

MANZI'S NEWS

A Newsletter for Manzi's Friends



June 2020#2



Personal and Household Hygiene

Hi Friends

We live in a world where hygiene can save and protect our lives, and we need to do it in the right manner to protect ourselves and our loved ones. We are facing an invisible virus called the Coronavirus. Why do I say that it is invisible? It is because no one can see a virus with their own eyes. They are even smaller than germs. Scientists detected it by using a microscope and tests to tell whether it is in our bodies. We can't tell that someone has the virus by just looking at them. Remember friends we are in winter and because someone is sneezing or coughing it does not mean they have the Coronavirus. It might be flu or a cold. However, we have to care for each other and cough into a flexed elbow or tissue and throw it away immediately after use. We must also wash our hands with soap or use a good alcohol based sanitizer.



It is good to keep a distance of a metre away from another person (social distancing) and always wear a face mask in public or especially when you have a cough or a sneeze. This will make sure that when you cough or sneeze your droplets will not end on someone's face or their droplets end up on you. It is these droplets that make people sick as the virus can enter through our eyes, nose and mouth. Wash your Mask after you have worn it and iron it.



We must do our best not to touch our eyes, nose or mouth with unclean hands. The virus likes to stick to surfaces that we use everyday, like for example a door handle, kitchen counter, sink, clothes, shoes and most metal surfaces. In order to stay safe and maintain good personal hygiene and hygiene at home, we need the most important liquid, which is water.



Credit: unicef.org

Please check out this video: "Coronavirus: Under the microscope" produced by ABC News:

<https://www.youtube.com/watch?v=kcPLfVIHd3Y>



Credit: Cheryl Clark

Water  Wise
RAND WATER

Water is the best way to maintain good hygiene and everywhere in the world people use and need water to fight diseases. Without water we will all be sick. Many people including children die of diseases because they don't have clean water to keep healthy. Even though water is needed worldwide we have to realise that we must use water wisely, especially South Africans. We live in a water scarce country which means we simply do not have enough water to waste. Let's look at how we can use our water wisely on ourselves and at home during these difficult times.

When you wash your hands always use soap as it will kill the germs and viruses. Please don't leave the tap running whilst washing your hands as it will waste a lot of water. It is best to rub soap on your hands and lather all over (your palm, knuckles, fingers and nails) whilst singing the 'Happy Birthday' song twice, and then open your tap to rinse off. Always wash your hands when you touch surfaces; after going to the toilet; if you have touched someone's hand/s; or when you have been outside. Remember kissing and hugging can spread the Coronavirus so it is not encouraged. Rather use your elbow or leg to greet your friends and always keep your distance.



Credit: freepik.com

It is important to bath/shower at least once a day, but please use water wisely. Do not fill the bath tub when you bath. A 20cm bath is enough. When you take a shower open the tap to wet your face cloth or wet your body so that you can lather yourself with soap. Turn the tap off. Put soap all over your body then open the tap to rinse off the soap for a minute or two. Please put a bucket in the shower to collect water for reuse. Your shower should take less than 5 minutes. The used water, called grey water, from bathing and showering can be used to water the garden, wash the car or clean dirty shoes. Also never share towels or clothes with anyone.



The Coronavirus can be found on our shoes, hair, bodies and clothes if you have been outside your home. It is important to take off your shoes before coming inside the house and take off your clothes before sitting on the sofa and bed. This means that you will have to do laundry regularly. Please make sure that the washing machine is full before using it. The same if you wash your clothes by hand.



It is important to keep the kitchen clean at all times because germs and viruses can spread and make your family sick. Never share eating utensils with anyone. Everyone must use their own clean spoon, fork, plate and knife. When washing the dishes please don't wash them one by one. Wait for a sink full of dishes and then wash them with liquid soap. You can use the leftover water to clean your recycled items such as glass bottles, plastic containers, cans, etc. This makes sure that they are cleaned before being taken to the recycling depot or collected by the "waste pickers" on dustbin day.

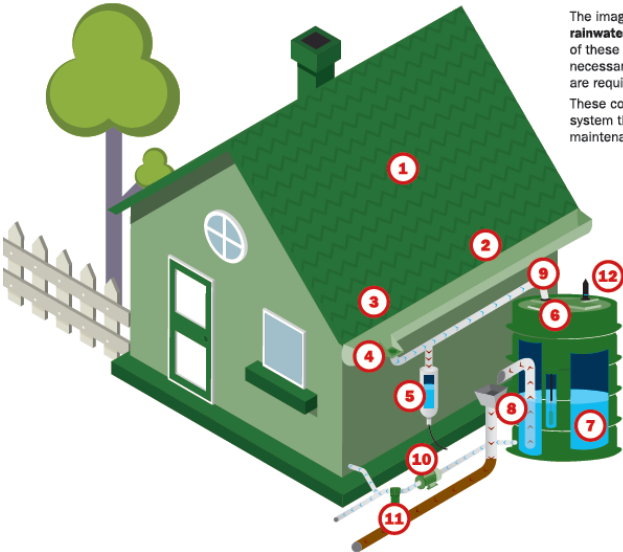


Credit: health.clevelandclinic.org

Never use the hosepipe to clean the pavement as this wastes a lot of water. Wear a mask and sweep your pavement. Rainwater will clean your pavement when it rains. You can also collect rainwater in rainwater tanks or large containers which can be used for cleaning the car, watering the garden, filling a pool, cleaning outside furniture, etc. If there are any leaks in your house do not ignore them. Try to fix them yourself or call a plumber. Plumbers are Essential Workers during Lockdown. Remember to keep a distance from the plumber and wash the tap/s and your hands after it has been repaired. Always tell your parents to pay for water services so we can always have water to stay clean.



BASIC COMPONENTS OF A RAINWATER COLLECTION SYSTEM



The image on the left shows a complete rainwater collection system. Although some of these components shown are absolutely necessary, not all of the components listed are required. These components will create a harvesting system that is highly functional and nearly maintenance free.

- 1 Collection Surface
- 2 Collection Gutters
- 3 Gutter Protection
- 4 Rain Head Inlet Filter
- 5 First-flush Diverter
- 6 Inlet Screen
- 7 Collection Cistern
- 8 Overflow Port
- 9 Auto-fill / Automatic Top-up Mechanism
- 10 Pump
- 11 Water Filter
- 12 Water Level Indicator

Until next time friends. Remember to love, conserve and respect your environment. Always take care, stay safe and use water wisely.

Love Manzi



For more information on being Water Wise please contact 0860 10 10 60 or log onto www.randwater.co.za and click on the Water Wise logo



References for Newsletter:
 * Rand Water's "About Coronavirus" booklet
 * www.natgeokids.com
 * www.unicef.org

Personal and Household Hygiene Activity

Find and colour the following words that are written backwards, forwards, up and down:

INVISIBLE
SANITIZER
WATER

MOUTH
HYGIENE

TISSUE
MASK

GERMS
EYES

NOSE
SOAP

MICROSCOPE
CORONAVIRUS

G	U	C	M	F	P	S	Y	S	E	W	T	X	Z	Z
E	X	P	O	P	J	U	S	M	I	V	Y	Y	K	D
R	V	P	U	G	M	R	P	R	B	H	F	U	E	C
M	Y	J	T	Y	M	I	L	W	Y	D	D	B	X	N
S	E	S	H	C	U	V	R	K	V	B	G	L	J	M
B	Z	S	B	O	N	A	F	R	D	Y	F	H	S	Z
K	F	J	N	T	Z	N	H	E	E	R	E	U	E	B
S	J	M	R	L	Q	O	V	V	Y	K	L	S	Y	O
A	C	W	Y	U	I	R	O	C	X	I	B	O	E	T
M	R	E	T	A	W	O	K	I	R	F	I	A	R	I
T	T	M	X	N	W	C	D	M	C	W	S	P	P	S
E	P	O	C	S	O	R	C	I	M	U	I	K	D	S
P	W	T	V	R	O	O	K	S	S	D	V	Q	E	U
M	F	Q	Y	Z	B	W	Q	I	T	W	N	L	T	E
J	S	P	O	R	E	Q	R	L	R	C	I	O	C	L



FILL IN THE MISSING WORDS

When washing your hands, it is best to close the _____ and sing _____ twice.

When you take a bath don't _____ the tub and only shower for _____ minutes.

Wash your car using a _____ and not a hosepipe.

Wash a _____ load of clothes in a washing machine.



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