

## Incorporating AWD messaging into your child protection work!

Where can we include the messages in our day-to-day CP activities?

### ➤ Child Friendly Spaces

Share the key messages for children in your CFS on a daily basis! It will not take a lot of time but important to make sure the children do not get sick!

Make sure the water at the CFS is boiled for at least one minute or purified.

Make sure there is soap at the the handwashing facilities and latrines.

Have the solution for rehydration ready in case one of the children gets sick, administer immediately as symptoms start and go to the nearest clinic or hospital.

### ➤ MHPSS

With caregivers in positive parenting sessions, share the messages for caregivers below, it will help prevent the stress and anxiety associated with family members getting sick.

### ➤ Community Level Child Protection

Make sure key community members have the messages for both caregivers and children to widely disseminate in their community when your agency is not there. It will help to make the community safer.

### ➤ Awareness raising

Use the messages for caregivers and for children in your awareness raising activities. It can be easily incorporated amongst other key CP messages and will not take any resources or much time!

### ➤ Case management

Make sure your caseworkers all know the messages for caregivers and children.

## Key Messages to incorporate into our CP programming:

### For caregivers

Some simple acts to make sure you and your family do not fall sick

- Teach your children how to wash hands properly
- Teach children to wash hands before they eat or touch food, after they use the toilet, after touching rubbish or when is visibly dirty;;
- Breastfeeding is encouraged to mothers even when they have AWD, make sure you wash your hands before.
- When preparing food, make sure you wash any meat, fish or vegetables with clean water
- Cook foods properly and eat them hot.
- Make sure kitchen utensils (pots, cups, mugs, plates and spoons etc.) are properly washed with soap and water before eating with them. Make sure foods are kept in containers to prevent from flies.
- Only drink water that has been boiled or disinfected/purified. Store the safe water in a closed container.
- When you are disposing of waste, including food scraps, make sure it is far away from where you prepare the food
- If you or your children have sudden watery diarrhea (looks like rice water), prepare a “rehydration solution”. You can make this with 6 teaspoons of sugar, half teaspoon of salt and one liter of boiled/purified water. Start drinking as much as possible and refer to a healthcare facility.

## For children

- Remember to wash your hands as often as you can. Especially before you eat anything, use the toilet or after touching rubbish or when you see them visibly dirty
- Make sure your hands are as clean as possible all the time!
- Only drink water that you know has been boiled or disinfected – check with your parents or family members if you are not sure. Remember, drinking water might make you sick if you are not careful
- If you have watery diarrhea, tell your caregiver or trusted adult immediately. They can give you a special drink and make sure you see a doctor as soon as possible
- If trusted adult does not know the special drink, you can tell them to make it like this: with 6 teaspoons of sugar, half teaspoon of salt and one liter of boiled/purified water. But still go to a health facility

These simple acts can help prevent you getting sick!