



VIVA CON AGUA

**giz**

Deutsche Gesellschaft  
für Internationale  
Zusammenarbeit (GIZ) GmbH



Photo: Paul Ripke

**Become the next**

**WASHAMPION**

\* WATER, SANITATION,  
HYGIENE CHAMPION



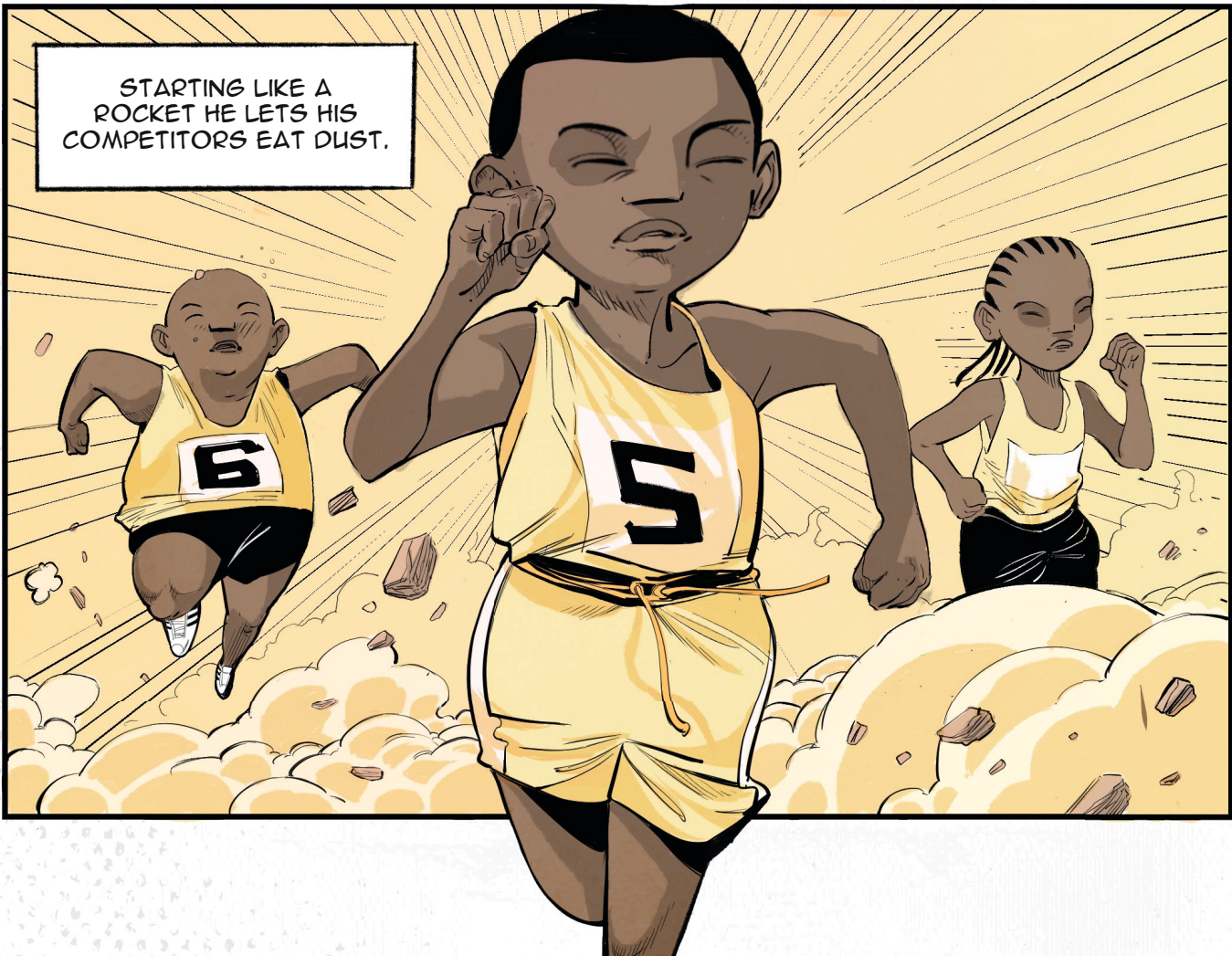
# THE WAY OF TRUE CHAMPIONS!

HERE WE ARE, JUST ABOUT TO WITNESS THE START OF THE BIG RUN. OSCAR, THE TOP FAVOURITE, STARTS TODAY WITH THE NUMBER 5.



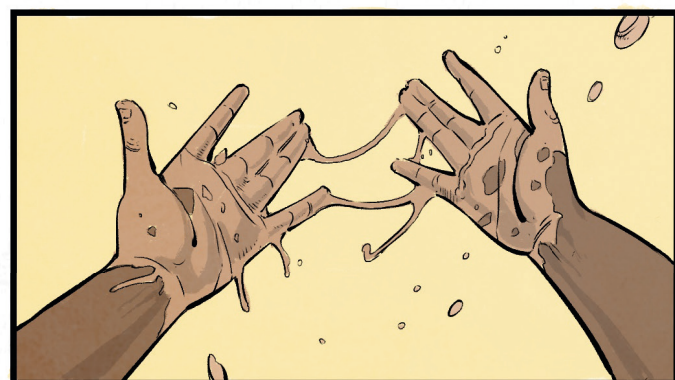
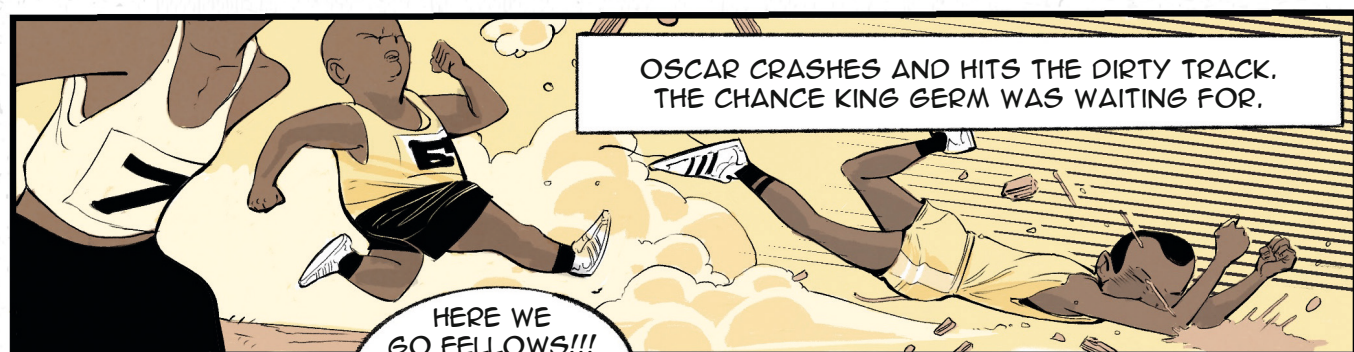
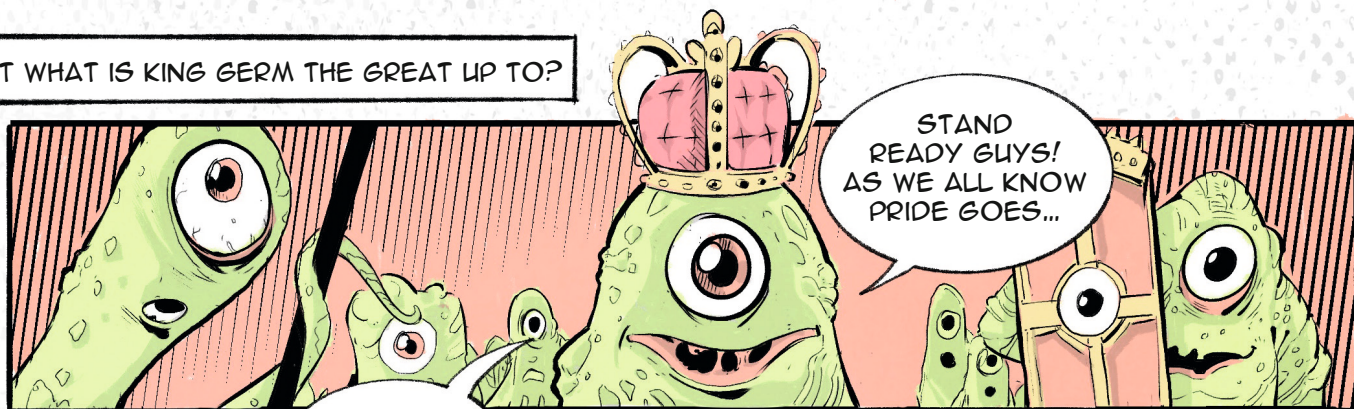
READY... STEADY...

STARTING LIKE A ROCKET HE LETS HIS COMPETITORS EAT DUST.



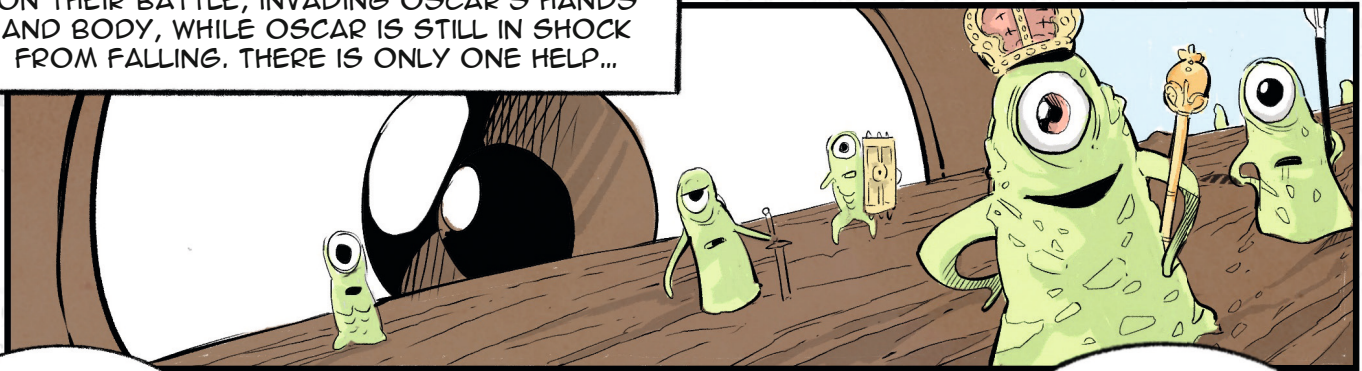


BUT WHAT IS KING GERM THE GREAT UP TO?

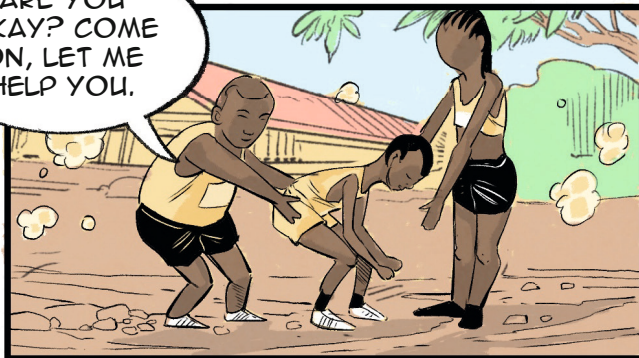




KING GERM AND HIS TROOPS ARE ALREADY ON THEIR BATTLE, INVADING OSCAR'S HANDS AND BODY, WHILE OSCAR IS STILL IN SHOCK FROM FALLING. THERE IS ONLY ONE HELP...



ARE YOU OKAY? COME ON, LET ME HELP YOU.

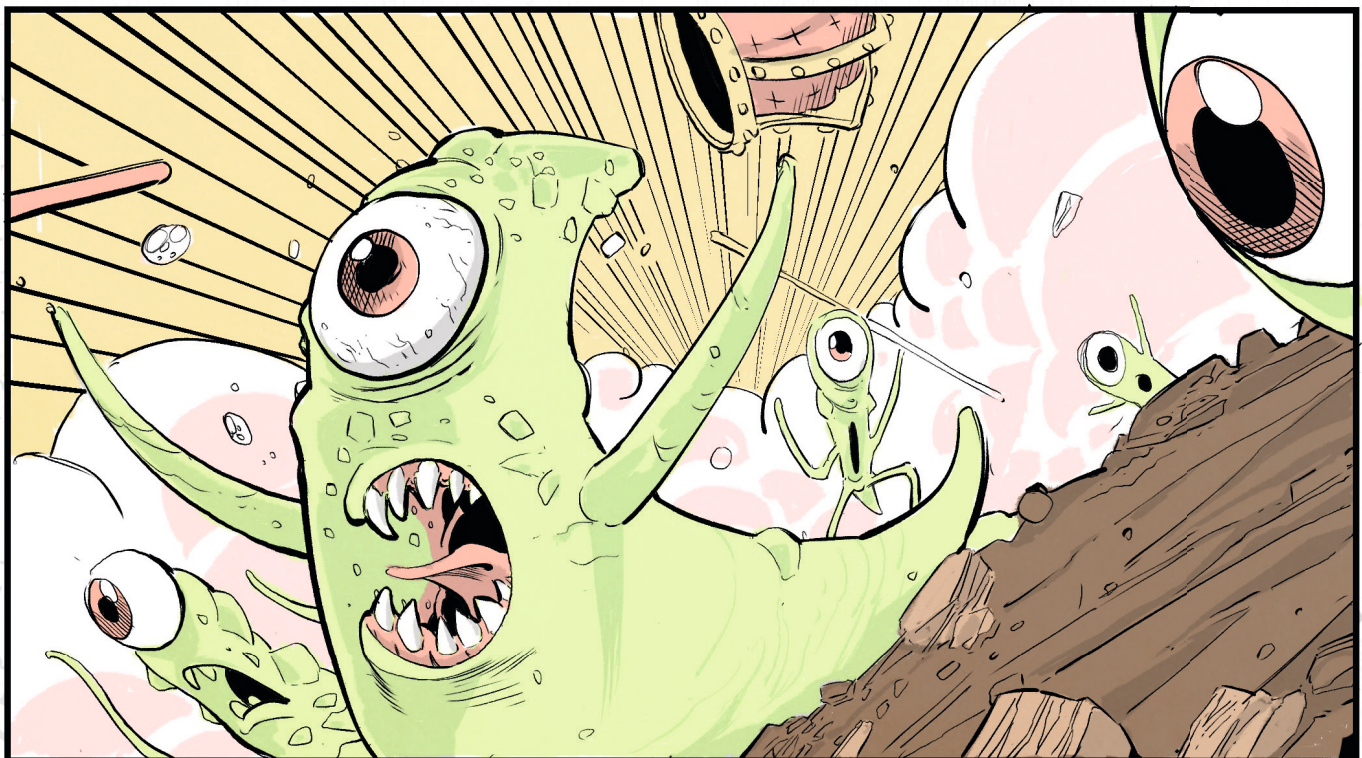
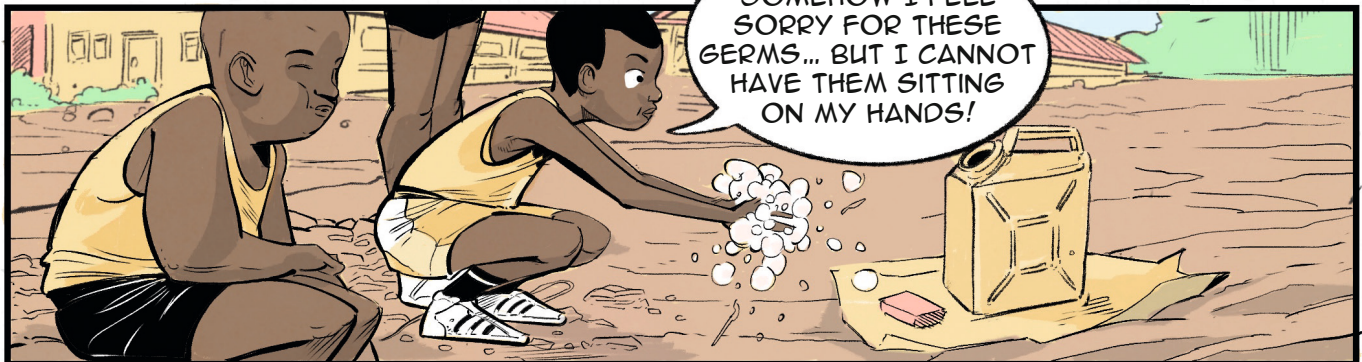


THERE IS A TAP STANDING AROUND THE CORNER, WE'RE BETTER OFF WASHING OUR HANDS.



THAT WILL BE BEST.

WELL, SOMEHOW I FEEL SORRY FOR THESE GERMS... BUT I CANNOT HAVE THEM SITTING ON MY HANDS!





CAUSE I'LL  
STAY HEALTHY  
WHEN MY HANDS  
ARE CLEAN AND  
FRESH!



THEN EVEN  
SCHOOL IS EASY  
GOING...



...AND WE WON'T  
MISS TRAINING DUE TO  
SICKNESS, HAVING ENOUGH  
TIME TO PRACTISE HARD.  
THIS IS THE WAY OF  
TRUE CHAMPIONS!

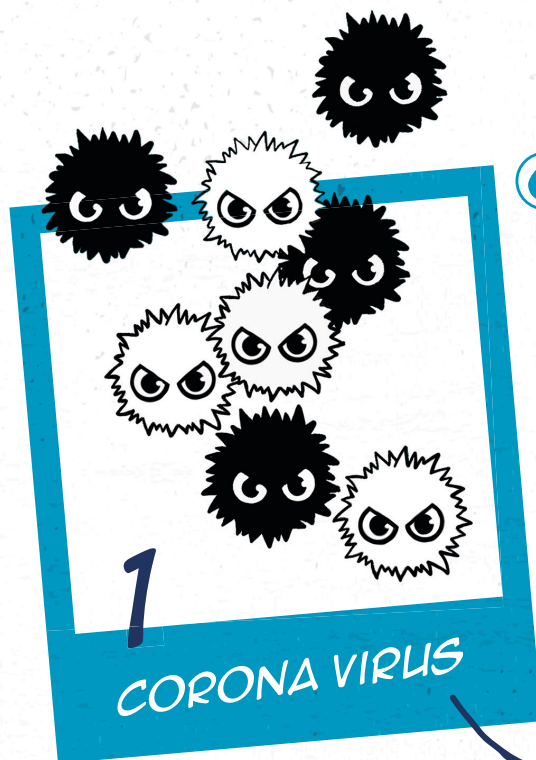




# Know your **ENEMIES**

- DESCRIPTION** • Here you learn about the name of the disease and how these germs spread from one to another.
- SYMPTOMS** • Some sensations, feelings and signs that usually occur when people are having this disease.
- PREVENTION** • What can you do to protect yourself and others?

THIS IS THE  
KEY TO UNDER-  
STANDING THE TEXTS



- DESCRIPTION** • COVID-19 (caused by the Corona virus) is an infectious disease
- Attacks the respiratory system
  - Is highly contagious
  - Is currently affecting the whole world

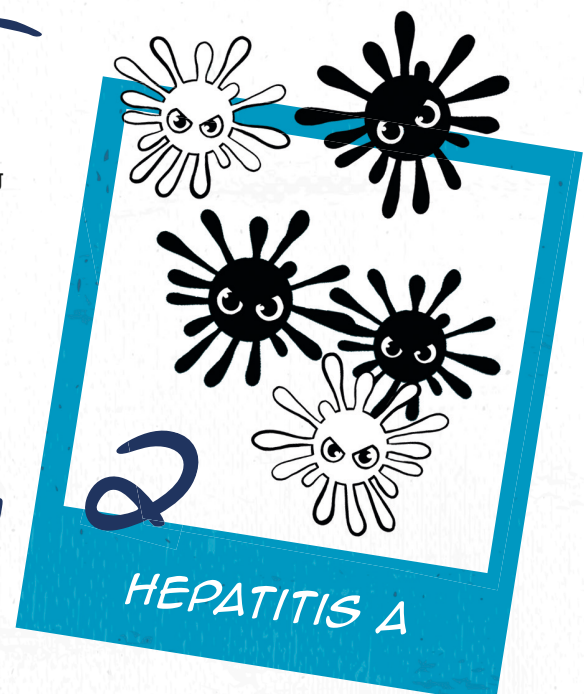
- SYMPTOMS** • Coughing • Sneezing
- Fever (when your forehead feels very hot while you yourself feel cold)
  - Loss of smell and taste
  - Some people won't feel very sick, while others do get very sick and die from it

- PREVENTION** • The virus spreads between people who are close to each other through small droplets, travelling through the air when you cough, sneeze, or even just talk. Best ways to protect yourself and others are:
- Handwashing with soap
  - Keeping physical distance of at least 2 m
  - Covering your mouth and nose with masks, scarfs etc. every time you are outside and can not keep a distance

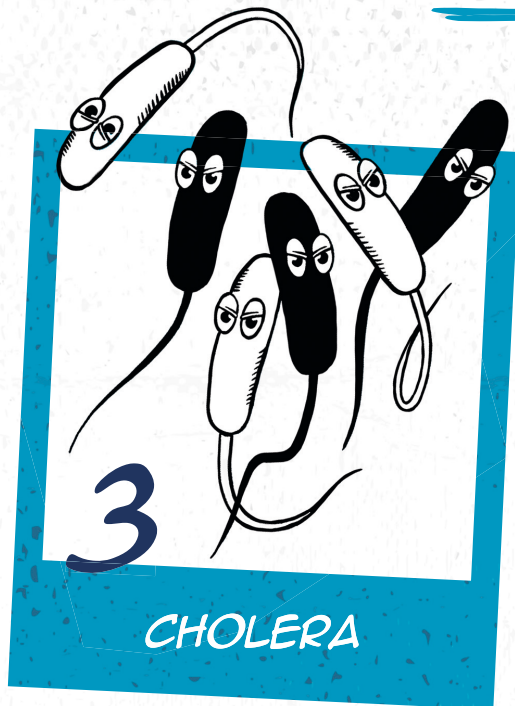
- DESCRIPTION** • Hepatitis A is a viral liver disease
- Spreads through eating food or drinking water which is contaminated with feces

- SYMPTOMS** • Loss of appetite • Fever
- Diarrhea, or a constant feeling that you need to vomit
  - Skin and whites of the eyes turn yellowish

- PREVENTION** • Always use a toilet to poo
- Handwashing with soap, especially after using the toilet
  - Boil your food before eating
  - Purify or boil your water before drinking







- DESCRIPTION**
- Cholera is an infectious bacterial disease attacking the intestines
  - Spreads through eating food or drinking water which is contaminated with feces
  - Occurs as a big outbreak, people can get really sick and die without medical help



- SYMPTOMS**
- Bad, large amount of very watery diarrhea
  - Vomiting
  - Muscle cramps
  - Skin feels really cold and loses its elasticity



- PREVENTION**
- Always use a toilet to poo
  - Handwashing with soap
  - Boil your food before eating
  - Purify or boil your water before drinking



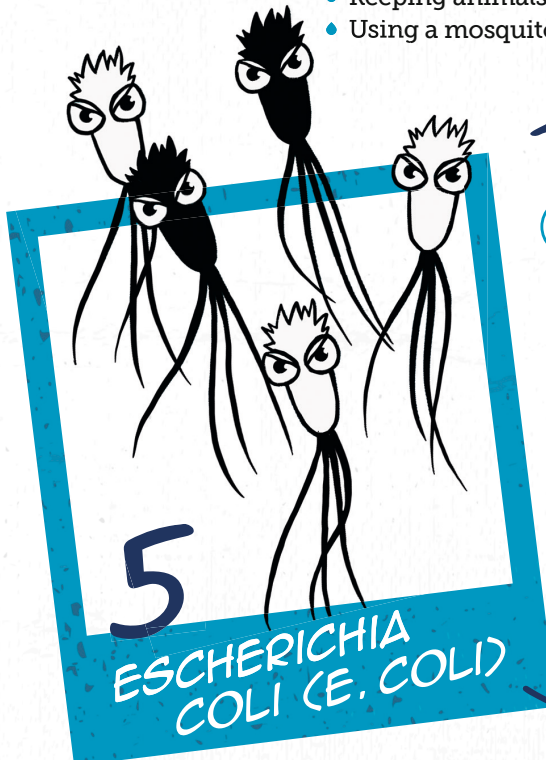
- DESCRIPTION**
- Trachoma is an infectious bacterial disease
  - Leads to severe eye infections and, if untreated, to blindness
  - Spreads through direct or indirect contact with an affected person's eye, e.g. through flies



- SYMPTOMS**
- Sensitivity to bright lights
  - Aching eyes
  - Swollen eyelids



- PREVENTION**
- Handwashing with soap
  - Washing your face with soap in the morning and before you go to bed
  - Keeping animals out of the house
  - Using a mosquito net at your bed



- DESCRIPTION**
- Escherichia Coli (e.coli) is a bacteria commonly found in the intestine of animals such as goats and cows
  - Some E-coli bacteria can cause diarrhea and urinary tract infections
  - Spreads through eating food or drinking water which is contaminated with feces



- SYMPTOMS**
- Diarrhea
  - Vomiting
  - Stomache cramps



- PREVENTION**
- Always use a toilet to poo
  - Handwashing with soap
  - Boil your food before eating
  - Purify or boil your water before drinking







Wash your hands regularly  
with soap! It's the easiest way to avoid  
getting sick. You can see how to do  
it the right way on page 15.





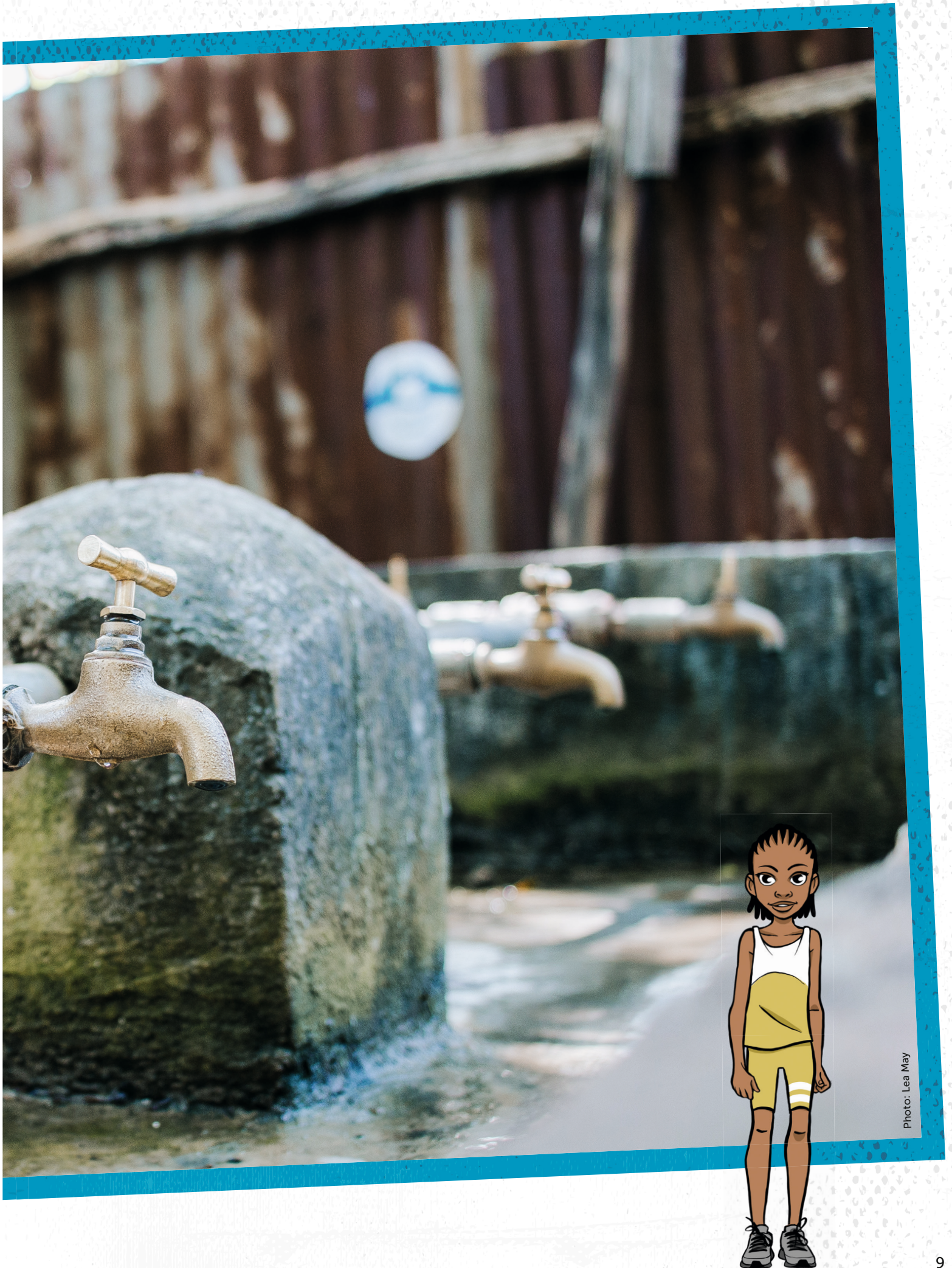


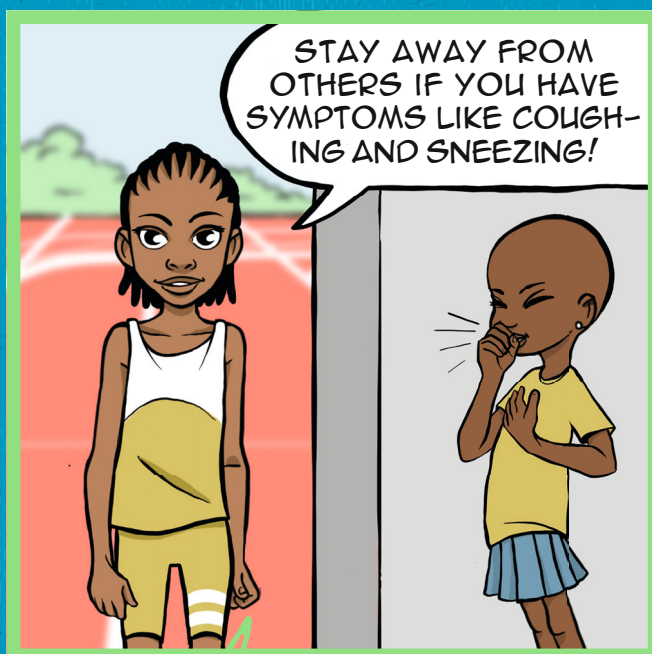
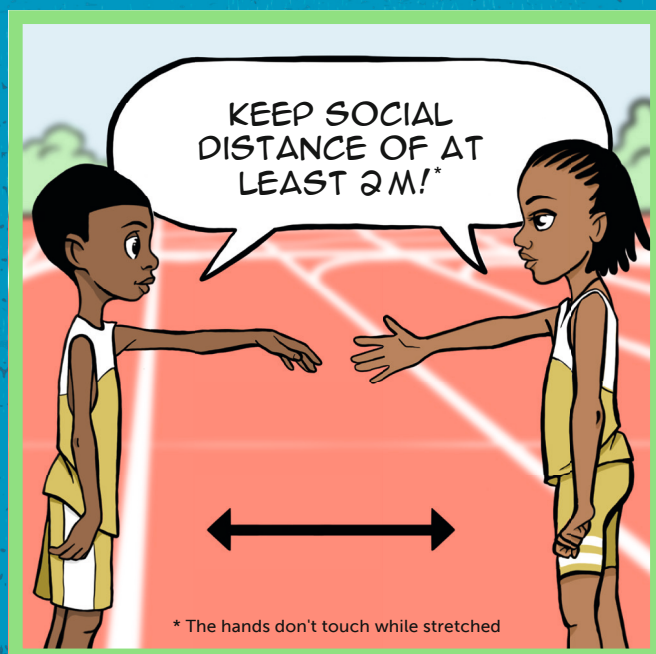
Photo: Lea May





# The Corona Virus DO'S &

ALWAYS WEAR A MASK IN  
PUBLIC AND COVER YOUR  
MOUTH & NOSE COMPLETELY!



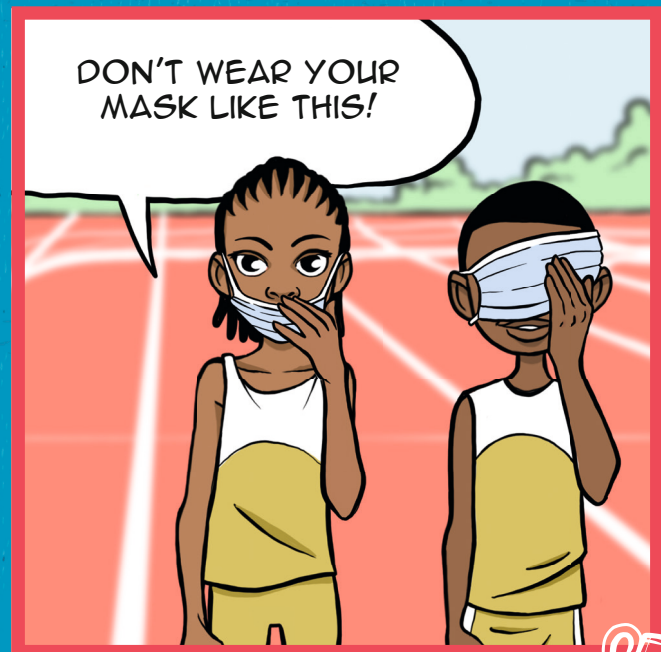
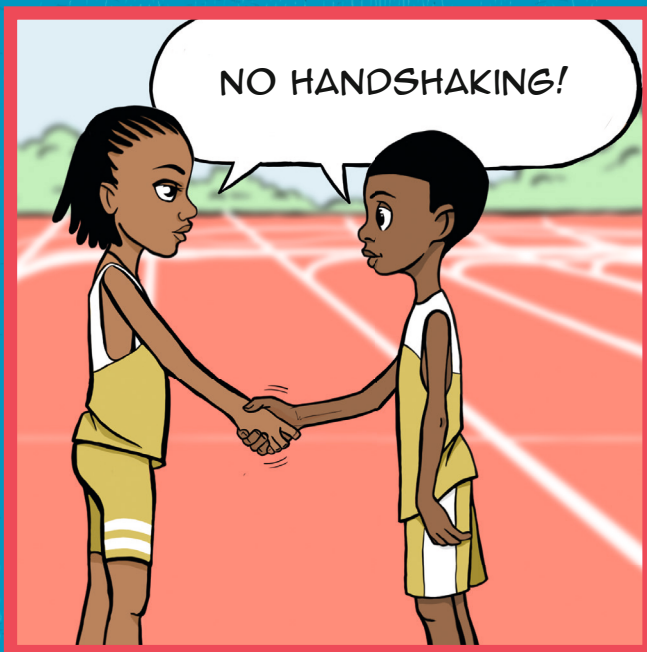
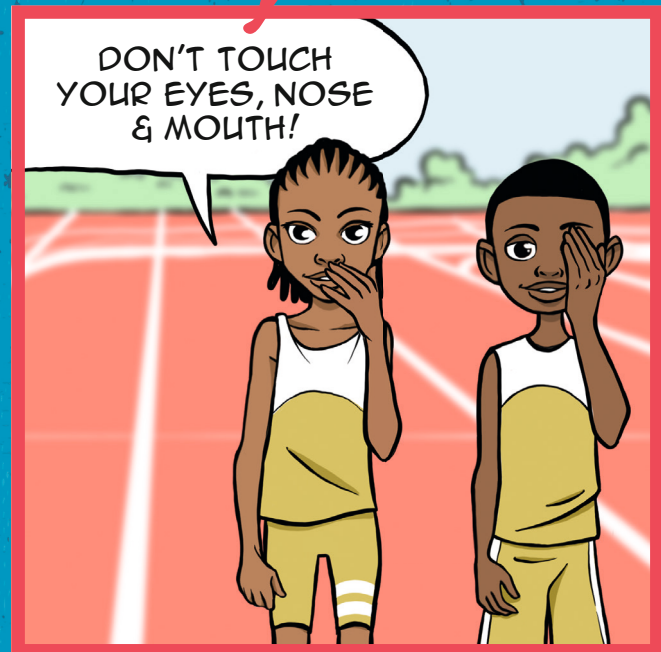
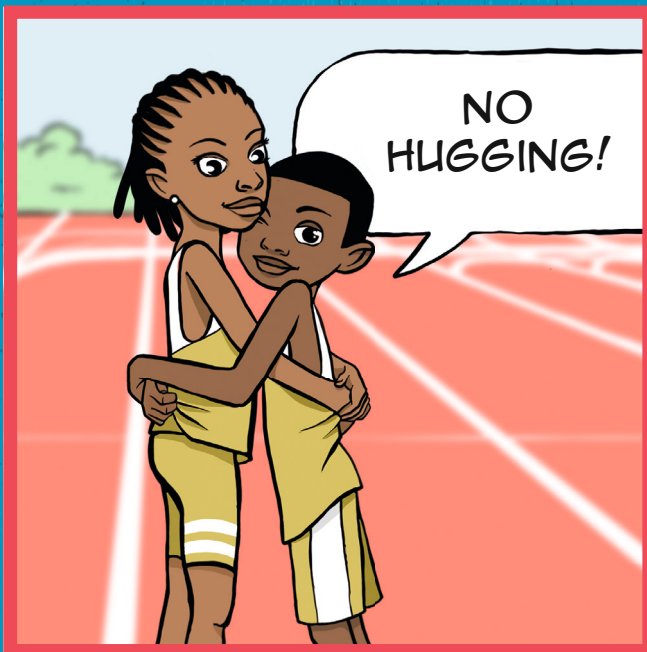
**YES** That's the way!



# DON'TS

Even if the Corona virus is highly contagious, you can help to stop its spread quite easily. Always have these simple rules in mind:

**NO** Never do it like this!



BE A  
WASHAMPION!







**Stop –  
Colouring  
Time!**





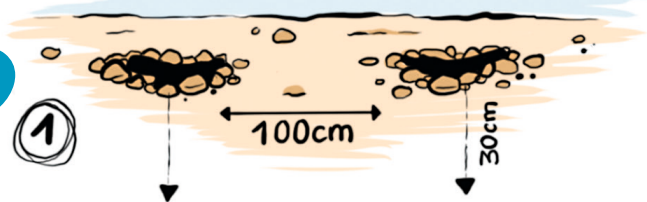


# How to Build a TIPPY TAP

## WHAT YOU NEED:

2 LONG STICKS  
WITH A Y-SHAPE  
1 SMALL STRAIGHT STICK  
1 LONG STRAIGHT STICK  
2 LONG PIECES OF STRING  
SHARP OBJECT TO PIERCE A SMALL HOLE  
SCREW • SCREWDRIVER • NAIL  
DIGGING TOOLS • GRAVEL  
JERRY CAN • PIECE OF SOAP  
TOOLS FOR FIRE: LIGHTER OR MATCHES

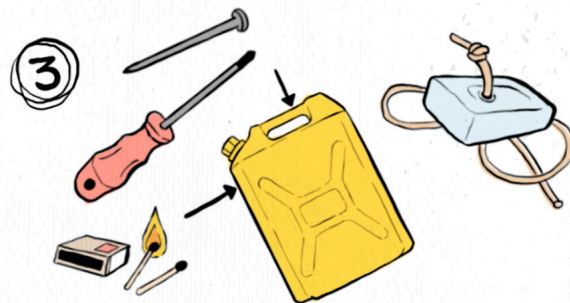
**CAUTION:**  
LET AN ADULT HELP  
YOU FOR SAFETY  
REASONS!



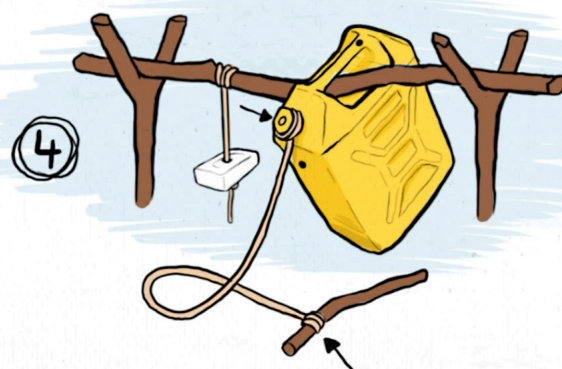
USE YOUR DIGGING TOOLS TO DIG  
2 HOLES IN THE GROUND - AROUND  
30 CM DEEP AND ABOUT 100 CM APART.



PLACE THE 2 Y-SHAPED STICKS  
INTO THE HOLES AND MAKE SURE  
THEY STAND UP STRAIGHT. USE  
GRAVEL AND SOIL TO FIRMLY SECURE  
THE STICKS IN THE GROUND.



USE A SHARP TOOL TO PIERCE 2 HOLES  
INTO THE JERRY CAN - ONE AT THE TOP  
INTO THE HANDLE AND ONE AT THE FRONT.  
HEAT UP THE TOOLS TO HELP MELT THE  
PLASTIC OF THE JERRY CAN. PIERCE A HOLE  
INTO THE SOAP TO ATTACH A STRING.  
FILL THE JERRY CAN WITH WATER  
AND CLOSE IT WITH A CAP.

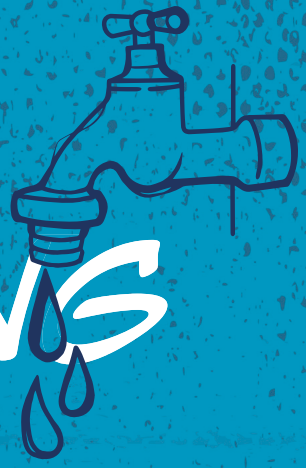


ASSEMBLE THE TIPPY TAP AS SHOWN IN  
THE PICTURE. ATTACH ONE END OF THE  
STRING TO THE CAP OF THE JERRY CAN AND  
THE OTHER END TO AN ~ 50 CM LONG STICK.

**AND THAT'S IT!**



# The Six Steps of HAND WASHING



ALWAYS  
USE SOAP!

WASH AS LONG AS IT TAKES TO SING "IF YOU'RE  
HAPPY AND YOU KNOW IT WASH YOUR HANDS" ...TWICE!



FIRST:  
WET YOUR  
HANDS WITH  
WATER AND  
TAKE A SOAP

**1** RUB PALMS  
TOGETHER

**2** RUB THE BACK  
OF YOUR HANDS

**3** RUB WITH FINGERS  
INTERLACED

**4** INTERLOCK  
YOUR FINGERS

**5** DON'T FORGET  
THE THUMBS

**6** CLEAN FINGER-  
TIPS AND  
FINGERNAILS









**EVERY DROP COUNTS!**

These kids are spraying a wall of water-drops. Preparing the stencil is very easy, just follow the instructions on page 20.

Photo: Kevin McElvaney

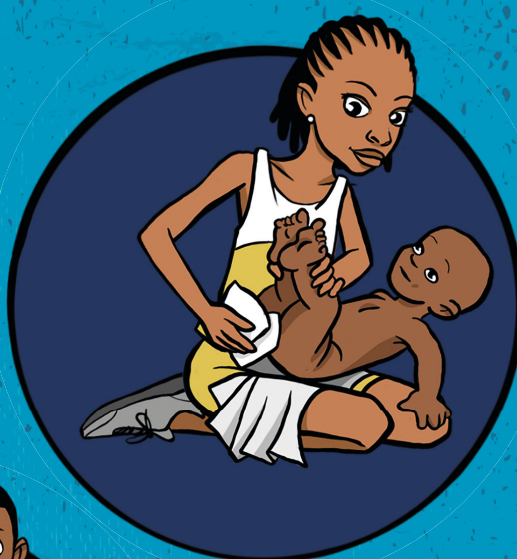


# Wash your Hands REGULARLY



...AFTER  
USING  
THE TOILET

ALWAYS  
WASH YOUR  
HANDS WITH  
WATER AND  
SOAP!



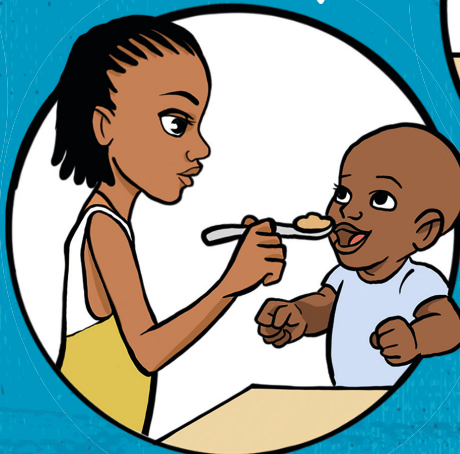
...AFTER  
CHANGING  
A BABY'S  
DIAPER



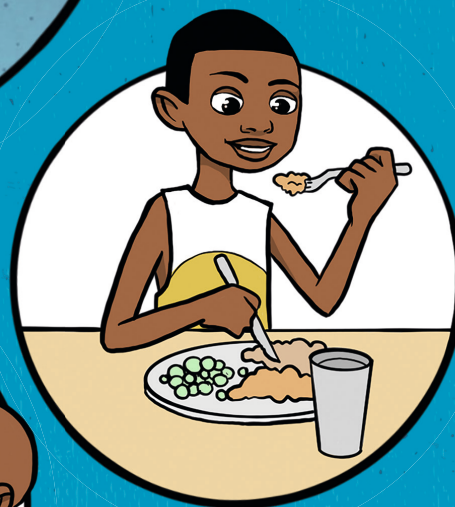
...BEFORE  
COOKING



...BEFORE  
FEEDING  
A BABY



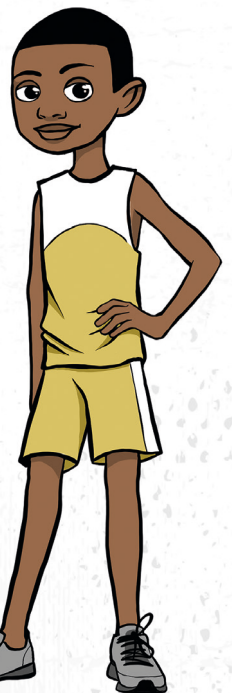
...BEFORE  
EATING





# Stop – Quiz Time!

Try to solve this puzzle. If you aren't sure about an answer, look for clues in this manual. At the end you can control your answers on page 22. The letters in the gray squares form the solution. Have fun!



1 2 3 4

5 6 7 8

9 10 11 12 13

WRITE  
DOWN THE  
SOLUTION  
HERE!



## FROM TOP TO BOTTOM

- 1 • Disease-causing organisms
- 3 • Done at the start of a training session
- 6 • Eye infection
- 9 • Another word for training

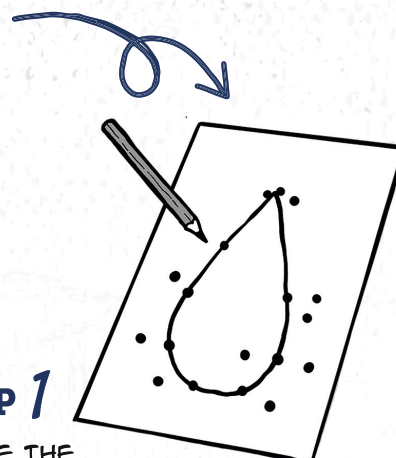
- 12 • Safe selfmade handwash facility
- 14 • First ugandan olympic gold medalist (400 m hurdles)
- 17 • Always wash your hands with soap before you are...
- 18 • Acquire knowledge

## FROM LEFT TO RIGHT

- 2 • Forms foam
- 4 • Covers nose & mouth
- 5 • Ways to protect yourself and others
- 7 • Sport of run, jump and throw
- 8 • Features of a certain disease
- 10 • Always wash your hands with soap after using the...
- 11 • Washed to prevent spread of germs
- 13 • Global health pandemic
- 15 • Disease which affects the liver
- 16 • End of race



# Let's Create *TOILET DROPS*

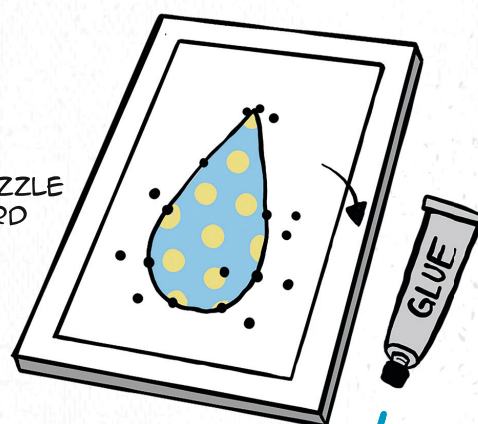


**STEP 1**  
SOLVE THE  
PUZZLE ON  
THE RIGHT



**STEP 2**  
COLOUR IN THE PUZZLE  
WITH TWO OF YOUR  
FAVOURITE COLOURS

**STEP 3**  
MOUNT THE PUZZLE  
ON CARD BOARD  
WITH GLUE



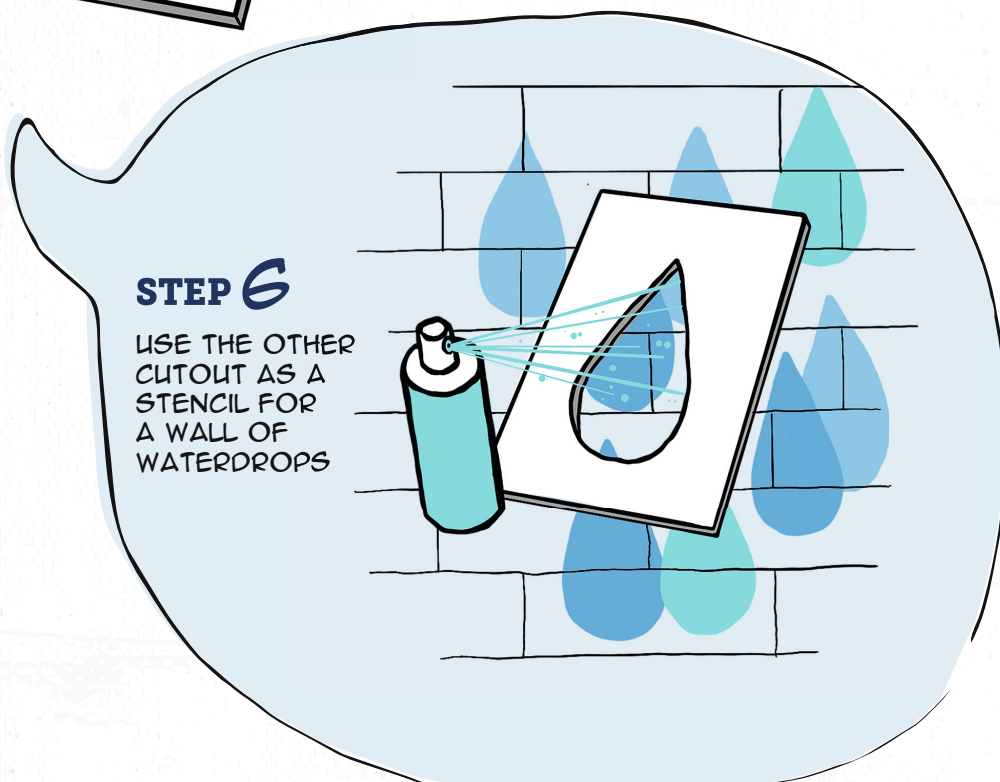
**STEP 4**  
CUT OUT  
THE PUZZLE  
FROM THE  
CARDBOARD



**STEP 5**  
HANG UP THE  
CUTOUTS IN YOUR  
CLASSROOM



**STEP 6**  
USE THE OTHER  
CUTOUT AS A  
STENCIL FOR  
A WALL OF  
WATERDROPS





BECOME THE NEXT WASHAMPION



FORGET TO WASH  
YOUR HANDS

FORGET TOILET PAPER

WASH YOUR HANDS

GO TO THE TOILET

FORGET SOME SOAP

DISTURB SOMEBODY ELSE  
WHO IS USING THE TOILET

GET SOME SOAP

WAIT FOR YOUR TURN

KEEP THE TOILET CLEAN

MAKE YOUR POO  
INSIDE THE TOILET

CLEAN YOURSELF

POO OUTSIDE  
BEHIND THE BUSHES

LEAVE THE TOILET DIRTY

PEE NEXT TO THE TOILET



This boy is using a tippy tap to wash his hands – very smart! You can learn how to build one yourself on page 14.



## IMPRINT

### PUBLISHED BY

Viva con Agua de Sankt Pauli e. V.  
Neuer Kamp 32 • 20357 Hamburg  
kontakt@vivaconagua.org  
www.vivaconagua.org

Deutsche Gesellschaft  
für Internationale  
Zusammenarbeit (GIZ) GmbH  
Registered offices Bonn  
and Eschborn, Germany  
Sector Programme  
"Sport for Development"  
Friedrich-Ebert-Allee 36 • 53113 Bonn  
sport-for-development@giz.de  
www.sport-for-development.com

### PROJECT MANAGEMENT (V.i.S.d.P.)

Lars Braitmayer

### ILLUSTRATIONS & CHARACTER DESIGN

Davina Cochrane

### COMIC STORY & ARTWORK

Russlan

### LAYOUT

Julia Koch

### LOCATION OF PUBLICATION

Uganda

### YEAR OF PUBLICATION

2020



## SOLUTIONS OF THE QUIZ (PAGE 19)

### FROM TOP TO BOTTOM

- 1 • Germs
- 3 • Warm Up
- 6 • Trachoma
- 9 • Practice
- 12 • Tippy Tap
- 14 • John Akiibua
- 17 • Eating
- 18 • Learn

### FROM LEFT TO RIGHT

- 2 • Soap
- 4 • Mask
- 5 • Prevention
- 7 • Athletics
- 8 • Symptoms
- 10 • Toilet
- 11 • Hands
- 13 • Corona
- 15 • Hepatitis
- 16 • Finish









