

LATRINE AND GOOD HYGIENE LEAD TO IMPROVED HEALTH

World Vision helped Deolinda Pedro build a safe latrine and provided hygiene training to improve the health of her family.

In rural Mozambique, traditional latrines are made from materials such as twigs, leaves, and mud. A hole about 6.5 feet deep and two feet wide is dug into the ground. It is then covered with sticks and leaves to make a fortified structure capable of withstanding an adult's weight. The open hole has no cover, so it attracts insects. It also has no walls and therefore, no privacy.

In Mugeba ADP, the situation was no different. Nearly everyone had one of these homemade latrines. Those without a latrine defecated in the open and often did not cover up their waste.

Deolinda Pedro, a 39-year-old mother of five, vividly remembers her previous hygiene practices. "When I wanted to use the toilet, I would go a distance from home with my enchada (digging tool). After I finished, I would use the enchada to carry soil and cover my excrement, but when I was younger I would just leave it there," said Deolinda. "I would never wash my hands when I returned. I would eat my food, touch my children and husband. I did not know I was doing wrong." Deolinda also recalled her family would get diarrhea frequently, caused by the family's lack of knowledge about good hygiene practices.

Fortunately, World Vision taught Deolinda how to build an improved latrine. "When World Vision came to my



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house, I did not have a latrine. I was taught how to make one. At first I was afraid because many people who had built one before have fallen in, gotten very dirty, and at times hurt themselves. I thought to myself maybe I should continue with my own ways, but World Vision convinced me and showed me the best way to build one," said Deolinda.

"I'm not afraid to use the latrine, and my children enjoy it," she said.

World Vision distributes concrete latrine slabs, which are safe and come with a cover so that flies and insects do not enter or later roam free to spread disease. After building her latrine, Deolinda learned more about proper hygiene. She realized that she was spreading disease by not washing her hands. She learned good hygiene practices, including using racks to dry dishes. Deolinda now knows that using soap or ash is a good way to disinfect her hands. These changes are reducing her family's chances of becoming sick.

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I thank World Vision for showing me the right ways [to build a latrine and practice good hygiene].”

— Deolinda Pedro, a mother in Mugeba ADP (pictured above)