

UNITED VOICES FOR GLOBAL IMPACT (UVGI)

P.O. Box 18, Zomba, MALAWI

Phone: +265 999 23 75 60 Email: brown.masingati@gmail.com

LEARNERS AT SAKATA PRIMARY SCHOOL DRILLED IN PROPER HANDWASHING

Report compiled by Dafter Molande and Brown Masingati



A male learner emulating his teacher's demonstration in proper handwashing

Activity Date : 24th January, 2025
Activity Venue : Sakata Primary School ground in Traditional Authority Nkagula, Zomba District

INTRODUCTION

A group of almost 40 learners was on Friday, 24th January 2025 drilled in proper handwashing as a regular hygiene promotion practice in their daily living. The orientation exercise was organized and supported by United Voices for Global Impact (UVGI) and co-facilitated by two teachers at the school, Mr. Happy Kholoma and Miss Chisomo Moyo, who are also Patron and Matron, respectively, of the Environmental, Health and Sanitation Club at the school.

MAIN OBJECTIVE OF THE EXERCISE

To instill consistent knowledge of personal hygiene in the young learners in order to reduce transmission of infections and resistant germs

DETAILS OF THE ACTIVITY

The activity began with singing and dancing in a circle which was aimed at making everyone be in a happy mood ready for the Handwashing lesson.



Club members dancing at the beginning of the handwashing orientation

A Brief Presentation on Steps of Handwashing for Thorough Cleaning

The presentation was made by Miss. Chisomo Moyo, Matron of the Environmental, Health and Sanitation Club at the school. Her presentation, enriched with demonstrations, flowed like this:

We want to train one another on the Steps of Proper Handwashing. Please maintain the silence and be attentive.

Washing your hands is one the most important things you can do to protect yourself and others from getting and spreading diseases.

The recommended time for a proper and hygienic hand wash is at least 20 seconds.

Here's all you need: Just soap and water.

Remember it doesn't have to be any special type of soap. What is important is how you wash the hands.

Here are 5 steps to hand-washing so that your hands are really clean.

Step 1: Wet your hands with clean, running water

Step 2: Get/Apply some soap

Lather your hands by rubbing them together with the soap.

Step 3: Scrub!

That means the back of your hands, between your fingers, and don't forget your thumbs!

Scrub your palms and under the nails.

Do this for at least 20 seconds.

Step 4: Rinse your hands well under clean, running water

Turn off the faucet with a paper towel or your elbow to protect your hands from any germs on the handle.

Step 5: Dry your hands using a clean towel, or air dry them

In the end of the activity, Mr. Kholoma-who is the Patron of the Club-outlined some of the importance of Handwashing. He said that Handwashing is very important in the following ways: -

- Hand washing prevents spread of infectious diseases.
- Washing your hands properly with soap and water can help prevent the spread of germs (like bacteria and viruses) that cause various diseases.
- It can keep you healthy and prevent the spread of respiratory and diarrheal infections.

Germs can spread from person to person or from surfaces to people when you: Touch your eyes, nose, and mouth with unwashed hands. So, we need to wash our hand properly!

That's it—five easy steps of proper handwashing: Wet, lather, scrub for 20 seconds, rinse, and dry. Thank you!!

Now after the two short lessons, one on Steps of Handwashing for Thorough Cleaning, and two on the Importance of Proper Handwashing, it was time for the learners to practise. Because of time, a few learners practiced the handwashing after which the whole group applauded them for their good practising.



A learner practising the steps of proper handwashing before his fellow club members

SUCSESSES OF THE ACTIVITY

- ✓ The exercise was very fascinating especially to a lot of learners even those who were not members of the Environmental, Health and Sanitation Club at the school.
- ✓ The learners were so eager to practise handwashing following the five steps that they had been trained.
- ✓ A good number of learners are now expressing interest to join the Environmental, Health and Sanitation Club.



Group photo where the team is declaring: “We stand united to change our community!”

CHALLENGE

There is an outcry for a similar project from the surrounding schools after they learned that it is a very good project that is helping in transforming the lives of individuals at school level. However, due to limited resources we are unable to reach out to them. In the meantime, we are still in the process of learning how best we can do it on a large scale with the support from UVGI.

CONCLUSION

The Handwashing for thorough Cleaning Exercise happens to be one of the best activities that the club has been carrying out since its inception. The unity and dedication of both the learners and their teachers are the key to the group’s success. There is need for the learners to deepen their knowledge in handwashing till it becomes a habitual practice.

PROJECT FACILITATORS

- Brown Masingati—Ambassador of UVGI in Africa
- Dafter Molande—UVGI Field Officer

END OF REPORT