Make a Tippy Tap



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 with Sewing

Cut out the rectangle Cut out (2x) equal sized own fabric × fold Sp fold 3 ð fold fold ✻ thread through 4



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



Rapid Response Number: Hospital/Clinician Number:

Detailed Coronavirus Decisions



Pneumonia (severe cases)

Shortness of Breath

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



Cough

Mask on

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

COVID-19 SARS-CoV-2 Self-care Card





If you can't breathe, Seek medical help





To Keep Everyone Safe



Wash Hands



Social Distancing



Cover Cough



Don't Travel Far



Rest at Home If a little Sick



from sick people

Educational Stickers









Educational Stickers







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