Make a Tippy Tap

You Need:
Soap
Container
2 forked sticks 2m
2 straight sticks 1 m
Two pieces String
Nail

1. Heat Nail
2. Make 2 Holes in container
3. Make hole in Soap
   Put string through
4. Burry 2 sticks outside compound
5. Hang soap
   And container
   From the 3rd Stick
6. Tie one end of string
   To container and
   One end to the
   last stick
7. Wash Hands Often
How to Make a Tippy Tap

Use a 5 or 10 liter oil container, some rope and sticks to make a tap with a foot pedal

With a hot nail, make holes in a plastic water container, on the lid and the side of the oil container
- Make one hole in the center of the container’s lid
- Cut a water bottle in half. Make a hole in the top so you can hang it with the soap inside
- Make one hole 12 cm down and off-center from the container’s spout

Make a frame for the water container using three sticks.
- Add rocks underneath the frame so puddles do not form

Hang the soap container and the foot pedal with string.
- Place a bar of soap (if soap is not available you can place ash or wood dust) next to the water container
- Push string through the hole in the lid. Tie a knot on the inside of the lid
- Screw the lid onto the oil container
- Tie the string coming out of the lid to a stick to make a foot pedal
- When you step on the foot pedal, the water container should lean over onto its side. Shorten the string until the foot pedal works well
- The Tippy Tap should be upright when you release the foot pedal
How to Make a Hanging Tippy Tap

1. Use any bottle

2. Tie string around the middle of the bottle, letting some string hang below

3. Hang the bottle on a wall somewhere convenient

4. Poke a hole in the top upper side of the bottle so that air can flow in

5. Poke a few holes in the top under side of the bottle so that water can flow out

6. Make a hole in the middle of a piece of soap and tie the soap under the bottle

7. Fill the bottle with clean water

8. When you need to wash your hands, use your elbow or wrist (not your dirty hand) to tip the bottle down. Sprinkle water into your hands, then tip the bottle back up. Use the soap. Scrub your hands. Then tip the bottle back down to rinse.

9. Soapy water is good for some plants so you can plant herbs, lemon grass, flowers, and vines like loofa sponges under the tippy tap. These will also give a nice smell to the area.
How to Make a Face Mask without Sewing

1. Fold a cloth bandana in half
2. Fold cloth again into thirds
3. Place elastic bands or strings inside the folded cloth
4. Fold in the sides
5. Tuck one middle piece into the other
6. Put on the mask
How to Make a Face Mask with Sewing

1. Cut out the rectangle

Cut out (2x) equal sized own fabric

2. Fold

3. Fold

Fold

Fold

4. Thread through

DO make sure the mask covers your nose and mouth completely.

DO NOT wear the face mask on your neck.

DO NOT wear the face mask under your nose.

DO NOT let children under 2 years old wear face masks.
Corona Virus Decision Card

New Cough + Hard to Breathe = Use Mask + Get Treatment

Fever

Cough + Breathing Fine = Use Mask + Stay Home

Fever

Rapid Response Number: [Number]
Hospital/Clinician Number: [Number]
How to know if someone is very sick
If someone has severe symptoms or chronic conditions, you should call the hotline
- Severe symptoms include: Difficulty breathing, shortness of breath, persistent pain or pressure in chest, new confusion or inability to arouse, bluish lips, unbearable symptoms
- Those with conditions such as heart or lung disease, kidney failure, or are immune compromised should call the hotlines even if they have mild symptoms

People who feel unwell but do not have serious symptoms should stay home
- People with mild symptoms of coronavirus can be treated at home and often get better in a week

If someone in the household is sick, the entire family should isolate themselves from the rest of the community for 14 days.
- Even after feeling better you may still infect others
- Ask friends and family to leave supplies outside to avoid contact

Caring for a sick person at home
- the sick person should stay in a room with good airflow – such as with an open window or door
- The sick person should wear a mask as much as possible – unless it makes it difficult for them to breathe
- Make sure the sick person
  - Drinks plenty of water
  - Eats nutritious foods
  - Rest a lot - they should not be leaving their house
- Treat symptoms such as paracetamol for headache
- Caretaker should wear a mask
- Change the facemasks every day and when they get wet
- Sick person should stay at least 2 meters away from others. Mark 2 Meters with chalk or an object as a reminder.
- Watch for development of severe symptoms listed above
If you can’t breathe, Seek medical help

Self-Exam

Cough  Fever  Breathing Fine

Self-Care

Self-isolate  Social distancing

Stay hydrated  Get plenty of rest  Contact your Social Worker  Stay Connected XXX-XXX-XXXX
To Keep Everyone Safe

- Wash Hands
- Social Distancing
- Cover Cough
- Don’t Travel Far
- Rest at Home If a little Sick
- Keep Elders away from sick people
Educational Stickers

Pneumonia (severe cases)  Shortness of Breath

Self-isolate  Social distancing

Stay hydrated  Get plenty of rest  Contact your Social Worker  Stay Connected XXX-XXX-XXXXX
COVID-19
SARS-CoV-2

Educational
Stickers

Cough
Mask on

Cough
Wash Hands

Hard Surface
Wash Hands

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