the affected area; ➤ Make plans based on result of RHA <ul style="list-style-type: none"> • Water sanitation • Food sanitation • Toilet facilities • Proper solid waste management • Insects and vermin control • Drainage and blind drainage facilities • relocation sites (capacity, ventilation, facilities, etc) ➤ Prepare Final Report and submit to LCE, copy furnished PHO/RHO.



SANITATION

Maging malinis at maayos sa paggamit ng palikuran

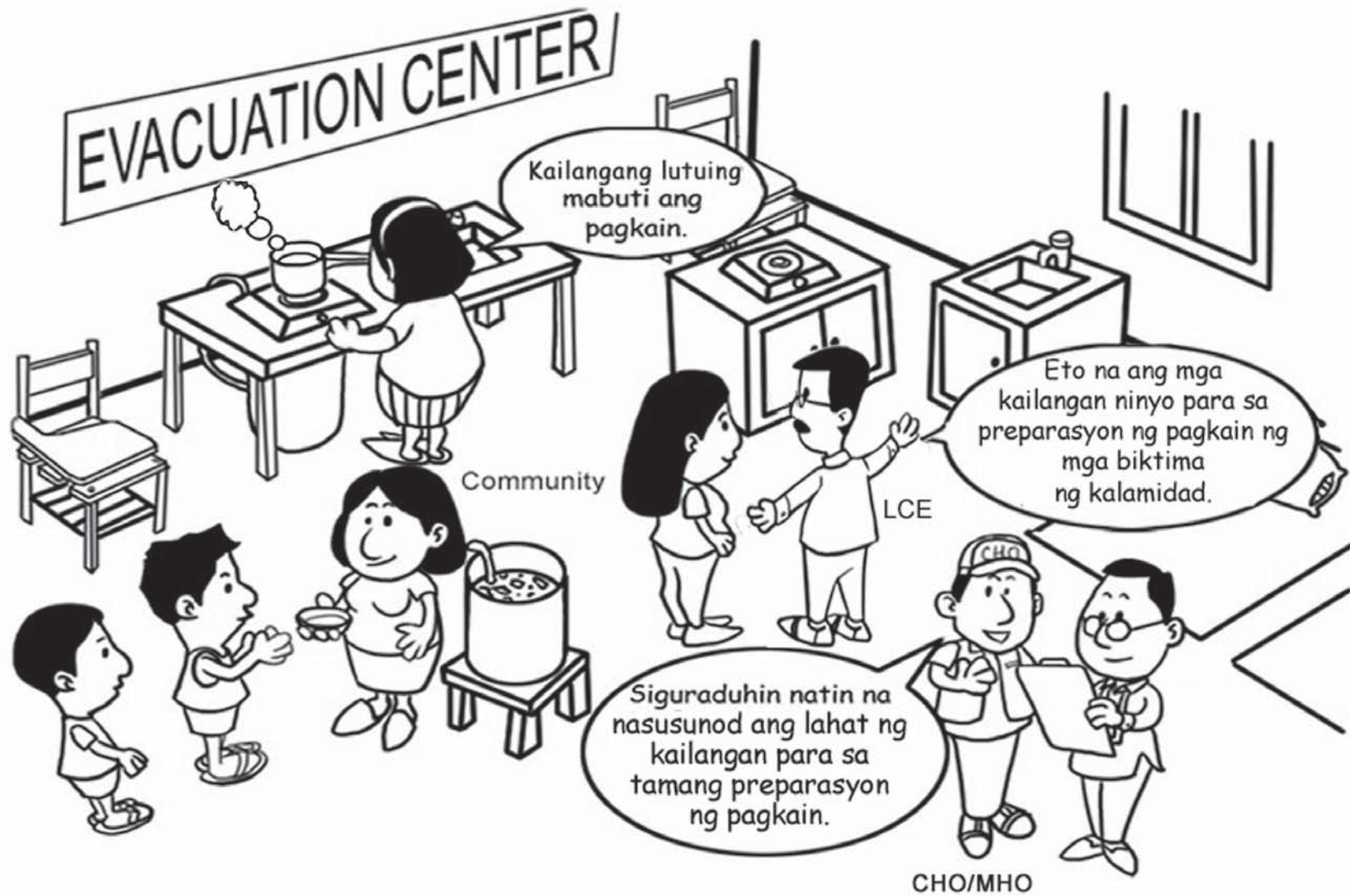
(Observe proper use of latrine)



Community	Local Chief Executive (LCE)	City Health Officer/Municipal Health Officer (CHO/MHO)	
Key Message: Dispose all human waste properly	Key Message: Provide all support for sanitation/latrine facilities	Key Message: Oversee WASH of the municipality.	
<ul style="list-style-type: none"> ➤ Use toilet/latrine when urinating and or defecating; ➤ Construct the toilet 25 meters away from the source of drinking water. ➤ Throw tissue paper/sanitary napkin in covered trash cans. 	<ul style="list-style-type: none"> ➤ Ensure needed materials for toilet constructions and evacuation centers based on approved plans; ➤ Provide hand washing and bathing areas facilities. ➤ Provide manpower requirements for maintenance of toilet, bathing and washing facilities. ➤ Provide manpower requirements for regular collection, handling, and disposal of solid wastes. ➤ Ensure adequate and clean food preparation area and its amenities. ➤ Ensure provisional trash bin for wastes segregation and proper disposal (biodegradable and non-degradable); ➤ Ensure regular supply of soap, pail and dipper. ➤ Provide directional/WASH signage. ➤ Provide enclosure of water sources to prevent stray animals from polluting the sources. 	<ul style="list-style-type: none"> ➤ Conduct Rapid Health Assessment (RHA) in the affected area; ➤ Make plans based on result of RHA <ul style="list-style-type: none"> • Water sanitation • Food sanitation • Toilet facilities • Proper solid waste management • Insects and vermin control • Drainage and blind drainage facilities • relocation sites (capacity, ventilation, facilities, etc) ➤ Prepare Final Report and submit to LCE, copy furnished PHO/RHO. 	
Key Message: Keep toilets/latrines clean to help prevent diseases			<ul style="list-style-type: none"> ➤ Clean toilets/latrines after every use; ➤ Cover toilet bowl to prevent harborage and breeding places of insects.
Key Message: Practice hygiene after using the toilet.			<ul style="list-style-type: none"> ➤ Wash hands with soap and water after using the toilet.

Iwasan ang sakit na dulot ng maruming pagkain

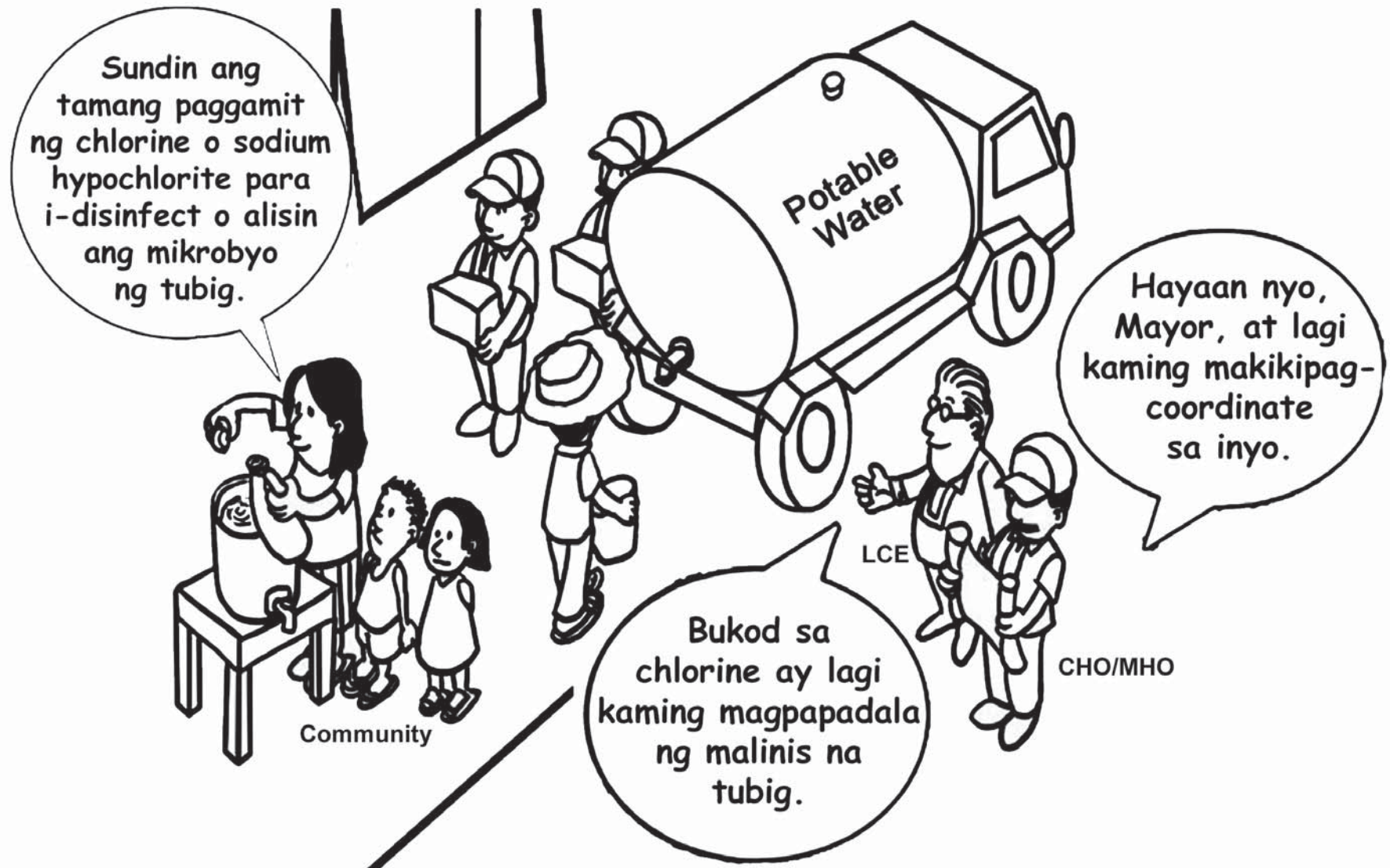
(Prevent food-borne diseases)



Community	Local Chief Executive (LCE)	City Health Officer/Municipal Health Officer (CHO/MHO)
Key Message: Eat only clean and safe food.	Key Message: Provide facilities for adequate and clean food preparation	Key Message: Ensure all requirements for adequate and safe food preparation are followed.
<ul style="list-style-type: none"> ➤ Eat food from sources that you know are safe. ➤ Wash hands properly before preparing and cooking food. ➤ Store food in clean and covered containers. ➤ Do not store food for a long period of time. ➤ Eating raw food is prohibited during calamities. ➤ Food should be cooked properly. ➤ Use clean and sanitized utensils in handling food. ➤ Do not use bare hands when eating; use fork and spoon. ➤ Observe food safety and proper use of personal protective equipment (PPE) 	<ul style="list-style-type: none"> ➤ Ensure adequate and clean food preparation area and its amenities by provision of Kitchen Facility. 	<ul style="list-style-type: none"> ➤ Conduct Rapid Health Assessment (RHA) in the affected area and make plans for food sanitation. ➤ Make recommendations to LCE ➤ Ensure proper handling of food (preparation, serving, storing) ➤ Ensure timely and regular conduct of health education activities.

Iwasan ang sakit na dulot ng maruming tubig

(Prevent water-borne diseases)



Community	Local Chief Executive (LCE)	City Health Officer/Municipal Health Officer (CHO/MHO)
Key Message: Drink only safe/ potable water	Key Message: Ensure adequate and safe supply of water	Key Message: Oversee WASH of the municipality.
<ul style="list-style-type: none"> ➤ Boil water; keep water boiling for three (3) minutes, OR • Disinfect water by using chlorine: <ul style="list-style-type: none"> a) Prepare a stock solution by dissolving 1 level teaspoon powder of chlorine compounds (65 to 75% available chlorine) to 1 liter of water b) Add 2 teaspoons of stock solution to 5 gallons (20 liters) of water c) Mix thoroughly and let it stand for at least 30 minutes before using; this will remove the smell of the chlorine. OR • Disinfect water by using 1.25% sodium hypochlorite: <ul style="list-style-type: none"> a) In 5 gallons (20 liters) of water, add 3.5 ml of sodium hypochlorite b) Shake moderately to mix the sodium hypochlorite with water c) Leave the container open for 10 minutes then put the cover d) Wait for another 20 minutes before using the water for drinking. • Add 3.5 mg. tablet (free available chlorine 2 mg.) to one liter water, then mix thoroughly. OR • Add 67 mg. tablet (free available chlorine 40 mg.) to twenty liters water then mix thoroughly. ➤ Use clean drinking water container with faucet and cover 	<ul style="list-style-type: none"> ➤ Provide adequate supplies/logistics to ensure adequate and safe supply of water such as: <ul style="list-style-type: none"> • chlorine (65 to 75% available chlorine or 1.25 % sodium hydrochlorite) • chlorine tablets (3.5 mg. or 67 mg.) • soap (bath soap and detergent soap) • water container with cover and faucet • stationery and mobile water tanks with faucet approximately 10 cm off the bottom of the tank • adequate safe water distributed either through distribution tanks or tank trucks 	<ul style="list-style-type: none"> ➤ Coordinate with inter and intra agencies on logistics, manpower, infrastructure requirements for water sanitation ➤ Conduct Rapid Health Assessment (RHA) in the affected area; ➤ Make plans based on RHA <ul style="list-style-type: none"> • Water sanitation • Food sanitation • Toilet facilities • Proper solid waste management • Insects and vermin control • Drainage and blind drainage facilities • relocation sites (capacity, ventilation, facilities, etc) ➤ Prepare Final Report and submit to LCE, copy furnished PHO/RHO

Itapon sa wastong paraan ang basura

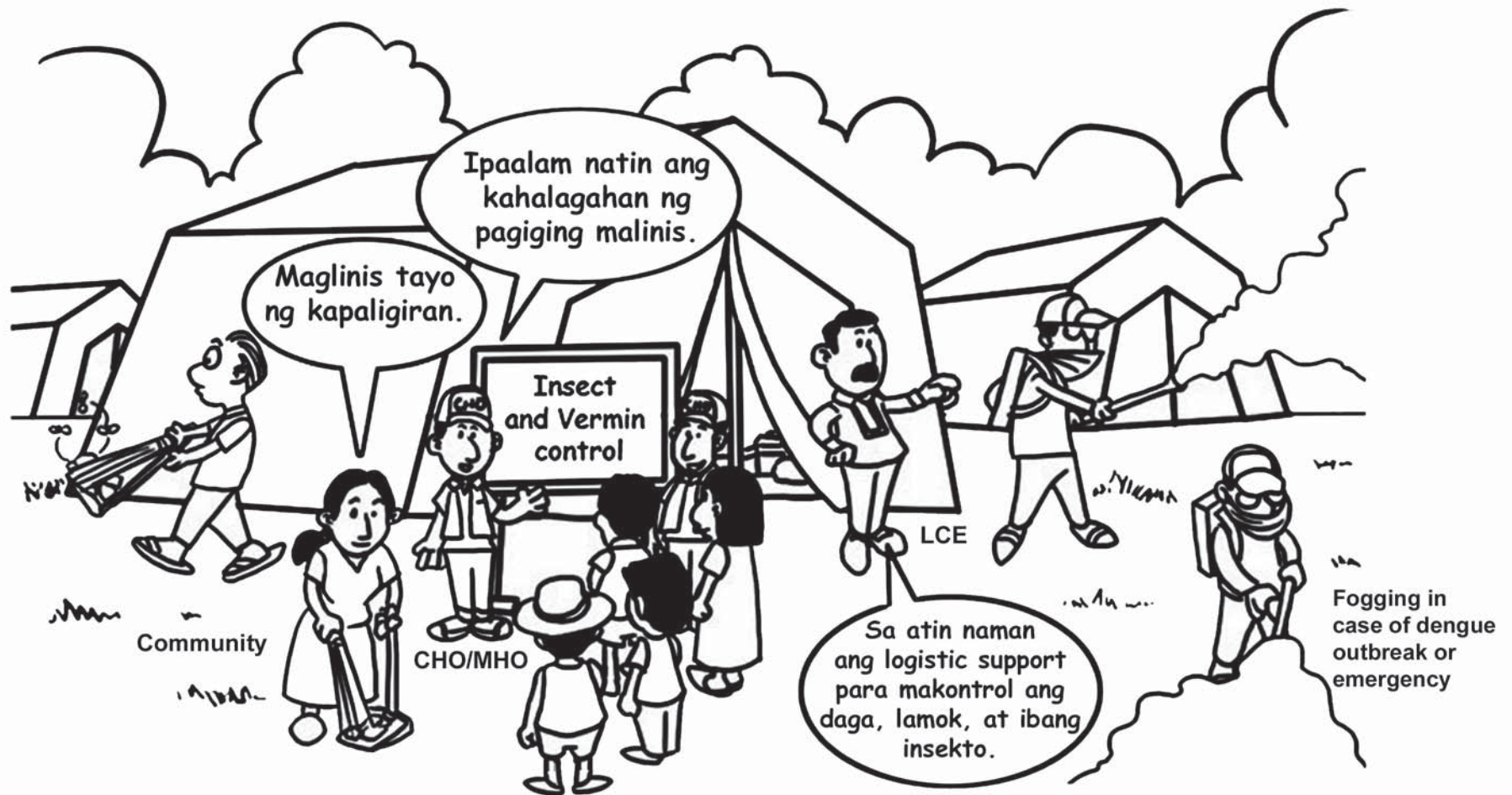
(Dispose solid waste properly)



Community	Local Chief Executive (LCE)	City Health Officer/Municipal Health Officer (CHO/MHO)
<p>Key Message: Dispose solid waste properly</p>	<p>Key Message: Impose solid waste segregation</p>	<p>Key Message: Ensure compliance of sanitation requirements/standards</p>
<ul style="list-style-type: none"> ➤ Do not throw or dispose in open fields and bodies of water. ➤ Throw solid waste in refuse bin and when full, dispose it in designated areas. ➤ Do not burn waste, including plastic materials. ➤ Put solid waste into garbage cans/ receptacles with tight fitting cover. 	<ul style="list-style-type: none"> ➤ Provide receptacle for biodegradable, non-biodegradable, and toxic wastes, ie, use of drum with 100 liters capacity with cover for every 10 families/day. ➤ Provide proper signages in segregated receptacles. ➤ Ensure manpower is trained in waste segregation. 	<ul style="list-style-type: none"> ➤ Monitoring of solid waste disposal ➤ Health education
<p>Key Message: Practice solid waste segregation</p>	<ul style="list-style-type: none"> ➤ Provide personal protective equipment. ➤ Schedule solid waste collection for biodegradable, non-biodegradable, and toxic wastes. 	
<ul style="list-style-type: none"> ➤ Practice the 3R's: reduce, reuse, recycle. ➤ Separate biodegradable from non-biodegradable waste materials. ➤ Collect, store and dispose waste properly. ➤ Sell recyclable waste (plastic, glass, paper, etc.) to buyers. ➤ Use food wastes as animal feeds. 	<ul style="list-style-type: none"> ➤ Provide disposal area. ➤ In the absence of regular collection, provide one garbage pit (1.2 m. x 1.2 m. x 1.8 m. for every 500 persons) 	
<p>Key Message: Dispose biodegradable wastes properly by burying or composting.</p>		
<ul style="list-style-type: none"> ➤ Do not burn solid wastes. ➤ Seek the assistance of CHO/MHO where to dispose hazardous waste. 		

Sugpuin ang pagkalat ng daga at insekto

(Ensure preventive measures to control insects and vermin)



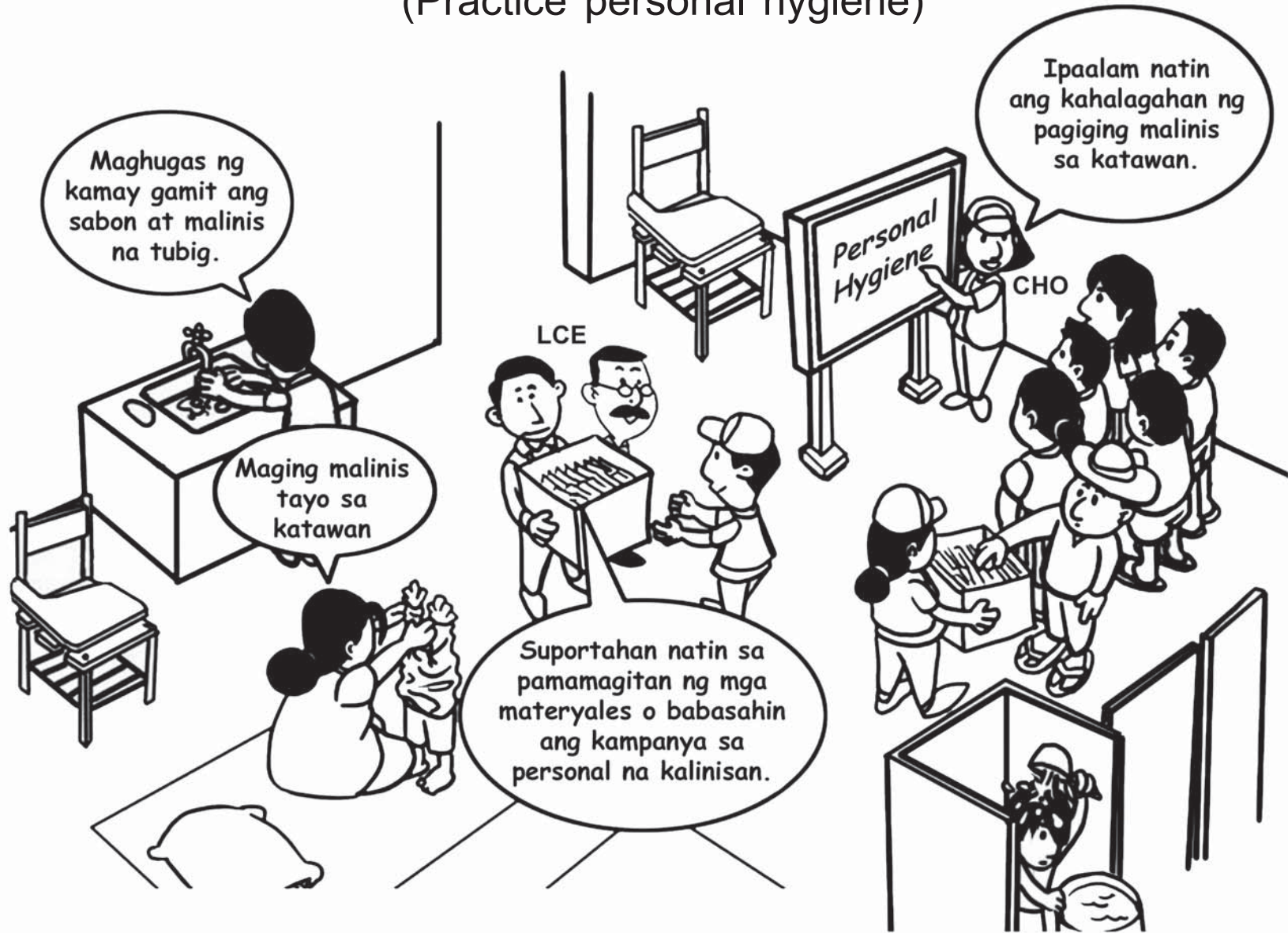
Community	Local Chief Executive (LCE)	City Health Officer/Municipal Health Officer (CHO/MHO)
<p>Key Message: Keep your house or evacuation center clean.</p>	<p>Key Message: Provide support in controlling insects and vermin.</p>	<p>Key Message: Ensure preventive measures to control insects and vermin.</p>
<ul style="list-style-type: none"> ➤ Keep your surroundings clean. ➤ Store, collect and dispose waste properly. ➤ Search and destroy possible harborage and breeding places of insects and vermin. ➤ Use screen of wire mesh to keep out flies in Kitchen Facility ➤ Properly wash, sanitize and store dishes and utensils to prevent food borne infections. 	<ul style="list-style-type: none"> ➤ Provide logistic support in controlling insects and vermin in terms of: <ul style="list-style-type: none"> • insecticides • sprayers- • cleaning materials and equipment- manpower requirement • secure clearance or technical advice from Sanitary Engineer/Sanitary Inspector related to the use of chemicals or when environmental control measures failed. ➤ Ensure spraying with Solfac-ew by:- dissolving 100 ml in 6.25 gallons or 25 liters of water for every 250 sq.m. area once a month in municipal dumping areas. <ul style="list-style-type: none"> • Conduct daily spraying for freshly dumped areas in evacuation center only ➤ Fogging with Resigen by: <ul style="list-style-type: none"> • 50 liters diesoline/liter of Resigen • 10.5 liters gasoline/8loadings • Fogging operations are done as need arises and under the close supervision of the Sanitary Inspector ➤ Provide personal protective equipment for use by maintenance workers 	<ul style="list-style-type: none"> ➤ Conduct IEC campaign on the importance of insect and vermin control ➤ Provide IEC materials available at the CHO/RHU (Rural Health Unit) level.



HYGIENE

Maging malinis sa sariling katawan

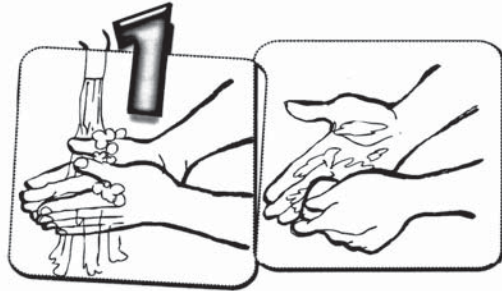
(Practice personal hygiene)



Community	Local Chief Executive (LCE)	City Health Officer/Municipal Health Officer (CHO/MHO)
<p>Key Message: Practice proper hand washing.</p>	<p>Key Message: Provide support for IEC materials</p>	<p>Key Message: Promote advocacy on personal hygiene.</p>
<ul style="list-style-type: none"> ➤ Wash hands properly with soap and water. ➤ Follow the proper hand washing procedure: <ul style="list-style-type: none"> • Wet hands and wrists; apply soap. • Right palm over left; left over right. • Back fingers to opposing fingers interlocked. • Rotational rubbing of right thumb clasped in left palm and vice versa. • Rotational rubbing backward and forward with top of fingers and thumb of right hand in left and vice versa. 	<ul style="list-style-type: none"> ➤ Reproduce information, education and communication (IEC) materials ➤ Include funding support for IEC materials development on health in the Annual Budget. 	<ul style="list-style-type: none"> ➤ Develop, translate and recommend IEC materials to LCE for production/ reproduction; ➤ Conduct health education activities ➤ Disseminate IEC materials to the community ➤ Use IEC materials in conducting health classes in the community ➤ Monitor and evaluate advocacy campaign.
<p>Key Message: Practice good personal hygiene.</p>		
<ul style="list-style-type: none"> ➤ Keep body clean. ➤ Take a bath at least once a day if possible. ➤ Wash hands before food preparation. ➤ Wash hands with soap and water before and after eating. ➤ Trim fingernails and toenails regularly. ➤ Change into clean clothes before going to sleep. ➤ Cover mouth when sneezing and coughing. ➤ Brush teeth after every meal. ➤ Wash hands properly with soap and water after using the toilet. 		

Maghugas ng kamay gamit ang sabon at malinis na tubig.

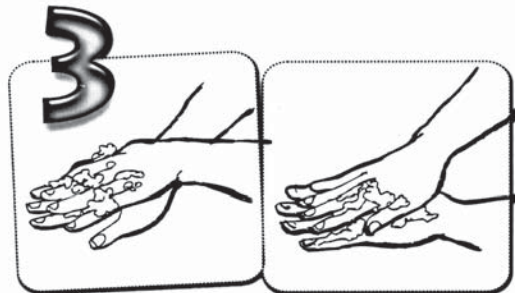
(Wash hands using soap and clean water)



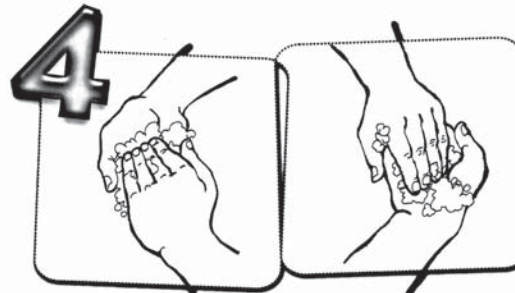
Basain ng tubig ang kamay at sabunin



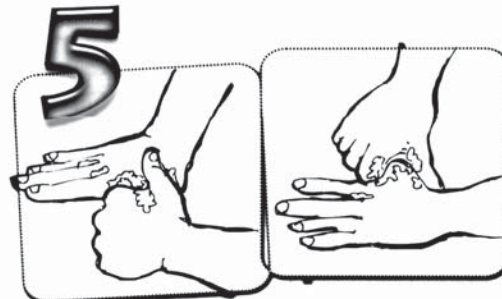
Sabuning mabuti ang kamay, ilalim ng kuko at daliri



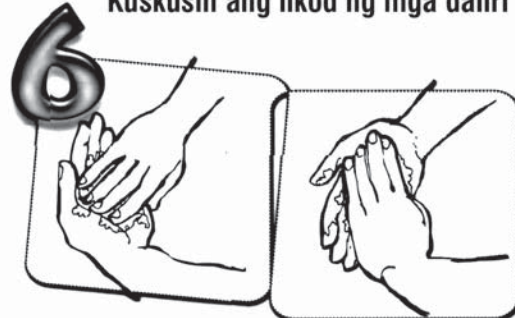
Kuskusin ang pagitan ng mga daliri



Kuskusin ang likod ng mga daliri



Kuskusin ang pagitan ng hinlalaki



Kuskusin ang mga palad gamit ang mga daliri at banlawang mabuti ng malinis na tubig

References

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Center for Health Development
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