**HAND WASHING**

**How do you wash your hands?**

- Do not wash hands.
- Use water only and “dip” hands.
- Use pouring water and ash.
- Use pouring water and soap.

**WATER TREATMENT**

**How do you treat your water?**

- Do not treat.
- Settling/decanting
- Chlorinate
- Filtering through cloth
- Boil

**FAECES DISPOSAL**

**How do you get rid of faeces?**

- Open defecation
- Bury faeces
- Use latrine

**MENSTRUAL RAG CLEANING FOR RE-USE**

**How do you clean menstrual rags for re-use?**

- Do not wash. Dry and reuse.
- Rinse in water and dry.
- Wash with soap and water and dry.
- Soak 20 minutes in Jik and water. Wash with soap and water. Dry in sun.