

## CFID and the SEVEN STEPS IN HAND WASHING for 2015 GLOBAL HANDWASHING DAY

Theme: RAISE A HAND FOR HYGIENE.

Date: 15<sup>th</sup> October, 2015

Location: Port Harcourt, Nigeria

Established in 2008, **Global Hand-washing day** is an annual event aimed at stimulating consciousness on the power to prevent the spread of diseases through the universal promotion and practice of proper hand washing. **Note-worthy:** As simple as hand-washing is to the casual observer it's significance to the myriads public health and development issues cannot be overstated, yet it is grossly overlooked in child development and often with grave consequences.



**Narrative:** In keeping with the promise of promoting **WASH in SCHOOLS** made last October the **Centre for Information and Development (CFID)** took this year's hand washing campaign to three regular and one Special School for Handicapped Children reaching a total of 1000 children across the four schools.

**Rationale for selecting the Schools:** The schools were Saint John's Primary School, State School 1 Churchill Road, State School Ibadan Street and Special School for Handicapped Children Creek road all of which are in the old Port Harcourt Township. This is an area characterized by sharp socio-economic inequalities resulting in limited education and access to basic sanitation facilities by slum dwellers most of whose children attend the public schools targeted in this set of activities.

**Activities:** In each of the schools the team engaged the pupils with the usual entry song 'wash your hands', a song innovation by Concern Universal. The lyrics encouraged its listeners to wash their hands at critical times such as before and after eating, after using the toilet and changing baby diapers. This was immediately followed by an unveiling of the theme for the year and the purpose of the day. A quick interactive session followed on the importance of hand washing, diseases that can be prevented by effective hand washing as well as recommended hand washing practices. **A demonstration followed with the seven steps in hand washing.**

Step one: Apply soap on palm under running water.

Step two: Rub palms together

Step three: Back of palms

Step four: Interlock both palms

Step five: Base of each thumb

Step six: Rub Finger tips on palm of both hands

Step seven: Rub wrists, rinse and dry (using clean towel or air dry)

The programme closed with the distribution of pens, tablets of soap as well as educational stickers to the enthusiastic pupils in Special School for Handicap and Churchill school followed by group pictures. The experience of expanding focus to capture special needs children was as rewarding as it was enlightening.

**Handicapped yet happy:**



We were able to pass out information to the special school for handicap. During the photo section we discovered that they went back to one of the slide presented on the seven steps with pictures on how to wash hands and they were doing it step by step with fun. Even with their challenges with was written over them that they were happy we came and they were also friendly.