



Amoeba & Water



Foreword

The quality of drinking water affects the health of a family. This book is developed for children to raise their awareness of water and its relation to health, so that they will take necessary precautions to protect themselves and their family from water borne diseases. It is advised that adults read this book with children at home or in school to ensure that they are informed about safe drinking water.

What is in this Book

- We need water to survive • Not all water is the same
- The water you drink can make you ill • Sources of drinking water
- Pollution at sources • Ways of making drinking water safe




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Look! Here is a tap. Lets drink water.

Wait, my friend.
You should know about the
water you are about to
drink. Read this book.



My name is Drop.
I am a drop of clean water.
Read this book with me. I
will teach you to stay
healthy.

We drink water to survive


Because we need water to survive, we often live near sources of water. Like us, other living creatures also need water to survive. We share the water on this earth with all other creatures. Some of the creatures live in the water. We can not see some of the creatures because they are very small. These small creatures are called microbes. We sometimes swallow them alive as we drink water.

Have anyone of you
swallowed a frog
while drinking water?

No one could swallow a frog
with water? But it is possible
to eat something that is
invisible.



What is microbe ?

Microbe is a living creature smaller than your naked eyes can see. Thousands of these creatures fit onto a dot like this one:  Bacteria, viruses and yeast are types of microbes. Amoeba is one kind of microbe that lives in water.

Harmful microbes are
called germs. Germs are
the cause of diseases.

I am Amoeba. I am a
microbe who lives in water.
I want to get into your
stomach and make
thousands more like me.

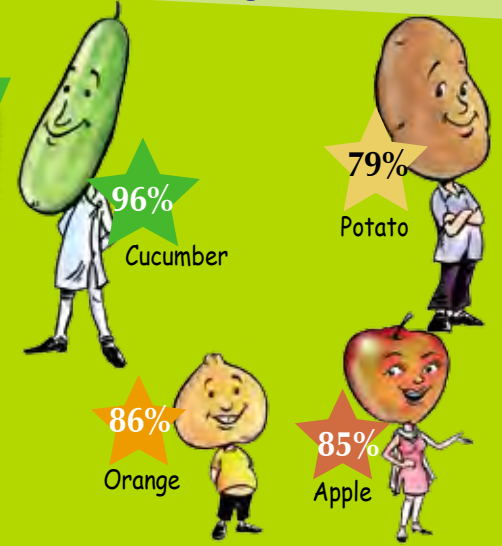


More than seventy percent of our body is made of water. We feel thirsty when our body needs more water. We drink water when we are thirsty. We also get water from milk, juice and other liquids but we must drink water many times a day.

We get our drinking water from various sources depending on where we live. In cities we get water from taps in our houses. In villages we get water from wells, springs, rivers or streams. Where do you get your drinking water in your house ?



How much water do these fruits & vegetables have ?



People can't live without me.



And I make people really sick.



If we don't drink water

When the amount of water in the body drops below healthy levels, we feel weak and may even faint. This condition is known as dehydration.

1. Water from oceans, rivers, lakes or from the ground evaporates and form clouds.

Not all water is the same

Depending on its location, water may have different substances mixed with it. That is why water from different sources is different from each other.

2. Water falls from clouds as rain, snow or hail.

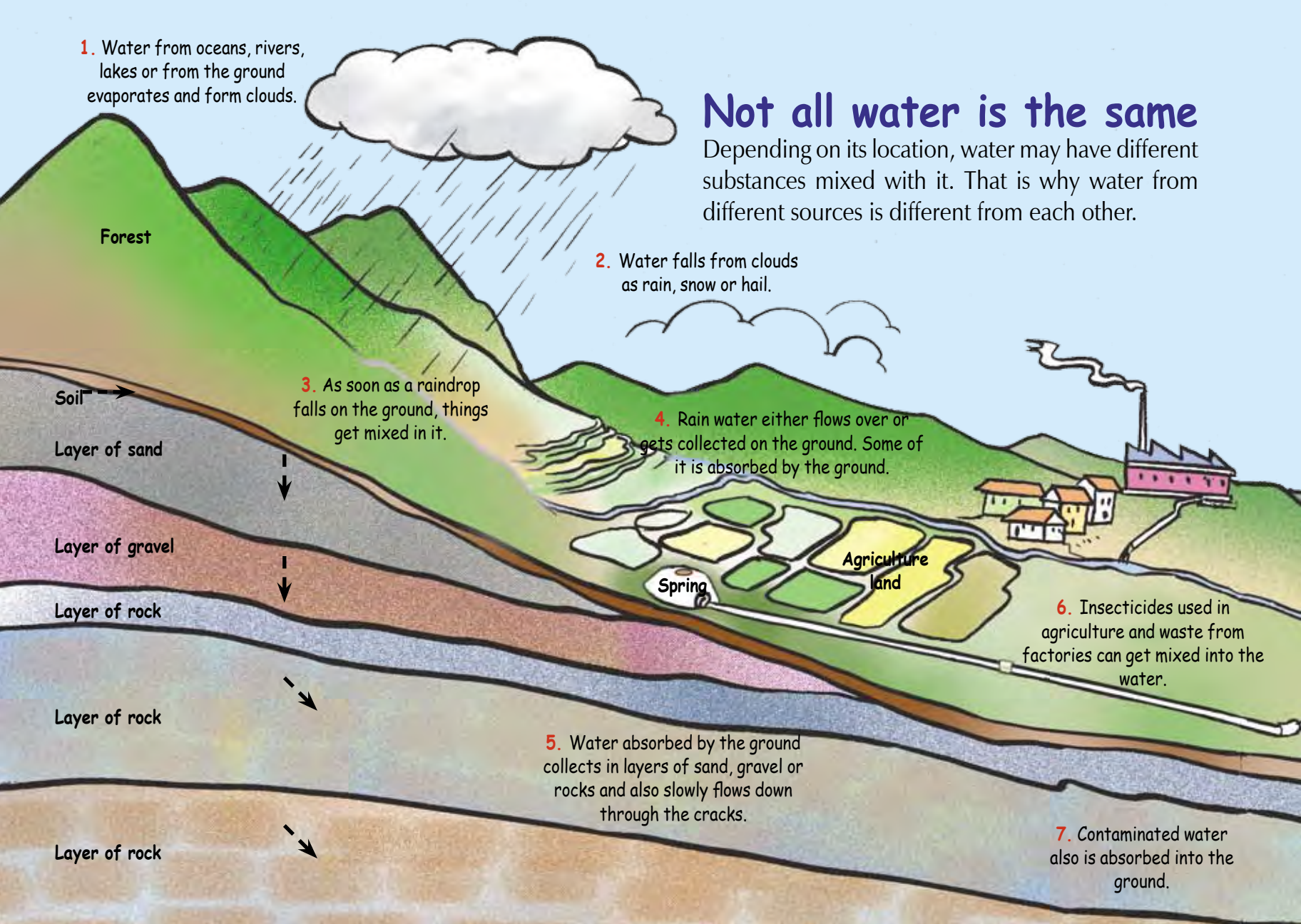
3. As soon as a raindrop falls on the ground, things get mixed in it.

4. Rain water either flows over or gets collected on the ground. Some of it is absorbed by the ground.

5. Water absorbed by the ground collects in layers of sand, gravel or rocks and also slowly flows down through the cracks.

6. Insecticides used in agriculture and waste from factories can get mixed into the water.

7. Contaminated water also is absorbed into the ground.



Forest

Soil

Layer of sand

Layer of gravel

Layer of rock

Layer of rock

Layer of rock

Spring

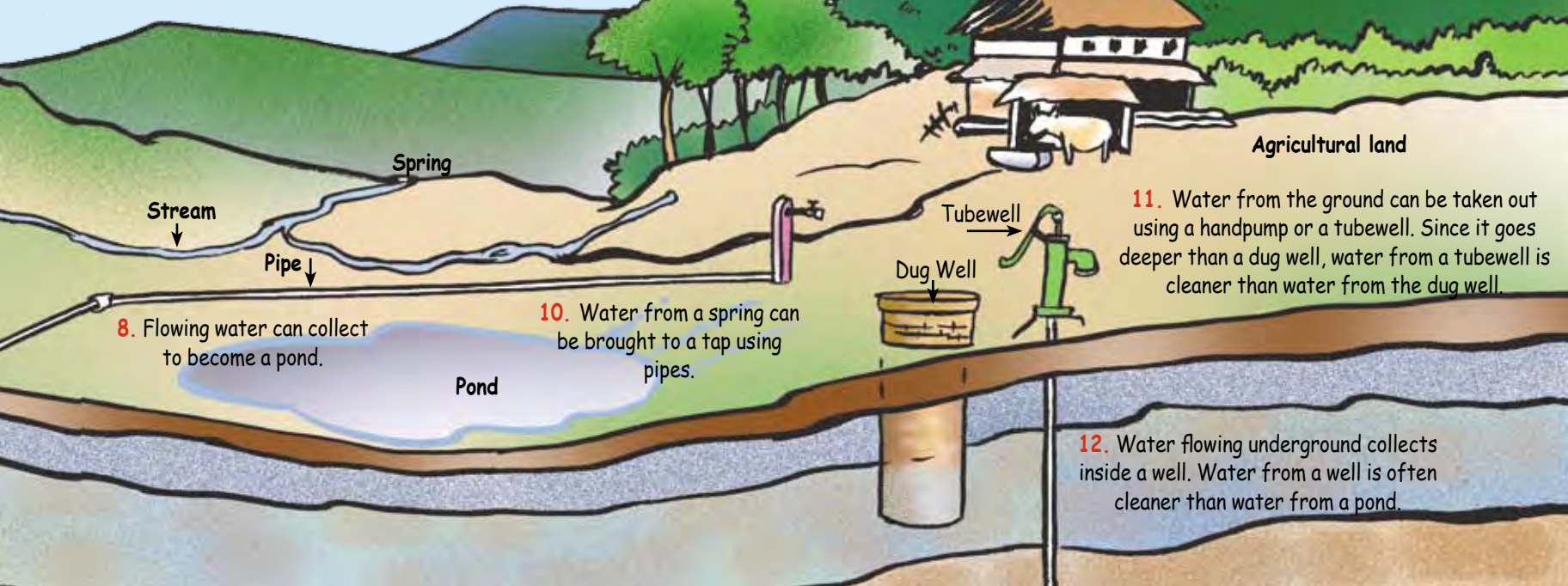
Agriculture land



Do you know where I come from? Look at my life cycle.



9. Water flowing underground can come out on the surface in some places. These outlets of water are called springs.



8. Flowing water can collect to become a pond.

10. Water from a spring can be brought to a tap using pipes.

11. Water from the ground can be taken out using a handpump or a tubewell. Since it goes deeper than a dug well, water from a tubewell is cleaner than water from the dug well.

12. Water flowing underground collects inside a well. Water from a well is often cleaner than water from a pond.

Which water is the dirtiest ?

Water can be clean or dirty depending on its source. Water melting from fresh snow will certainly be cleaner than water from a pond. There will be no chemicals mixed in rain water collected from a clean roof. Water from a deep tubewell may not have microbes. Arrange the sources below from the cleanest to the dirtiest.



1 A spring under a forest hill



5 A clean dug well



2 A stream passing through a human settlement



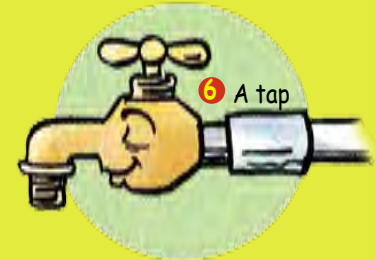
4 Tubewell



3 A village pond



I like to live in dirty, warm and shallow water.



6 A tap

Answer : Cleanest 1, 4, 6, 5, 2, 3 Most polluted

Dirty and Clean water: which is which?

Water from different sources has different properties. Let us test the properties of water using our five senses organs.

- Eyes
- Nose
- Skin
- Ears
- Tongue



Eyes

Look at a glass of water

- Is there anything floating on the water ?
- Is the water dirty ?
- Is the water colored ?
- Do you see germs ?



Nose

Smell it

- Does it smell ?
- Do you smell germs ?



Skin

Touch and feel water

- Take a bath. What is the water like ?
- Wash your hands. Are they clean now ?
- Can you feel or hold germs ?



Ear

Listen to it with your ears

- Is there a sound ?
- Are the germs making noises ?



Tongue

Taste some water

- What does it taste like?
- Can you taste germs ?

Where is the salt ?

Take a glass of water and put a pinch of salt in it. Stir it with a spoon. Now try to see the salt.



Like salt no one can see me in the water.

Wait a minute. There is a way to see you.



Dirty drinking water is the major cause of illness in Nepal

A person can get ill by drinking water with germs. In every 15 seconds a child dies in the world because of unsafe drinking water. In Nepal, 13,000 children die every year due to diarrhoea. Diarrhoea is caused by unsafe water and un-hygenic practices.



Five die of diarrhea in camp for flood displaced

Aug. 16, 2008, Sunsari. Five persons displaced by the floods caused by breach in the Saptakoshi embankment...

Five Killed as Bajhang under Diarrhoea Grip

Shiva Raj Batta
Dhangadhi, August 27

An outbreak of diarrhoea killed five persons, including a boy, in Deulikit village development committee-4 of Bajhang district. Diarrhoea has been raging in Deulikit for a week. Deulikit has a health post, but it is of no use to the patients because it does not even have basic medicines.

Thirty-year-old Bisna Okheda and her eight-year-old Saraswoti Singh, Gore Okeda and Tikhu Patil died in Deulikit Village Development Committee, around 44 miles west of the district headquarters Chainpur, said deputy superintendent of police Bajhang Hari Bhakta Prajapati.

People have begun moving to safer places to save themselves from the epidemic of diarrhoea. Even common medicines are not available in the Deulikit health post said. In the name of stationer, the health post has...

Diarrhea claims 6 lives in remote Jumla

June 28, 2008. Six persons have died due to an outbreak of diarrhea in a remote village in Jumla district over the past two weeks.

The epidemic has badly hit ward no. 1 and 2 of Gadhichaur



Take this, Amoeba! I will wash my hands with soap thoroughly (slowly scrubbing to 15 counts) I will get rid of you.

I win!

Why are you happy about this sad news? You bad Amoeba.



We are going to learn how to punish you.

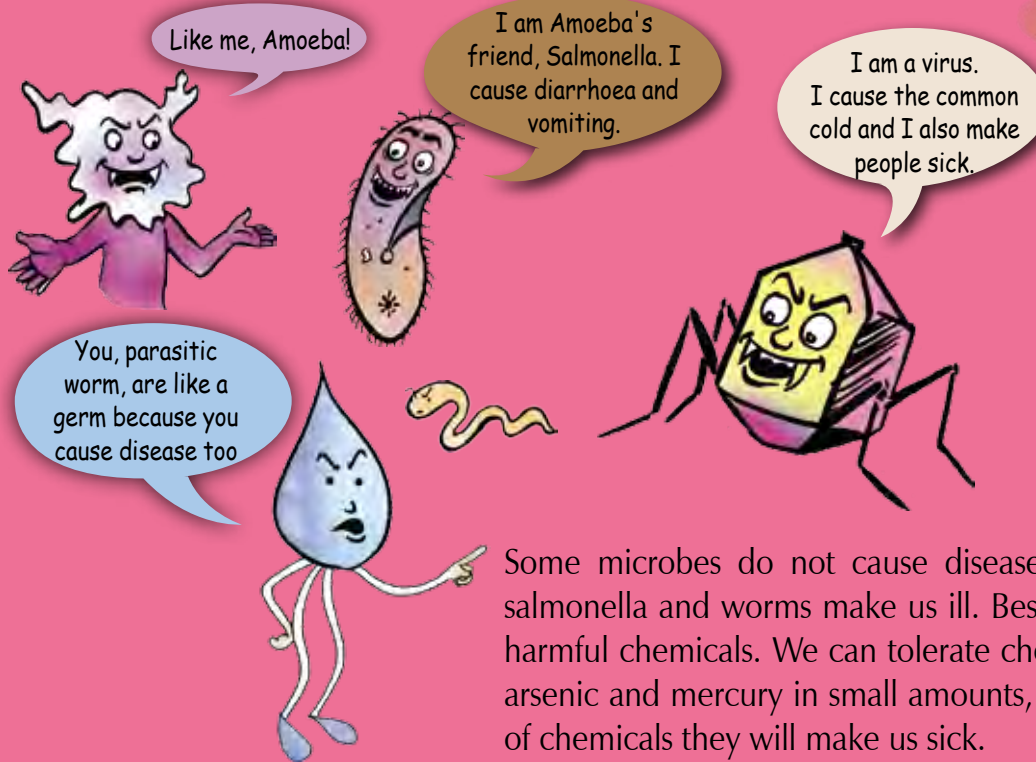
What causes diseases?

Nothing happens to a buffalo if it drinks from a pond, but if we drink from a pond we will fall ill. Water from lakes, rivers or streams has millions of microbes in it.



What are chemicals ?

Acids in batteries, medicines, like iodine, salts like copper sulfate, and substances like washing soda are known as chemicals. Many of them dissolve in water.



Some microbes do not cause diseases, but those like amoeba, salmonella and worms make us ill. Besides germs, water can have harmful chemicals. We can tolerate chemicals like iron, ammonia, arsenic and mercury in small amounts, but when there's too much of chemicals they will make us sick.

How do germs enter our body?



Different germs enter our body in different ways:

- through the air we breathe (like the virus of the common cold)
- through food and water (like the bacteria that causes cholera)
- through the skin cuts and scratches (like tetanus and scabies)

Once germs enter our body they multiply and we see their effects as a disease. Although germs constantly surround us, our skin protects us. Often they get in through our mouth and reach our stomach, where they cause stomach aches. We will be healthier if we can prevent germs moving from place to place.

Although germs constantly attack us, if we stay clean and healthy, we can prevent them from entering our body.

Three main ways germs get into our stomach



Flies sit on faeces



Come on Fly, full speed to food!



Drinking dirty water

- Water kept in a dirty vessel
- Things fallen into the water
- Fingers dipped into the water

Eating with dirty hands

- Dirty hands carry germs
- Germs are passed to our food from our dirty hands
- Dirty nails store germs



Eating dirty food

- Food touched by dirty hands
- Food that has fallen off the plate
- Food touched by flies and stale food
- Uncooked and poorly washed fruits and vegetables
- Food prepared by unwashed hands

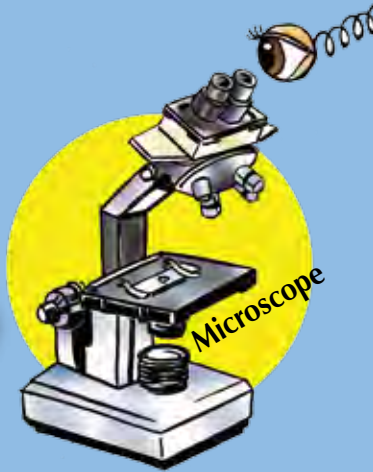
Look what has happened !



We have to find out if there are germs in the water, but we can't see, smell or feel them. What shall we do?



This is a way to see germs.



We can use a microscope to see microbes and germs like bacteria, amoeba or worm eggs. Looking through a microscope we can tell whether there are germs in the drinking water or not.

Why doesn't the buffalo get sick when it drinks from the pond?



Because it has immunity.

Germs look like this



What is immunity?

When germs enter our body, our body develops ways to kill them or make them inactive. This ability to kill germs is called immunity. Most of the time our immunity takes care of germs, but certain diseases like dysentery trouble us time and again.

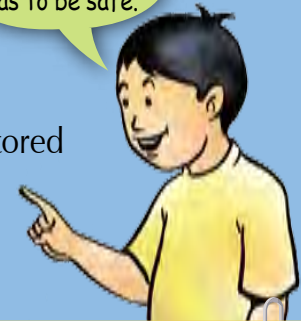
If germs and chemicals cause disease, then what should drinking water be like?



Diseases and drinking water

Water with no germs or harmful chemicals and that is stored properly is considered safe drinking water.

Drinking water has to be safe.



Taste and smell

Safe water normally has no taste or smell. If there is a taste or smell, it is because some of substances or chemicals mixed in the water.



Look

- Drinking water should be clean.
- It should be clear.
- It should not have any color.
- Even after it stands for several hours there should be no color or cloudiness.
- Nothing should be floating or settled at the bottom.



Think

- Water should be kept covered in a clean vessel.
- Vessel for drinking water should be stainless and odorless and should not break or help germs reproduce.

They are about to drink water. Get ready to attack.

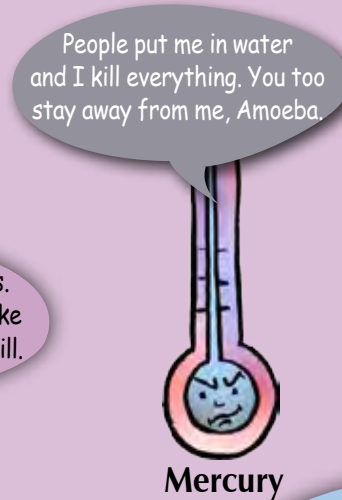
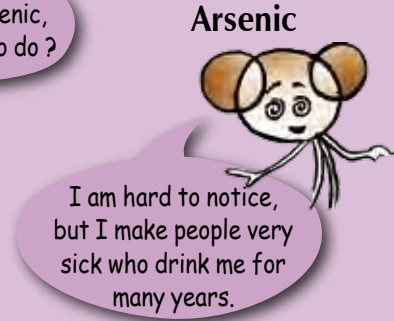
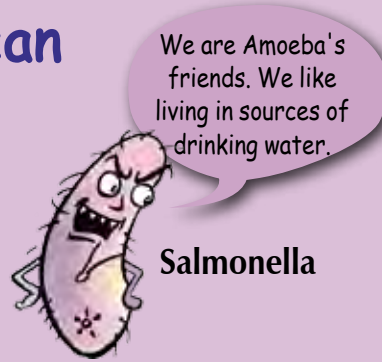


Pollution of water can start at the source

Story

The sun melted the snow and the flowing water picked up a dried piece of cow dung. There was a worm egg in it. This creature flowed down with the water to some warmer place where it met a crowd of bacteria living on a rock.

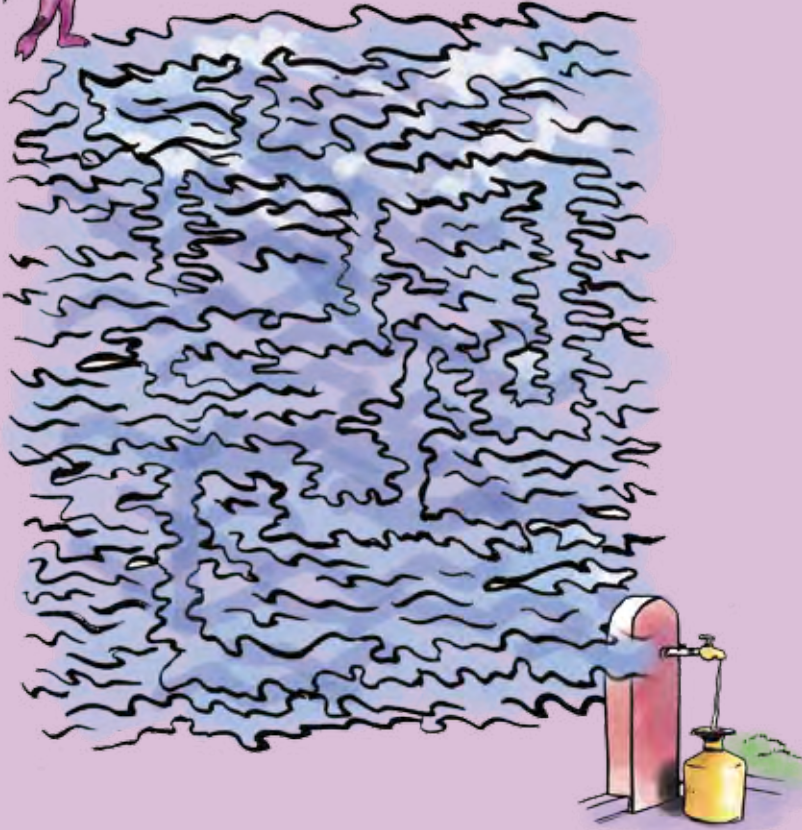
Further on this group of germs came across an amoeba who lived in a drain coming from a village. As the stream flowed down it was channelled into a tank. In the tank the germs met mercury from a battery and iron from rust. A salmonella from somebody's toilet was also there. When they all met, this is what they said.



Which way, Amoeba?



Help Amoeba to get to the water pot by drawing a line through the maze.



Pollution of surface water

Waste and dirty water which drains from kitchens, toilets and cowsheds often get mixed into streams as they flow past people's houses.




Pollution of ground water


- Animals may step or swim in a spring from which water is used and make it dirty.
- Things may fall into a well.
- Harmful substances can seep into layers of underground rocks and make underground water dirty.

Pollution of water on the way from the source to our mouths

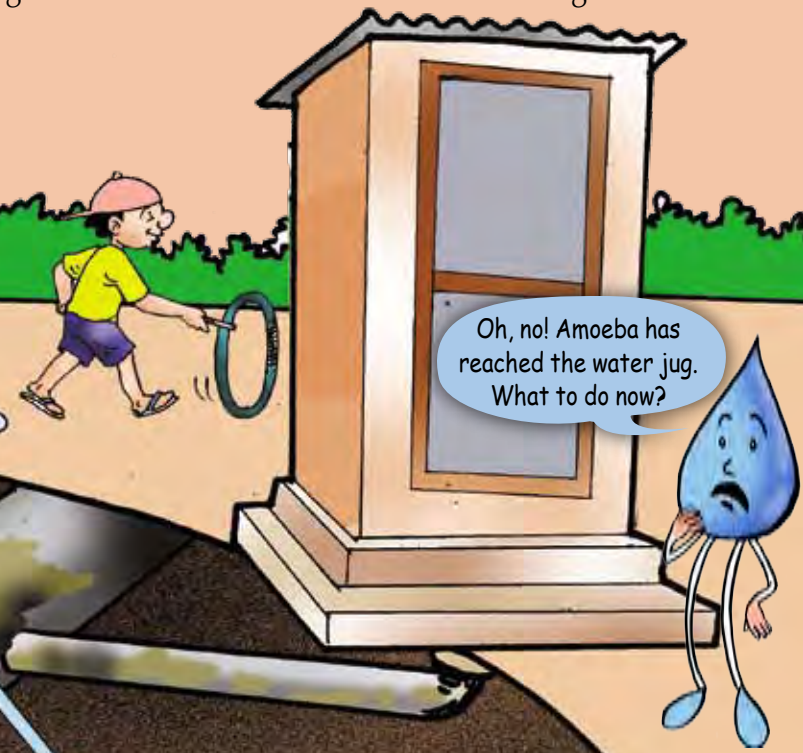
- Underground pipes may break letting harmful substances mix with the drinking water.
- Things may fall into storage tanks.
- Storing vessel may be dirty.
- Drinking glasses may be dirty.



WOW! I got, a free ride to a water jug through a pipe.



Oh, no! The water pipe is broken.



Oh, no! Amoeba has reached the water jug. What to do now?

Sources of safe drinking water



Children, from where do you get your drinking water at home?



We bring it from a stone tap in a vessel and drink it from a glass. **Make it safe**



Water is brought from a spring in the forest above the village, but the pipe is broken in places. **Make it safe**

My Father brings it from the river and puts it in a drum



Make it safe

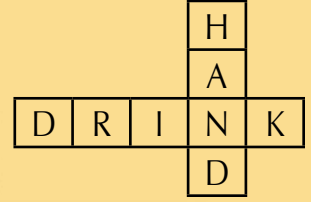
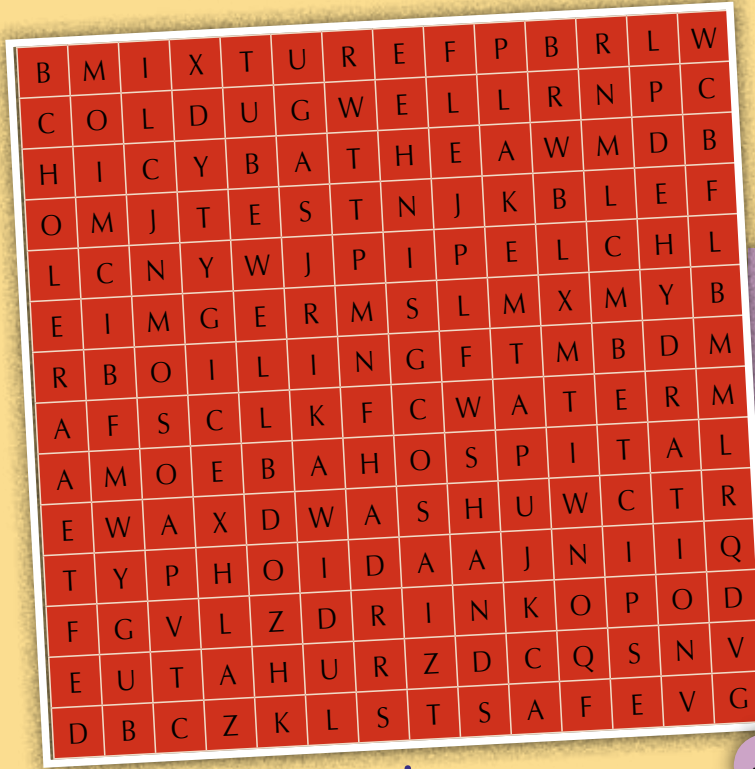
How can we protect different sources of water:

Spring	<ul style="list-style-type: none"> • Remove dry leaves and dirt from time to time. • Stop animals from reaching it by fencing it. • Put a cover over the spring. • Put a fence to stop animals from reaching it.
Well	<ul style="list-style-type: none"> • Remove dirt which falls onto a well. • Put a cover over the well.
Pipe	<ul style="list-style-type: none"> • Repair broken pipes. • Cover pipes so that they do not break.
Tap	<ul style="list-style-type: none"> • Keep the surroundings clean. • Maintain it.

Ha! Ha! I rule from their source to their mouths



Look at the word puzzle below. Search for the words related to health and water. Words are arranged horizontally and vertically.



I am happy. Everybody knows about me but nobody knows where I hide.



Look! I have many babies.



Water quality test

A simple test can be done to check the quality of water. Collect three transparent glass bottles with tight caps. Thoroughly clean each bottle and dry it. Now, fill them with water from three different sources and label each of them. Observe the water carefully and note what you see in your note book. Put the bottles in a bright place but away from direct sunlight and examine them after a week.

- What happened to the water from each source?
- What must be the reason for the changes?
- Do you think changes could be invisible to the naked eye?

Word Puzzle

Words hidden above
 Mixture, Tubewell, Dehydration, Amoeba, Boiling, Lake, Pipe, Tap, Dugwell, Wash, Hands, Cold, Germs, Hospital, Soap, Cholera, Ice, Safe, Test, Water, Bath, Typhoid, Drink



Healthy habits game

Ask yourself

What kind of water did you drink this morning? Could there have been germs in it?



I drank from a drain on the side of a road.



Yes, there is.

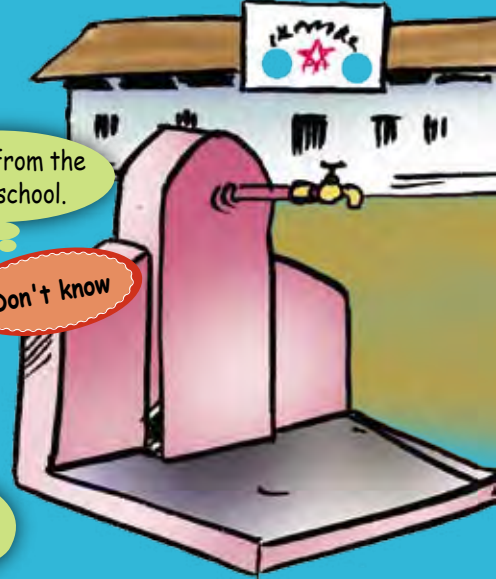
I drank from a water filter which has been cleaned.



Maybe not

I drank from the tap at school.

Don't know




Mother brought water from the spring this morning. I put it in a jug and drank. I don't know if there were germs.

Don't know

Discuss with friends


Where do they get their drinking water from ? Is it likely or unlikely that there are germs in that water ?



I drank water that was boiled and cooled.

Well done!

No germs.



On my way to school there is a river. I fill my bottle from the middle of the river with clear water.

There are germs.



I took water from the pond in a clean bucket and then I drank it from a clean glass.

I have a stomach ache today.



I like losers like this one.

There are germs.



On the way to school there is a waterfall in the forest. I fill my bottle there.

There may be germs.

The other day my brother had diarrhoea. The water my mother fills in the drinking vessel is probably not safe. What should I do ?

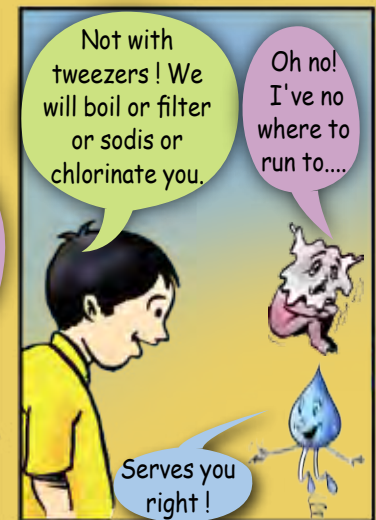
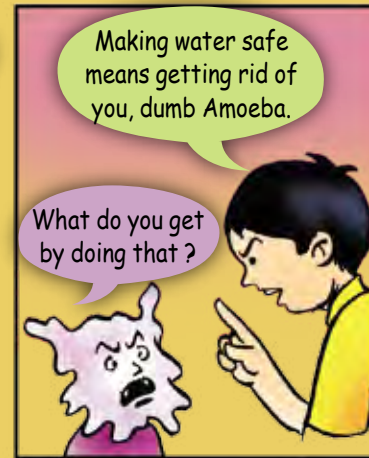


Make drinking water safe

Before drinking, you have to be able to say for sure that there are no germs in the water. Some sources like deep wells, tubewells and well managed water supply systems give us safe water.

But

Most sources are not safe and, we need to get rid of excess chemical and germs to make drinking water safe.



Boiling water

Most germs are killed when water is boiled. Water that has no color, odor and is not cloudy can be used for boiling. Boiling water in a well washed pot with a good lid keeps its taste. If there are things floating on the water after boiling it then they should be blown away. If there are particles after boiling, then we should let them settle at the bottom.

It is easy to get into the habit of drinking boiled water.

How long to boil water?

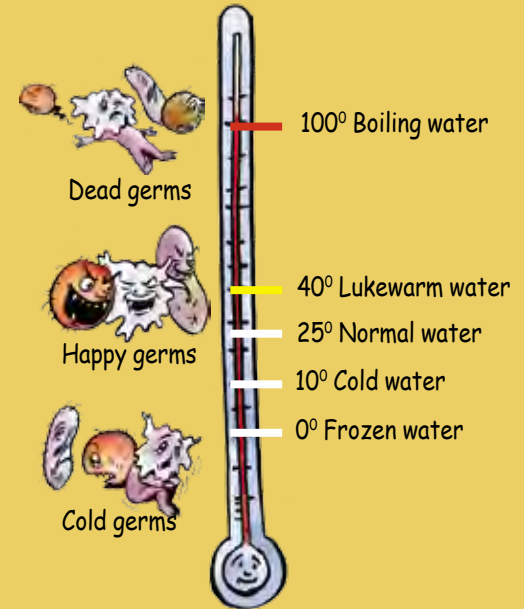
As the water begins to boil, you will see little bubbles. Keep boiling until you see large bubbles.

Ooh! Ouch! Today we are going to be boiled alive.

Where to cool water after boiling it?

Boiled water should be cooled in the same pot. Cover the pot with a lid to keep it safe. Hot water burns, so be careful.

A dead amoeba is better than a living amoeba.

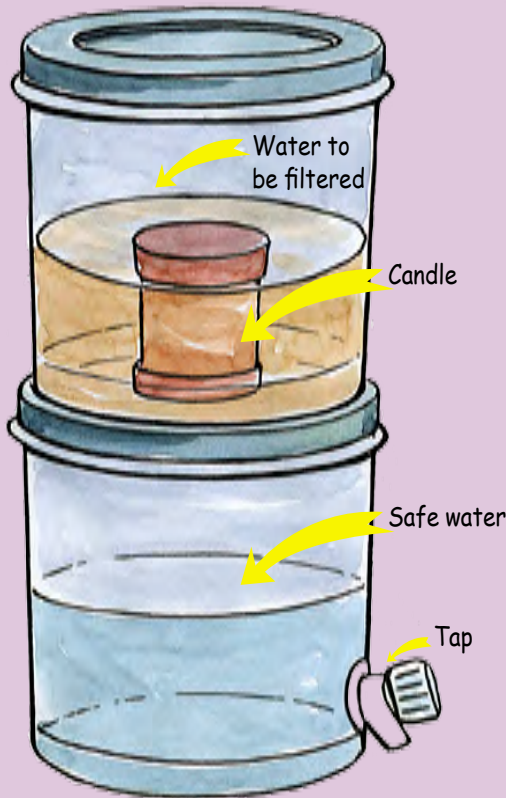


Do not insert another container into boiled water. Pour it into a clean jug and drink it from a clean glass or a cup.



Filtering water

Rain water gets absorbed into the ground. The layers of soil, sand and rocks filter out the germs that were in the water. As the water goes deeper into the ground, it gets cleaner. A similar method of cleaning water at home is called a filter.



Colloidal silver filter

Colloidal silver filter is either made of clay or plastic vessels similar to the simple filter in design but its candle or filter disc has a special coating of a substance made from silver which kills germs. This method

- cheap and easy to use.
- kills germs.
- removes particles.

Colloidal silver filter

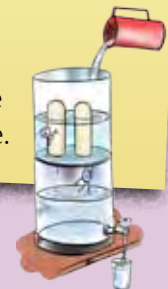


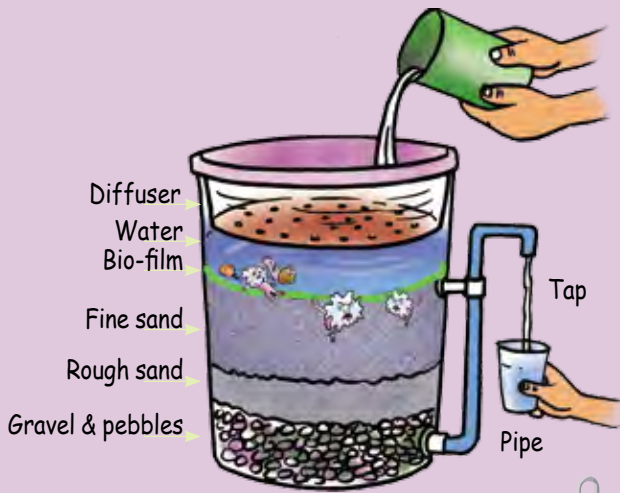
Simple filter

Simple filters are made of copper, clay, stainless steel or aluminium in a filter. The upper vessel into which fresh water is poured, has one or two candles that are made of a special kind of ceramic material. Water filtered through the candle collects in the lower vessel. This kind of filter

- removes particles and some germs.
- is cheap, easy to use and readily available.

Simple filter





Bio-sand filter

The bio-sand filter removes germs through physical and biological processes. This filter uses fine sand and gravel. Various microbes live in the upper layers of sand. This layer is called biofilm. In this biofilm the larger microbes eat germs found in the water. Iron and other chemicals also get stuck in the sand layer and are filtered out. This filter is easy to make using simple materials. It

- removes particles.
- removes germs and chemicals.

Wow! Filtered water tastes better than well water.



Kanchan arsenic filter

This filter can remove arsenic from water. It is like a bio-sand filter but in its upper part there is a tub full of rusty nails. Arsenic is attracted to the rust and gets attached in it. This filter should be used in places where arsenic is found in water. This filter

- removes germs and particles.
- removes arsenic and iron also.



Filters make water safe but filters also need cleaning regularly.



This is a little better. I only get stuck and die.

You can't escape now!



Look, Amoeba,
another method to
kill you.



Solar disinfection (SODIS)

Sunlight contains ultraviolet rays called UV-A. These ultraviolet rays are harmful to living organisms. Microbes are killed by these UV rays and the sun's temperature. The method of killing germs with sunlight is called Solar Disinfection. For this method we need a transparent clean plastic bottle, like a mineral water bottle, with a cap that can be tightly closed.

Ouch! What
poked me?



Why plastic bottles

- Does not break
- UV rays easily go through it
- Shape and size is good
- Easily available

Take a bottle of water
to school. Leave it in the
sun to drink the next
day.

Method of SODIS



1. Remove the label & clean the bottle including its lid.
2. Fill the bottle all the way to the top and close it.
3. Leave it in a very sunny place for a whole day. If it is cloudy, then leave it in the same place for two days.

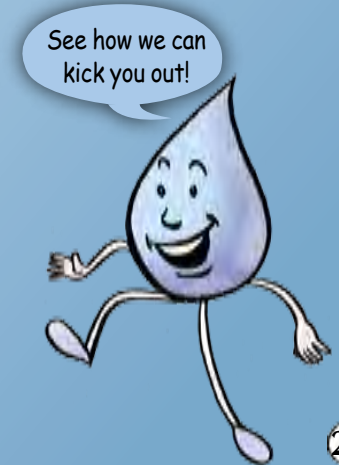
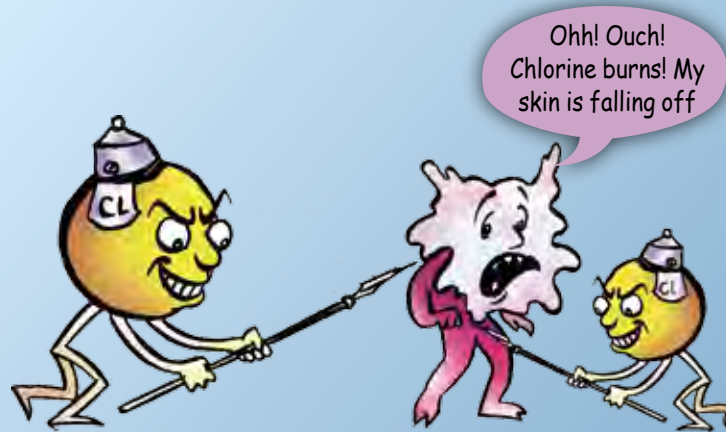
Make sure the water is clear and not cloudy.

Chlorination

The easiest method of making drinking water safe is to add drops of chlorine. You can do this easily at home. Chlorine is a highly reactive chemical that kills harmful organisms. After adding the required amount of chlorine to drinking water, all micro-organisms die in half an hour and the water will be made safe to drink.

When travelling or going far from home, it is best not to drink water from unknown sources. It may not be safe. Use the water that local residents use but you should use chlorine to make it safe.

Piyush and Waterguard are some easily available brands of chlorine. When using, read the instructions on the label carefully and follow them.



What did you learn ?

All water is not safe to drink. Just because mother brought the water, does not mean that it is safe to drink.



Although water looks clean, it can have harmful germs and invisible things in it.

There are easy methods of removing germs.



Remove germs and chemicals from water before drinking.

Boiling, Filtration, Sodis and Chlorination remove germs.



Forgive me, please. I can't leave the water and live elsewhere.



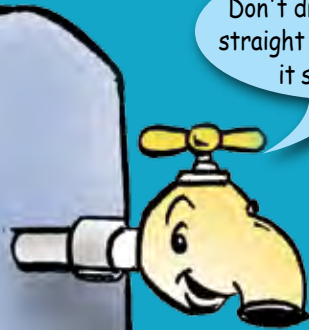
Stick
your
Photo
here

Sorry Amoeba. Now, that I know you more, I'll save myself from you.

Additional information about water



Our brain contains large amount of water. To be alert and productive the brain needs to be supplied with plenty of water and oxygen. Once we drink water our brain receives the amount of water it needs. When you want to learn something new in class, drink some water. It helps you to learn things better. Safe drinking water is a basic need in schools.



Don't drink the water straight from me. Make it safe first.



There is a test today. Take a sip of water if you want to do well on it.

Ma'am, I don't have water. Can I have ice instead?



Sure, but boil it first.

1. This is a game which two players play by rolling a dice
2. One takes germs and the other takes people.
3. Germs move clockwise, following the arrows in boxes of their own color only. People move across from 1 to 10.
4. Roll dice in turns to move any of the six germs or any of the six people.
5. Only the boxes with healthy habits are safe spots for people.
6. If a germ gets a person in an unsafe spot, the person loses and has to be removed.
7. Moving backward is not allowed and one has to make a move when it is possible to do so.
8. Get all your persons across to win the game.

RULES

"SAVE YOUR LOVED ONES" game (on the NEXT PAGE)

"Save Your Loved Ones"



The rules for this game are on the back of this page.

	Amoeba		Worm		Bacteria		Virus		Salmonella		
Sister	Filter 1	2	Use of toilet 3	4	SODIS 5	Washing hands with soap 6	7	8	Boiled water 9	10	Saved
Brother	Washing hands with soap 1	2	3	Filter 4	5	Chlorine 6	Boiled water 7	8	9	Use of toilet 10	Saved
Sister	1	SODIS 2	Boiled water 3	Washing hands with soap 4	5	6	Use of toilet 7	8	9	Filter 10	Saved
Brother	Boiled water 1	2	3	4	Use of toilet 5	Boiled water 6	7	Filter 8	9	Chlorine 10	Saved
Friend	Use of toilet 1	Chlorine 2	3	4	5	Filter 6	Chlorine 7	Washing hands with soap 8	9	10	Saved
Mother	1	2	Boiled water 3	Filter 4	5	6	SODIS 7	8	Chlorine 9	Washing hands with soap 10	Saved

You need one dice, 6 beans and 6 buttons to play this game.

