

Refuse Trash Pit¹

Why use a refuse pit:

- Not all materials decompose or decay.
- Some of these materials like metal can be dangerous if left.
- Refuse attracts rats, flies and fleas which cause and spread disease.
- If thrown in water, it can make the water bad to drink.

How to correctly dispose of refuse:

- Throw in a community refuse pit and bury.
- Throw in household refuse pit and bury.
- Burn refuse.

What not to do with refuse:

- Throw it in the river.
- Throw it in a well.
- Throw it outside on the ground.
- Throw it in or near a spring.

How and where to dig a refuse pit:

- Outside the village or 20 meters from the nearest house.
- In a hollow not on the top of a hill.
- At least 100 meters from a river, well or spring.
- Dig a hole one meter long, one meter wide and one meter deep. Slant the sides of the hole towards the center.
- Keep dirt to be used to cover the refuse.

How to use a refuse pit:

- Throw refuse into the pit.
- Each day cover the refuse with 2" of dirt to keep flies and rats away.
- When the pit is 200 mm from being full, fill to top with dirt, pack down and start a new pit.

Safe Drinking Water

Comes from places where there are no harmful germs or poisonous materials that can cause illness. Safe water comes from:

- Deep wells that are at least 30 meters deep.
- Artesian wells in which the water is under pressure.

¹ Sources: Health for Life Manual for Primary Health Care at YWAM Perth; A Training Manual for Wailing Women Worldwide.

- Protected or improved springs where the water comes from the mountain and no one lives above the level of water source. If water becomes muddy during rainy weather, it is not safe.
- Rain water that is properly collected and stored. Wait at least 5 minutes for the rain to wash the roof before you collect the water in a clean container with a cover.

How to make other water safe:

- Boil the water for 10 minutes after the bubbles start. If river water is used, boil for at least 30 minutes.
- If the water is cloudy or has dirt particles in it, remove the dirt particles by pouring water through a clean cloth, then boil it.

Home Sanitation

Kitchen

- Ensure no dishes are left unwashed, especially overnight.
- Empty garbage frequently.
- Sweep and mop the floor regularly.

Toilet

- The toilet breeds germs more than any part of the home, and people can easily catch infection if it is very dirty.
- Ensure the toilet is washed thoroughly at least twice per week.
- Use bleach and detergent to remove unsightly stains and foul smells.
- You can pour bleach in, leave it overnight, and wash it off the next day with a brush.

Floors

- Sweep and mop floors at least weekly or more often if dusty or dirty.

Mosquito Screens

- It is helpful to place mosquito net screens on windows to prevent mosquitos from biting those in the home to reduce the frequency of malaria and other mosquito borne diseases. Netting can also keep away flies, cockroaches, lizards and rats. These pests can also carry germs that cause diseases.

Home Surroundings

- Keep the home exterior surroundings clean and free from refuse, garbage, old tires, bottles, and items that can collect stagnant water where mosquitoes can breed.